

Day 2: Personal...Tea and coffee

The first cup kisses away my thirst,
and my loneliness is quelled by the second.
The third gives insight worthy of ancient scrolls,
and the fourth exiles my troubles.
My body becomes lighter with the fifth,
and the sixth sends word from immortals.
But the seventh – **Oh the seventh cup** – if I drink you,
a wind will hurry my wings toward the sacred island.

(Lu tong 795-835A.D.)