



# Japanese Tea Ceremony

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敬  
清  
寂

## Wa (Harmony)

*"Experiencing harmony with other people and with nature."*  
The host should try to bring harmony into the ceremony – for instance, the utensils used must work harmoniously together.

## Kei (Respect)

*"Respecting all things, whatever our status."*  
Guests show respect during the ceremony by carefully handling the utensils that the host has chosen.

## Sei (Purity)

*"Leaving behind the trappings of day-to-day life."*  
Guests should leave other thoughts behind and focus on the ceremony itself.

## Jaku (Tranquility)

*"Creating a sense of calm, even amid chaos."*  
Once the guests at the ceremony have experienced harmony, respect, and purity, they can achieve tranquility.

The Japanese tea ceremony is called *chanoyu*, *sado*, or *ocha*. It is a ritual that was developed hundreds of years ago and involves the preparation and serving of a green tea called *matcha*.

However, the ceremony is not just about drinking tea. It's about building bonds of friendship in a pleasant, relaxing environment. And creating a balance between the material things in life and our inner selves. The ultimate aim of the tea ceremony is to attain deep spiritual satisfaction through ritual and contemplation.

Over the centuries, the tea ceremony has been politically significant. In the sixteenth century, it was used by powerful leaders who fought to unify different parts of Japan. Oda Nobunaga, a powerful samurai warrior, used the tea ceremony to win over wealthy merchants. And later, Toyotomi Hideyoshi (famed as one of Japan's great unifiers) used the ceremony as a political tool to entertain allies.

The tea ceremony is popular with rich and poor alike. In this way, it has played an important part in unifying the Japanese people.