



# Tea and Zen Have One Taste - Introduction

茶禪同一味

Cha Zen Dō Ichi Mi



Bowl for Thick Tea named Nachiguro  
(Black from Nachi) made by Samukawa  
Seihō



The ritual preparation of tea is also a *hōben*, a skilled practice used as an aid to spiritual enlightenment.



*Chasen* – Tea Whisk



*Chadō* is one of the oldest, most complex, and carefully preserved ritual practices known.





The beverage we know as “tea” comes from the leaf of a species of camellia which is believed to have originated in Szechuan.



*Camellia Sinensis*



The tea is rolled and then dried, if the finished product is to be sold as leaf tea. The dry leaves may also be ground to a fine powder.



Thick tea in a Hagi  
bowl by Tessin

Thin tea in a Kyōto style  
bowl by Jōei

