

感

。

一杯茶的時間

Wait the Boil, Feel the TEA



A recipe designed by Chung Wing Yiu

序

在這個「資訊爆炸」的時代，
圍繞着我們的都是排山倒海的信息、新聞。
所以，普遍都市人都缺乏了一樣東西——
一個能令自己放空等待的空間。

即使是「等人」、「等巴士」、「等紅綠燈」…
我們也會選擇機不離手，把注意力集中在螢幕上。
忽略了身邊正在發生的人和事；
忽略了自己當下的感受——「五感」。

這個食譜旨在透過「煲水沖茶」，
這生活中再平凡不過，且會常被忽略的日常小事。

讓體驗者可在回答、咀嚼食譜的內容同時，
運用五感一步步的感受由「煲水」到「飲茶」的過程，
細味當中的每個步驟。
並把自身等待沖茶的體驗作成新詩，分享給身邊的人，
令更多人能體會到用五感泡茶及等待的真正樂趣。



Pause & Reflect

In this era of "information flood"

we are surrounded by overwhelming information everyday.

Therefore, it is undeniable that most citizens lack one thing

- An interval that can free themselves to pause & relax .

Whenever we have spare time,

we would rather choose to focus our attention on the screen .

Ignore the people and things happening around us ,

hence ignoring our sentiments -- the "five senses".



Purpose

The rationale of this recipe

is to cherish serene moment from "Boiling water to make tea"

- A daily trifle in life which is ordinary but often overlooked by people.

The ambit of five senses was fully manifested

when we interwoven with the recipe

Experiencing the process from "boiling water" to "drinking tea",

Savor each steps,

and compose a new poem about your own experience of "tea making"

Share it with people around you,

so that more people can experience

The real pleasure of waiting and making tea with the five senses.



Before head preparation:

1, A quiet place

(Make sure to turn your phone in silent mode)

2, A piece of paper

3, A pen/ pencil

4, A Kettle

5, A cup (glass cup is preferred)

6, Your favorite tea bag



Important Tips

In order to ensure a successful
poem created after the experience,
don't forget to follow the format &
write down your answer / feelings
on every questions

with the word--- **YOUR RESPOND**

You may also ask your friend to read out the recipe
to feel the process thoroughly ~

A unique poem will be created by you
after following every instructions
on this recipe. Enjoy ~



Poem format

1. _____ tape water,

2. Kettle size _____.

3. _____, _____, _____.

4. _____, 5. _____ Tea.

6. _____ and _____.

7. _____ and _____.

