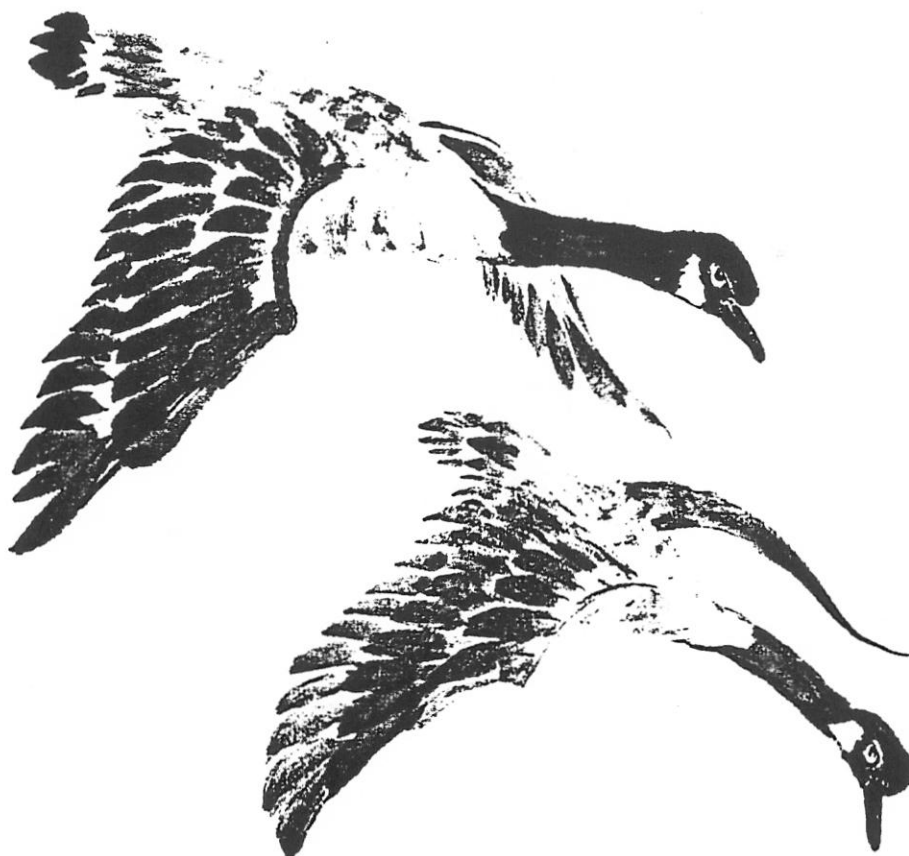


THE WILD GOOSE QIGONG WORKBOOK



DAYAN QIGONG

As Taught by Dove Govrin

Course Description:

Wild Goose Qigong

This is a non-strenuous discipline to generate health and balanced well-being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up exercises, self-massage of acupressure points and meditation are included in this daily routine of self care.

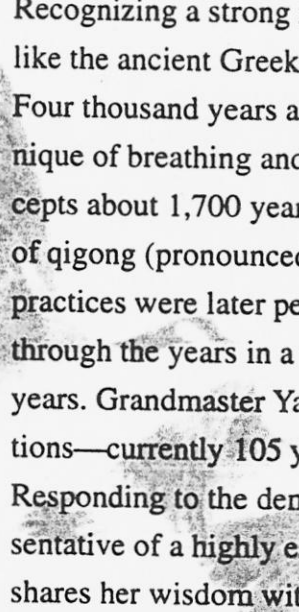
(Description was written by Julie Russell)

The contents of this workbook are based on the teachings of Master Hui Liu, a personal student of Grand Master Yang Mei Jun.

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Dayan (Wild Goose) Qigong: Ancient Practices for Modern Times



Recognizing a strong relationship between a healthy mind and a healthy body, the Chinese, like the ancient Greeks, developed many practices to enhance good health and well-being. Four thousand years ago in ancient China, the legendary Yellow Emperor invented a technique of breathing and movement to vitalize the mind and body. Working with these concepts about 1,700 years ago, a venerable Buddhist priest named Dao An developed a form of qigong (pronounced "*chi gong*") that he called **Dayan (Wild Goose) Qigong**. These practices were later perfected by the Taoist Abbot, Wan Yi, and subsequently passed down through the years in a tightly knit master/apprentice lineage spanning almost two thousand years. Grandmaster Yang Mei Jun, the 27th generation inheritor of Dayan Qigong traditions—currently 105 years old and still teaching—has become a legend in her own time. Responding to the demands of modern times, and understanding her role as the last representative of a highly esteemed master/apprentice lineage, Grandmaster Yang now actively shares her wisdom with China and the world.

Until about the 1960's *qigong* was one of China's best kept secrets. Today more than 600 styles of qigong are taught throughout the world. Each practice emphasizes something different, producing varied results. In a recent study using Western methods and technology comparing the results of several qigong practices, Dayan Qigong was recognized as one of the most beneficial. It is a complete, balanced practice deeply rooted in Chinese medical theories. Dayan Qigong works with all the systems of the body, emphasizing both *stillness in action* (physical movements) and *action in stillness* (meditation). It is a mind/body exercise that helps balance the Yin and Yang of the body through circular movements, both fluid and natural, that circulate qi (energy) through the entire body. Dayan Qigong works with the upper (*spiritual*), middle (*digestive*), and lower (*primary, reproductive*) dantian (*centers of the body*).

