



**Xiao Chigan
Little Red Sweetness
Tea & Zen Koan**

FLOATING MOUNTAIN - Mountain Top Tea Circle

Xiao Chigan Little Red Sweetness

Wuyi Red Tea

Description: Huanggang Mountain - is the highest mountain in UNESCO designated Wuyi mountains, this tea is comprised of the small tender leaves, lending distinctive sweetness, with initial flavor notes of cocoa and sweet potato.

Elevation: 2,158 meters above sea level

Region: Wuyi Mountains, Fujian Province, China

Fun Fact: The Wuyi Mountains are the largest and most representative example of Chinese subtropical forests, and of the biodiversity of south Chinese rainforest. **The region's ecology has survived from before the Ice Age around 3 million years ago.** Biologists have been conducting field research in the area since 1873.

Myth: Tea helps to become sober after extensive alcohol consuming.

Truth: Drinking tea after alcohol drinking is harmful to kidney, bladder and raise the incidence of phlegm and fluid retention.

Brewing Tips: Tea in a bowl, Western Tea, Gongfu Tea.

Parameters: Clay bowl, ceramic pot or clay pot

Water temperature - 93-96C = 199.4 - 204.8F

Leaves/water ration - 2g for a bowl; 10g for 300ml for Western Tea, 5 grams for 100 ml for Gongfu Tea.

Steeping time: In a bowl - 2 min; Western Tea - 3-5 min; Gongfu Tea - 8,5,4,4,5,7 sec



Tea and Zen

What is Zen?

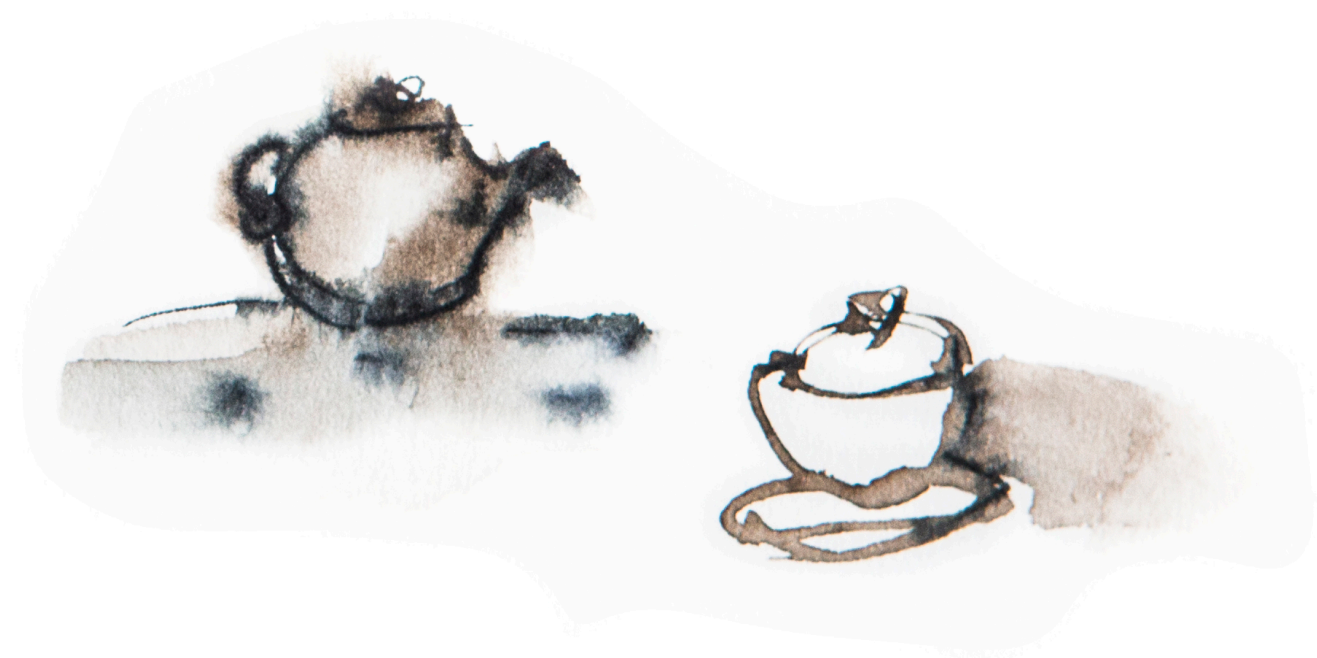


Is there Zen prior to the word Zen?

