



SUARA

Amplifying Voices of API Survivors and Advocates

Practice Highlight: Tea Meditation

by *Mimsie Ladner*

The following tea meditation can be practiced every day. It's simple, straightforward and immensely nourishing.

The key is to follow each step in mindfulness. No matter how you choose to prepare your tea, what type of tea you drink, or where you drink it, do so attentively with complete awareness of the present moment. Give yourself completely to the entire process of preparing and drinking your tea, from start to finish.

The steps are as follows:

Boil Water. To begin, simply sit, watch and listen as the water slowly comes to a boil. Notice your breath as you sit there. Inhale and exhale as if each breath is cleansing your entire body and your mind. How does it feel to be purified by this life-giving breath?

Steep. As the tea leaves steep in the water, allow yourself to steep in the moment: the here and the now. Continue to focus on your breath. If your mind starts to wander, simply note the thought, and let it pass. Bring your attention back to your breath, and the tea leaves as they open and unfurl in front of you. Savor the quiet, and relax into it.

Pour. Before you take your first sip, consume the tea with your other senses. Listen to the tea pouring into the cup like a waterfall. Appreciate the eye-catching color of the liquid. Feel the warmth and the weight of the filled cup in your hands. Breathe in the tea's aromas. Does the scent remind you of anything? Grass? Honeysuckle? Chocolate? A forest after the rain?

Gratitude. Take a moment to appreciate the tea and everything that had to happen for you to experience it. Express your gratitude for all the things that made your cup of tea a reality. For a moment, expand that thought to yourself and the knowledge that you, too, depend on infinite things and people to exist as you are. Give thanks to the tea, and to yourself for taking the time to practice mindfulness.

Drink. Take a sip as if it's the first time you've ever tasted tea. Then, slowly, take another small sip. Savor the flavors, the texture, and the warmth as the tea coats your mouth and glides across your palate. Take it slow and be intentional with every sip. Notice without judgment any desire to rush through your cup, and any impatience that you experience. Should any thoughts, feelings, or sensations arise, gently acknowledge them and return your attention to the tea.

Your tea meditation does not need to be lengthy; simply take five minutes to practice in the morning or whenever you need a break. Or, you can stretch it out to as long as one whole hour. It's really up to you, and what your needs are.

You also don't have to follow this meditation step by step. The key is to open yourself to the essence of the practice, sensing with gentle precision what is happening in this moment and by returning to the object of your meditation (the tea) whenever you recognize you've drifted into thought.

For more information on tea meditation please visit:
<https://www.gachitea.com/blogs/news/how-to-meditate-with-tea>



Organization Highlight: Garden of Hope

This quarter we would like to highlight an incredible organization doing great work for its community.

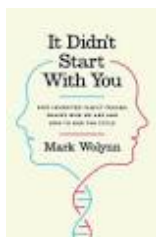
Established in 2004, Garden of Hope dedicates itself to serving, caring, and rebuilding the lives of people who have been exposed to domestic violence, sexual assault, and human trafficking; specifically targeting its services towards the growing Chinese communities in the NYC region. With the vision of overcoming cultural, language, and socioeconomic barriers of Chinese immigrant families in crisis, Garden of Hope is committed to its beliefs that human rights, dignity, and positive self-image are essential to all individuals. All services are provided for free and in strict confidentiality. To learn more about their work or if you're interested in supporting their work please visit: <https://gohny.org/>



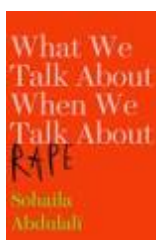
Book/Reading Club

During this time, we know that many of you are working from home or confined in your home which is a great time to catch up on some reading and do some additional learning. Here are some of our recommended books for this quarter:

- “More Training Is Not the Answer for Survivors”: A Healing Justice Framework for Women of Color Survivors of Gender-Based Violence in Leadership by Dayanara Marte
- It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn



- What We Talk About When We Talk about Rape by Sohaila Abdulali



Technical Assistance

We offer training and technical assistance on culturally relevant services for API communities in mainland United States, Alaska, and U.S. territories in the Pacific to current and potential OVW grantees. Technical Assistance we provide:

- 40-hour sexual assault training to staff and volunteers
- Topic-specific training
- “one-on-one” or “peer-to-peer” consultations regarding sexual assault services to victims/survivors from the API communities

If your organization is interested in receiving training, technical assistance, or if you would like additional information, please reach us at information@napiesv.org

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