The 64 movements of Dayan Qigong, closely imitating the graceful strength of wild geese, systematically move qi (*energy*) through the body, stimulating circulation, expelling stagnant energy, and revitalizing the interdependent nature of the internal organs. But Dayan Qigong does not stop there. It also includes acupressure self-massage, and static and moving meditation, as well as a few warm-up exercises that increase flexibility and promote the flow of qi. Dayan Qigong has been known to relieve backaches, headaches, and chronic pain. In China, Dayan Qigong is used to relieve stress, strengthen the immune system, promote healing, and help counteract the effects of aging. This is a safe and effective practice for people of all ages and abilities.

DAYAN QIGONG WARM UP EXERCISES

1. Waist rotations. With the feet together and the hands on the kidneys, rotate from the waist with the head not moving too much. Do about 20x then rub the kidney area up and down, and in and out about 10-15x. Now rotate to the left 20x followed by the chest massage to the Middle Dantien (area of the chest). First the right hand is close to the body with the left hand on top of the right, circle in a clockwise direction to the left (or in the direction of the fingers on the inside hand). After 10-15x reverse the hands and rub the opposite direction.
2. Hip rotations. Stand with the feet about shoulder width apart, thumbs at the hip joints and fingers on the HuanTiao. Rotate to the right about 20x making a rather large rotation with the hips (as if rolling a ball around the edge of a big hoop). Massage the hip area up and down and then the lower back up and down about 10-15x. Replace the hands and rotate to the left 20x followed by a massage around the Lower Dantien, first with the right hand in (good for diarrhea) and then with the left hand in (good for constipation). Do this 10-15x.
3. Knee Rotations. Place feet together again, and bend over slightly with the hands lightly on the knees, eyes forward. Rotate knees to the right 10x then massage around the knees, then rotate to the left 10x then massage. Advanced knee rotation is to the right and left 10x each while lifting the heels and going a little lower. Follow this by a massage down the back and side of the legs going from the hip to the ankle. Then pat the side and back of legs firmly from HuanTiao to ankles 5x.
4. Circle Arms. Interlace the fingers of both hands, touch the thumbs, and rotate the hands so the palms face outward as the arms push down in front of the body, lift upward to the sky, and then down in front of the body again. Continue this circle pattern about 20x.
5. Three way stretch. With the hands in the same manner, raise them upward to the sky with the palms facing up, and looking at the hands. Do not bend the head back too far. Bend the back slightly while the hands go backward too. Do five times backward, then five times to the right, while stretching the side of the body and keeping the head between both arms, then 5x to the left.
6. Forward bend with circling arms. Keeping the hands in the same manner, bend from the hip and circle the hands down the front of the legs, then pushing them forward and up to shoulder height, then turn the hands slightly and continue to circle down, out and

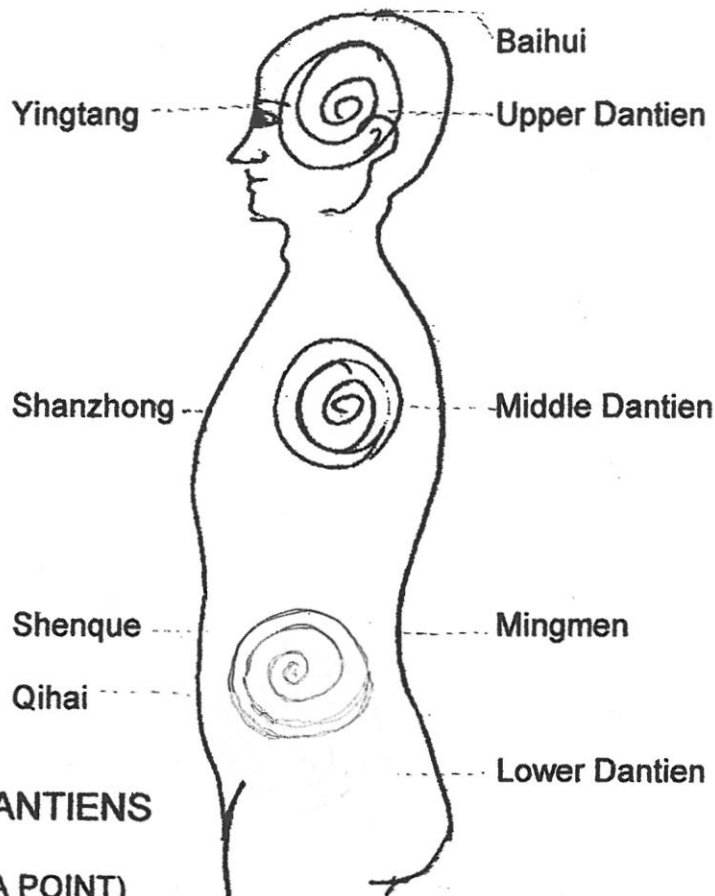
- up. About 10 – 15 times. When doing this exercise, try to keep the back as straight as possible, and keep the head up so as not to round the back. Now push both palms down to the ground in front of the feet for 5 times.
7. Sideward stretch downward. Rotate from the hip and push to the right of the right foot for 5 times. Rotate to the left, and push 5 times on the outside of the left foot.
 8. Forward bend holding elbows Holding the elbows, and looking forward, circle the arms down the legs and up about 10 times, then push downward 5 times while holding the elbows.
 9. Leg Massage At the side of the legs, rub from the Huan Tiao downward to the ankles 5 times. Pat vigorously from the Huan Tiao to the ankle 5 times.
 10. One Leg Stretch. Extend the right leg forward and slightly at an angle with the toe upward. Hold the elbows and bend from the hips trying to “touch chin to toe”. Keep the bend in the hip, and move the arms rather than bouncing. Only go as far as feels safe for you. Gradually your flexibility will improve and you will be able to go farther. Do about 10 – 15 times. Follow this by a massage of the inside and outside of the leg. Push harder on the outside going down and push harder on the inside coming up. This is because of the direction of the meridians. Pat the leg going down from the Huan Tiao to the Ankles, patting harder on the outside of the leg (about 5 times). Repeat the move on the left foot.
 11. Heel / Toe Kicks Hold the kidneys and kick each leg diagonally across the body 10 times. The leg kicks from the bent knee (a snap heel kick). Now do a snap toe kick 10 times with each foot across the body (like a pointed toe to stretch the front of the leg)
 12. Neck Stretch This is a little tricky to learn. Stand facing forward. Place the right hand on the left shoulder. Turn the head as far to the right as possible. Move the right hand to the back of the neck attempting to touch the right ear with the right hand. The left arm comes in front of the elbow and pushes the arm backward. The left hand is held in front of the left ear, directing chi to that ear. Hold about 10 seconds. Repeat to the other side, left hand on right shoulder, look left, left hand touches the left ear and right arm pushes and directs chi to the right ear. Hold for about 10 seconds. Repeat each side.

