“The Oneness of Tea and Zen” in My Eyes

学号2021302181156 姓名 赵伯俣 院（系）国家网络安全学院

When we are in Chinese culture, there is an interesting thought called “The Oneness of Tea and Zen” which means tea culture and Zen culture are unified and you can feel peace and comfortable when you are drinking tea or doing Buddhist practice.

In my opinion, “the Oneness of Tea and Zen” means that there are some similarities between Zen and tea. When we are drinking tea, we should introspection ourselves to achieve enlightenment so that we could understand the meaning of Zen and we will also accomplish the improvement of mental shackles which could help us understand the meaning of our life and how to be harmonious people.

It is evident that there are a lot of Chinese culture elements in “The Oneness of Tea and Zen” such as two mentalities called “let it be” and “all are equal” which play an important role in Chinese culture. What’s more, teapots are made of clay which represent Chinese culture.