



玉 力 氣 功

Quo Lin Family Qigong & Nine Dragon Brocade Qigong

Instructions for Practice:

Practice the Nine Dragon Qigong for 20 to 30 minutes in the morning before eating.

Practice the Guo Lin Qigong for 20 to 30 minutes in the early afternoon one hour or more after eating (not the walking part). Rest for 15 minutes.

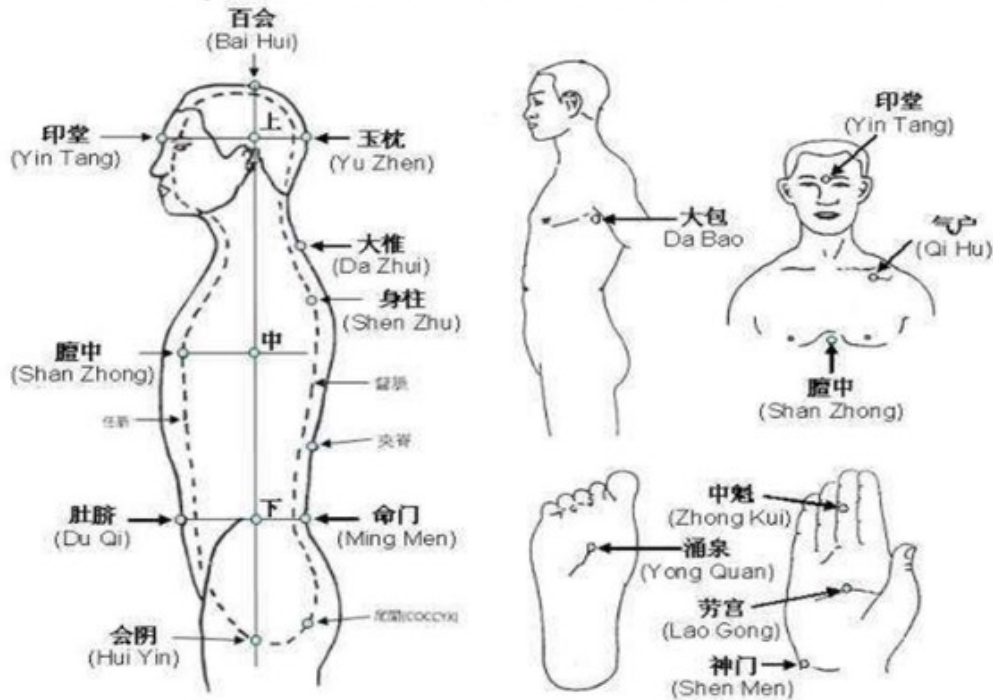
Then practice the walking part of Guo Lin for 30 minutes to 2 hours, but don't stress or work too hard in the walking.

Alternate Nine Dragon and the non-walking part of Guo Lin for 20 - 30 minutes after dinner, one per day, at least one hour after eating. Do not practice while menstruating

Use the micro-cosmic orbit/golden ball meditation 2 or 3 times per day, one time just before bed.

These Qigong forms are not to be used instead of other treatments, but to be used in conjunction with other treatments. It also helps to stop eating any sweet foods or starches like rice, bread, cake, cookies, candies or potatoes.

Acupuncture Points used in these forms:



The Nine Dragon Brocade.

One (Snake and Dragon):

Stand in the normal stance (heels under your hips, feet pointed forwards).

Inhale and place both hands over your Dantien. Exhale and rotate your waist in a clockwise direction looking down from above (like twirling a Hula hoop), slowly for one breath. Inhale and rotate counter clockwise. The number of rotations is based on how long it takes to inhale and exhale. Your breath should be slow and deep. Do this for eight breaths.

Exhale and rotate your head and upper body clockwise as if your head was inside a large ring. Do this slowly to prevent getting dizzy. Inhale and reverse direction. Do this for one long breath. The Qi flow during this form should be from the K1 points (bottom of feet), to your lower Dantien (below navel) during an inhale and from your middle Dantien (on your sternum at the top of your heart) to your K1 points during an exhale.

All inhalations are through the nose and all exhalations are through the mouth. Your tongue tip is lightly placed on your palate, just behind your upper front teeth; it will remain there for the rest of the forms. Relax for three to eight breaths after each form.

