



The Gift of Tea

Our Presence is Enough



Brian Ward

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by

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Quotations from *The Book of Tea* by Okakura Kakuzō 岡倉 覺三

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*Dedicated to my friend Kate:
Whose presence is enough.*

*In the liquid amber within the ivory-porcelain, the initiated
may touch the sweet reticence of Confucius, the piquancy of
Laotse, and the ethereal aroma of Sakyamuni himself.*

Okakura Kakuzō

岡倉 覚三

Friends once strangers
Lovers once friends

Together we walk the earth

Our presence is enough

Born with a yearning
Nurtured with pleasure

Conditioned by sorrow
Destiny unknown

Our presence is enough

Uncertain of tomorrow
Finding purpose is a goal

A knowing beyond thought
Without a shadow of doubt

Our presence is enough

*Those who cannot feel the littleness of great things
in themselves are apt to overlook the greatness
of little things in others.*

Okakura Kakuzō

岡倉 覺三

Know thyself
Know all mankind

Our views may differ
Our desires the same

Our presence is enough

Having empowered ourselves
Our frequency empowers others

Our existence gives permission
For others to find the path

Our presence is enough

The mind does not speak for us
Intuition is not our guide

In alignment with the divine
The way of Tao

Our presence is enough

The tea-masters held that real appreciation of art is only possible to those who make of it a living influence...

Thus the tea-master strove to be something more than the artist, or art itself. It was the Zen of aestheticism. Perfection is everywhere if we only choose to recognize it.

Okakura Kakuzō

岡倉 覺三

We can suffer contemplating choice
Yet we never miss

All is unfolding before us
In the ever present now

Our presence is enough

No thing to want
No one to pursue

The river of life taking us
To the right places, at the right time

Our presence is enough

Don't pretend to know
Don't approach with ideas of outcomes

What is here and now
Our mind has no interest in

Our presence is enough

...When we consider how small after all the cup of human enjoyment is, how soon overflowed with tears, how easily drained to the dregs in our quenchless thirst for infinity, we shall not blame ourselves for making so much of the tea-cup...

Okakura Kakuzō

岡倉 覺三

Lying next to her
Somehow you are there

Like a warm cup of tea
To have and to hold

Our presence is enough

Tea for one
Holding space for ourselves

Tea for two
Holding space with each other

Our presence is enough

Tea for three
Sharing a common space

Tea for four
Comfort without embrace

Our presence is enough

Seen and acknowledged

Heard and understood

Admired and respected

Our presence is enough

*He only who has lived with the beautiful can die beautifully.
The last moments of the great tea-masters were as full of
exquisite refinement as had been their lives. Seeking always to
be in harmony with the great rhythm of the universe, they were
ever prepared to enter the unknown.*

Okakura Kakuzō

岡倉 覺三

“I wish you would have written more, this book is not enough”

“While it isn't really about tea, in a way it is.”

“Wait...What?... It's not about tea?”



Brian is a cage free human. He has loved and lost, been hired and fired, and fought the good fight for many worthy causes. Having been a prisoner to tradition, belief, and his own mind, he experienced a series of traumatic events that shattered his illusion, eventually leading to a post-traumatic awakening.

He found inspiration for living from motivational speaker Matt Foley. At age 39, divorced, and living in a van down by the river, he discovered all that he needed was in his soul. As a result of *unintentional inaction* he became a simple kind of man.

He lives deliberately, amongst the ordinary, in the shared reality of here and now. He drinks coffee and sips tea alone in a paradise that makes him think of two. The place he calls home, is a small mundane village in the high desert of Arizona.

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