

Floating Mountain Tea School

Physicality of Tea

Series 3 - Advanced - Gongfu Tea

Session 2 - Five Functions of Qi

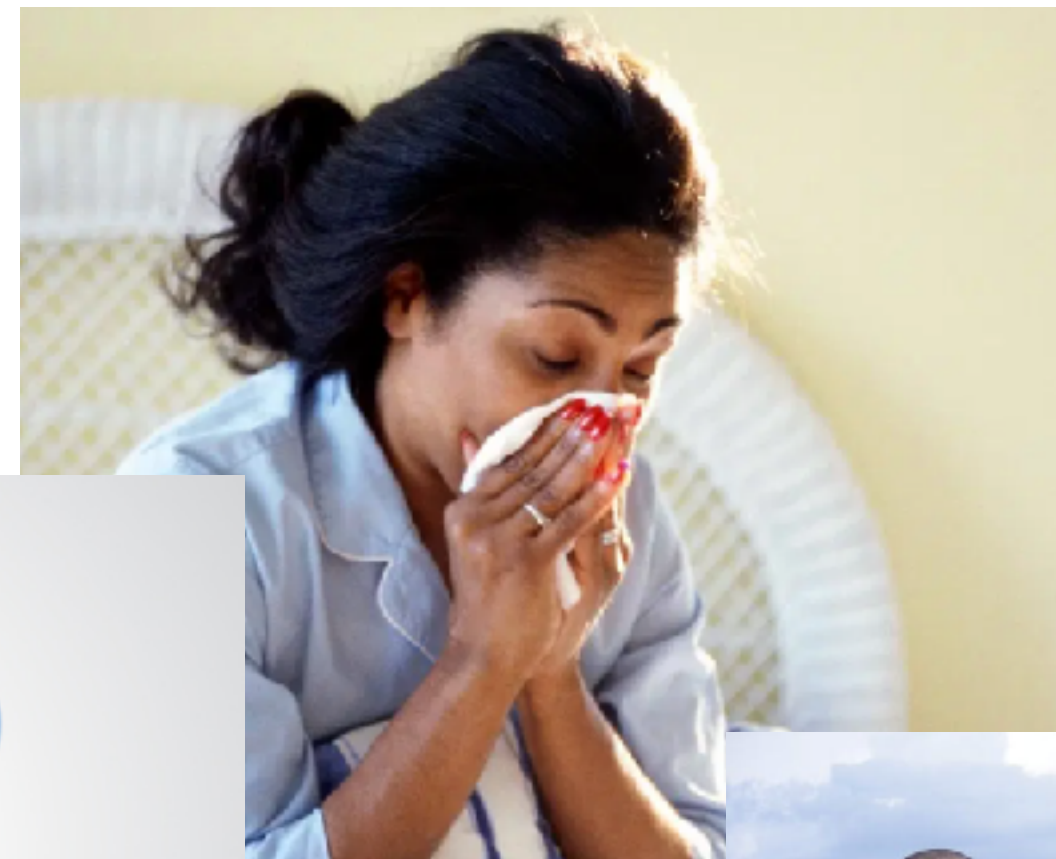
FLOATING MOUNTAIN | Tea School | SS 3.2





Advanced Gong Tea

Five Functions of Qi in Human Body

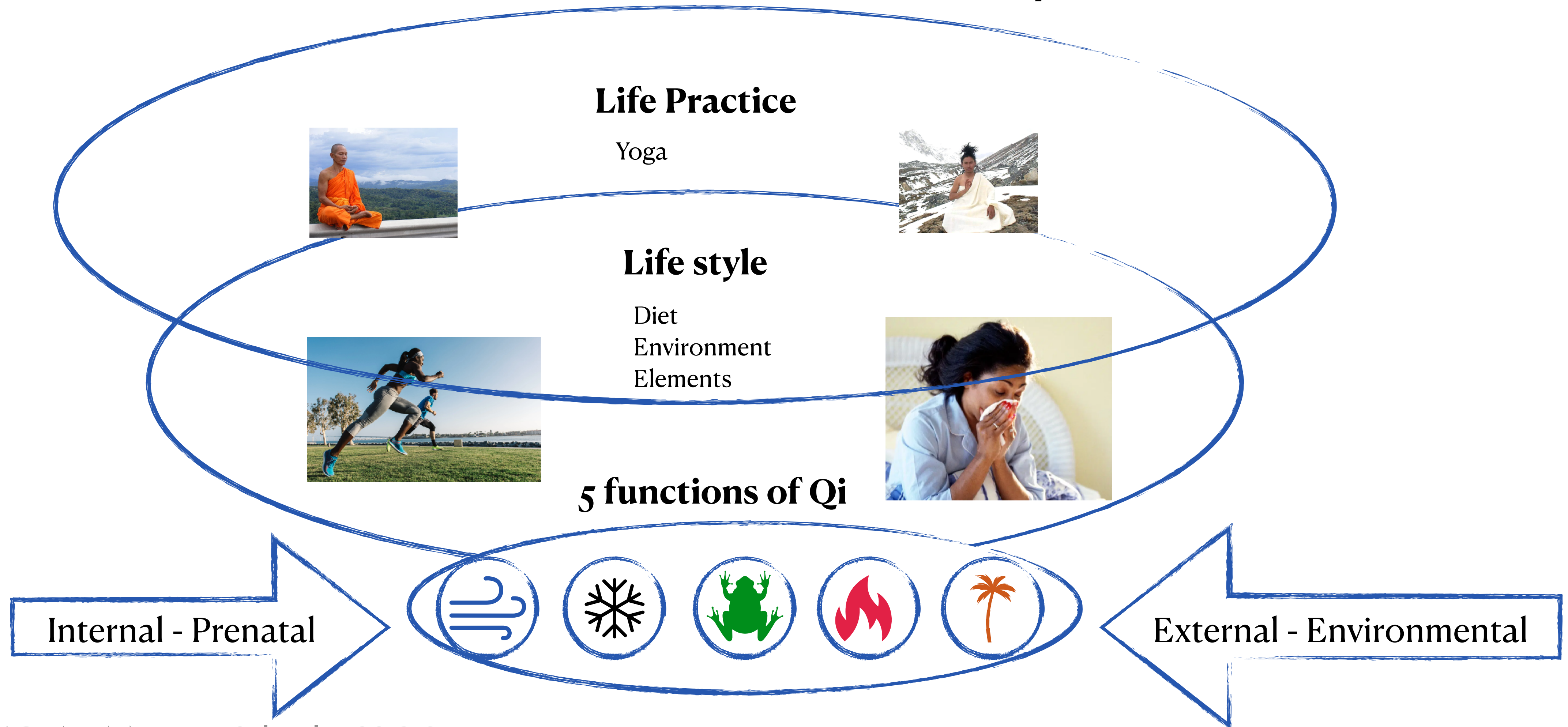


1. Source of all movement