Tea and Zen

“Everything you understand, you understand through your concepts.”

~Nisargadatta Maharaji



Tea and Zen in Koan

A monk asked Master Joshu, "I have heard you met Master Nansen, is it true?"

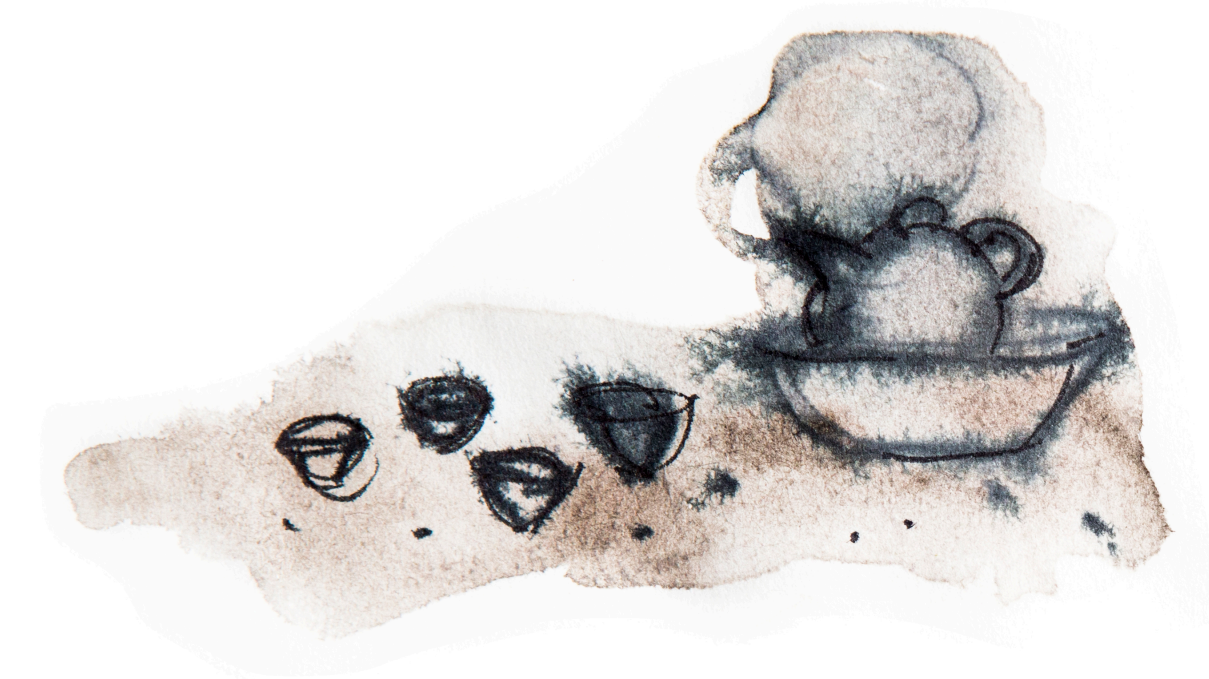
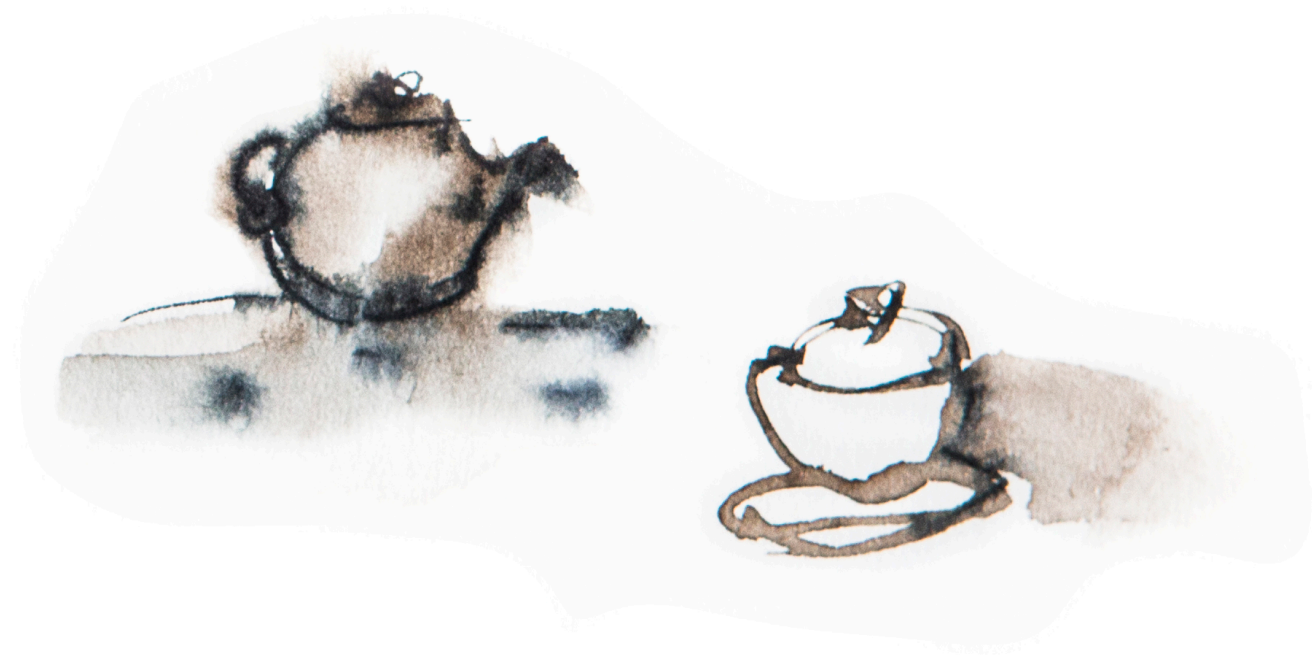
Joshu replied, "Chin Province produces a giant radish."



