

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.

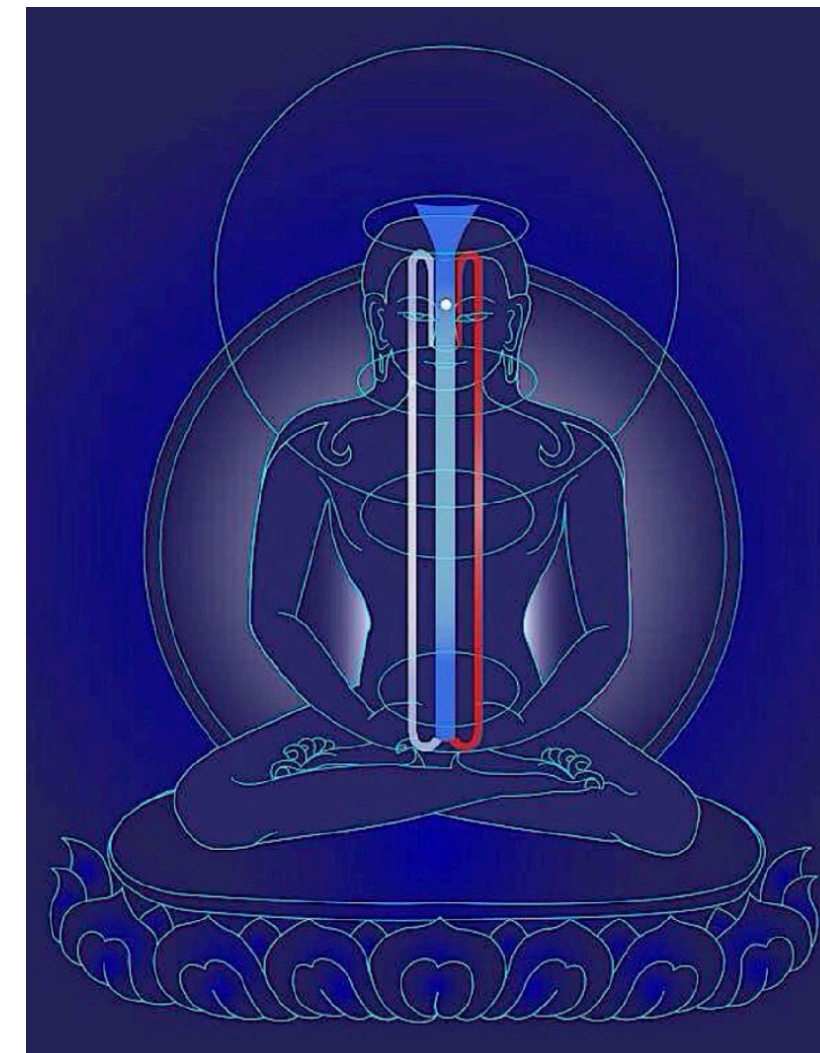
All the diseases associated with viscosity, stickiness and sliminess.

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 irritation.

All Heart dysfunctions

All current karma.

Floating Mountain Tea School

Series 1 - Physicality - Basics

Session 8 - Daily Tea Practice -
create your ritual

FLOATING MOUNTAIN | Tea School | SS 1.8

Last review:)

Learn FASTER

6 Stages of Experiencing Tea

5 Main Types of Tea

7 Essentials of Good Tea

4 Levels of Mastery in Tea Brewing

5 Tea Brewing Tips

6 Senses to Appreciate tea

4 Seasons for Tea Appreciation



Daily Tea Practice

What is Daily Tea Practice

Personal and spiritual transformation



Enhancing your life would be personal development.



Transcending of ego and going beyond individuality
is a spiritual transformation..