13. Slap shoulders Arms extend to the side of the body. Slap one hand on top of the shoulder and the other under the other shoulder. Extend arms out to the side again, and repeat, this time crossing the other hand on top. Do about 10 – 15 times.
14. Arm swings followed by shoulder-kidney slaps. Extend the left leg forward and bend the front knee about 90 degrees. The left hand goes across the leg about 6 inches up from the knee, with the thumb outward and fingers pointing inward. Swing the right arm forward and upward about 10 times, with the thumb leading. Then reverse and bring the arm downward with the little finger leading about 10 times. Stand up and rotate to the other side. The right leg is now forward. Repeat the exercise doing 10 arm rotations in each direction. Now slap the right palm to the left shoulder, and the left back of hand to the right kidney. Release the slap and do the move to the other side, so the left palm goes to the right shoulder and the right back of the hand goes to the left kidney About 10 times.
15. Body Massage to Kidney, Mingmen, DaoBo, Abdomen, Shoulder, Scapula. Stand with the feet together. Rub the kidneys in a circle 10 times. Rub the Mingmen (gate of life) at the spine at the level of the navel. Rub DaoBo the area of the 6 – 7 ribs. Rub the lower abdomen near the junction of the hip and leg. Rub the left shoulder/chest area with the right hand and the right shoulder/chest area with the left hand. Reach to the back of the left scapula with the right hand, pushing with the left at the elbow for increased flexibility then reverse and reach to the right scapula with the left hand
16. Arm massage. Hold the right arm straight out in front of the body. Begin at the fingertips and rub upward to the neck 10 times (direction of the yang meridians). Turn the arm so the palm is up and rub from the neck downward to the fingertips (direction of the yin meridians) 10 times. Repeat for the left arm.
17. Hand and wrist massage Start at the right finger tips and rub the fingers, including the areas between the fingers and past the wrist about 10 times. Repeat for the left hand and wrist.
18. Finger massage. Start at the center of the palm (Laogong point) and rub each thumb and finger bending back slightly as you rub the inner surface. Start with rubbing the right hand and then the left.
19. Shake hands. Shake with a loose wrist.
Chin massage
20. Face massage: Massage the points gently. Taiyang points are at the temples, where a line from the eye brow and corner of the eye would meet. Jingmen is located between

the inner corner of the eye and the bridge of the nose. Ying Hsinag points are at the side and slightly out from the nose. (there is a small depression there). Mouth – make a V with the index and middle fingers. One hand goes above the mouth and one below the mouth. Rub with the right hand on the right side of the mouth, then with the left hand rubbing on the left side. Ears – unfold the outer edge of the ear going from the top to the ear lobe. Use the flat part of the finger to rub the inside of the ear. Push ears – make a V and push upward with one finger going in front of the ear and one behind.

21. Heaven's drum. Place the palms over the ears. Fingers point to the back of the head. Move all fingers in rhythm against the head 10 times.
22. Wash face, comb hair. Start at the chin and with a slightly open palm, move the hands in front of the face, over the top of the head and down the back of the head. Hands come together and repeat about 10 times.
23. Shake out hands again with loose wrists.
24. One leg stand Stand on the right leg, hold the bent Left knee to the chest with the left hand, and hold the toe with the right hand if possible. Hold about 10 seconds. Repeat to the other side.
25. Sideward stretch. Squatting horizontally with the right leg straight and the left bent, hold the elbows and push down about 10 times. Open the arms, look to the extended right leg and push the right hand over that foot, thumb up. The left arm extends behind the back with a “claw hand” Hold the elbows and slide over to the other side reversing leg and arm extensions. Stand and rub the inner legs upward from ankles to upper leg.
26. Walk kick. Hold the kidneys. While walking in a circle, do heel kicks and then flat toe kicks 10 each foot.
27. Heel kick. Walk while touching the toe of the back foot forcefully against the achilles tendon of the front foot. About 10 times each foot.
28. Natural walking. Walk forward while swinging the arms to give the developed chi to the lower dantien about 20 times.

