

The Master's Tea Journal: A Guided Steep into Tea Energy

A comprehensive framework for documenting and deepening your relationship with tea, capturing the full spectrum of sensory experience from visual awakening to energetic resonance.

Encounter Details

- **Tea Name:** _____
- **Origin (Mountain/Village):** _____
- **Tree Type:** Ancient Tree (Gushu)
 Terrace (Taidi) Aged Bush
- **Vessel:** Gaiwan Yixing Teapot Office Mug Tea Ball
- **Water Temp:** _____ °C (e.g., 100°C for Pu-erh, 85°C for Green)
- **Date & Mood:** _____
- **Atmosphere:** _____

Phase 1: Appearance & Awakening

Dry Leaf

(Shape, Aroma: woody, floral, or smoky)

The Rinse (Awakening)

(Aroma after the 5s rinse)

Wet Leaf Color

(Bright green, olive, or deep mahogany)

Phase 2: The Palate & Structure

- **Liquor Color:** Vibrant/Clear Cloudy | **Hue:** _____
- **Flavor Profiles:** (Honey, stone fruit, forest floor, camphor, cocoa, or malt) _____
- **Hui Gan (Returning Sweetness):** (Does a sweet bloom appear after swallowing?) _____
- **Texture:** (Astringent, creamy, oily, silky, or "Hollow") _____

Phase 3: Depth of Experience

Throat Resonance (Hou Yun / 喉韵)

Sensation: Coolness Lingering Sweetness Expansive/Opening

Notes: (Does it reach the deep throat or remain on the tongue?) _____

Tea Energy (Cha Qi / 茶气)

State: Relaxed Alertness Mild Euphoria (Tea Drunk) Grounding

Body Sensation (Ti Gan / 体感):

- Spinal glow/warmth rising
- Fine sweat (forehead/temples)
- Chest/heart center warmth
- Salivation (Sheng Jin / 生津)

Specific Sensation Notes: _____

Phase 4: Reflection & Evolution

The Finish

(Lingering breath 5+ minutes after the final sip)

Endurance

(How many refills until the soul of the tea faded?)

Tea-Self Connection

(Is your internal "cache" cleared?)

"No two cups are ever the same. Trust your senses more than this paper."

Connect with us: hello@steepedroots.com | Visit: www.steepedroots.com