Daily Tea Practice

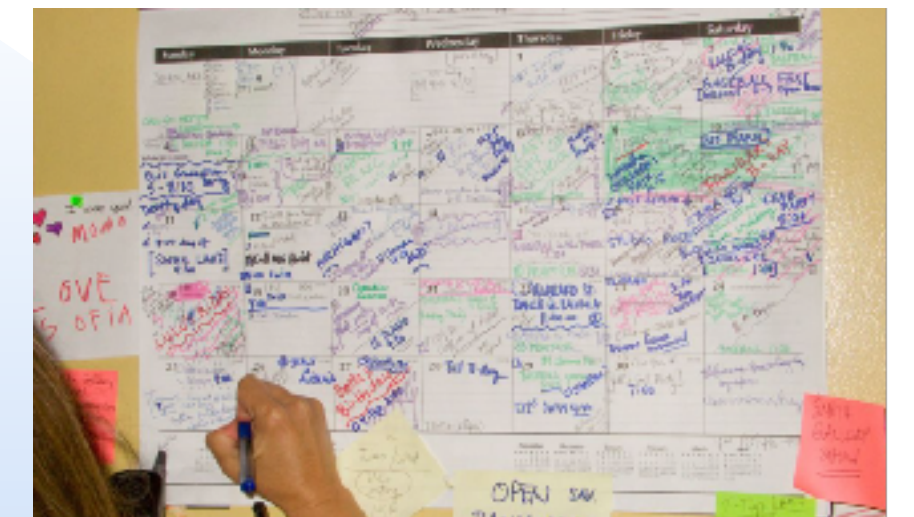
Simple practice vs easy practice

Eating an Ice cream is not a practice!



Do it for 21 days

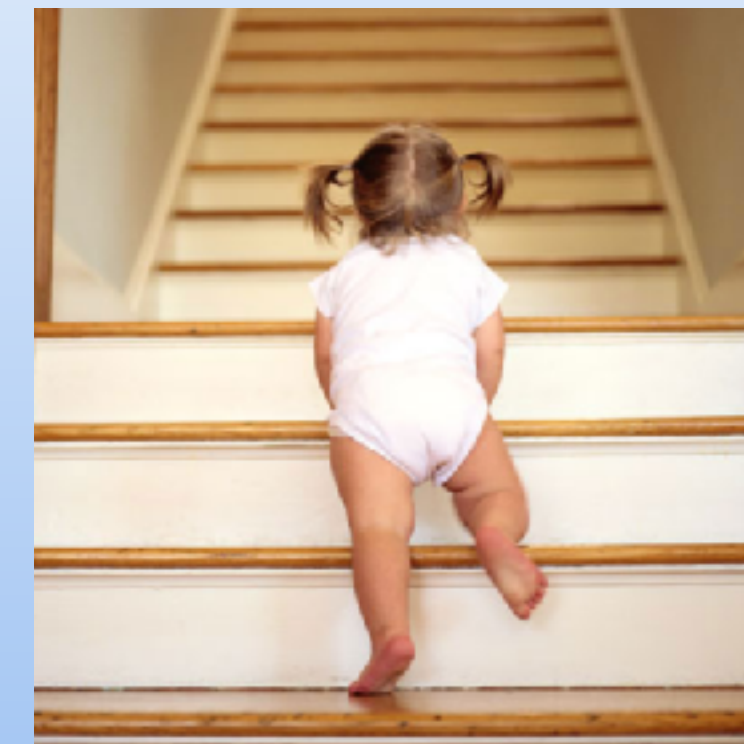
Myth



Schedule it



Find the body



Little steps

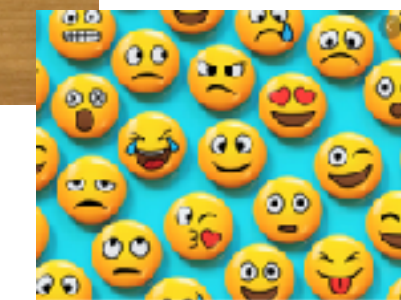
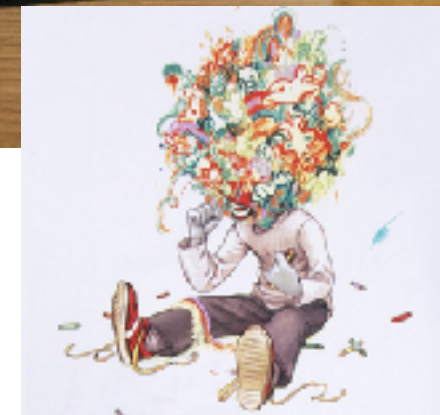
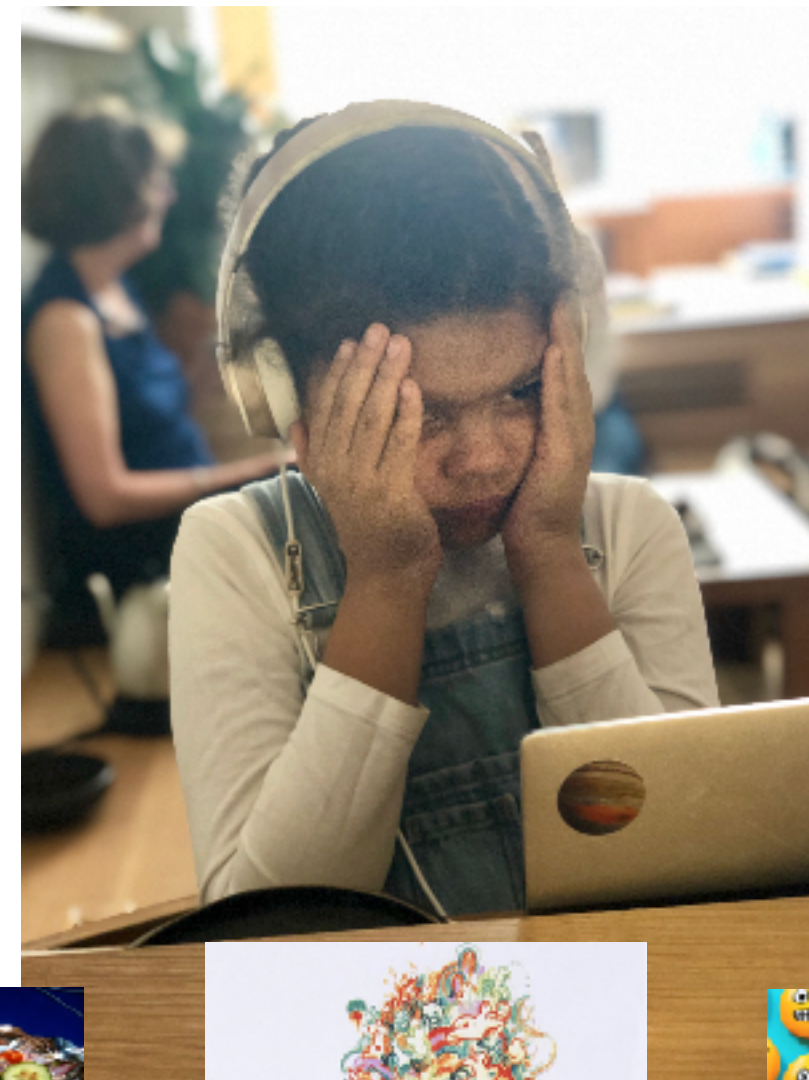


