



Floating Mountain Tea School

Physicality of Tea

Series 3 - Advanced - Gongfu Tea

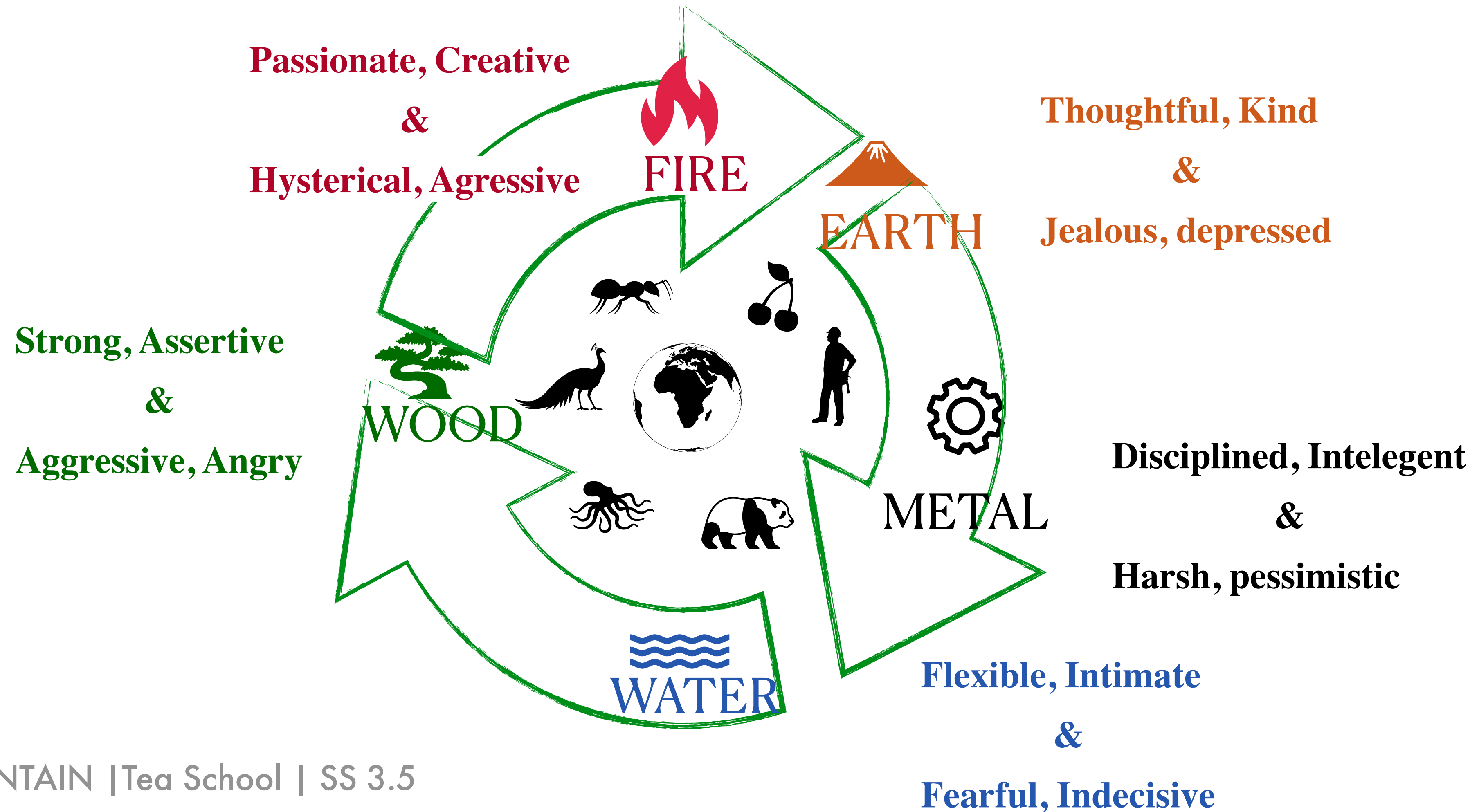
Session 5 - Five Elements

FLOATING MOUNTAIN | Tea School | SS 3.5



Advanced Gongfu Tea

Five Physical Elements



Advanced Gongfu Tea

From Physical to Subtle