2. Protects the body
3. Source of transformation
4. Insures stability
5. Warms the body



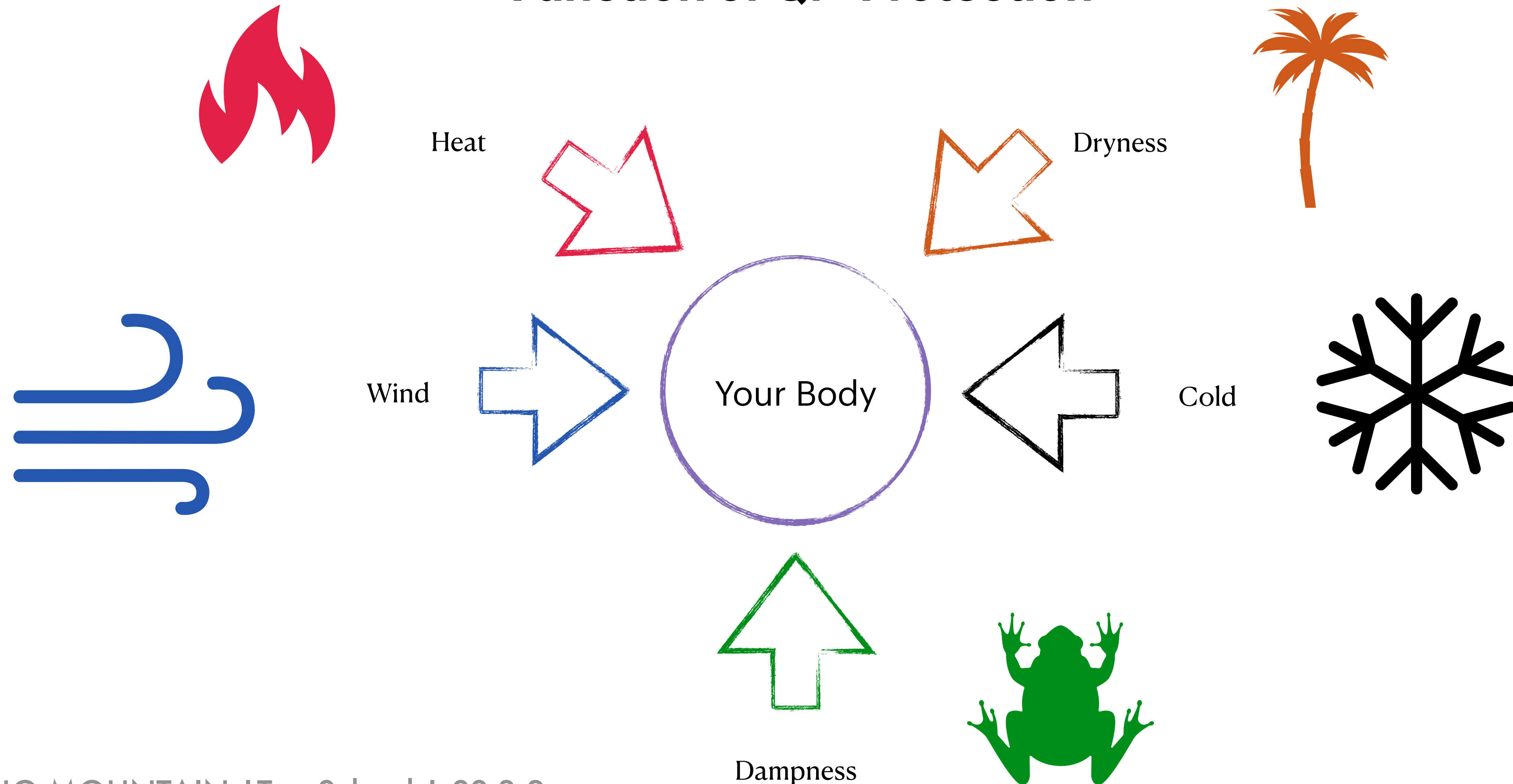
Advanced Gong Tea

Five Functions of Qi in Human Body



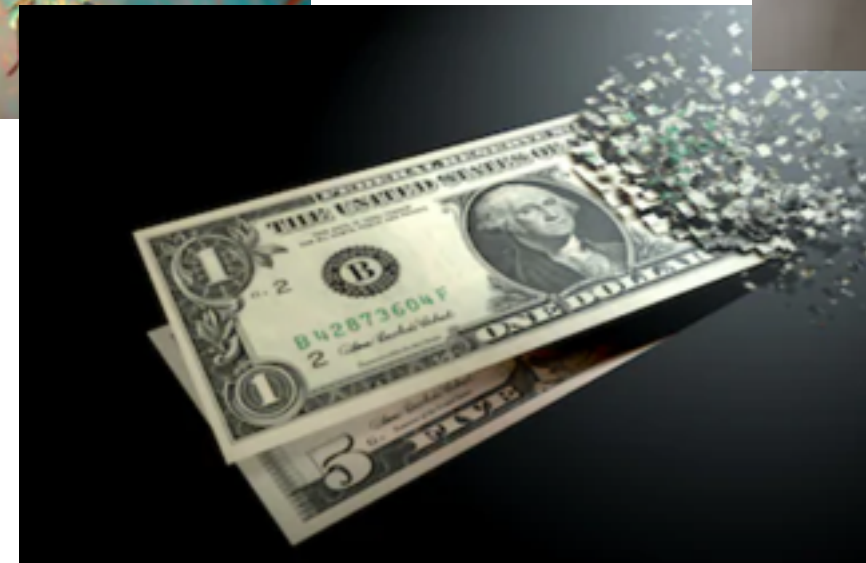
Five Functions of Qi

Function of Qi - Protection



Five Functions of Qi

