

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.

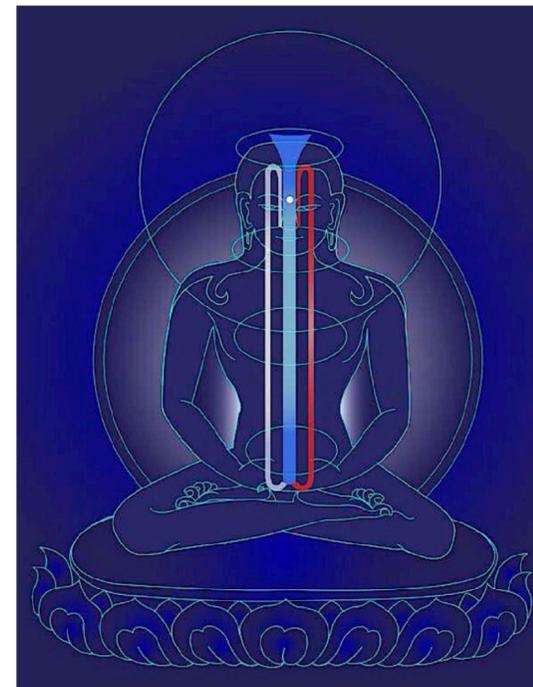
All the diseases associated with viscosity, stickiness and sliminess.

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.