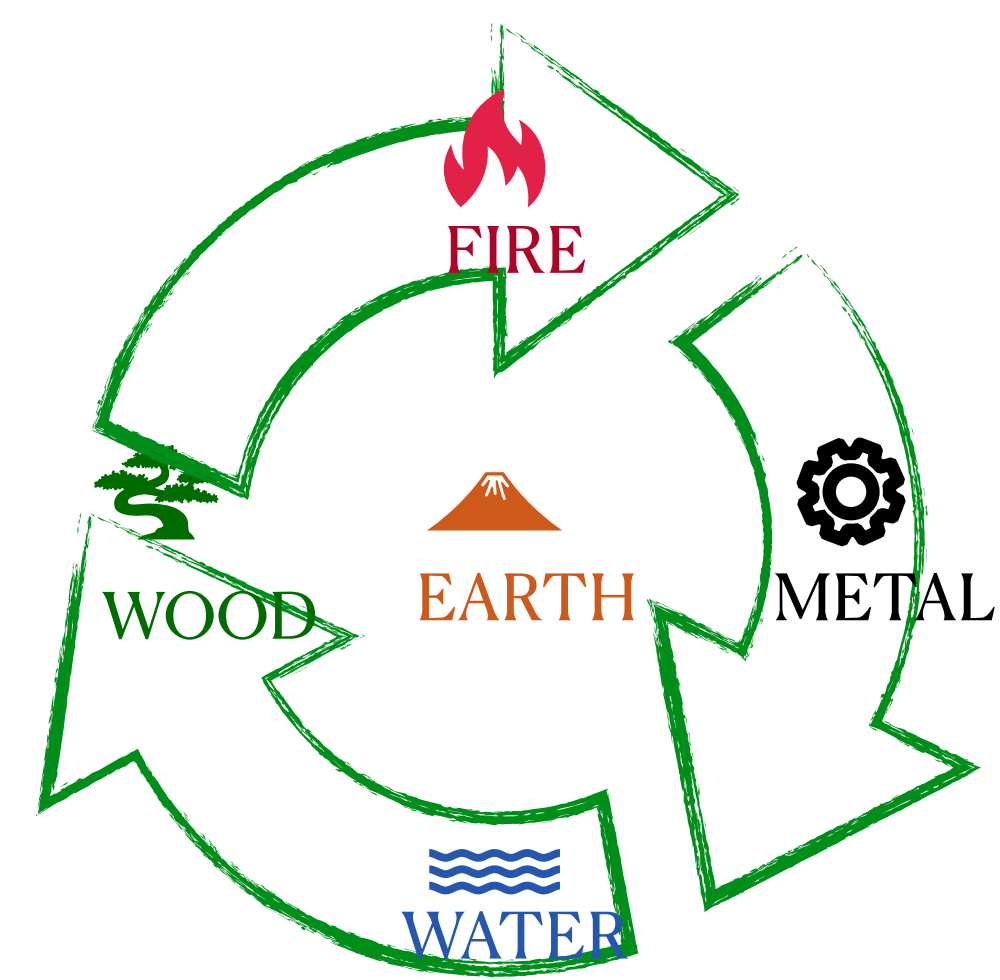


Advanced Gongfu Tea

Five Subtle Elements



Five Physical Elements



Five Energetic Elements



Advanced Gongfu Tea

Ignorance

Wisdom



EARTH



Too much

We are plodding,
dull, lazy, and dim.
Too solid, unable to move.
Thinking is heavy, literal
and lacking creativity.