Tea and Zen

Everything has Buddha Nature.

Everything that exist, exists in and as mind, and is part of nature. There is no separate individual self or soul which does or acts.



This is called Buddha Mind, or Buddha Nature. All occurs through nature, and the nature is a play of the elements and forces.

There is no separate "I", there is just nature, which appears on consciousness, made of consciousness or the Buddha Mind.

Tea and Zen in Koan

A student asked, "What role does God
have in our practice?"
The Master said, "None."
The student asked, "What about Grace?"
The Master replied, "The east wind
brings soft showers."



Tea and Zen

With all as nature with no "I" and as nature is all made of the same substance, consciousness, all judgments (this is better than that), evaluations (this means this about me), or significances (this is more important than that) dissolve.



All that appears, appears as one whole nature, which is made of consciousness or Buddha Nature. The sense of a separate self or "I" is intrinsic to the nature of the body, like greenness is intrinsic to grass, or heat to the sun, there is nothing special or different in it.

Tea and Zen



There are two Sutras which stand out in as extraordinary pointers to Consciousness and Absolute: The Heart Sutra and The Dimond Sutra.

If you get the Heart Sutra and the Dimond Sutra, you get Buddhism.

Tea and Zen

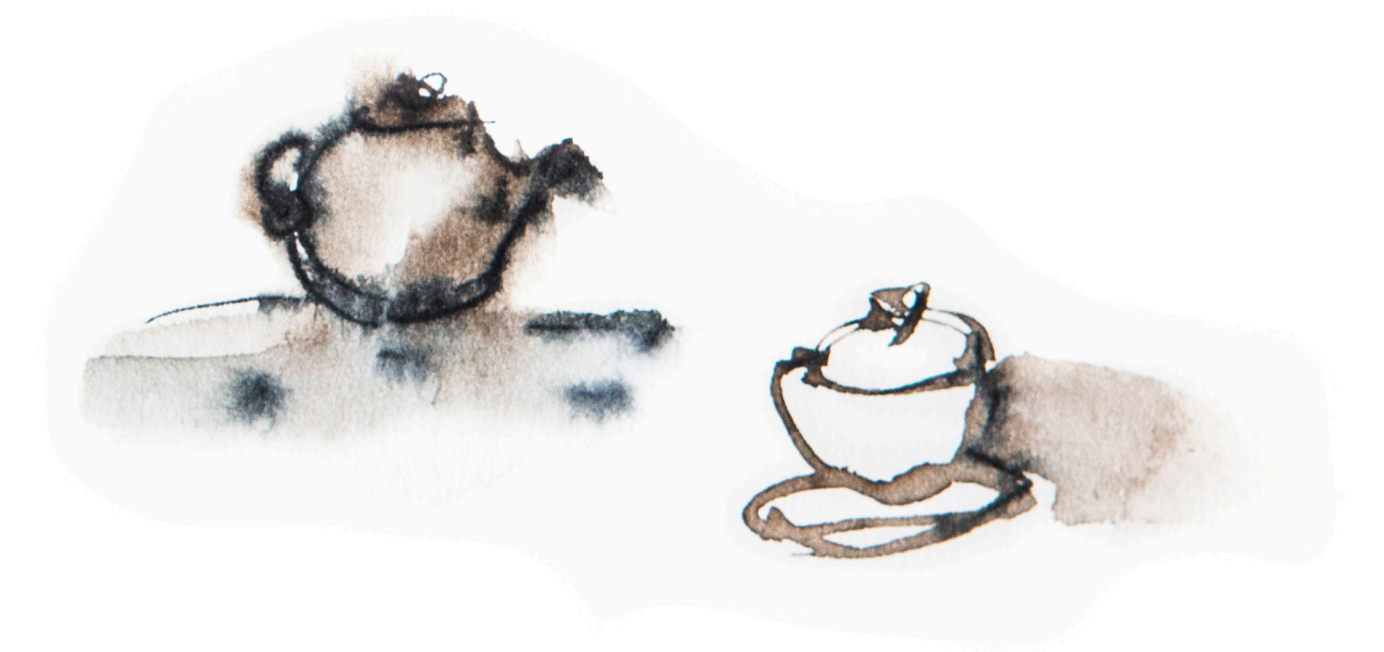
The Heart Sutra

Form us Emptiness

Emptiness is Form

Form is not separate from Emptiness

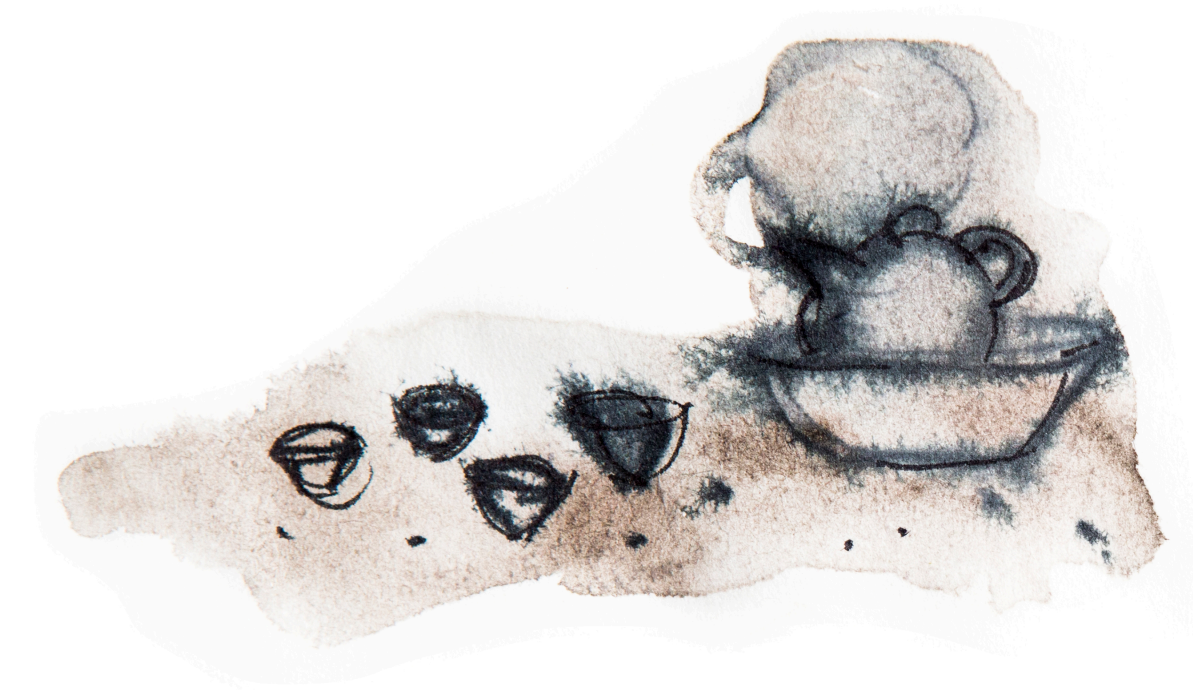
Emptiness is not separate from form



Tea and Zen Koan

In the Shurangama Sutra:

“Form is condensed emptiness.”



In Quantum Physics:

“There is no form only more intensified areas of the quantum field or space.”

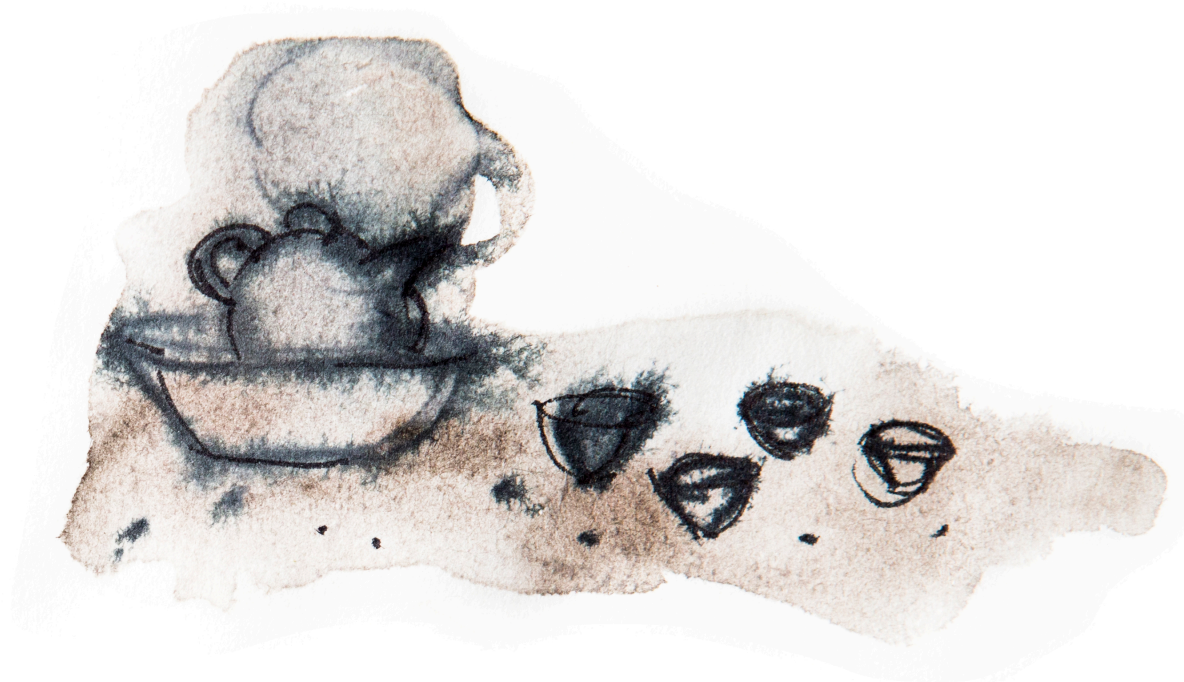
~ Albert Einstein

Tea and Zen

Without dependence upon the body-mind,
what or who are you?