Two (Dragon flaps wings):

Assume the horse-riding stance (feet about 1.5 shoulder widths apart, pointing forwards), with your hands at your sides. Inhale and begin swinging your arms by turning from the waist, left and right with your hips and legs powering the movement. Just turn, do not move your center from side to side. Exhale and slow down. Inhale and swing with more vigor.

The forward hand's fingers are spread so they tap your Lung 1 & 2 points with your ring finger and your palm pats the Stomach and Kidney meridians on your upper chest. The back of your rear hand pats the Ming Men point on your spine (approximately opposite your navel) and then pats your kidneys, as you swing stronger. The Qi flow during this form should be from the K1 points to your hands, to the points they are touching, then to the lower Dantien. Repeat 18 times. Relax.

Three (Wuji):

Start in the normal stance, palms on your thighs. Inhale and slowly bring your arms up in front of your body, to shoulder high, as if they are floating up. The Qi flow during this form should be from the K1 points to your hands on the inhale and from the lower Dantien (expelling stale Qi) to your mouth and K1 points. Exhale and let them drop, slowly, limp; bending your knees slightly as they fall. Inhale again and straighten your knees (but do not lock them) and bring your arms back to shoulder height.

Exhale and drop as before. Repeat 8 times. Relax.

Four (Dragon digs in sand):

Step into a horse stance, inhale and bring both hands up to your right side, about shoulder high. Exhale and let your arms swing down and to the left side, with your hips and legs powering the movement. Inhale, then exhale and let your arms swing to the right, with your hips and legs powering the movement.

The Qi flow during this form should be from the K1 points to your hands on the rise to the right. Repeat 8 times.

Inhale and bring both hands up to your left side, about shoulder high. Exhale and let your arms swing down and to the right side, with your hips and legs powering the movement. Inhale, then exhale and let your arms swing to the left, with your hips and legs powering the movement.

The Qi flow during this form should be from the K1 points to your hands on the rise to the left. Repeat 8 times. Relax.

Five (Dragon gathers fire):

Remaining in a horse stance, bring both hands to your Dantien, then turn them palms up; your right hand should be on top of your left hand. Inhale and bring your right hand straight up to head height and then out past your right shoulder. As your arm reaches your side (90 degrees from forwards) your palm should be facing forwards. Keep your eyes on the moving hand by turning your head. Exhale and scoop your right hand back to your center and under your left hand. You are gathering Qi with your hand and bringing it to your Dantien. Inhale and bring your left hand up to head height and then out past your left shoulder. Exhale and scoop your left hand back to your center and under your right hand.

Repeat 18 times.

Form both hands around the ball of Qi you gathered and pull it into your Dantien. Relax your arms.

Six (Dragon gathers wind):

Remaining in a horse stance, bring both hands to your Dantien, then turn them palms up; your right hand should be on top of your left hand. Inhale and bring both hands up just higher than your head then out past your shoulders. Exhale and scoop both hands back to your center, bending your knees slightly during the scoop.

You are gathering Qi with your hands and bringing it to your Dantien.

Repeat 18 times. Form both hands around the ball of Qi you gathered and pull it into your Dantien. Relax your arms.

Seven (Dragon gathers metal):

Remaining in a horse stance, bring both hands to your Dantien, then turn them palms up; your right hand should be on top of your left hand. Inhale and bring both hands up just higher than your head then out past your shoulders. Exhale and bring both hands back to the center (at the lower Dantien), crossing until your wrists touch and both thumbs point forwards. Inhale and reverse direction, hands flowing out past your shoulders. Exhale and

bring your hands down to your middle Dantien, wrists crossed and touching (heart chakra or over your sternum). Inhale and reverse, hands going up your center. Exhale and bring your hands down to your upper Dantien, wrists crossed and touching (Third eye chakra or the point between your eyes). This is a “Peng” or “ward off” development form. You are creating a shield of Qi around yourself. This type of Qigong is known as a “golden bell” form. Repeat 18 times.

