

The Four Principles of the Tea Ceremony

Wa / Harmony

Harmony is a cornerstone of Japanese culture, rooted not only in human relationships but also in the connection between people, objects and nature. In the Japanese tea ceremony, harmony highlights the importance of creating a serene relationship between host and guest. Through harmony, the ritual transforms into a courteous and peaceful exchange, enriching the entire tea experience.

Kei / Respect

During the tea ceremony, the host makes every effort to delight the guest, who in turn shows continuous gratitude. Every detail, from the floral arrangement to the scroll on the wall, reflects meticulous care in preparing the ceremony. Respect embodies a profound appreciation and consideration that pervades each step of the ritual, honouring both people and the objects used in its practice.

Sei / Purity

Purity is a fundamental principle in the tea ceremony, representing a commitment to both physical and spiritual cleanliness in this unique ritual. From preparing the utensils to the sound of hot water poured into the bowl and the fragrance of freshly ground matcha, each step emphasizes an ongoing dedication to purity.

Jaku / Tranquillity

Tranquillity embodies the peaceful spirit of the tea ceremony. It naturally arises from the practice of harmony, respect and purity, helping individuals to transcend worldly desires. Each step of the ceremony, performed with a clear mind, paves the way for awakening the soul. In alignment with Zen philosophy, the tea ceremony encourages individuals to deepen their connection with their inner spirit.