

The Art and Alchemy of Chinese Tea

By Daniel Reid

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The fine art of preparing and drinking tea has become a hallmark of Chinese civilization, handed down through the ages in China by monks and martial artists, doctors and hermits, emperors and alchemists. In his latest book, Daniel Reid explores Chinese tea in its manifold varieties, its long and colorful historical development in China, and its refinement as a mainstay of Chinese culture.

He describes the principles that lie at the heart of tea culture in China, the potent medicinal properties of Chinese tea, and how to cultivate Cha Dao, the Daoist way of tea, in daily life. A central section of the book explores for the first time the alchemy of Chinese tea, an esoteric aspect of Chinese tea culture that remains unexplored by modern science but was known and cultivated in ancient China. Jin Dan, the `golden elixir of life' is the elusive essence that resides dormant within tea (as in some other plants and minerals) and can be extracted, activated and transferred to the human system to protect health, prolong life, and enhance mental performance. The author looks at how and why this works, and explains the chemical transformations that take place as well as explaining the energetic transfer that takes place when tea is prepared by a Master.

Illustrated with many photographs, by Christan Janzen, the book contains detailed descriptions of many Chinese tea varieties, especially the High Mountain Oolong Tea of Taiwan, which is considered by many to be the pinnacle of perfection in both the art and alchemy of Chinese tea. The book also contains entertaining tea anecdotes from the author's 'Tea Tidings' bulletin, and a useful glossary of Chinese tea terms.

Tea lovers, as well as those with an interest in tea culture, the Dao, and Chinese history and culture, will find this book an absorbing and revelatory read.

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Editorial Review

Review
Savoring tea is an art - it is an art of Qi transformation, of martial arts, of medicine, of internal alchemy, of Zen, of Dao, of life, and, of course, it is an art of love. Thank you Daniel Reid, the master of Zen tea, for offering to us the pinnacle cup of high mountain oolong tea - The Art & Alchemy of Chinese Tea. Let us savor it slowly and allow the answers of Chadao to come. --From the Foreword by Master Zhongxian Wu, author of The 12 Chinese Animals

If anyone wishes to learn more about "The Art and Alchemy of Chinese Tea", I cannot think of any other person more knowledgeable than Daniel Reid. This is a book full of details of why and what and how we love, can learn and enjoy the many treasures of Chinese Tea. Daniel and I shared our fortunate kinship with our late mentor-friend, John Blofeld, the eminent sinologist who was quite a lover and expert in the Art of Tea. Daniel's book is a worthy tribute to follow through. "Uncle" Blofeld would be very proud! --Chungliang Al Huang, Living Tao Foundation and author of Embrace Tiger, Return To Mountain and The Essence of Tai Ji

Daniel Reid has finally explained the mystery behind why I like tea so much. --Red Pine

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About the Author
Daniel Reid is a bestselling author and leading expert on Eastern philosophy and medicine. After completing

a Bachelor of the Arts degree in East Asian Studies at the University of California, Berkeley, and a Masters of the Arts degree in Chinese Language and Civilisation at the Monterey Institute of International Studies, Reid moved to Taiwan, where he studied under various Chinese masters. In 1989, he relocated to Chiang Mai, Thailand, where he continued his research and writing until 1999, when he immigrated with his wife Snow to Byron Bay, Australia. He is the author of numerous books including the bestselling Tao of Health, Sex and Longevity, Complete Book of Chinese Health & Healing (formerly titled Guarding the Three Treasures), Complete Guide to Chi-Gung, and Handbook of Chinese Healing Herbs. Christian Janzen is an audiovisual artist who specialises in photography and video documentation, and the founder of Tripfabrik, a media production company based in Germany. Through his lens, he brings a new vantage point, offering the viewer the chance to gain an awareness of the spiritual in everyday life. For the past five years, Christian has worked in China, studying and documenting the art and spirit of Chinese tea culture.

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