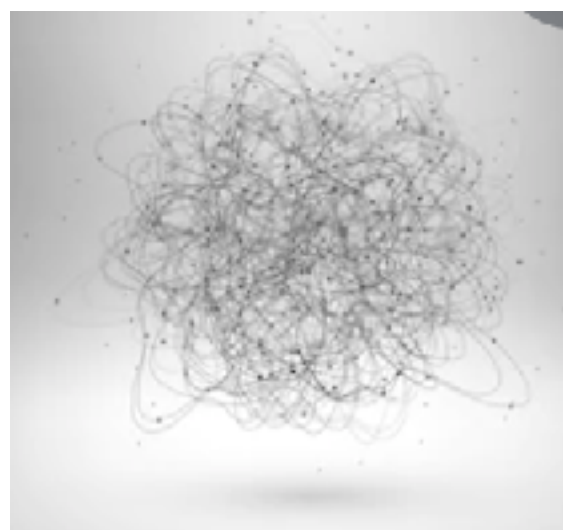
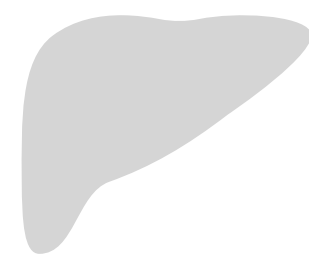
Wind (*Feng*) - is adept at movements and many changes. ~ *Nei Jing*



Dizziness

Rise from gossip, rumors, or being treated without consideration

- Fear of drafts
- Sweating
- Sudden headaches
- Stuffed nose
- Itchy or sore throat.