QIGONG POINTS FOR STIMULATION



THE THREE DANTIENS

YINTANG (EXTRA POINT)

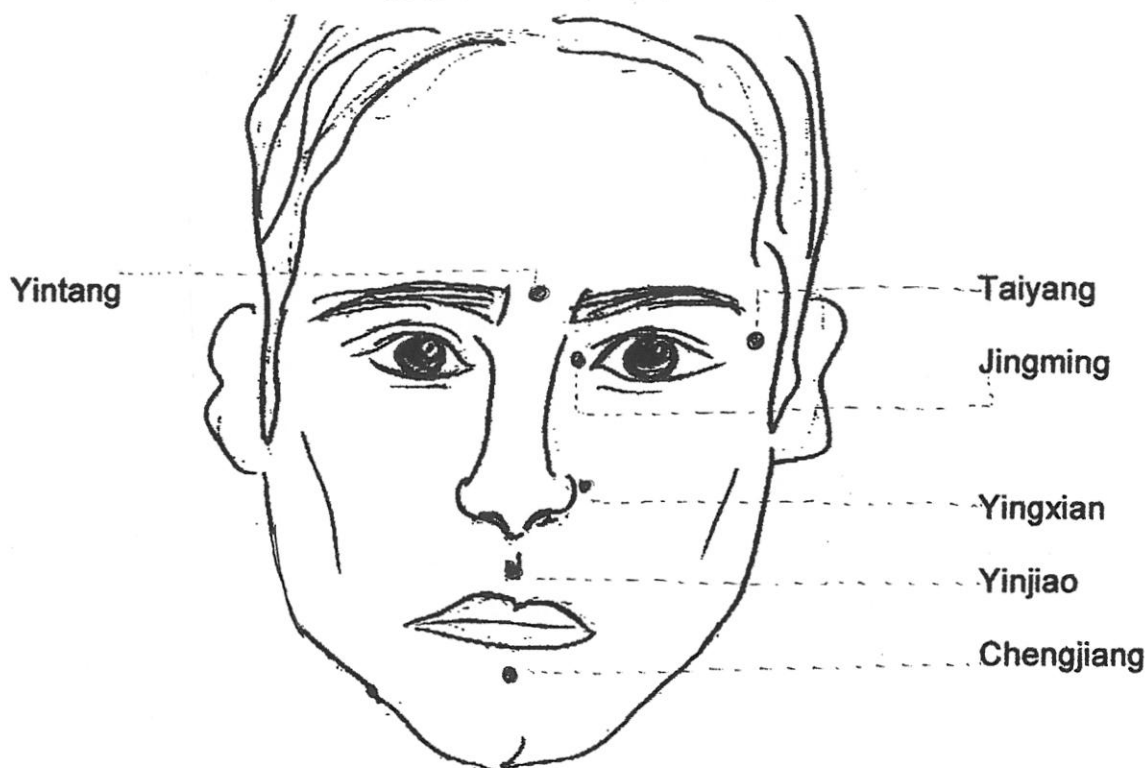
The Yintang point is located between the eyebrows and marks the area of the Upper Dantien. Careful and correct stimulation of this point can stimulate fresh blood flow to the head area, correct low blood pressure or correct deficiency of vital energy. It can help headaches, insomnia, bloody and running nose.

SHANZHONG (Ren 17)

Located on the Ren Meridian between the nipples in the center of the breast bone and marks the area of the Middle Dantien. Careful stimulation of this point can correct deficiency of vital energy and can help correct an irregular menstrual cycle. It is useful for asthma, pain and fullness in chest, palpitation, insufficient lactation, hiccup and difficulty swallowing.

QIHAI (Ren 6)

Located on the Ren Meridian three fingers or so below the navel and marks the area of the Lower Dantien, it is called the "Ocean of Qi". Concentration on this point is safe and good for any problem and can be the point of concentration during sitting meditation. Careful stimulation can correct kidney energy problems. Useful for abdominal pain, impotence, nocturnal emission, enuresis (urination without control), constipation, diarrhea and asthma.



FACE MASSAGE

TAIYANG (Extra Pt 2)

Located on the side of the head at the point where a line from the eyebrow and corner of the eye meet, the temple region. Careful stimulation can relieve migraine, common cold, and eye diseases. It helps with "bright eyes."

JINGMING (BL 1) Bright Eyes Point

Located just above the tear duct near the eye. Careful stimulation helps redness, swelling and pain of the eye, itching, lacrimation, and night blindness. Color blindness, blurring of vision and myopia.

YINGXIAN (LI 20) Welcome Fragrance Point

Located in the hollow slightly below and outward from the lower edge of the nostril on each side. It is helpful for nasal obstruction, runny nose, and deviation of the mouth, itching and swelling of the face.

YINJIAO (Du 27)

Located at the end of the Du Meridian at the upper lip. Careful stimulation can relieve teeth and gum pain, cardiac pain as well as help correct jaundice.

CHENGJIANG (Ren 24)

This is the end of the Ren Meridian under the lower lip. Together with the Yinjiao, these points are stimulated when moving fingers across the lips in the warm up. Stimulation can relieve teeth and gum pain, facial puffiness, excessive salivation as well as relieve canker sores and mental disorders.

EAR POINTS

Rub the edges of the ears as you unfold them. Then take the index finger and gently sweep inside the flat part of the ear. Then make a "V" with your index and middle fingers and push upward on the front and back of the ears.

