

Re-set the mind

- Sit comfortably, with your spine erect and shoulders relaxed.
- Place hands on your knees palms up.
- Close your eyes.
- Imagine a blue colored tube (channel) in the center of your body, from the very bottom of your spine to the top of your head. The diameter of the tube is about one inch.
- On both sides of the blue channel, imaging two smaller tubes, which start from your nostrils, go around your brain and all the way down your body where they connect to the central larger tube. The channel on the right side of your body is white and the channel on the left side of your body is red.
- Breath in through both of your nostrils and follow the air going through side channels all the way down your body.
- The air you are breathing is fresh and crispy, with sunlight and spring breeze, and salt of the oceans, it is refreshing and nourishing, bright and radiant!
- Once the breath reaches the point of connection of all three channels, pause.. Hold the breath for as long as it is comfortable for you plus a few more moments.
- Imagine that all the blockages and impurities are accumulating in the intersection of three channels.
- Breath out, mentally pushing the air through the central blue channel forcefully all the way out of your body.
- Imagine that all the blockages and impurities get pushed out of your body through the blue channel and you see the brown cloud on top of your head, which dissolves in the air and turns into light.
- Repeat three or nine times. Once you are done, stay still for a few seconds noticing the changes in your breathing, how clear the channels are and how easy air flows through.
- Enjoy.



Cleansing Breathing

1 - Close your left nostril with ring finger

2 - Breath in through your right WHITE channel the air of spring with sunshine and crisp of the mountains.

3 - Breath out, mentally pushing the air through the right RED channel forcefully.

You are breathing out all anger, frustration and aggravation.

All the diseases associated with inflammation.

All Liver dysfunctions.

All past karma.

4 - Close your right nostril with ring finger

5 - Breath in through your left RED channel the air of spring with sunshine and crisp of the mountains.

6 - Breath out, mentally pushing the air through the right WHITE channel forcefully.

You are breathing out all attachment and cleaning, jealousy and stagnation.

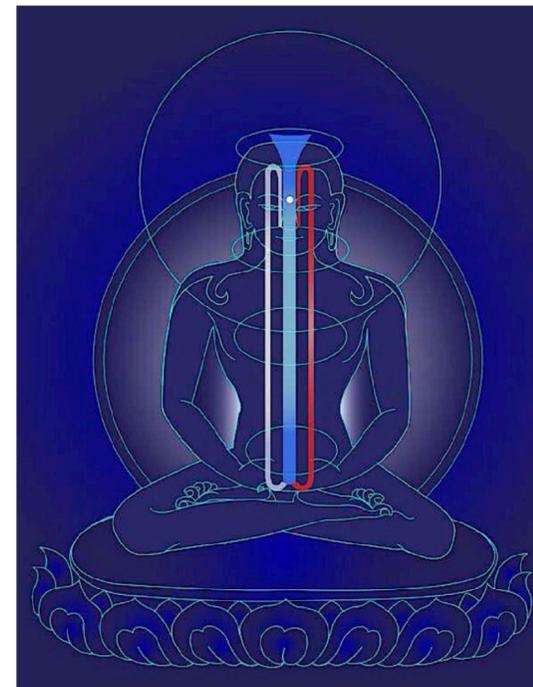
All the diseases associated with viscosity, stickiness and sliminess.

All Spleen dysfunctions.

All future karma.

7 - Breath in through both channel the air of spring with sunshine and crisp of the mountains.

8 - Breath out, mentally pushing the air through the central BLUE channel forcefully.