Turbulent and chaotic movements

Things appear and disappear



Anger, assertiveness

NG: “*that injured by Wind first affects the upper parts*”

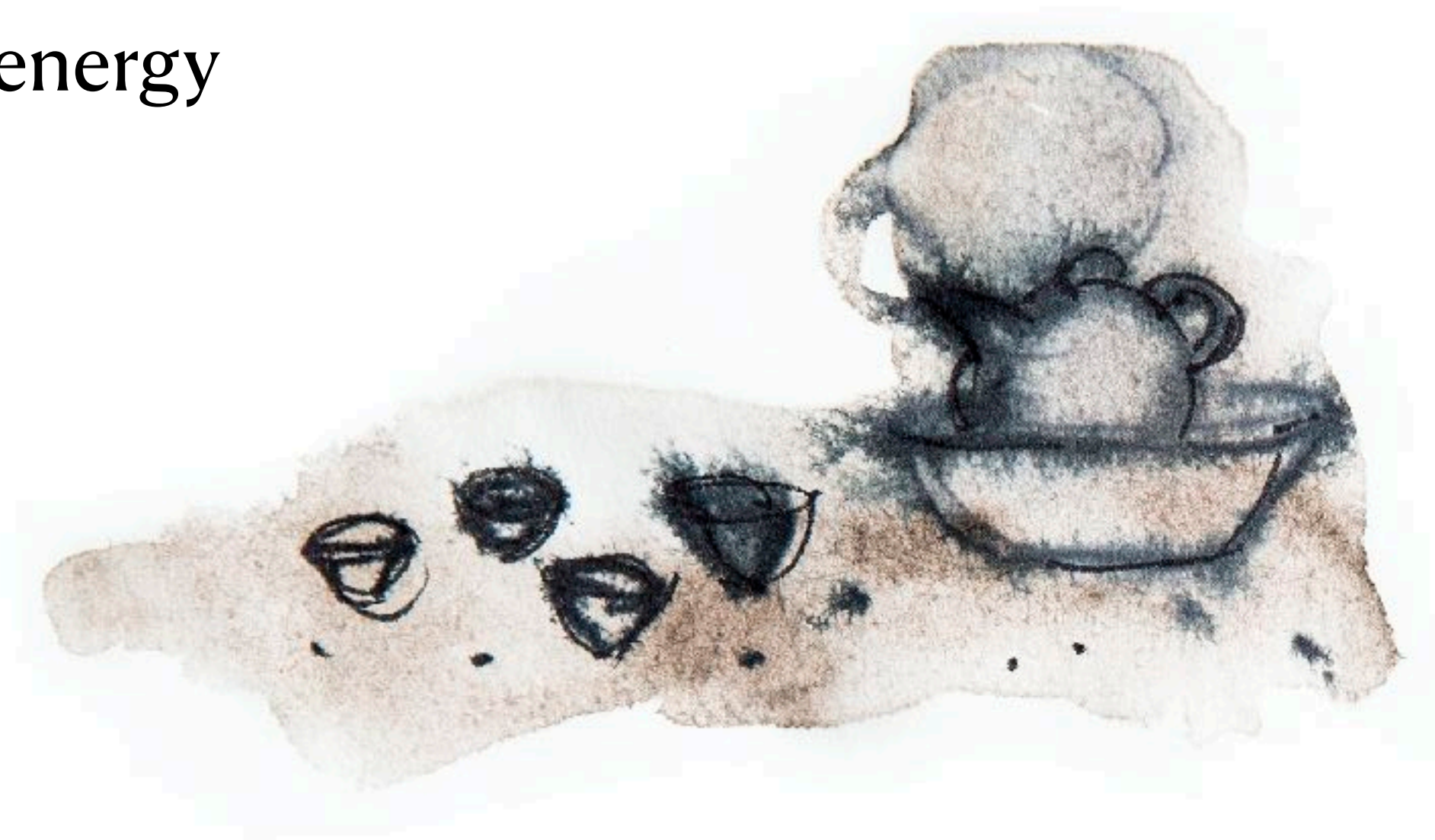
NG: “*the hundred disease developed from Wind*”