In Balance

**We are stable,
grounded,
confident,
rooted in our experience.
We are responsible,
standing on our own.**

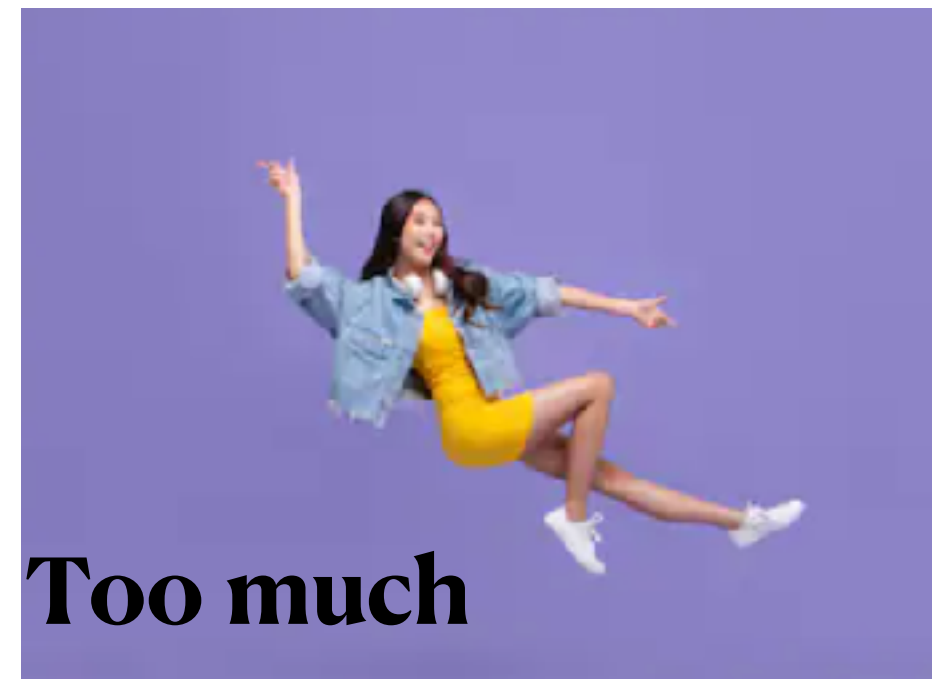


Too little

We are without anchor,
we are flighty,
spacey and agitated,
not able to complete tasks

