

FLOATING
MOUNTAIN

Mojo | Ancient Trees 2015 Pu'er

Tea & Zen Have One Flavor



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Description: Pu'er tea, from 200-300 years old tea trees

Elevation: 1200 meters

Region: Yiwu, Yunnan Province, China

Fun Fact: Pu'er is a kind of Chi Cha | Dark Tea | produced in Pu'er area of Yunnan (*the same as Champaign is a bubbling vine from Champaign*)

Myth: Darker Pu'er contains more caffeine.

Truth: The older Pu'er tea is darker it gets yet less caffeine it contains.

Brewing Tips: Pu'er tea is perfect for boiling! It can be brewed in pot as well, the sicker the pot's walls the better it is. Pu'er tea likes hot water.

Parameters: Vessel - clay pot, thermos.

Water temperature - 95-100C = 203-212F

Leaves/water ration - 1:20 (5 grams for 100 ml).

Steeping time - wash the first steeping, 2-5 splash, increase gradually.



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How Sweet It Is



A monk was going along, humming a little song to himself, enjoying that bright summer day, when a tiger suddenly appeared and began to chase him. The monk ran as he could, but the tiger was faster and was gaining on him.

The monk ran so fast that he did not look where he was going and suddenly he ran right off the edge of the cliff. Fortunately, there was a thick vine growing right below the precipice and the monk grabbed onto it for dear life.

The tiger ran to the edge of the cliff, looked down at the monk and roared a great horrible roar, which froze the breath of the poor man. But he clung onto the vine with all his strength. Then, to his horror, he heard the roar of another tiger! Only this one was coming from the bottom of

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the cliff. Looking down he saw another tiger eating below to noble him up the minute he let go of vine.

There he hung, between two tigers his whole body trembling with fear. To his further horror, he saw two mice, one white and one black, gnawing on the life-saving vine. He felt it begin to give way under his weight and he knew he did not have long to live.

Suddenly, he noticed a wild strawberry plant growing out of the cliff edge. Without even thinking about it he reached out and picked one. He placed it into his mouth and exclaimed. "Oh, how sweet it is!"

Great Waves



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There was once a sumo wrestler Onami, “Great Waves”. He was immensely strong and could beat anyone at his school, even his teacher. But when he has to wrestle in public he become so nervous that even weaker man could easily defeat him.

Finally, not being able to bear it anymore, Onami decided that what he needed to do was go and see a Zen master for help.

It so happened that a wandering Zen master named Hakuju was staying at a temple near the sumo school. So Onami went there and told the teacher of his problem.

“Your name is Great Wave, yet you do not experience yourself this way”, said Master Hakuju. “Stay in the temple tonight and meditate upon yourself as huge wave, sweeping everything before you. If you are successful at this, you will become unbeatable.”

So, Onami sat through the night, trying to see himself as a great wave, washing everything before it. At first it was very difficult, but after a long time perseverance he was able to feel himself as a great wave, stronger and waster than anything. The wave grew bigger and bigger, washing away the altar in front of which he was sitting. Then they washed away the very temple in which he set. The whole world was one great wave, rushing back and forth. By morning the waves has calmed down and the entire world was a vast sea, still and silent.

When Master Hakuju came back in the morning, he found Onami sitting in meditation, with a smile upon his great round face. He patted him gently upon his giant shoulder and said, “Now there is nothing that will disturb you. Remember, you are those waves, washing everything before you.”

The next day Onami entered a sumo contest. This time, instead of being too nervous to wrestle, he saw himself as the great waves of the sea and swept all opponents before him. From this time on, Onami was unbeatable.