



# Jin Ya | Golden Buds

Tea & Poetry -  
Michelle White

FLOATING MOUNTAIN - Mountain Top Tea Circle



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## Yunnan Red Tea

**Description:** Extremely rich and sweet, smooth and round, this tea is very relaxing and warming.

**Region:** Yunnan, China

**Fun Fact:** Red Tea was the least valued tea in China.

**Myth:** Green tea is the most healthy tea.

**Truth:** Every type of tea has its own healing qualities.

**Brewing Tips:** Gongfu brewing is suggested but can be made any other way.

Parameters: Vessel - clay pot (Yixing clay)

Water temperature - 93-95C = 199.4 - 203F

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

Steeping time - 6, 4, 4, 5, 6 + increase gradually.







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On a fall day when the weather is bad,  
go to a roadside ditch.  
Remove some leaves and dig a bit  
with your hands along the edge of the ditch.  
When you find something small and insignificant,  
take it home. Dry it off and tell it that it is welcome  
to live with you as long as it likes.

by Kurt Johannessen





Lift a stone from the ground.  
Observe it as it lies in your hand.  
Imagine that it was not you who lifted the stone,  
but that the stone put itself in your hand  
when you bent down to receive it.  
The stone followed you as you stood up,  
and it now lies in your hand observing you.

by Kurt Johannessen

On a quiet, windless morning,  
hold a little air in your hand.

by Kurt Johannessen







Find a very small stone.  
Hold it between your middle fingers.  
Press the fingers together  
so that the stone disappears between them.  
Look towards the stone you cannot see.  
Imagine that you have everything you need  
at this precise moment,  
and for all moments to come.

by Kurt Johannessen



Hold your hand tightly shut.  
Imagine that life is a short visit.  
Everything is something or someone you visit.  
The fact that you buy something - say a loaf of bread,  
a pair of trousers or a car - does not make the bread,Â  
the trousers or the car yours. The bread, trousers,  
and car are simply things you visit often. No thing is yours.  
Not even your body is yours. You are just visiting your body.  
Only the visit is yours. You are your visit.  
Open your hand.

by Kurt Johannessen



