

Xiao Chigan | Little Red Sweetness

FLOATING MOUNTAIN - Mountain Top Tea Circle



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Red Tea

Description: Sweet and nourishing, this tea has warming quality. It enhance metabolism and has relaxing effect on muscles.

Region: Wuyi Mountains, Fujian Province

Fun Fact: Red Tea will make you sleepy:)

Myth: Tea with lemon boost immunity.

Truth: Lemon kills tea!

Brewing Tips:

Simple brewing. Red tea can be steeped gong fu, in a bowl, in side handle pot and boiled.

Gong Fu: 5 g per 100 ml; T: 95-98C | 203 - 208F | ST: 8,5,5,5,8,10+

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Written on Abbot Lin's Wall at Mount Chiao (1074)

Su Tung-p'o, *translated by Burton Watson*



The Master stays on Mount Chiao,
(though in fact he's never "stayed"
anywhere).

No sooner had I arrived then I asked
about the Way,

But the Master never said a word.

Not that he was lost for words -

He saw no reason for replying.

Then I thought, Look at your head and
feet -

comfortable enough in hat and shoes,
aren't they?

It's like the man with a long beard

But one day someone asked him,
"What do you do with it when you
sleep?"

That night, pulling up the covers,
He couldn't decide if it went on top or
under.

All night he tossed and turned,
wondering where to put it,

Till he felt like yanking it out by the
roots.

These words may seem trite and
shallow

But in fact they have deep meaning.



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Presented to Abbot Ch'ang-tsung of the East Forest Temple (1084)

Su Tung-p'o, *translated by Burton Watson*

Voice of the valley stream - this is his long broad tongue;
The color of the hills - is it not his clean pure body?
Last night you mastered eighty-four thousand verses;
Another day how will you explain them to others?



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A Grass Song - November

Ursula K. Le Guin

Very quietly
this is happening,
this is becoming.
The hills are changing
under the rainclouds
inside the gray fogs,
the sun going south
and the wind colder,
blowing quietly
from the west and the south.

Manyness of rain
falling quietly,
manyness of grass
rising into air.
The hills become green.
This is happening
very quietly.



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“Invitation”

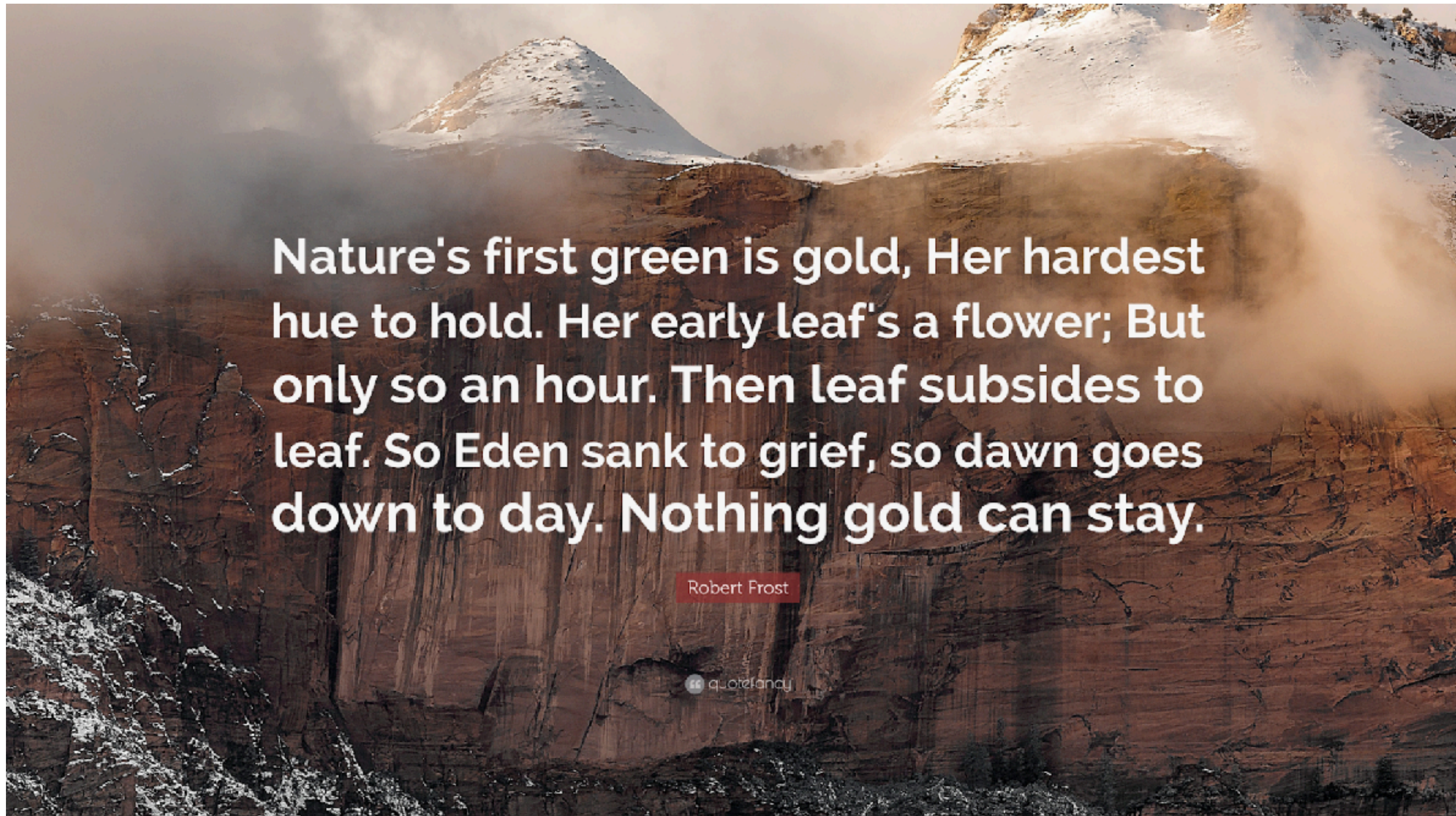
by Mary Oliver

Oh do you have time
to linger
for just a little while
out of your busy
and very important day
for the goldfinches
that have gathered
in a field of thistles
for a musical battle,
to see who can sing
the highest note,

or the lowest,
or the most expressive of mirth,
or the most tender?
Their strong, blunt beaks
drink the air
as they strive
melodiously
not for your sake
and not for mine
and not for the sake of winning
but for sheer delight and gratitude –
believe us, they say,

it is a serious thing
just to be alive
on this fresh morning
in the broken world.
I beg of you,
do not walk by
without pausing
to attend to this
rather ridiculous performance.
It could mean something.
It could mean everything.
It could be what Rilke meant, when he
wrote:
You must change your life.





Nature's first green is gold, Her hardest
hue to hold. Her early leaf's a flower; But
only so an hour. Then leaf subsides to
leaf. So Eden sank to grief, so dawn goes
down to day. Nothing gold can stay.

Robert Frost

quoteandy

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Written on the Wall at West Forest Temple (1084)

Su Tung-p'o, *translated by Burton Watson*

From the side, a whole range; from the end, a single peak;

Far, near, high, low, no two parts alike.

Why can't I tell the true shape of Lu-shan?

Because I myself am in the mountain.



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