

# Tea Ceremony Observation Assignment

## Objective:

This assignment encourages students to explore the significance of mindfulness and ritual in Zen practice by observing a Japanese tea ceremony. Through this experience, you will reflect on the principles of Zen Buddhism, such as simplicity, presence, and harmony.

## Instructions:

Attend or Watch a Japanese Tea Ceremony:

If possible, attend a tea ceremony in person to experience it firsthand. However, if you cannot make it in person, watch a traditional Japanese tea ceremony video.

Below are some recommendations:

▶ Japanese Tea Ceremony: A Moment of Ritual | TEALEAVES

▶ Tea Ceremony Demonstration at Japan Society

Pay close attention to the following:

1. Movements of the host
2. Arrangement of the tools
3. Interaction between the host and guest
4. The use of silence and pauses during the ritual
5. The aesthetic of simplicity in the environment and objects.

## Reflection Essay:

Write a reflection essay (300-500 words) on your experience. Make sure to address the following points:

1. How is mindfulness expressed throughout the tea ceremony?
2. What emotions or thoughts arose during your observation?
3. How does the ritual reflect Zen principles such as simplicity, impermanence, and attention to the present moment?
4. What role do you think rituals like the tea ceremony play in cultivating mindfulness and awareness in daily life?