Advanced Gongfu Tea

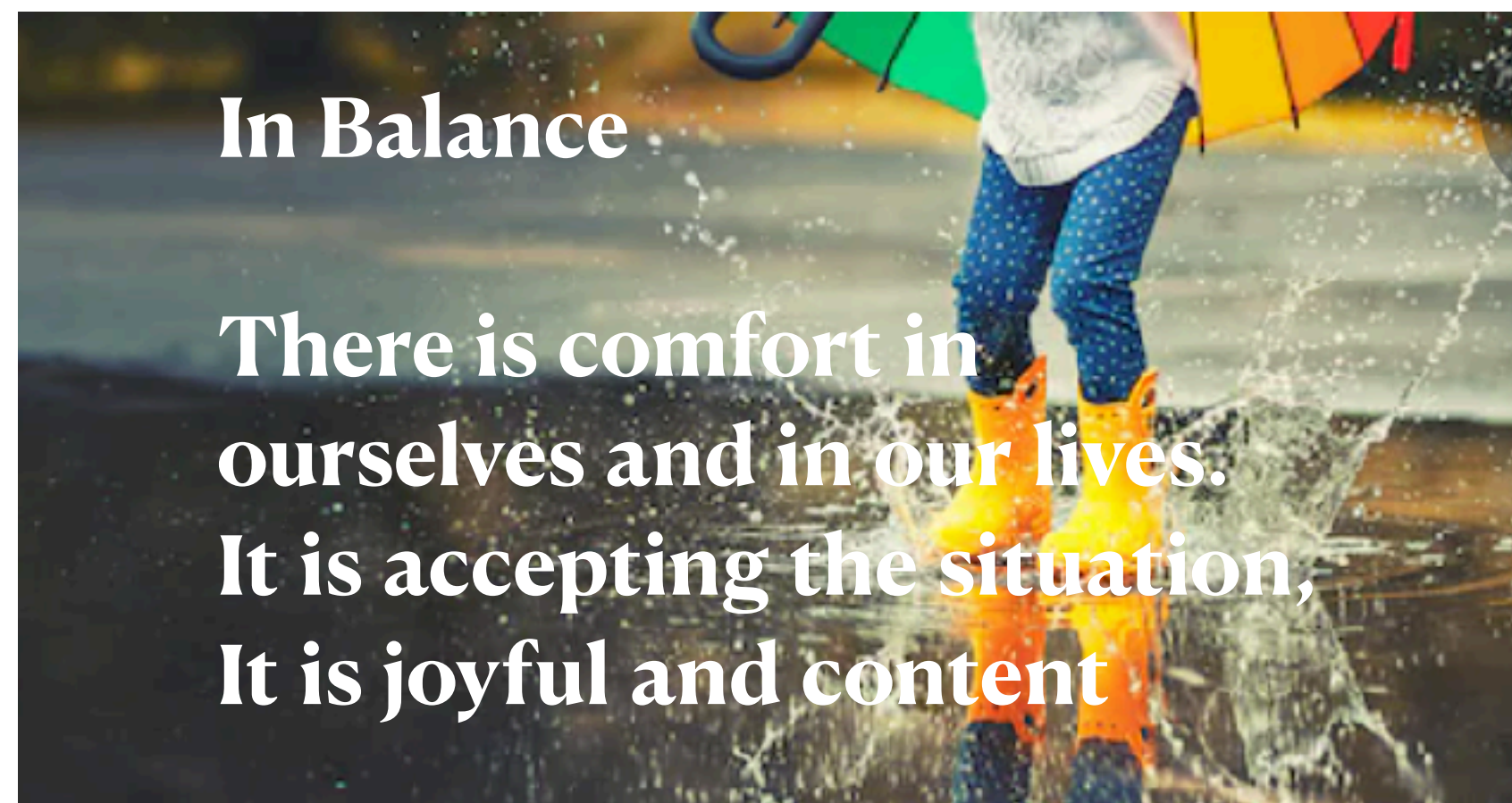
Greed



A lot of feelings and emotions, too much comfort, that leads to letting responsibilities slide, floating in life.



WATER



In Balance

**There is comfort in ourselves and in our lives.
It is accepting the situation,
It is joyful and content**

Generosity



Too little

Discomfort of ourself, lack of joy, lack of comfort around other people.

Practicing Guru Yoga, opening the heart; development of love and compassion, practice of giving and receiving.