Eight (Dragon gathers water):

This form, known as “Balancing the Teacup” has 4 parts, starting with: Right and down - Start in a high horse stance. Hands should be on your hips. Thumbs back and fingers forward. Take your right hand and move it out to a 45-degree angle from your body, your elbow bent ninety degrees, palm up, like you would be holding a teacup on your flat palm. Inhale, exhale and relax. Inhale and begin rotating your right hand in the direction of your right pinky and your hand comes down to waist height. It continues back and your elbow begins to straighten and you lean forwards slightly, to your left. Your palm always remains up. Your hand circles up and over your head, then your elbow drops and your circle to the starting position at 45 degrees. Exhale while the teacup is moving up; inhale while it is descending. The non-moving hand is held at your waist. Right and up. From the position where you are holding the teacup at 45 degrees, this time reverse the circle, so that as you inhale, you circle your hand towards your thumb, up and over your head, then down in front, towards you back, past your waist and returning to the starting position. Inhale while the teacup is moving up; exhale while it is descending. Left and down, then left and up. Reverse your original position and do this form with your left hand in both directions. In all cases, Qi flow is from the opposite foot to the moving hand. Imagine the teacup has become made of stone and is solid. As you advance, you may wish to put up to a five to ten pound free weight (or other small heavy object) in your hand. Beginners can use a golf ball. As you circle your hand, sink to your left leg when the circle is towards your front and sink to your right leg when towards your rear. Qi and power are from the other (un-sunk) leg. Qi flow will be mixed from the foot opposite the moving hand and the sunken leg, or more deeply rooted leg. At times Qi will be flowing from both

legs and other times from one. This is an advanced form and can take quite a while to get all the parts moving and flowing correctly.

As you become more advanced, you can circle continuously, inhaling and exhaling in either direction without the pause at the end. This form can be repeated nine to eighteen times per hand, in each direction. Be careful not to drop the weight.

Nine (Dragon gathers earth):

Start in a high horse stance. Hands should be on your hips. Thumbs forward and fingers pointing back. Inhale, push with your right hand moving your center over your left leg. Exhale and push with your left hand, moving your center over your right leg. Qi flow is from the opposite foot to the side you are moving towards. Repeat up to 18 times. Then using the same breathing, circle your waist, right hand pushing forwards and to the left, left hand pushing backwards and to the right. Repeat up to 9 times, then reverse, right hand pushing back and to the left, left hand pushing to the front and to the right. Repeat up to nine times.

Qi is flowing from both feet (K1 points) to your lower Dantien. As you advance, you can widen the width of the stance. Do not extend to the point where your knees are past your toes. Do not do this form too fast. One circle per breath.

Closing in Six parts:

Bouncing Qi on each side:

Stand normally, lift your right heel and bounce your right leg. Relax dropping your right heel. Lift your left heel and bounce your left leg. Relax.

Swallowing Qi in Three Swallows:

Click your teeth together 36 times, allowing the saliva to collect in your mouth, and then swallow it in three sections. As you swallow feel Qi flow down with the saliva, continuing to the lower Dantien. Now that you have a supply of good Qi, you want to circulate it to your central organs.

Spreading Qi in a Spiral:

Place your hands (one on top of the other) over the Dantien, with the Laogong points of each hand in line. I have been taught that if you are male the left hand goes over the right and if female, the opposite. Coming from a martial background, where you need to be able to do anything with either

hand, I don't see this is important. You can alternate hands each time you practice.

Begin a spiral from small to large, down to the right, then up and over to the left side, down again etc. so that you complete 9 turns until your hands reach the solar plexus at the top, and the Du Qi (Qi Hai) point at the bottom. Then spiral back in to your lower Dantien.

Breathe abdominally and slowly. Finish at the end of an exhale, and then relax hands to sides.

Washing Face & Hands:

Bring your hands forward and rub your hands briskly together until they are warm. Place your palms over your eyes, inhale and exhale. Rub your hands over your face. Arch your fingers and run them back across your head and around to the rear of your skull. Your thumbs circle your ears. Do this three times then bring your hands to your Dantien.

Playing the Heavenly Drum:

Rub your hands together again and then place your palms over your ears, fingers pointing to the rear. Begin tapping your fingers against your head while the palms cover your ears.

This is called "Playing the Heavenly Drum". Tap for about ten seconds, and then begin tapping lightly all over your head and face. Do this three times then bring your hands to your Dantien.

Shaking Qi:

Standing in the normal stance, start shaking your arms, and then let the shaking spread to

your whole body. You can kick out with each leg to stimulate the kidneys. Shake for at least 30 seconds, to about two minutes maximum.

