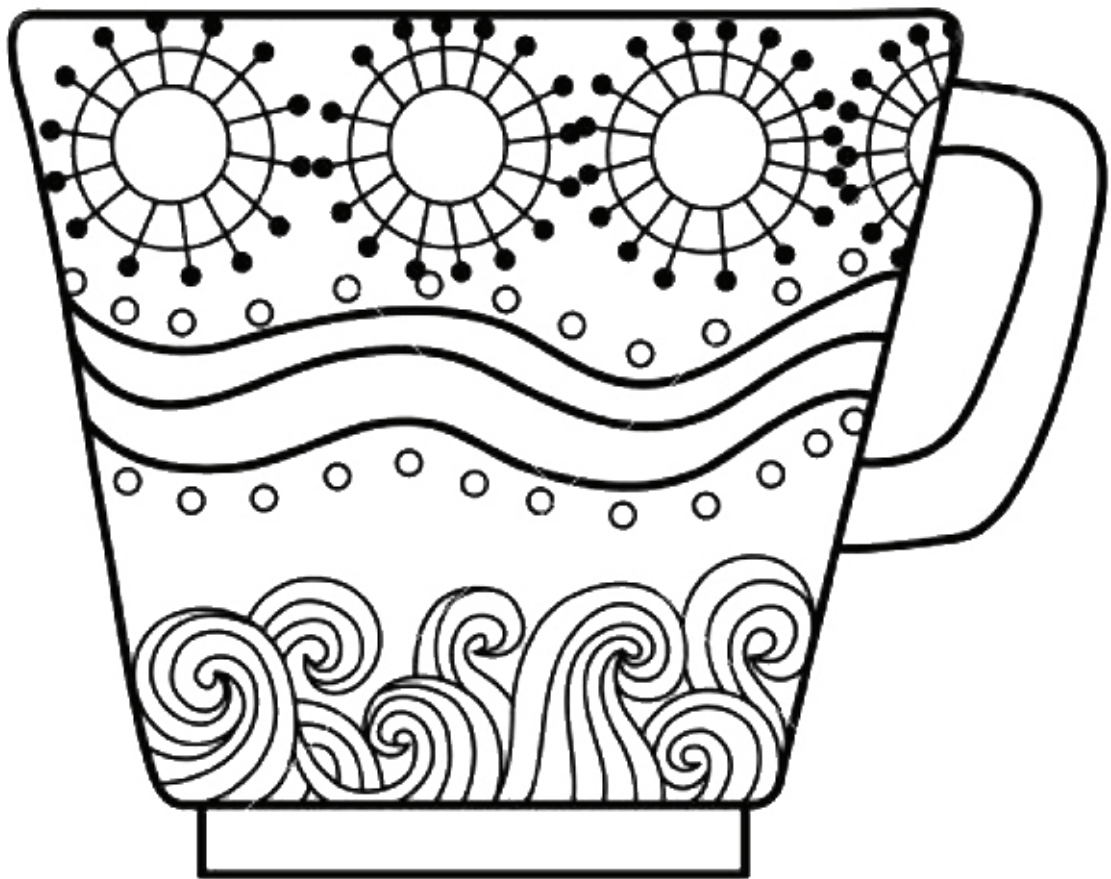


# *Drink your tea slowly and reverently,*

as if it is the axis on which the world earth revolves  
– slowly, evenly, without rushing forward the future

–  
Thích Nhất Hạnh  
[Zen Master & Buddhist Teacher]



## *Helpful Hint*

Afternoon Cuppa  
=  
A Mindful Pause