Advanced Gongfu Tea

Anger

Love

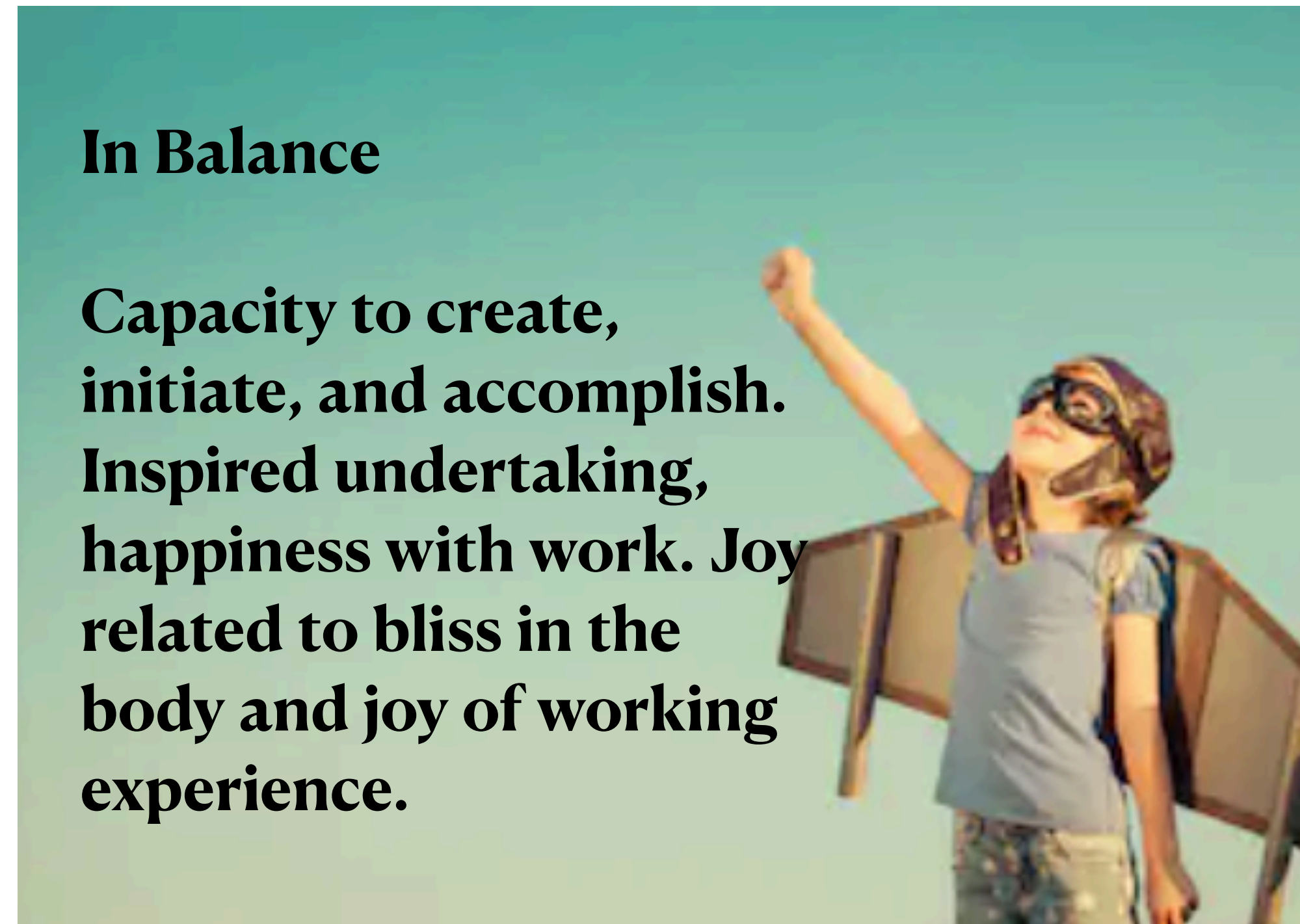


FIRE



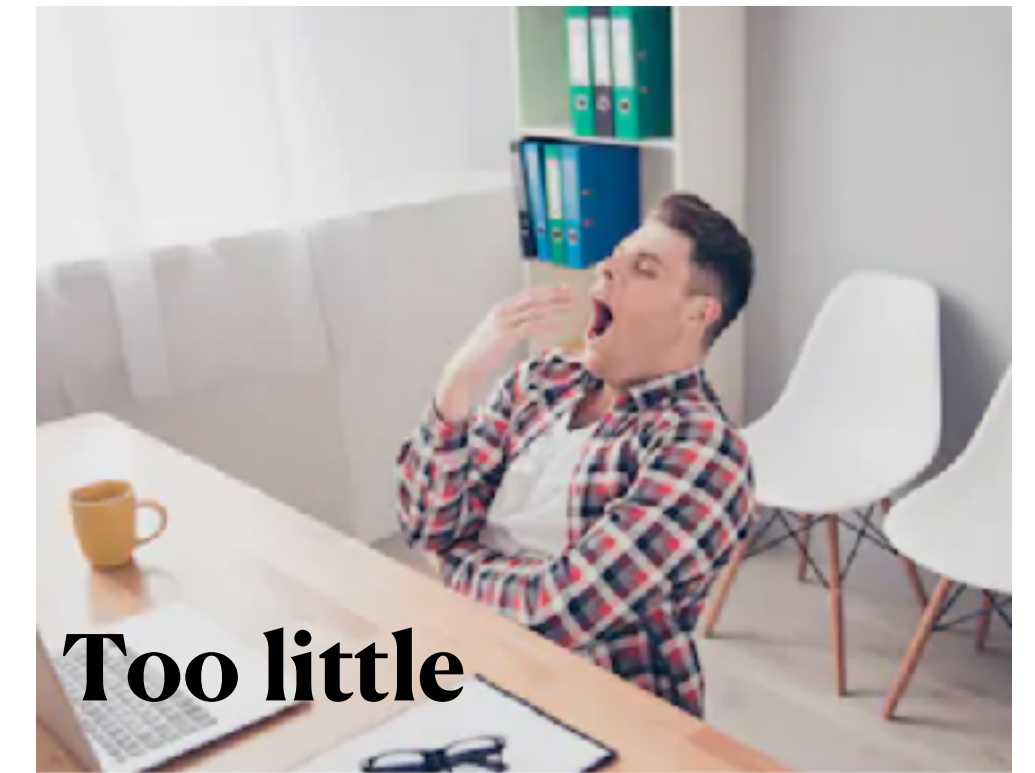
Too much

Easily agitated, high irritability, impulsive reaction, lashing out without thinking. Lack of tolerance. Lack of grounding, a lot of fast movement and instability.



In Balance

Capacity to create, initiate, and accomplish. Inspired undertaking, happiness with work. Joy related to bliss in the body and joy of working experience.

