

TEA – *Cha*: ORIGINS AND LEGENDS OF TEA

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“Tea tempers the spirit, calms and harmonizes the mind; it arouses thoughts and prevents drowsiness, lightens and refreshes the body and cleans the perceptive faculties.”

**CHA CHING(The Book of Tea.)
LU YU 8th Century AD**

An exploration of the origins and history of tea over 4,000 years. Legends include the Emperor Shen Nong, the Divine Healer and also the Father of Agriculture. Bodhidharma(*Da Mo*), who brought *kungfu* or *wushu* to China from India, is credited with the origins of tea. Tea drinking became an art form during the Tang Dynasty. During the Ming Dynasty (1368-1644) tea was made in a pot rather than a cup and teapot-making flourished. Chinese literati and scholars utilized teapots and good tea as they sat in the Chinese classical gardens and discussed prominent issues, often to the sound of music from classical instruments. Varieties of tea include Eight Treasure Tea, Dragon Well tea and Pu'er tea (*fang cha*) a brick tea, supposedly invented by 8th century horseback traders. In the UK, tea is a national drink and everyone is always offered a cup of tea. Tea breaks were introduced for factory workers whose production declined in the afternoons but a short tea-break increased their production and since then – tea breaks are an essential part of life.