The Guo Lin standing and walking Qigong practices.

These are the forms used by Madam Guo Lin to treat her own cancer; now used to treat the cancer of many others. If you have cancer, please consult with your primary health care professional before adding this to your treatment plan. The Guo Lin family Qigong is used in many Chinese hospitals to aid in the treatment of cancer and other chronic illnesses.

Guo Lin Family Qigong:

Three breathing and three openings and closings:

Stand straight (Normal stance, heels under your hip bones, feet parallel with your middle toe and the center of your heel in line) with arms relaxed. Place your tongue lightly behind your front teeth, in the little dip in your upper palate. Inhale through your nose and exhale through your mouth three times. Bring your hands, palms facing each other, in front of your Dantien (about 1.5" below your navel) and about one inch apart. Then imagine or visualize there is an energy field (or a ball of Qi) between your hands. When inhaling, imagine or visualize the energy field expanding and pushing your hands apart, about three to five inches. When exhaling, imagine or visualize the energy field collapsing and your hands go back to the original position. Do this three times.

Rising and lowering with openings and closings:

Stand with your feet about one leg's length apart with arms hanging down on both sides, your middle finger in the indentation of your thigh muscle (This is on the gall bladder meridian). Place your tongue lightly behind your front teeth, in the little dip in your upper palate. Then bring your hands up in front of your chest, palms facing. Hold them apart, about chest width. When inhaling, imagine or visualize there is an energy field (or a Qi ball) between your hands and the energy pushes your hands apart, to shoulder width. Bend your knees to lower the stance.

Exhale and imagine or visualize that the energy field collapses. Your hands go back to the original position (down to your sides). Straighten your legs. Repeat three times.

Next take one step forward with your right foot. Hold your hands up in front of your chest at chest width apart, palms facing. When inhaling, imagine or visualize there is an energy field between your hands and the energy pushes the hands apart, to shoulder width.

When exhaling, imagine or visualize that the energy field collapses; drop your hands and bend the knees. Straighten your legs. Repeat three times.

Next take one step forward with your left foot. Hold your hands up in front of your chest at shoulders' width apart, palms facing. When inhaling, imagine or

visualize that there is an energy field between your hands and the energy pushes the hands apart.

When exhaling, imagine that the energy field collapses, drop your hands and bend your knees. Straighten your legs. Repeat three times.

Loosening the waist, Moving the arms and waist:

Stand with feet apart about shoulders' width. Place your tongue lightly behind your front teeth, in the little dip in your upper palate. Place your right hand over your Dantien. Place your left hand on your back with the back of your hand resting on the acupuncture point Shenshu. (Shenshu points are one and one-half inches on the left and the right from the acupuncture point Ming Men (this is directly behind the Dantien. Inhale and raise your front (right) arm in the front of the body all the way over your head, keeping your palm down.

Then exhale and lower your arm by moving in a large curve to your side and then back and ending up at the right Shenshu. Move your left hand to your Dantien and repeat.

Repeat three times.

Turning with bow-arrow stance:

Place both hands on your back with the backs of your hands resting on the Shenshu points. Place your tongue lightly behind your front teeth, in the little dip in your upper palate. Inhale and step forward with your left leg, bending your left knee until you cannot see your toes. Do not go past this position. Your right leg is straight. The width of the stance is about one leg's length. Hold the position for the duration of six or nine counts. Exhale and turn your upper body to the right. Inhale and step forward with the right leg. Hold the position for the duration of six or nine counts. Exhale and turn your upper body to the left.

Repeat six times.

Tilting forward:

Place both hands on your back with the back of your hands resting on Shenshu points. Stand with both feet shoulders' width apart, feet facing front and parallel. Place your tongue lightly behind your front teeth. Inhale and tilt forward about 15-20 degrees. Exhale and return to the upright position.

Repeat tilting forward three times.

Closing with three openings and closings and three breathing (closing means end of the practice):

Stand straight (normal stance) with arms relaxed, your middle finger in the indentation of your thigh muscle. Place your tongue lightly behind your front teeth. Inhale through your nose and exhale through your mouth three times. Bring your hands, palms facing each other, in front of your Dantien, about one inch apart. Then imagine or visualize an energyfield (Qi ball) between your hands. When inhaling, imagine or visualize the energy field expanding and pushing your hands apart, three to five inches. When exhaling, imagine the energy field collapsing and your hands return to the original position. Do this three times.