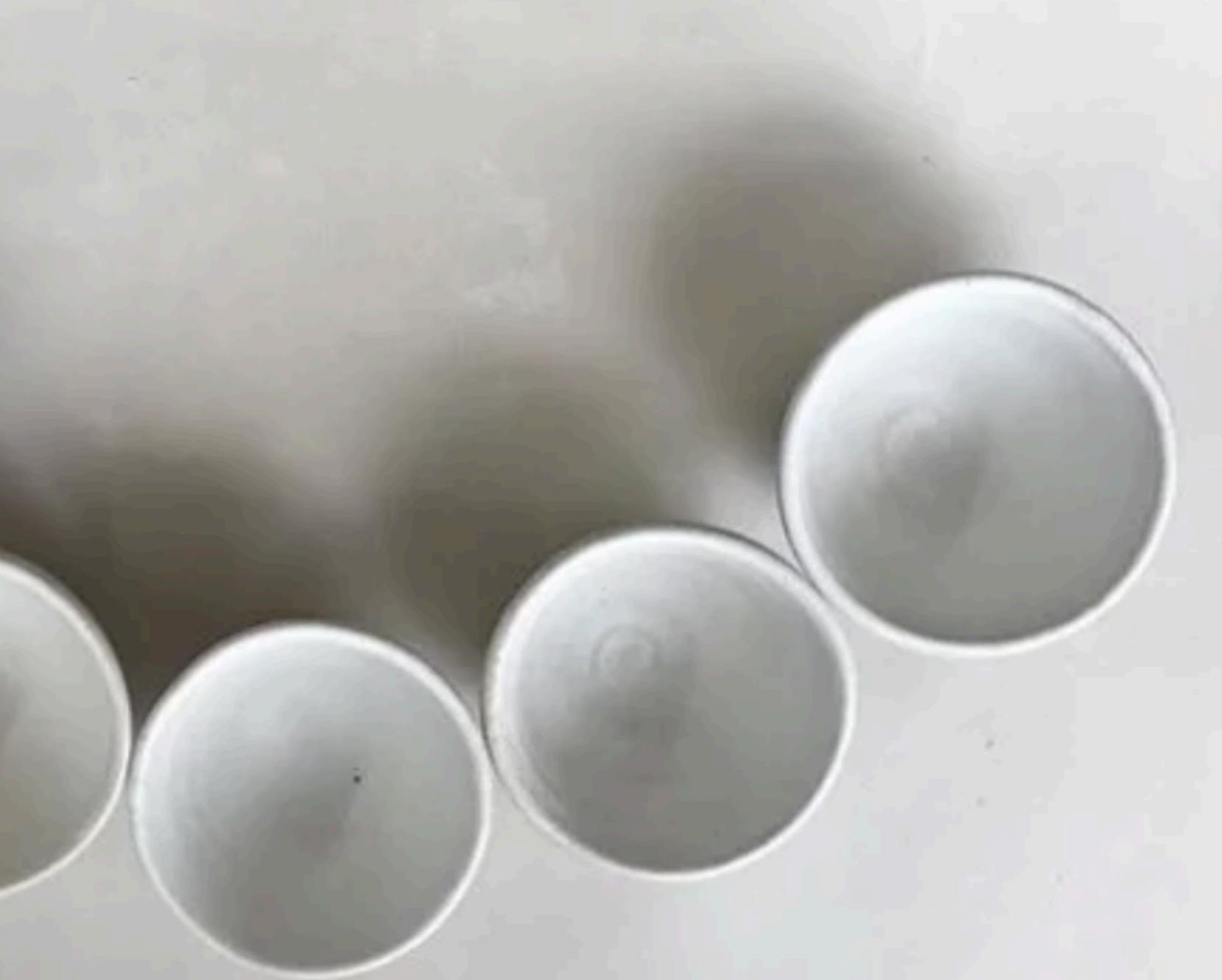


You are breathing out all ignorance and judgement.

All the diseases associated with stress.

All Heart dysfunctions

All current karma.



Session 2 - Gaiwan | Lidded Cup

FLOATING MOUNTAIN | Tea School | SS 2.2

Floating Mountain
Tea School

Series 2

Physicality of Tea
Intermediate



Gaiwan | Lidded Cup

What is Gaiwan?

- *a saucer,**
- *a bowl, and**
- *a lid**



Gaiwan | Lidded Cup

When and why to use gaiwan?



Gaiwan | Lidded Cup

Pros & Cons of Gaiwan Brewing

Pros:



Clean Brew

Universal

Affordable

Multi-purposeful

Easy to observe the process



Cons:



Pour temperature retainer

Requires skill (get used to)

Easy to break/burn yourself

Less high quality brews

Less economic tea use

Gaiwan | Lidded Cup

Tea best to brew in Gaiwan

Green Tea:

Anji Bai Cha | Anji White Tea | Anhui

Huan Shang Maofen | Yellow Mountain Furry Peak | Anhui

Qi Shi | Sparrow tongue | Sichuan

Shaanxi Xian Hao | Downy Tea | Shaanxi

White Tea:

Show Mei | Longevity Eyebrow

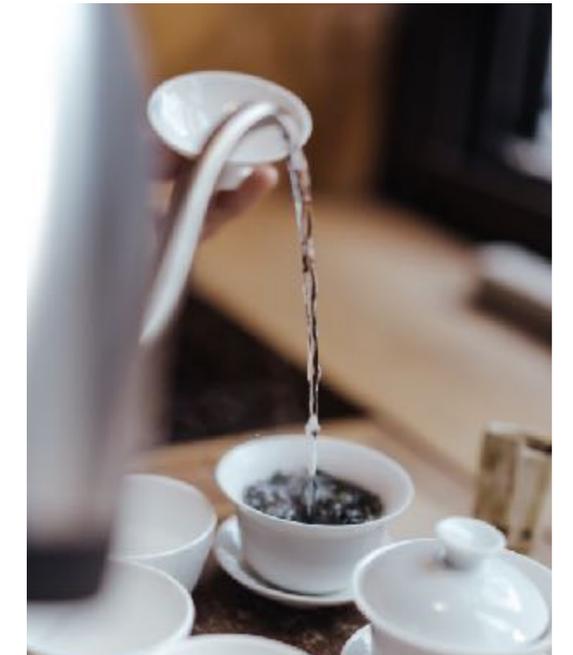
Bai Mudan | White Peony

Bai Hao Yin Zhen | White Hair Silver Needle



Gaiwan | Lidded Cup

How to brew in Gaiwan : 6 Steps



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.