Without depending upon thoughts,
memory, emotions, associations,
perceptions, a perceiver, the body or
what you have been told..



Tea and Zen

Diamond Sutra

No form, form is empty
No sensation, sensation is empty
No perception, perception is empty
No perceiver, the perceiver is empty
No memory, memory is empty

No eye, the eye is empty
No ear, the ear is empty
No nose, the nose is empty
No tongue, the tongue is empty
No body, the body is empty
No mind, the mind is empty

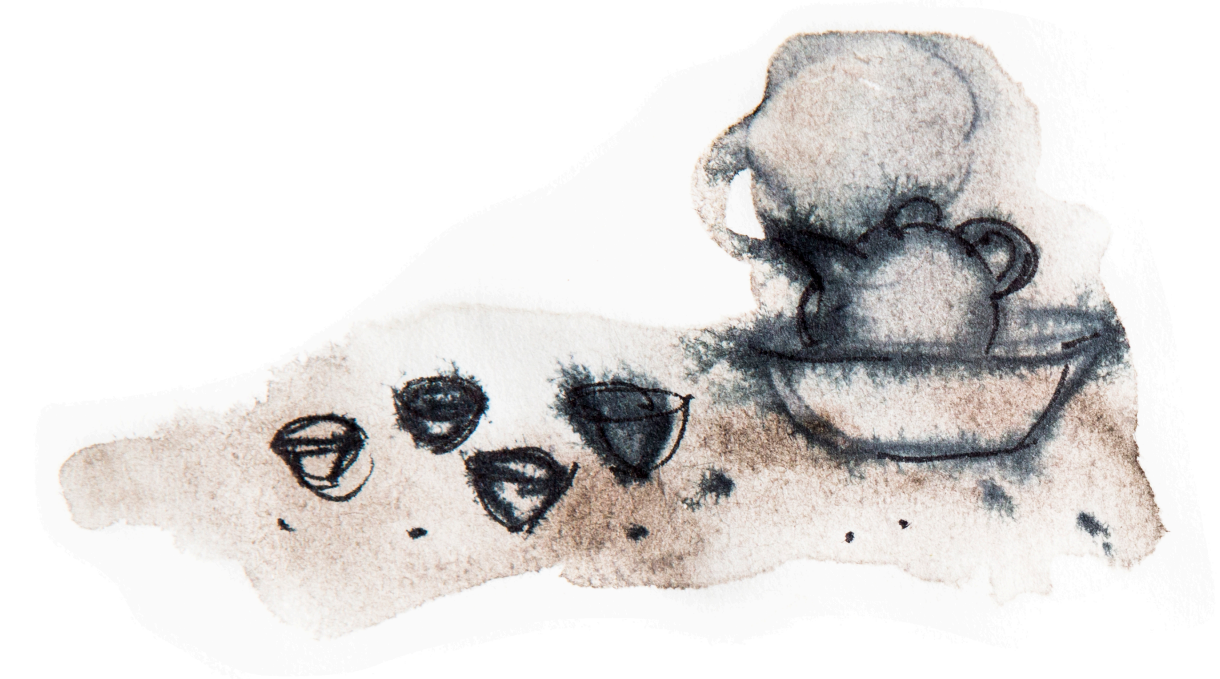
No shape, the shape is empty
No sound, sound is empty
No smell, smell is empty
No taste, taste is empty

No feelings, feelings are empty
No thoughts, thoughts are empty
No suffering, suffering is empty
No causal link, causal link is empty
No end of causation, the end of
causation is empty

No source, source is empty
No path, the path is empty
No knower, the knower is empty
No individuals, individuals are empty
No dharmas, dharmas are empty.

Tea and Zen

At its deepest level Buddhism, in the Diamond Sutra, not only teaches that there is no soul.



Buddha also realized that all perceptions are illusions, and therefore there is no world.

“It’s all an illusion.”

~Nisaradatta Maharaj