Five Functions of Qi

Tea to pacify Wind

Shou Pu'er and Hei Cha:

- Grounding energy
- Balancing
- Accepting
- Warming
- Stabilizing



Tea Examples at Floating Mountain:

- Zen Tea - Shou Pu'er
- Mojo - Sheng Pu'er
- Jing Mai Sheng Pu'er
- Chun Jian Sheng Pu'er
- Yi Wu - Sheng Pu'er
- Jin Ya - Golden Buds

Five Functions of Qi

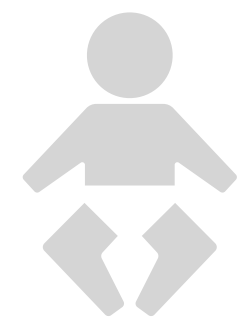
Cold (*Hun*) - watery, transparent, clear, slow, and immobile



Sharp



Immobility, passivity, fearfulness



Cause trouble in connecting

Contraction and stiffness



Watery



Things seems delayed and lumbering

- Fear of cold,
- Chills,
- Mild fever,
- Headaches, and
- Body aches.

Five Functions of Qi

Tea to pacify Cold

Red Tea

- Warming energy
- Kindness
- Happiness
- Acceptance
- Joy



Tea Examples at FM:

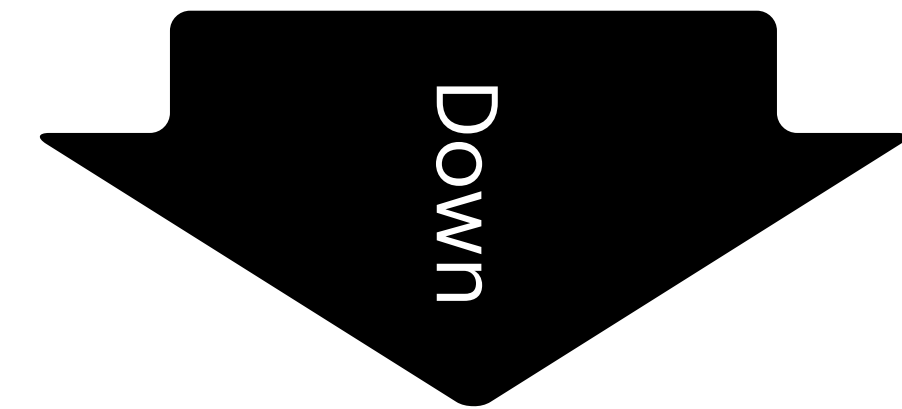
- Xiao Chigan - Little Red Sweetness
- Da Chigan - Big Red Sweetness
- Jin Jun Mei - Golden Eyebrows