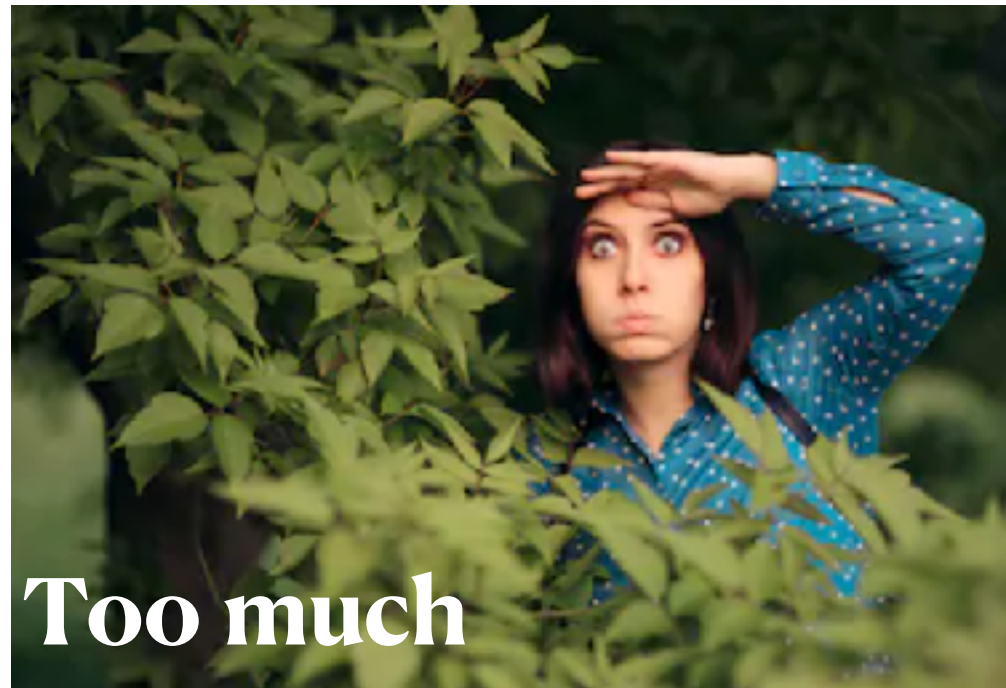


Too little

Lack of energy and inspiration, no enjoyment of work, life is circle of routine, plodding experience. No enthusiasm, nothing new arises.

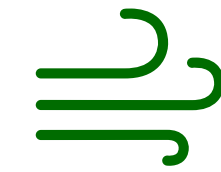
Advanced Gongfu Tea

Jealousy



Too much

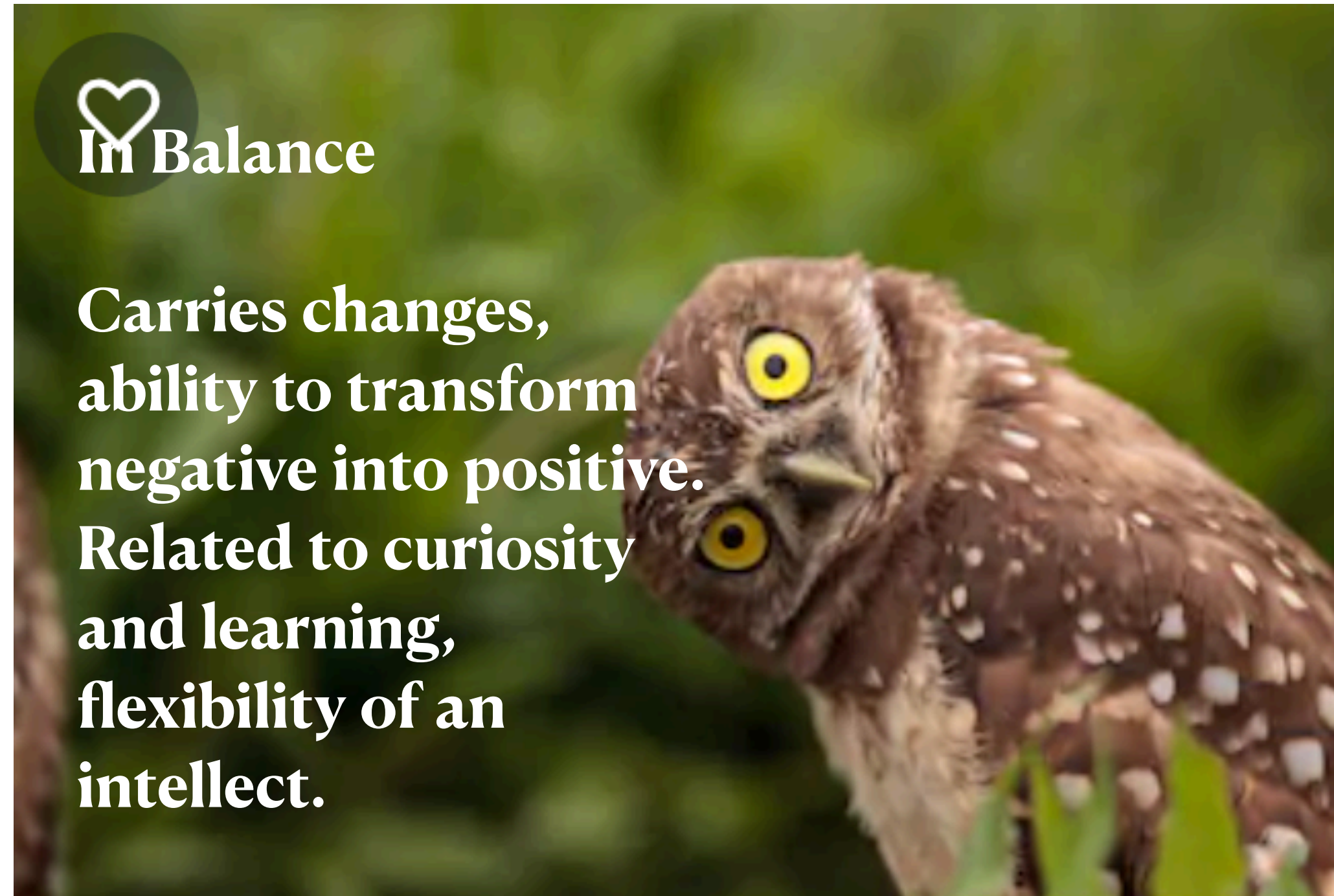
Little stability or contentment, no commitments. If you are in one place, another looks better. It is hard to accept things as they are. We are jittery, unable to focus, worried, or flighty.