SITTING MESSAGE

YONGQUAN (Ki 1)

This point is found near the center of the ball of the foot. Many movements in Qigong hold the foot "open" to receive Qi in this point. Sometimes turning on the outside ball of the foot stimulates it. Stimulation is good for correcting high blood pressure, relieving insomnia and headaches. It is good for blurred vision, dizziness, sore throat, dry tongue and mouth, loss of voice and loss of consciousness.

SHIMIEN

The insomnia point is on the heel about 2 body inches up from the edge. Useful when feeling restless or cannot sleep. Helpful for babies and children.

SANYINJIAO (Sp 6)

This is located about 3 fingers above the tip of the inside ankle. Three meridians, spleen, kidney and liver meet here. Careful and gentle stimulation is useful for abdominal pain, diarrhea, painful or irregular menstruation, prolapsed uterus, impotence, nocturnal emission, enuresis, edema, hernia, headache, dizziness and insomnia.

ZUSANLI (St 36)

Find with thumb over kneecap and 3rd finger at right angle below cap on outside (same hand as leg). It is helpful for gastric pain, vomiting, hiccup, abdominal distension, diarrhea, constipation, aching of knee joint and leg, edema, cough, asthma and insomnia.

LIANGQIU (St 34)

With the knee flexed, it is 2 body inches above the upper border of the patella. It is where the Laogong touches for sitting meditation. The point is useful for pain and numbness of the knee, gastric pain, mastitis, and motor impairment of lower extremities.

HUANTIAO (GB 30)

Located in the hip by the backside of the femur, indentation, on both hips. Careful stimulation can relieve Sciatica, pain in the lumbar region of the back and thighs, and paralysis and atrophy of the lower limbs.

DABAO (Sp 21) Located in side of chest, 6th intercostal space (one hand span below arm pit).

Useful for strengthening immune system, and heart, pain in chest and ribs, asthma, general aching.

RUGEN (St 18) Located below nipple, under 5th rib. Useful for pain in chest, cough, asthma, mastitis.

MINGMEN (Du 4)

Called the "Life Gate", this point is opposite your navel on the lower back. In Qigong it is important to open the vital Mingmen point or receive Fresh Qi and stimulate channels and strengthen vital organs. Careful stimulation can relieve stiffness of the back, impotence, involuntary seminal emission, nocturnal emissions, diarrhea, indigestion, and leukorrhea.

LAOGONG (PC 8)

This point is found by curling the fingers into the center of the palm. Careful and correct stimulation at this point can relieve cardiac pain and stroke complications, as well as stiffness on the tongue, vomiting, nausea, foul breath, gastritis and mental disorders. The Laogong, also known as the bubbling spring, is a point where Qi can be emitted or received from the environment.

HEGU (LI 4)

Located in the fleshy area between the thumb and forefinger on the top of the both hands. Careful stimulation of this point can relieve headache, common cold, and palsy. It also helps with pain in the neck, pain and swelling in the eye, runny nose, toothache, sore throat, belated labor, dysentery, constipation and abdominal pain.

NEIGUAN (PC 6)

Located 2 body inches above wrist crease on the inside of the arm. Careful stimulation is good for easing heart problems, palpitation, stuffy chest, stomachache, nausea, vomiting, hiccups, mental disorders, insomnia, irritability, epilepsy, fever and pain in elbow and arm.

WAIGUAN (TE 5)

Located opposite the Neiguan on the outside of the arm about 2 body inches above wrist crease between two tendons. Careful stimulation of point is good for easing headache. Strained neck, deafness, ringing in ears, pain in ribcage, motor impairment of elbow and arm, pain in fingers and hand tremor.

CHIZE (LU 5)

With the elbow slightly flexed, it is located on the crease on the upper edge of the arm. Stimulation is helpful with cough, afternoon fever, asthma, sore throat, fullness in chest, pain in arm and elbow, and mastitis.

QUEPEN (ST 12)

Located above the collarbone in the middle. Careful stimulation can relieve stress on the lymph glands; help cough, sore throat, and asthma.

QIHU (ST 13)

Called "Qi Door", is located below the Quepen, below the collarbone on the stomach meridian. This is an important point used in the Wild Goose Qigong. Often Qi is poured in or passes through the Qihu point on it's way down to the lower dantien for storage. Careful stimulation can relieve asthma and bronchial conditions, fullness and pain in chest, cough and hiccup.

SHENSHU (UB 23)

This is located on the back opposite the navel neck to Mingmen on both sides. Careful stimulation can strengthen the kidneys and help eliminate impotence, involuntary seminal emissions and help relieve menstrual disorders. It helps with low back pain, ringing in ears, deafness, asthma, diarrhea, weak knees, blurred vision and dizziness.

BAIHUI (DU 20)

This point can be found by tracing with your thumb and forefingers from the tops of your ears ascending upwards to the top of the head. Meeting at the top in the center and slightly back. This point points upwards to the sky and connects all the Yang meridians. Careful stimulation can relieve headaches, dizziness, sleeplessness and high blood pressure. It is useful for ringing in the ears, nasal obstruction, coma, mental disorders, and prolapse of the rectum and uterus.

HUIYIN (Ren 1)

Located in the perineum between the anus and the genitals. Stimulation of this point is done during sitting meditation in a chair and is helpful in correcting irregular menstrual cycle, provides relief from hemorrhoids, relieving respiratory failure and involuntary nocturnal emission. It is useful for vaginitis, retention of urine and mental disorders.

SHENQUE (CV 8)

Located in the center of the umbilicus. Careful stimulation is useful for abdominal pain, noisy gassy stomach, and prolapse of rectum, unchecked diarrhea.