Five Functions of Qi

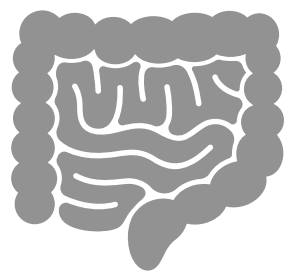
Dampness (*Shi*) - wet, heavy, and slow



Flabby



Stagnation in transformation => boggy problems



Clinging, holding on, be jealous,
be over sympathetic, unable to let go



Sticky soft

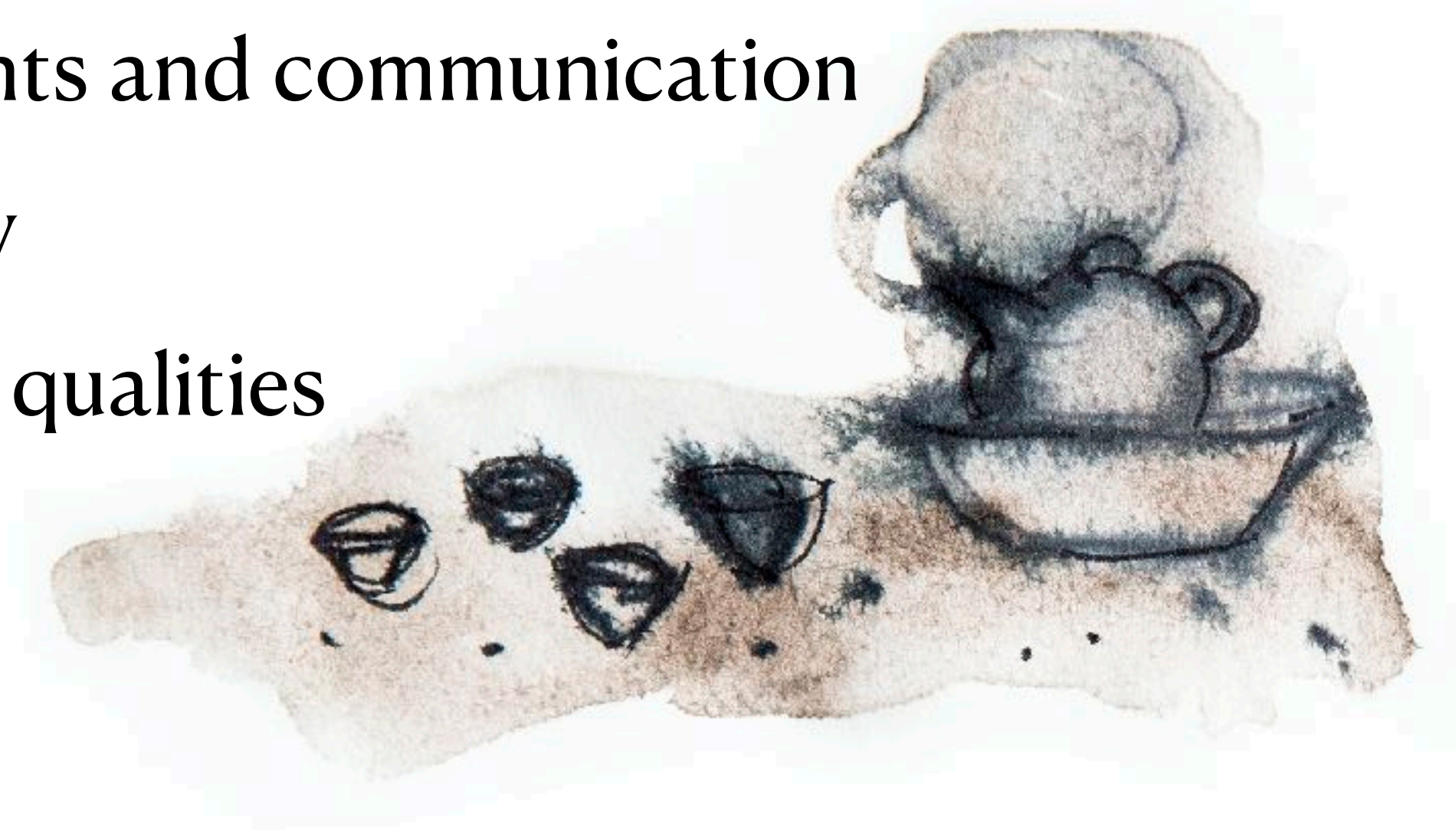
- Dull head,
- Heavy and sore limbs,
- Dislike to damp environment

Five Functions of Qi

Tea to pacify Dampness

Phoenix Mountain Single Tree

- Stimulating and focusing energy
- Increase movements and communication
- Enhance creativity
- Possess gathering qualities



Tea Examples at FM:

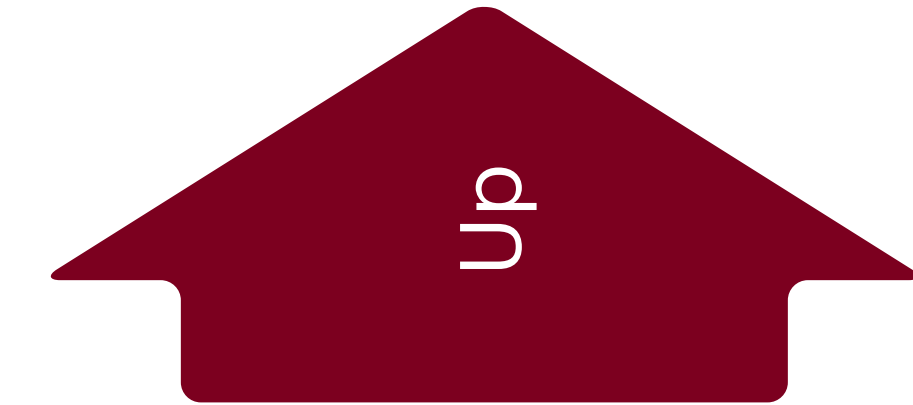
- Da Wu Ye DC - Big Black Single Tree
- Ya Shi Xiang - Duck Shit
- Mi Lan Xiang - Honey Orchid
- Lao You Hua Xiang - Old tree grapefruit...

Five Functions of Qi

Heat (Re) & Dryness (Zao) (Shi) - *hot, active, light*



Reckless movements



There is usually less chills, more headaches, and fewer body aches

- High fever,
- Headache,
- Swollen and sore throat,
- Dry mouth,
- Great thirst,
- Desire for cold,
- Irritability.



