



## SAMADHI

*This month we return to Tea, Zen & Meditation, offering advice for incorporating tea into your meditation, and meditation into your tea practice. We'll also discuss our retreats we hosted this year. And we'll be drinking a deep and meditative tea together, to warm the soul and calm the spirit.*

*Love is  
changing the world  
bowl by bowl*

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By Wu De (無的)

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By Shen Su (聖素)

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By Wu De

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By Connor Goss

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By Jing Ren (淨仁)

### 47 SECOND ANNUAL

#### ZEN & TEA RETREAT

By Katherine Aplin, Petr Novak, Keiko,  
Antonio Moreno, Simon Osten &  
Rivo Sarapik



## TRADITIONS

### 03 TEA OF THE MONTH

"Samadhi," late 1990s Shou Puerh  
Yunnan, China

### 57 TEA WAYFARER

Emily Foate, New Zealand



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