FENGFU (GV 16)

Located in the middle of depression under the skull, on the trapezius. Careful stimulation relieves headache, rigid neck, blurring of vision, nose bleeds, sore throat and mental disorders.

FENCHI (GB 20)

Located in the depression under the skull, 3 body inches to the sides on the back of the neck. Helps relieve headache, vertigo, insomnia, pain and stiffness of neck, blurred vision, red and painful eyes, ringing of ears, common cold, nasal obstruction and nosebleeds.

Dayen Qigong First Set

- 1) *STARTING FORM - Standing relaxed. Tongue touches behind upper teeth, fingers open naturally, eyes looking forward.*
- 2) *STRETCH WINGS - Hands down legs, lift heels, spread arms to sky, chin up, palms up*
- 3) *CLOSE WINGS - Opened arms come to Lower Dan Tien (LDT)*
- 4) *PUSH AND SET THE WINGS - Raise hands to chest, push forward with fingers up until extended, pull arms to back and raise heels. Make claw and put on kidneys.*
- 5) *SHAKE UPPER ARMS - Heels down, hands circle waist at back and "flick forward"*
- 6) *PUSH AND SET THE WINGS - Lift hands and repeat #4*
- 7) *SHAKE UPPER ARMS - Repeat #5 End with fingers forward*
- 8) *LIFT - Raise arms and fingers as "Wash Face". End with hands over head*
- 9) *CLOSE HANDS - Interlace fingers, thumbs touch*
- 10) *TURN HANDS OVER - Rotate arms so palms face upward and straighten arms over Bihui*
- 11) *BEND - Bend at waist, palms push to floor in center, raise to knee and rotate to push left, raise hands rotate to push right*
- 12) *TURN HANDS - Center body, separate hands to the side of the feet, rotate to left to do the "Rocking Horse"*
- 13) *RESTORE QI - Left hand makes claw to Que Pen, Right arm arcs up and scoops to left foot while holding between the 1st and 2nd toes.*
- 14) *PUSH FOREFOOT (LEFT 3X) - Rotate arms from shoulder like three wing pushes*
- 15) *PUSH QI - Center body and push Right hand to Rt. side of foot*
- 16) *SCOOP UP THE QI - while staying bent, palm scoops qi to the center of body. Look at the hand*
- 17) *TURN AROUND AND RESTORE QI - Right claw to Que Pen while Left arm arcs to toes*
- 18) *PUSH FOREFOOT (RT. 3X) - Rotate arms from shoulder like three wing pushes*
- 19) *PUSH QI - Center body and push left hand to left side of foot*

- 20) *SCOOP UP THE QI* - Rotate palm and scoop up qi with the open palm as you straighten the body. Right hand goes down the center to LDT left goes up to Middle Dan Tien (MDT)
- 21) *TURN HANDS* - Circle hands at waist, giving self qi
- 22) *RIGHT WEEDING/LEFT WEEDING HANDS* - Step forward and extend hand from the waist while other hand is at the waist. Step Rt, L, Rt
- 23) *RAISE AND RINSE WAIST* - Step left, circle Rt hand to HeGu at Yintang as Left arm circles to look at raised heel ad HeGu points to UB 33
- 24) *FALL UPON ARM AND RESTORE QI* - Left arm scoops qi to UDT and Rt goes to waist
- 25) *STRETCH SINGLE WING* - Rt hand stretches out to side, shoulder height and to Kidney
- 26) *STEP UP AND RAISE ARM* - Step left forward, rotate left wrist at waist. look at left palm
- 27) *WRAP HEAD TO EAR* - Right hand circles on outside of left hand, up to shoulder and across the back of the head to the right ear.
- 28) *PUSH DOWN* - Right arms pushes down to the Huantiao as the left hand raises to QiHue
- 29) *HOLD UP* - Right arms lefts to Qi Hue as the left lowers to left side as the weight shifts to the front foot. Turn shoulder to point the palm backward then forward
- 30) *RESTORE QI* - Right hand claws to Que Pen as the left scoops up the qi to Yintang (UDT). When this happens, the weight shifts to the back bent leg
- 31) *DRAG MOON FROM THE WATER* - Left palm at left ear, right hand opens and pushes 45 degrees backward then scoops down past the left ankle. Look at the right palm as the left hand gives qi to the right ear.
- 32) *TURN AROUND* - Look at the right palm as you rotate 180 to the back. Left hand goes down the center line and back to Huantiao.

33) STEP UP AND LOOK AT THE PALM - Bring the left foot forward as the left hand makes a small circle and comes to the Yin Tang point between the eyebrows. Right Lao Gong faces right Tai Tang.

34) LOOK AT THE MOON - Similar to Drag Moon from the Water, except that after rt palm faces San Yin Jaio, the hand quickly snaps outside of the left arm and head looks to the sky.

35) PUSH QI - Arms cross and go to the side of the left knee, palms pushing down and fingers pointing in. As hand raise to a little above the knee, fingers drop so He Gu goes along the side of the knee. Push 3 times.

36) TURN AND PUSH QI - Turn 90 degrees and push chi to right knee 3 times

37) SWIM - Flutter hands from down position, up to shoulder, above head. Weight on back leg.

38) LOOK AT THE WATER - Arms flutter from above head to the back, palms facing, body leaning forward slightly, heels off the floor, looking 8 feet ahead. Hold 3 seconds.