Fill in the blanks with your feelings

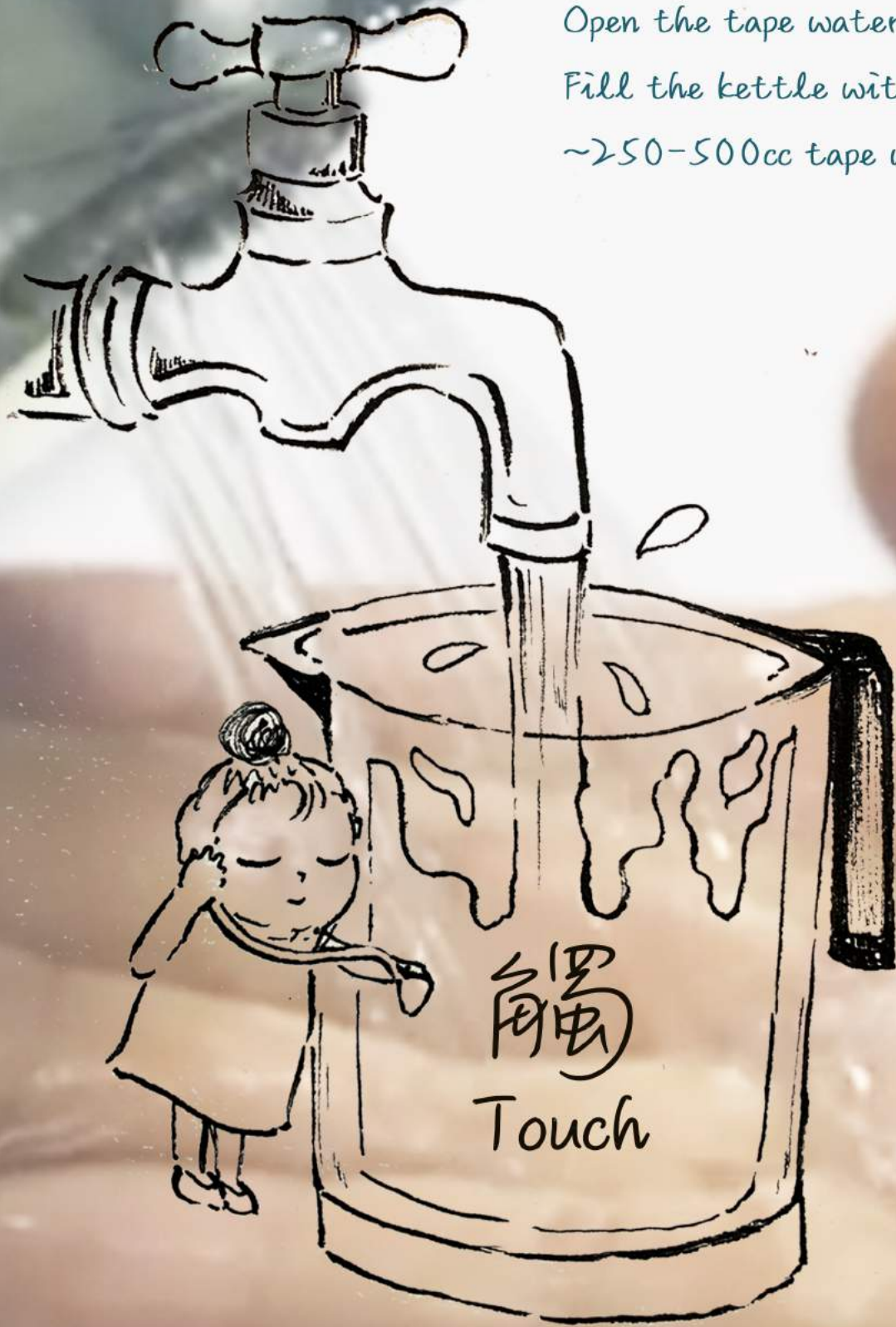


Step 1

Open the tap water.

Fill the kettle with

~250-500cc tap water .



How cold is the tap water ? (Your respond)

How big is your kettle ? (Your respond)

Step 2

Place the kettle on your stovetop

Turn the burner to the highest setting.

Wait the water to boil

Focus on your current feelings.

Be Patient

視
Sight

Watch the water surface.

Can you see anything on it? (Your respond)



Step 3

Now the water starts to boil
Wait until the water come to a rolling boil.

聽

Hear



Listen to the blistering boiling water .

Can you describe the sound of water
in your own words? (Your respond)

Step 4

Adjust the burner into lower heat

Place your face near the kettle

Connect your skin with the steam for ~2 mins



Feel the Steam

Reflect on how the cold tap water is transferred into hot steam & connect with your skin surface.



Step 5

Turn off the burner .

Put the tea bag in your cup

Pour in the boiled water

視

Sight

Wait and observe the transformation

What is the color of your tea after transformation ? (Your respond)



Step 6

Place the cup on the desk.

Wait till it cools down

嗅

Smell

Smell the tea, what flavor is it? (Your respond)



Step 7

When the frequency of steam decreased

Slowly place your hand around the cup.

觸
Touch



**Reflect how the heat from the tea
has transformed into your hand**



Step 8

Your tea should be ready to drink .

Slightly give the tea a gently slip .

味

Taste

Taste the tea

can you use two words to describe the taste on your tongue ?

(Your response)



Step 9

Enjoy your tea time

Slowly drink up the tea bit by bit in your quite space

感

Feel the pleasant



Use two words to describe
your current mood. (Your Respond)



Step 10



分享 To Share

*You have successfully completed this experience
with your Ssense
and created a unique poem
related to this experience.*

**Send the poem to your friends
Ask them to continue the
poem by trying out this recipe.**

Disclaimer

Perform this recipe at your own risk.

No liability accepted.



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