

A Letter to Readers

Dear Tea Friend,

This is a little joke—actually, you don't need to take tea tasting notes so seriously. The Chinese character for tea, "茶," can be broken down into 艹 (grass), 人 (person), and 木 (wood), symbolizing that people live among the grass and trees.

This reminds us that tea is a gift from nature. When receiving this gift, there's no need to be harsh or demanding—just savor it and reflect on it. The process of brewing tea is even more interesting—it embodies the five elements of heaven and earth:

Metal

The kettle or heating tool represents Metal

Wood

The tea leaves represent Wood

Water

Water is Water

Fire

The boiling process represents Fire

Earth

The teaware represents Earth

In front of these five elements, humans are small and powerless. So quietly enjoy this moment, as a fragrant cup is brewed through the harmony of Metal, Wood, Water, Fire, and Earth.

Take it easy—perhaps then you will understand tea's true essence in a profound way. Wishing you joy in tea and poetry in your heart.

— Adrian Peng

P.S. If you feel like capturing your own journey and creating a personal record of your encounters with tea, you will find a detailed Tea Tasting Notes Template at the end of this article. Feel free to use it as a quiet space for your thoughts.

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