

# A Cup Of Tea

A cup of tea is a balm to the stressed life,  
A replenishment of energy,  
A change of mood.

What is the miracle in the marriage  
Of tea leaves and hot water?  
We only know that a splendidly tasting and aromatic  
Mood-transforming brew emanates.

Civilization is woven in cups of tea.  
Every effort, however ambitious,  
Ends in tiredness and some disenchantment:  
A cup of tea restores us to our primal vigor.

A cup of tea does not give a crashing euphoria  
Or a seductive drunkenness  
But stimulates a soothing state:  
Palpable tranquility, sensuous serenity.  
In a tea cup you see a different universe.

We have to squeeze a tea-break from  
The clutches of high-stress life we live in,  
We have to defeat the forces of our culture temporarily,  
To create a moment for ourselves,  
To continue our dream.

A cup of tea opens a door to another realm,  
More settled than ours, more hopeful, more inspiring,  
Where there are no rewards and no punishments.

Where a journey is more important than its destination,  
A commitment is more significant than its culmination,  
Success is less important than the resolve to achieve it.

A cup of tea is a joy forever,  
A float in tempest-tossed existence,

A window on another world.

Suffern, N.Y. 12.8.09