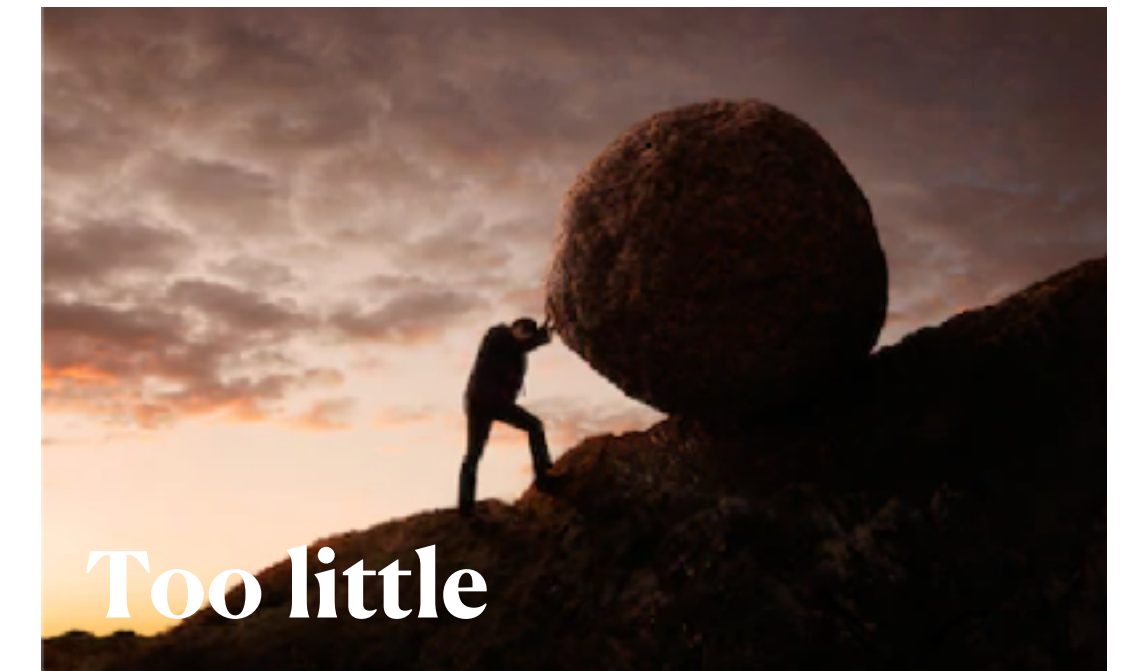
AIR / WIND

 In Balance

**Carries changes,
ability to transform
negative into positive.
Related to curiosity
and learning,
flexibility of an
intellect.**



Joy



Too little

Easy to get stuck, things become difficult. When worry arise, it remains, when a simple concern arise, it stays.

