

Context

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Chapter I

Genesis--When Tea Meets Human Beings

- First sight at the borders of Yunnan and Myanmar
- The common origin of life
- Atmosphere - armor of the earth
- Land: accelerator of life evolution
- Competition -- the highest level of species evolution
- Nirvana of life
- Ancestor of tea
- People who command caffeine dominate the world
- "Firewall" of human health
- The Great Rift Valley of East Africa-- apes' dividing line

Chapter II

A Bite of Tea

- Raw or cooked, a fork of civilization
- Tea accompanied migration
- Pu people, the first tea planters
- Seeding, start of civilization
- Cooking five flavors, creation of culture
- Tea soup, the earliest drink
- Desire for food
- Sweetness-the flavor of origin of life
- Saltiness: an ancient flavor from the sea
- Sourness: the flavor of fermentation
- Umami: the flavor of wisdom
- Chinese gene for chewing bitterness
- Historical links between tea and Traditional Chinese Medicine (TCM)
- Tea in Tang, Song, Ming and Qing dynasties
- Breakfast tea in Guangdong
- Tea paired with diet

Chapter III

The Green Great Wall

- Fragrance of tea lingering along the Silk Road
- Liquid gold
- Horses on the Tea-Horse Ancient Road
- Explorers on the Silk Road
- Political marriage
- Tea-horse hushi (markets for border trade)
- Tea tax, the treasure pot of emperors
- Zheng He's Voyages
- Magic medicine for voyages & blue Chinese dream
- Lost treasure from the sea
- A tea-addicted empire which the sun never set
- The elegant metamorphosis of a nation
- Sailboat --the catalyst of world trade
- Eastern leaves spawned world overlord
- Tea War
- Globalization of tea planting
- The top-secret fuel of the Industrial Revolution
- The global tea price lever - tea auction
- Thirteen Firms, the East India Company of China
- Revitalization of Chinese tea

Chapter IV

Crowning the great thinkers

- Spirit of tea
- All things have spirit – the mysterious emergence of tea
- Sacrifices to the God among the witch culture
- Chinese characters --the art of recording nature
- Tea was a deity worshiped by clansmen
- Tea was the magnificent feast in the great Tang Empire
- Prosperity of China and nourishment of civilization
- Humanism of tea
- Calligraphy
- Poetry
- The Art of Tea
- Emperor Huizong of the Song Dynasty: the founder of tea ceremony aesthetics
- The accomplishment of tea ceremony
- China and Cha
- The new pragmatic individualism trend of tea

Chapter V

The Tea of the Future