

green dragon white tiger pdf

Japan. In Japan, the Blue-green Dragon is one of the four guardian spirits of cities and is said to protect the city of Kyoto on the east. The west is protected by the White Tiger, the north is protected by the Black Tortoise, the south is protected by the Vermilion Bird, and the center is protected by the Yellow Dragon. In Kyoto there are temples dedicated to each of these guardian spirits.

Azure Dragon - Wikipedia

Like most other Chinese green tea, Longjing tea leaves are roasted early in processing (after picking) to stop the natural oxidation process, which is a part of creating black and oolong teas. The actions of these enzymes are stopped by "firing" (heating in pans) or by steaming the leaves before they completely dry out.

Longjing tea - Wikipedia

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3. The White Dragon Plays in the Clouds . This movement will be familiar to all persons who practice T'ai Chi Ch'uan (Taijiquan). In Taijiquan, various names for this movement include: Moving Hands Like Clouds, Waving Hands Like Clouds, Playing with Clouds, Wave Hands in Clouds, Cloud Hands 云手 : Yun Shou. The Taijiquan the feet and hands move gracefully in a coordinated manner, while in ...

Dragon Qigong: Bibliography, Lessons, Links, Resources

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