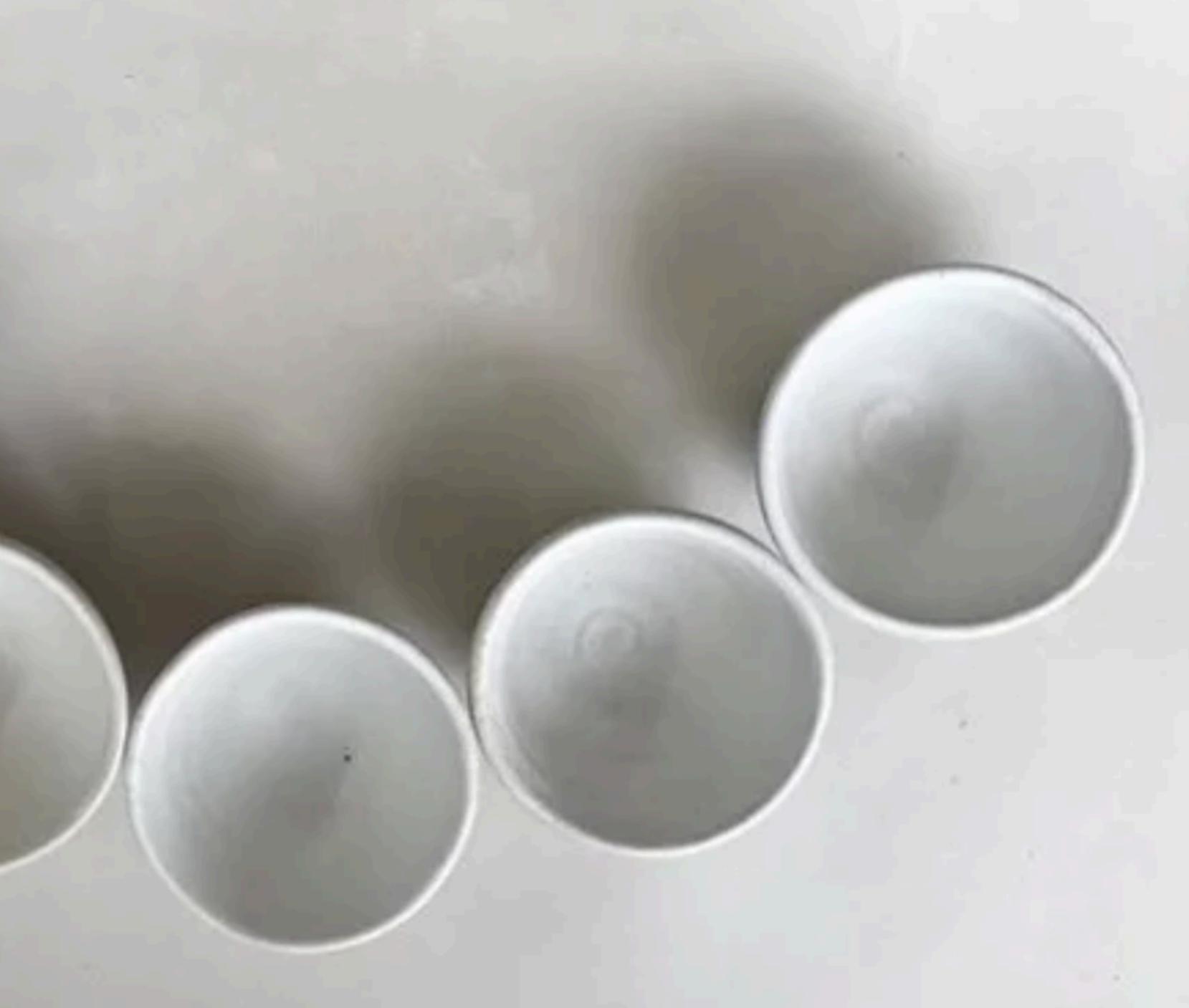


You are breathing out all ignorance and judgement.

All the diseases associated with stress.

All Heart dysfunctions

All current karma.



