Tea, 茶（chá） is to Chinese people what coffee is to the westerners. In China, tea culture is not all about drinking tea. It is actually a combination of making tea, appreciating tea, smelling tea, drinking tea, and tasting tea. Tea is part of Chinese people's everyday life.

Art of tea in China mainly focuses on five beauties, namely the tea leaves, water, timing, tea sets and the drinking background. To Chinese people, tea is not something to satisfy people’s desire for thirsty. It is an art which offers people with a chance for appreciation. Tea culture in China has some principles to follow. Just like table manners, we can call it tea manners. We say yes to new tea, pure water, clean tea sets, fresh air and people with good manners and sharing the same interests. We say no to tea not being new, dirty air, terrible tea sets and people with bad manners. It is a pity to drink fine tea while being with people with bad manners and not sharing the same interests.
Tea Ceremony, 茶道 (chá dào) is the spirit and soul of the tea culture and it is a lifestyle for the Chinese people. The Tea Ceremony offers people a chance to taste and appreciate the beauties of tea. Drinking tea is actually a spiritual enjoyment, an art or a means of cultivating people’s moral character and nourishing the nature.” Generally, the basic four spirits of Chinese Tea Ceremony are honor, beauty, harmony and respect, which means to honor everything around you, appreciate the beauty of the nature, pursue harmony and respect people and life. These four basic spirits are also thought to be the Chinese people’s characters.

Interestingly, there is not a clear definition to it. The spirit of the Tea Ceremony should be felt and understood instead of being told. One hundred people may have one hundred understandings about Tea Ceremony, because every person has a different life experience and personal value. As a saying goes the moon is reflected in thousand rivers but the reflections are different from each other.

As a matter of fact, to define tea ceremony is a waste of time. To define the meaning of Tea Ceremony is to limit the imagination and the mysterious feeling of tea drinkers. Some people think, the meaning of tea ceremony is to take a break from a busy life and seek joy amidst sorrow. Some people think Tea Ceremony is a method and artistic conception of drinking tea. What is Tea Ceremony in your heart?