Rub your hands together until they feel warm, and then place them on your body, over a location of cancer. Feel the warmth and energy entering your body and eliminating the cancer. Chose a different location each time you practice, repeating until you cannot find a location. Then place your warmed hands over your Dantien, storing the energy to fight any cancer that remains or returns.

The Guo Lin Walking Qigong:

Starting position: From a normal standing position, place your right leg back one step.

Place your tongue lightly behind your front teeth.

1. Inhale twice with two half steps, left hand's Laogong point in front of your Dantien:

Place your left hand's Laogong point in front of your Dantien. Keep your right arm hanging at your side. Move your right leg even with the left and pause, resting it on the ball of the foot. While the leg is moving, inhale halfway and pause the breath and foot briefly. Then take another half-step forward with the right leg, filling your lungs as you do. Pause briefly and hold your breath. Keep your left palm in front of your Dantien.

2. Exhale with one full step and switch arms:

Now take the next step, a full step, with your left leg, landing your foot normally, ahead of the right. Exhale as you step. As you move your leg, switch your arms easily and normally, placing your right hand in front of your Dantien, and the left arm by your side.

3. Inhale twice with two half steps, right hand's Laogong point in front of Dantien:

Move your right leg even with the left and pause, resting it on the ball of the foot. While the leg is moving, inhale halfway and pause the breath and foot briefly. Then take another half-step forward with the right leg, filling your lungs as you do. Pause and hold your breath. Keep your right palm in front of your Dantien.

4. Exhale with one full step and switch arms:

Now take the next step, a full step, with your left leg, landing your foot normally, ahead of the right. Exhale as you step. As you move your leg, switch your arms easily and normally, placing your left hand in front of your Dantien, and the right arm by your side.

Continue this (1 through 4) in a gentle easy rhythm. You will find it easier as you practice. You may walk in a slow, medium or fast speed. You may walk for some time; hours even.

About 1/2 way through your walk, switch legs, doing the half-step step with the left leg.

Practice this for up to 2 hours a day.

A guided meditation to aid in your treatment.

This Qigong is from Zhou family Qigong and Jade Power Qigong.

This can be done standing, sitting or lying down, in addition to the Guo Lin Qigong and your other treatments. Begin by doing the Microcosmic Orbit:

This is a classic Taoist meditation method, with it's roots in India, for circulating and refining Qi via the circuit formed by the Governing Channel from perineum up to head and the Conception Channel from head back down to perineum.

Practicing the Microcosmic Orbit is a key step that enables more advanced practices.

The Practice of the Microcosmic Orbit.

1. The first steps are to still the body, calm the mind, and regulate the breath. Sit, stand in Zhan Zhuang (post standing form) or lay on your back, in a quiet place, eyes closed lightly.

Place your tongue lightly behind your front teeth. If you are sitting, you should be upright, with your feet flat on the floor, sitting forward enough so your genitals are off the chair.

Advanced practitioners can use many of the different Zhan Zhuang postures.

2. Focus your attention on your Dantien (just below your navel and underneath the Du Qi point; also known as Qi Hai), and visualize a small ball of energy, a ball of golden or white light, bright and pure. Maintain the attention on the Dantien until you feel the energy of the ball. This could be heat, vibration, warmth or just a sensation of its presence.

3. Begin abdominal breathing. This breathing method starts when you inhale through your nose and your abdomen expands, not your chest. It is the way babies breathe. Exhale through your slightly opened mouth, keeping your tongue lightly touching your palate just behind your upper front teeth. When you exhale your abdominal muscles contract lightly to help expel air.

4. Inhale and visualize or imagine this small ball of Qi passing down from the Dantien, past the Hui Yin, up through the coccyx. Then visualize or imagine the Qi ball rising up to the Ming Men and then to where the ribs meet the spine, then going through this area and right on up to the back of the head, where it joins the neck.

5. Then visualize or imagine this Qi ball in the center of your brain, taking in healing energy through the Bai Hui point on the top of your head.

6. Next, focus your attention on the Yin Tang point between and just above the eyebrows and draw energy into the ball of Qi from this point as the ball passes and goes to the roof

of your mouth. This may cause a tingling or throbbing sensation there. This ends your inhalation.