Session 2 - Side Handle Pot

FLOATING MOUNTAIN | Tea School | SS 2.3

Floating Mountain
Tea School

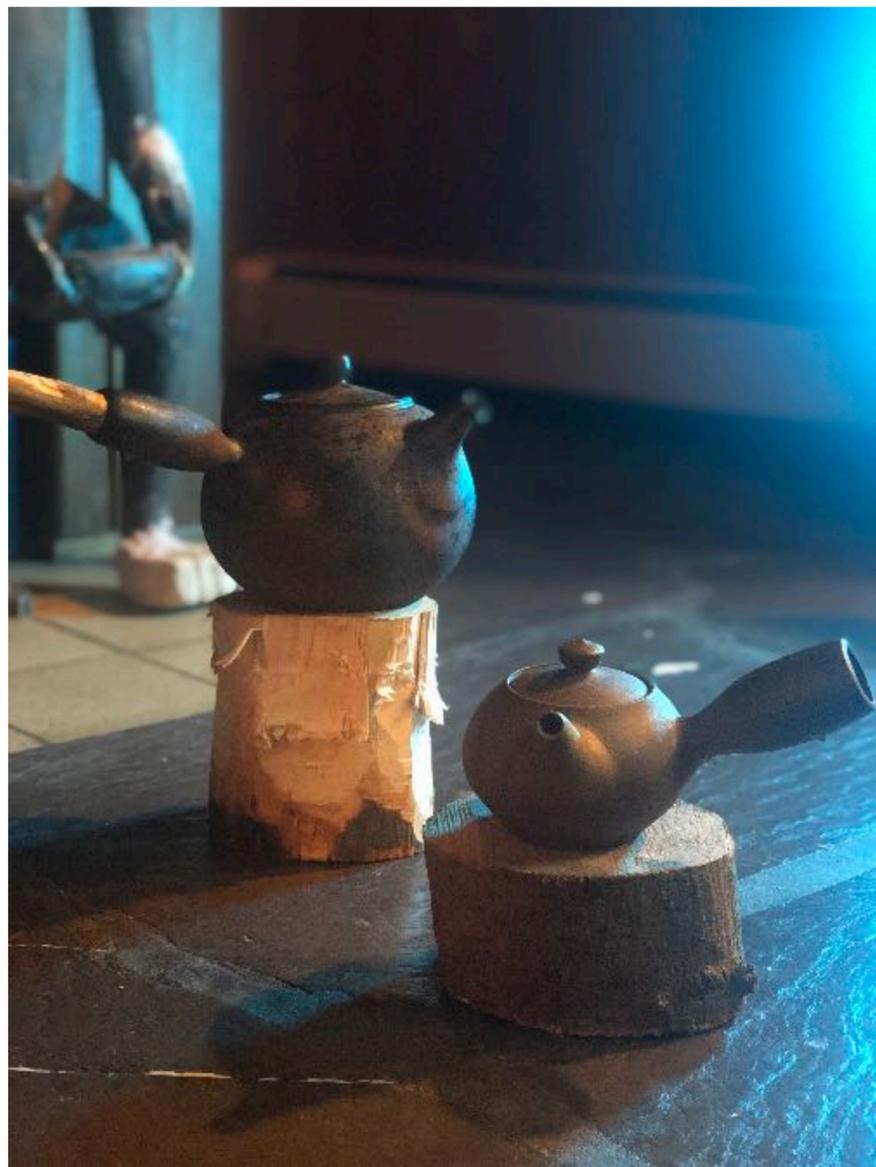
Series 2

Physicality of Tea
Intermediate



Side Handel Pot

Herb boiling



Gaiwan | Lidded Cup

Types & Origin



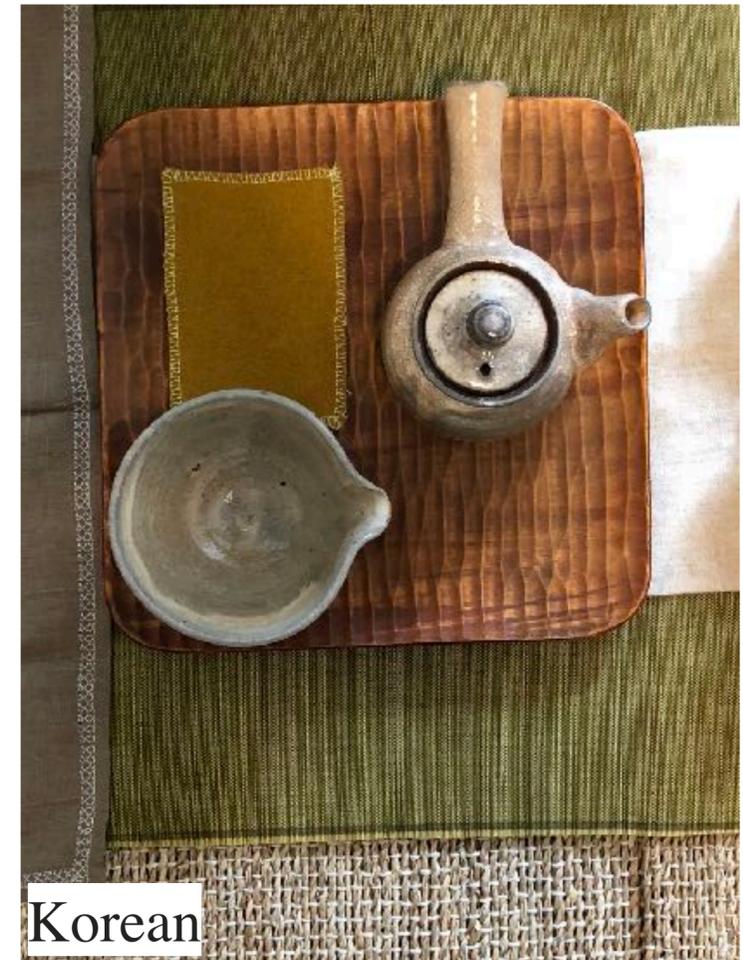
Japanese



American



Taiwanese



Korean

Side Handel Pot

Kyusu ≠ Side Handle Tea pot



Atode no kyusu (後手の急須),
literally "back hand tea pot"



Yokode no kyusu (横手の急須),
literally means "side hand tea pot"



Uwade no kyusu (上手の急須),
literally "top hand tea pot"



Houhin (宝瓶) literally "treasure vessel"

Side Handle Pot

Ceremonial Tea



Side Handle Pot

Tea best to brew in Side Handle Pot



Dark Tea:

Liu An | Anhui

Shou Pu'er & Sheng Pu'er | Yunnan

Lio Bao | Guangxi

Qian Lian Cha | Anhui

Red Tea:

Zhen Shan Xiao Zhong | Fujian

Yi Mei Ren Wu Liang | Yunnan

Chuan Hong Cha | Sichuan



Series 2 - Physicality of Tea - Intermediate

Tea Brewing Techniques

Session 1 - Simple Tea in a Bowl Ceremony

Session 2 - Gaiwan | Lidded Cup

Session 3 - Side Handle Pot

Session 4 - All about boiling tea

Session 5 - What is Gong Fu tea

Session 6 - Gong Fu Tea basics