39) FLY OVER WATER - Left, Right, Left. Arms flutter to shoulder level, step back slightly and arc diagonally to the left, passing Lower Dan Tien. Look at lead arm. Back arms is slightly bent, thumb pointing down, and other arm flutters to the armpit.

40) DRINKING WATER - Left foot steps up, hands flutter to mouth, lower to Huan Tio and then to both sides of the left leg, and down to the feet. Repeat total of 3 times.

41) LOOK AT THE SKY - Lift arms overhead, leaning back slightly. Weight on the left leg.

42) RESTORE QI - Hands go to side of belly and shake 3 times. Left open and high, right closed and lower.

43) GRASP QI - Hands circle in to chest 5 times, small circle of thumb side of hand to Qihu.

44) GRASP QI - Hands circle up 5 times to Qihu, little finger side of hand

45) HOLD THE BALL - Lift arms, turn palms outward to hold ball of Qi, bend over and hold the arms about 3 inches to the side of the feet.

46) MASSAGE THE BALL - Right hand on top circles counter clockwise, Left hand on bottom circles clockwise, about 8 - 10 inches apart at level of Lower Dan Tien. Do 10 repetitions to the right side of the body. Look at the right hand.

47) TURN AND MASSAGE THE BALL - At the right side of the body, change hands so the left is on top. Make 8 circles to the left side, and 2 coming back to the Lower Dan Tien.

48) HOLD THE QI - Standing Meditation. Stand, and let the arms pass the Lower, Middle and Upper Dan Tien, then make a large arc to the side until outside the tips of the toes. Hold the ball

with the back straight, knees bent slightly. Hold 30 seconds. See, hear, and think nothing.

49) *PENETRATE QI - Like closing, hold at LDT 3 seconds. Hands go so Lao Gong to Huan Tiao*

50) *RAISE ARMS - Turn palms to back, raise arms to shoulder. Bring He Gu to Jaw, up on toes. Push arms forward in front of face making a triangle as you come down on the heels.*

51) *TURN WINGS - Wrist downward making claw. Look between hands.*

52) *PUT WINGS ON THE BACK - He Gu to kidney points. Shake 3 - 3 times.*

53) *FLY UP (7 times) - Arms forward, then right hand in to LDT, left hand to UDT then circles to LDT. Alternate hands rising and circling to Lower Dan Tien. Foot open on the side. Watch Lao Gong of the circling hand, then forward as it comes in.*

54) *TURN AROUND - Hands shake 1 foot from Lower Dan Tien. Turn on the heel*

55) *FLY UP - Lift arms to top of head, lean back slightly, then circle them sideward to the front*

56) *FLY OVER WATER (7 times) - Left foot forward, heel up, bend right knee. Turn 45 degrees to the left, bend at waist, and flutter arms past knees and up to the left side. Back arm is slightly bent, thumb down and right hand to armpit. Step right and go to right. Alternate left and right for 7 steps.*

57) *TURN AROUND - Hands shake 1 foot from LDT. Turn on the heel.*

58) *FLY UP - Raise arms up then down in an arc sideward and to the front.*

59) *SEARCH FOR FOOD (7 times) - Left foot diagonally to left, heel up. Arms outward below shoulder level. Loose claw, look forward. Arms drop in front of left knee left arm on top as you bend from the waist. Press hands and arms sideward as stand up, arms back to side. Shift weight to left foot, step right diagonal. Arms cross right knee. Repeat 7 times.*

60) *- TURN AROUND - Stand, drop fingers to LDT, pivot 180 degrees on heels, flex wrists so palms are down fingers pointing at each other.*

61) *SEEKING NEST (7 times) - Left side - left foot forward, twist and push to left. Middle - look forward and push in front of abdomen. Right - step left, push right. Right again - step right and push right. Middle - step left, push in front of abdomen. Left - step right, push left. Middle - step left and push middle.*

62) *TURN AROUND AND SWIM - Turn 90 degrees left, arms out, bring hands above forehead.*

63) *SLEEP PEACEFULLY AND RESTORE CHI - hands at navel, bend down, eyes closed.*

64) *CLOSING FORM - stand and close.*

LESSONS FROM GEESE

Angeles Arrien

Fact 1

As each goose flaps its wings, it creates an “uplift” for the birds that follow. By flying in a “V” formation, the whole flock adds 71 percent greater flying range than if each bird flew alone.

Lesson

People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 2

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take the advantage of the lifting power of the bird immediately in front of it.

Lesson

If we have as much sense as a goose, we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Fact 3

When the lead goose tires, it rotates into the formation, and another goose flies to the point position.

Lesson

It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on others’ skills, capabilities, and unique arrangements of gifts, talents, or resources.