7. You may wish to stay and work with this Qi for a few minutes, before letting Qi sink down through the palate and tongue (which you still have lightly pressed onto your palate), into the throat to the heart (Shan Zhong point). Taking a breath or two while the Qi is in your mouth can help you focus on the ball. This is OK for beginners.

8. Exhale and send the Qi down to your heart (Shan Zhong Point). From the heart, draw it down through the middle Dantien at your solar plexus, past your navel, and down into the lower Dantien, where energy gathers, mixes, and is reserved for internal circulation. Then begin another cycle.

Once the Qi is circulating, your breath will naturally become fine. This means it is smooth, not ragged or irregular. You can do this meditation from one to dozens of times. Qi circulation harmonizes and reforms, so that the vital fluids produced by daily life can produce true vitality.

If you have any physical problems or discomforts in a particular section of your body, while doing the orbit, hold the circulation and focus your Qi at the discomforting point and let it pulse there for a while. This will help heal and rejuvenate and improve the Qi flow.

This meditation may also cause the head to rock or the body to tremble, which, some believe, are signs of progress. If you have high blood pressure and want to use this meditation as part of your treatment, reverse the flow of the orbit, so that your Qi goes up during the inhale and back and down on the exhale.

The Microcosmic Orbit is a good practice for all Qigong students, and can be used before other meditations. You can use a few orbits in both directions during the day, to reduce stress. You can also do this lying down before sleep. Don't do this while driving or operating machinery!

If you have trouble visualizing or imagining the flow, you can think of a golf ball or ping-pong ball. You can even use one hand to trace the flow when you are sitting or standing.

Once you are able to get the circulation going, imaging or visualize that every time your Qi passes the Ming Men (Life Gate) point at the small of your back, small (tiny) balls of golden Qi begin to circulate with each orbit, in addition to the original ball. On each orbit they increase in number.

Once you feel you have a good number of golden Qi balls, the next time they pass the Ming Men, they begin to spread out and travel around your body. Every time they find a cancer cell, they burst, killing the cancer cells. You will see a tiny dark light go out, for each cancer cell. The golden light begins to permeate your body.

If you start running out, start the orbit again and create more golden Qi balls. Do this two or three times a day, spread out, for two weeks to a month. After this time has passed, visualize or imagine that there are fewer and fewer cancer cells for the golden Qi balls to find. You will be feeling better, stronger and healthier. At some point between two and six months, visualize or imagine yourself cancer free. The golden Qi balls can't find a single cancer cell to destroy.

As you continue to do the Microcosmic orbit, the Qi balls collect in various places in your body to help you stay healthy. These pockets can be your lymph nodes, your intestinal tract, behind your eyes, anywhere you feel is right. You can use these saved Qi balls to fight any future illness.

The Wuji Qigong Short Form

From Zhou family Qigong

Wuji Qigong's Buddha's Attendant:

From the normal stance move your hands until they are on the front of your thighs, palms toward the rear. Bend your knees slightly more, begin a slow inhale, as your arms begin to float up to shoulder height and your knees extent slightly. Do not lock your knees. Imagine you are in thick water or

warm honey, so that as your arms rise, your hands naturally droop so that your fingers point down. Elbows stay pointing down; do not swing the elbows out to the sides as the arms rise up. As you inhale and raise your arms, you are expanding. Your arms should be just away from the body, so the armpits are not compressed. When your hands reach shoulder height, they are hanging naturally; the fingers should be pointing at the lower Dantien. Imagine or visualize you are sucking in pure earth Qi in through your Kidney 1 (Yong Quan) points on your feet as your hands rise.

As you lower your arms, exhale through your mouth (tongue still up), with stale Qi leaving your mouth and out the Pc 8 (Lao Gong) points on the palms. As your hands drop, keep your elbows down, leading the hands. In this thick honey, your wrists naturally bend so the fingers point up. Do not exaggerate the bend. You should stop the exhalation when your hands touch your body and the Qi flow stops as the fingers drop to touch your thighs. Once your fingers touch your thighs, pause for a second or two and then begin to inhale. What you have done is create a Qi pump. The abdomen acts like a bellows, when it expands Qi is pulled in through the foot Yong Quan (K1) points and nose, and when your abdomen contracts, bad Qi is expelled through the palm's Lao Gong points and your mouth. As the air and the Qi enters your body, think of a balloon under your skin, expanding with the incoming air and Qi, and let the pressure help lift your arms. Don't think about lifting your arms; just know they will reach your shoulders.