Red face, inflammation



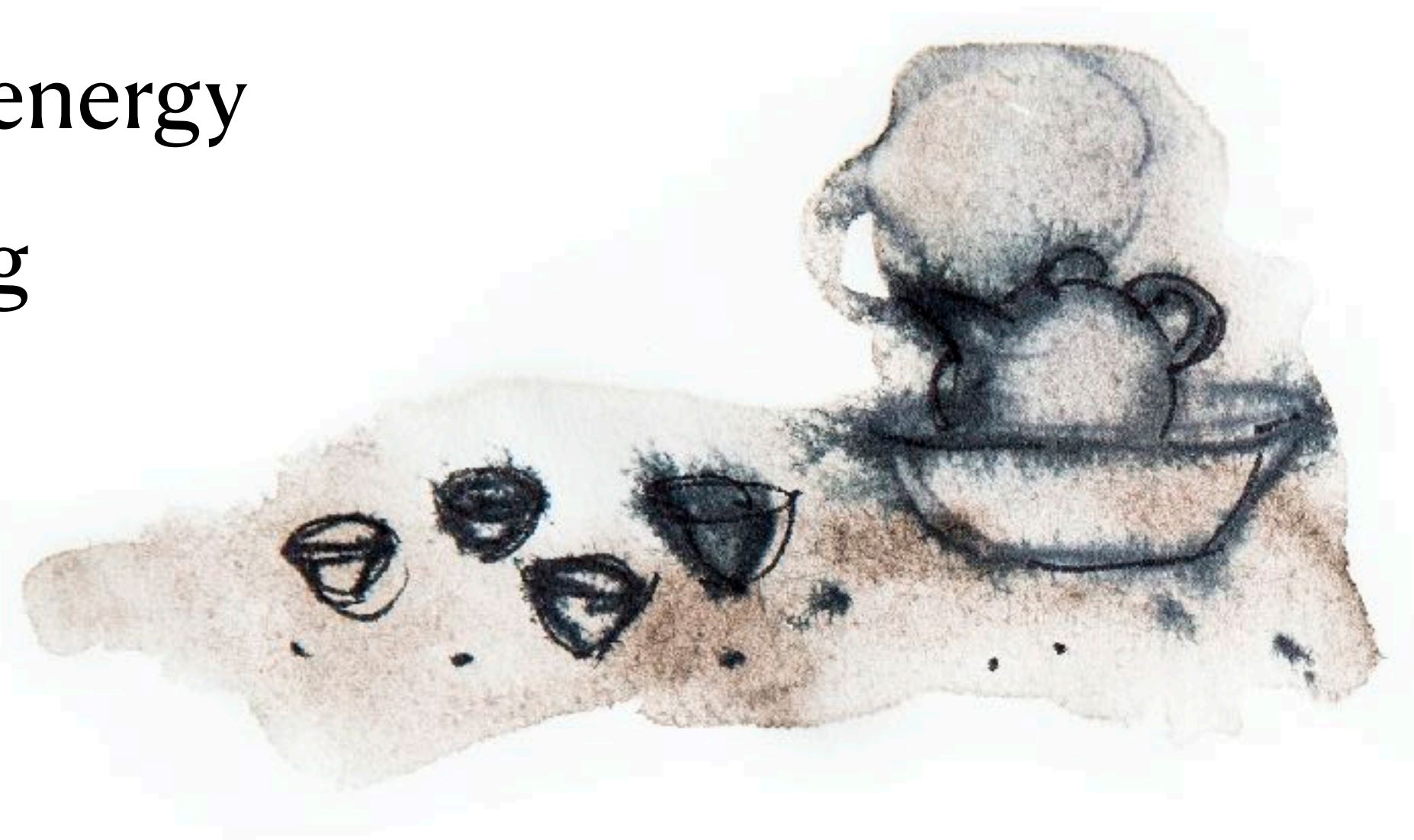
Confused speech or delirium

Five Functions of Qi

Tea to pacify Heat and Dryness

White Tea

- Cooling energy
- Balancing
- Calming
- Slowing

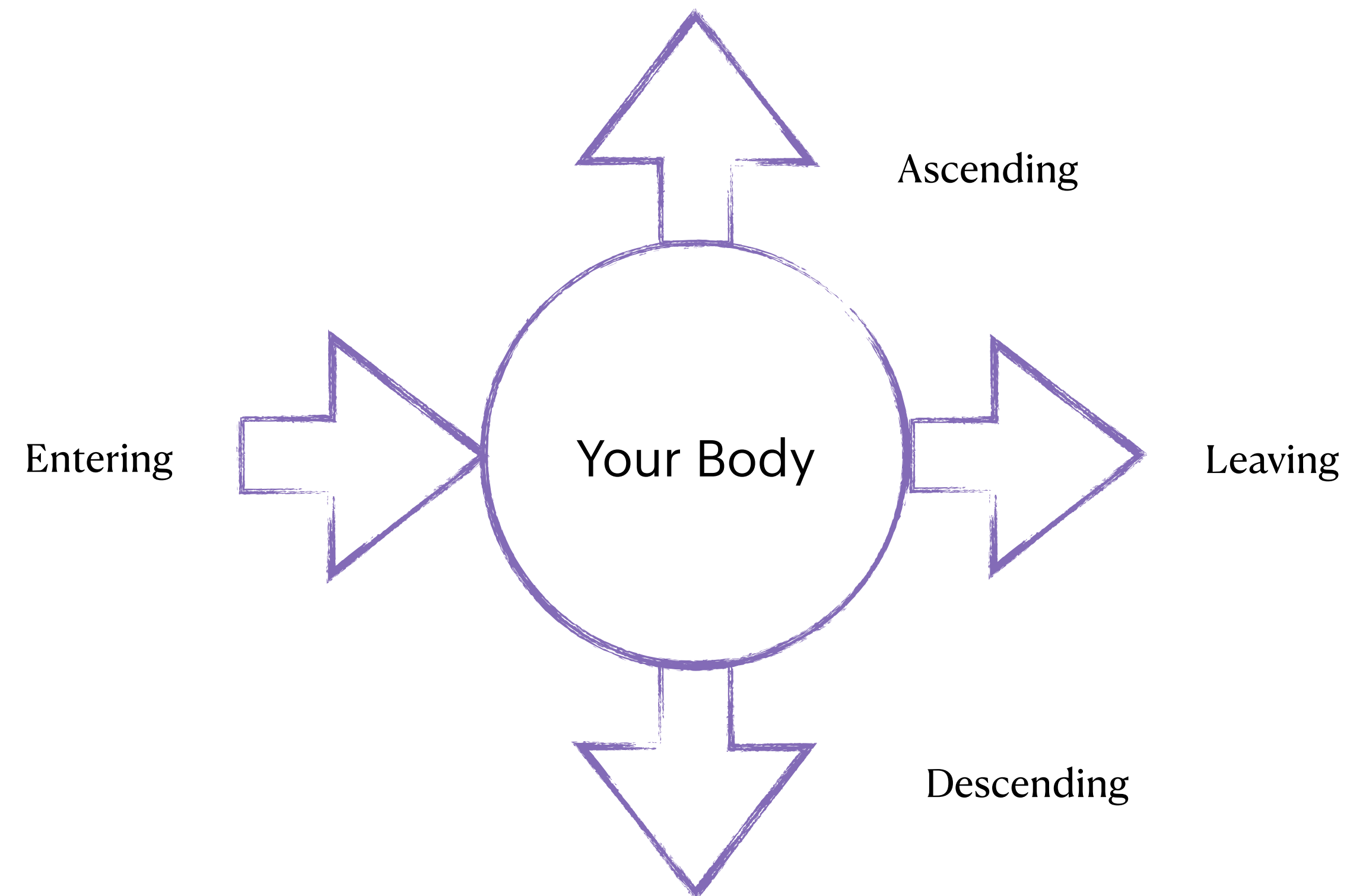


Tea Examples at FM:

- Bai Ye _ White Hair Silver Needle
- Bai Mudan - White Peony
- Shou Mei - Longevity Eyebrow
- Ya Guang Bai - Moonlight White

Five Functions of Qi

Function of Qi - Movement=> Transformation



The Nei Jing states:

“Without entering and leaving there is no development, without ascending and descending there is no transformation, absorption and storing”

Series 3 - Physicality of Tea - Advanced

Gongfu Tea - December

Session 1 - Perfect Yourself

Session 2 - Five Functions of Qi

Session 3 - Diet * (*HW*)

Session 4 - Environment *

Session 5 - Five Constitutions *

Session 6 - Eight Limbs of Yoga



Series 3 - Physicality of Tea - Advanced

Gongfu Tea - January

Session 7 - Essence

Session 8 - Spirits

Session 9 - Gongfu Tea (demo)

Session 10 - Gongfu Tea Technicality*

Session 11 - Practical Gong Fu** (CW)

Session 12 - Q&A for Practical Gongfu

Session 13 - Mastery check **

Session 14 - Gongfu Tea Together **