Advanced Gongfu Tea

Pride



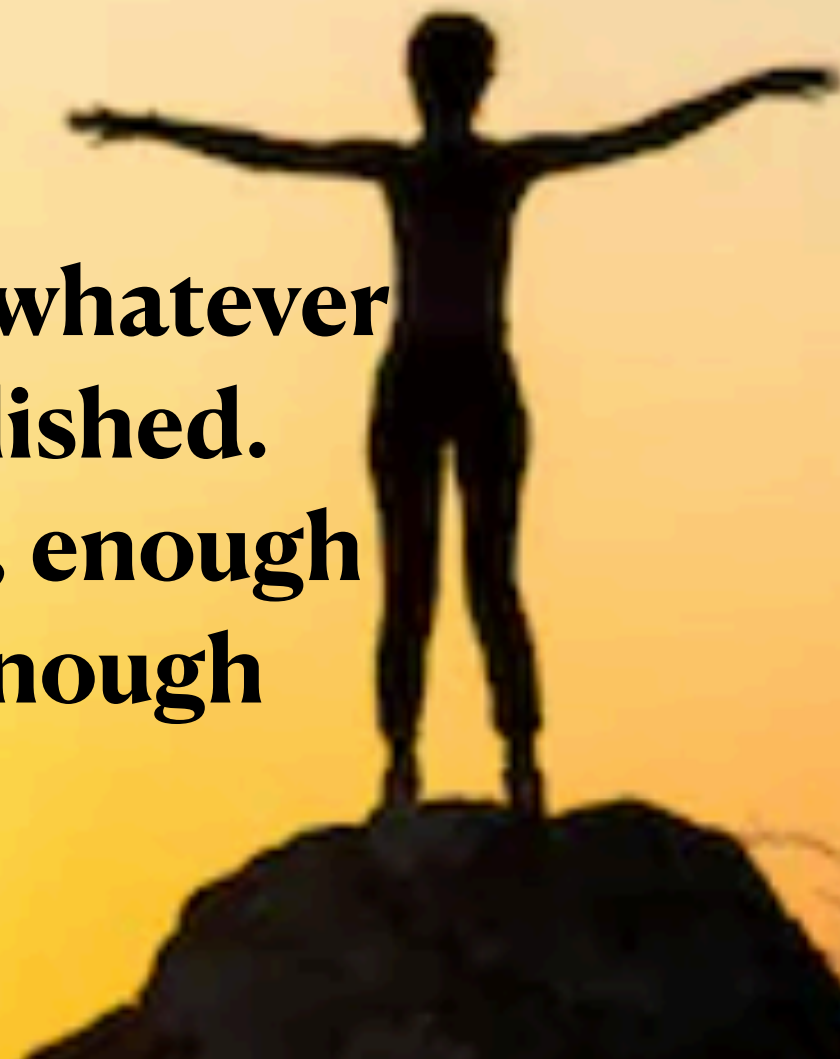
We are too “spacy”, not able to connect to other elements, lost of meaning because of superficial connection to life that leaves us rootless and drifting. Lack of awareness, lack of presence.



SPACE

In Balance

**There is room in life, whatever arises can be accomplished.
There is enough time, enough emotional capacity, enough tolerance.**



Awareness



Too little

Everything looks solid and impenetrable. Small problem can be overwhelming, big problem, devastating.

Advanced Gongfu Tea

Elemental Transformation



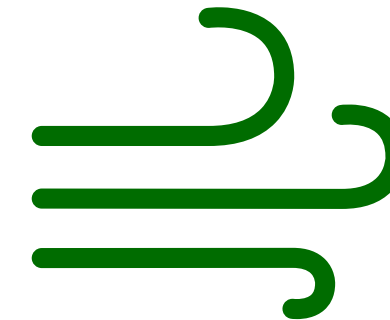
Ignorance
to
Wisdom



Greed
to
Generosity



Anger
to
Love



Jealousy
to
Joy



Pride
to
Awareness

Advanced Gongfu Tea

Homework



Brew Sample #3 in the afternoon attentive session:

1. Identify your dominant element at birth
2. Identify your dominant energetic element
3. Identify your subtle elements
4. What steps can you take to bring all to balance?

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 Elements *

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 **

