

# Tea Wayfarer

*Each month, we introduce one of the Global Tea Hut members to you in these magazines in order to help you get to know more people in this growing international community. It's also to pay homage to the many manifestations that all this wonderful spirit and Tea are becoming, as the Tea is drunk and becomes human. The energy of the Tea fuels some great work in this world, and we are so honored to share glimpses of such beautiful people and their Tea. This month we would like to introduce Matt Hansen:*

I have heard people say they have life-changing experiences when traveling abroad. While this was certainly true for me during my first trip to Taiwan, what was more profound when visiting the Tea Sage Hut in Miao Li was having a multitude of life-confirming experiences. The biggest confirmation was how important it is for us humans to trust our intuitions and not be led astray by fear, but rather to be driven by love and follow the subtle yet powerful signs life provides us. Unfortunately, it is sometimes too easy to stick to social norms or worry about what others will think no matter how unhealthy a current lifestyle may be. I had no idea what I was doing when I booked my ticket to Taiwan. I didn't even know anything about Global Tea Hut at the time. I just knew that if I booked a ticket, the Universe would provide. How did I know? A little Leaf told me!

I remember sitting in a teahouse in Portland, Oregon with a good friend of mine. I'm not quite sure how we ended up there but neither of us had ever tried anything but stale Lipton or Celestial Seasonings and knew nothing about Tea culture. The first genuine Tea conversation was with a Yunnan gold tip "black" Tea commonly known as "Emperor's Gold". I will never forget the feeling it gave me. After my first sip, I could feel a warming sensation spread through my body from my throat to my stomach to the tips of my fingers down to the tips of my toes. I just sat there in silence for a few seconds listening to this experience and I knew what I had just put in my body was going to steer my existence down a wonderful path. In the following years, I learned to trust myself in new ways through the advice of Tea. By this I mean sitting in silence sipping Tea and welcoming the calm and clear sensations the warm liquor brought to my body and mind. Devoting time, space and conscious energy to create an open dialogue with Tea allowed a bond to form between this magical Leaf and myself.

As a musician I have attempted to explore, accept and steep in quite a diverse range of emotional/energetic states in order to better speak through my music. During the first silent Tea session I had with the Global Tea Hut group a gushing fountain of pulsing energy drenched my body and inspired my heart to awaken and soar through the Heavens. The energy had such a deep-rooted wisdom and sense of



healing, it felt like it could unravel the tightest knot any physical being could emotionally create within its body. The amount of unconditional love coursing through my marrow felt like an overflowing kettle of boiling water bubbling over with feelings of gratitude and happiness. I was grateful for being allowed to participate in such a beautiful community surrounded by beings opening their hearts and allowing love to saturate the air around them. I felt happy to share these feelings by being present and knowing each person around me has, consciously or unconsciously, accepted Tea as a vehicle for bringing love into their lives.

These life-confirming experiences have helped me consciously change my life by bringing the awareness of equanimity and love into each thought that passes through my mind. Love is alive and well, my friends. It is patiently waiting for you to find it in various places in your life and be a conduit to share its sacred power to all those around you. Be bold. Take chances. Create a life for yourself that speaks from your heart! The entire Universe will thank you.

Please feel free to reach out to me with the email address below. I look forward to sharing a cup of Tea with all of you wonderful people...

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