Prize yourself



Daily Tea Practice

Why to practice?



Tea practice is knowing and practicing awareness through the simple act of preparing and drinking tea.



Daily Tea Practice

When and for how long?



Daily Tea Practice

Create a ritual

Wake up one hour earlier

Find the place (face East or North)

Set up tea place (on the level of belly button)

Light the intense or/and candle

Start with cleansing breathing

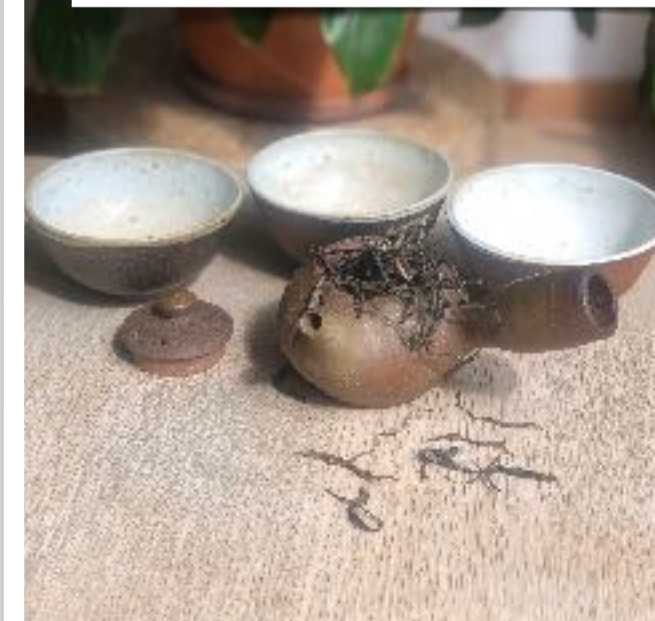
Listen to the water in the kettle (even in electric)

Be aware of 7 essentials

Use 5 brewing tips

Make at least 3 pours of tea

Clean up and finish with three reseting mind breaths



Are you interested in the next Series for the same price?

- 1. What was the most valuable take away for you from this series of lectures?**
- 2. What did you like about the series?**
- 3. What could I do better?**
- 4. What would you like to learn more about?**
- 5. If you would invite a friend to join Floating Mountain Tea School, what would you say to him/her?**



What are we going to talk about next?

Day 1 - Welcome!

Day 2 - What is so special about tea - how to find your cup of tea?

Day 3 - Main types of tea - which one is yours?

Day 4 - Seven essentials of good tea - what do you really need to make good tea?

Day 5 - The ways to brew tea - how to make good tea?

Day 6 - Six senses for the best tea experience.

Day 7 - Tea in four seasons - what to drink when?

Day 8 - Daily Tea Practice - create your ritual.