Now, as the Qi enters your feet, not only does it flow up the meridians, it flows up inside the body, spiraling as it moves. Think about Qi and strength (power) spiraling from your right foot to your right hand traveling up the meridians and in the tissues that surround your muscles. Then think about it spiraling from your left foot to your left hand, then both feet to both hands. Now imagine it flows across your body from one foot to the opposite hand. Then Qi flows from both feet to one hand and as it spirals from the shoulder out to your hand, you can feel great strength, so that your rising hand could lift a hundred pounds. Repeat this up to 38 times, depending on your health and conditioning, do not over stress.

Wuji Qigong's Butterfly Wings:

This form of Butterfly Wings is important in the development of internal strength, since you can imagine the power generated by the tiny body of a butterfly to flap those big wings. Not only the strength but also the spiral motion needed to move forward and fly. If the wings only went up and down, the butterfly would go nowhere. I have also seen this form in several Crane styles and in Dayan (Wild Goose) Qigong.

Begin by raising your hands on the inhale, as in Buddha's Attendant, but now, when the hands reach chest high, they rotate so that the fingers point forwards, and the arms flow out to the side, rotating so they are palm up when fully extended; just past your shoulders. You do not breathe into the chest, but the chest naturally expands (opens) as the arms move past your mid-line (front to back); as your chest opens, your back closes and vice versa. Elbows still point down. Qi flows from the ground, through the Ming Men, guided by the Dantien and your mind, to the hands.

As you exhale, the hands rotate again, so that as the arms come forward the palms point towards each other, fingers pointing forwards. As your hands reach straight in front of you, they rotate again to face down, and the hands sink towards your Dantien. You exhale from the time your hands reach their most rearward point, until they touch your Dantien. You are exhaling turbid Qi. As you exhale the balloon acts like the air is being sucked out and it contracts, hollowing the chest and pulling the hands towards the center and then down. Your hands are gathering Qi and bringing it to your Dantien. The power is still coming from the ground; through the Ming Men point in the small of your back is where it concentrates to power the arms as the chest opens and the back closes. Remember, there is always a closing when there is an opening, and an opening where there is a closing, as defined by the Yin – Yang (Taiji) system.

On your last cycle, when the hands go back behind your shoulders for the last time; the hands rise to overhead, palms facing your head. They collect an armful of golden (Sun) Qi and as they move down, fingers almost touching, the Qi is gently pressed into the Baihui (DU20) point at the top of the skull,

then into the third eye (Yin Tang), then into the eyes and Bladder 1 points, into the Stomach 1 point under the eyes, into the nose and is drawn down to the Dantien where it is stored.

Wuji Qigong's Crane Form:

Start with your legs about ½ shoulder width apart. Place both hands on the front of your thighs. As you inhale, raise your right knee and your right hand. The hand rotates slowly so that when it is shoulder high, it is palm up, then the fingers turn to the right, so that when your arm is extended the palm points up and the fingers point to the rear. Your upper leg is parallel to the floor. When you exhale, the foot slowly drops and the hand and arm fall vertically, elbow leading until the palm reaches your thigh. You are drawing Qi from the ground, spiraling up to your hand where it mixes with the Qi from the air and you draw both in through the Lao Gong point. It travels down your arm to your Dantien.

Your weight then shifts to the left leg and you repeat the sequence. Inhale up and exhale down. Repeat up to 18 times per side.

Now begin the same way, but raise the left hand when the right leg rises, and the right hand moves down and the arm straightens, but the fingers point forwards. As the left hand drops, the right hand begins to rise, when the right foot lands, the weight shifts and the left foot rises. Your tongue still is kept on the palate and the breathing is abdominal, one breath per up / down cycle. The knee can also be raised high and if you can, bring it almost to the chest. The toes of the foot are pointing down when the knee is raised up.

There are many crane forms in both Qigong and martial arts. There are Qigong systems called White Crane Qigong, at least one from southern China and one from the north. Additionally there are Gong Fu systems based on the crane, plus tiger and crane, crane and dragon, etc.

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