Fact 4

The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson

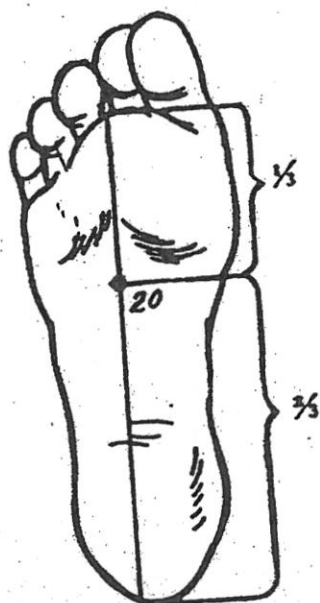
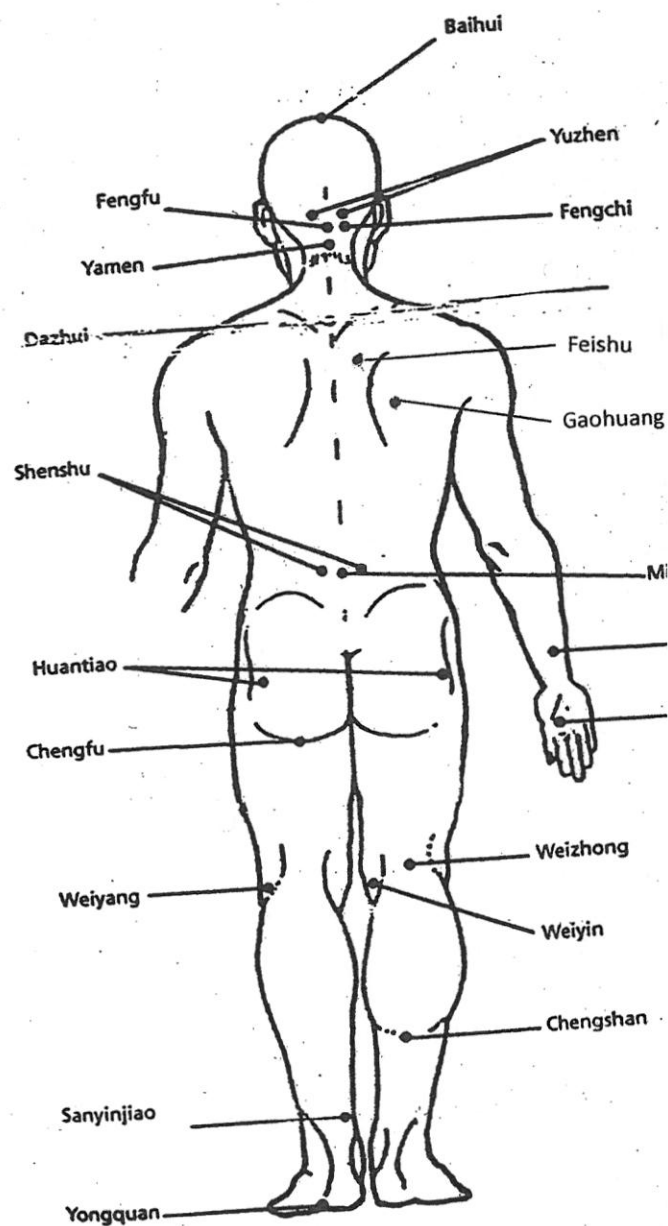
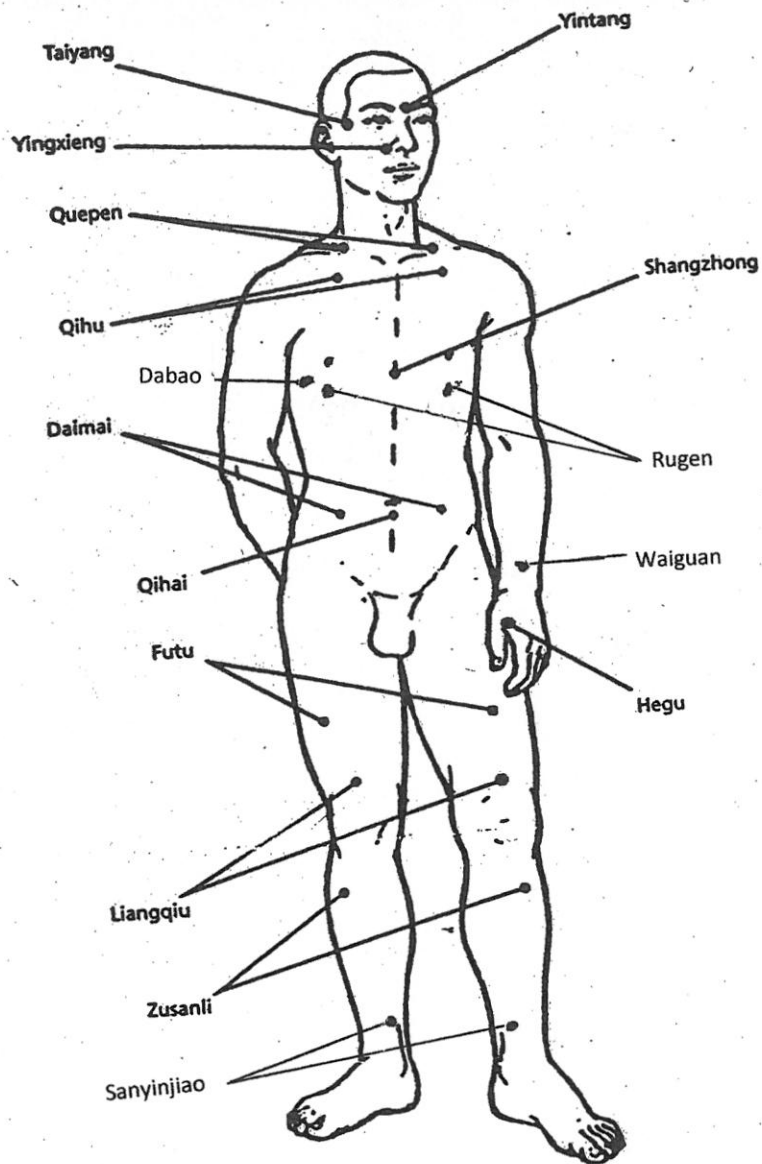
We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one’s own heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5

When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then they launch out with another formation or catch up with the flock.

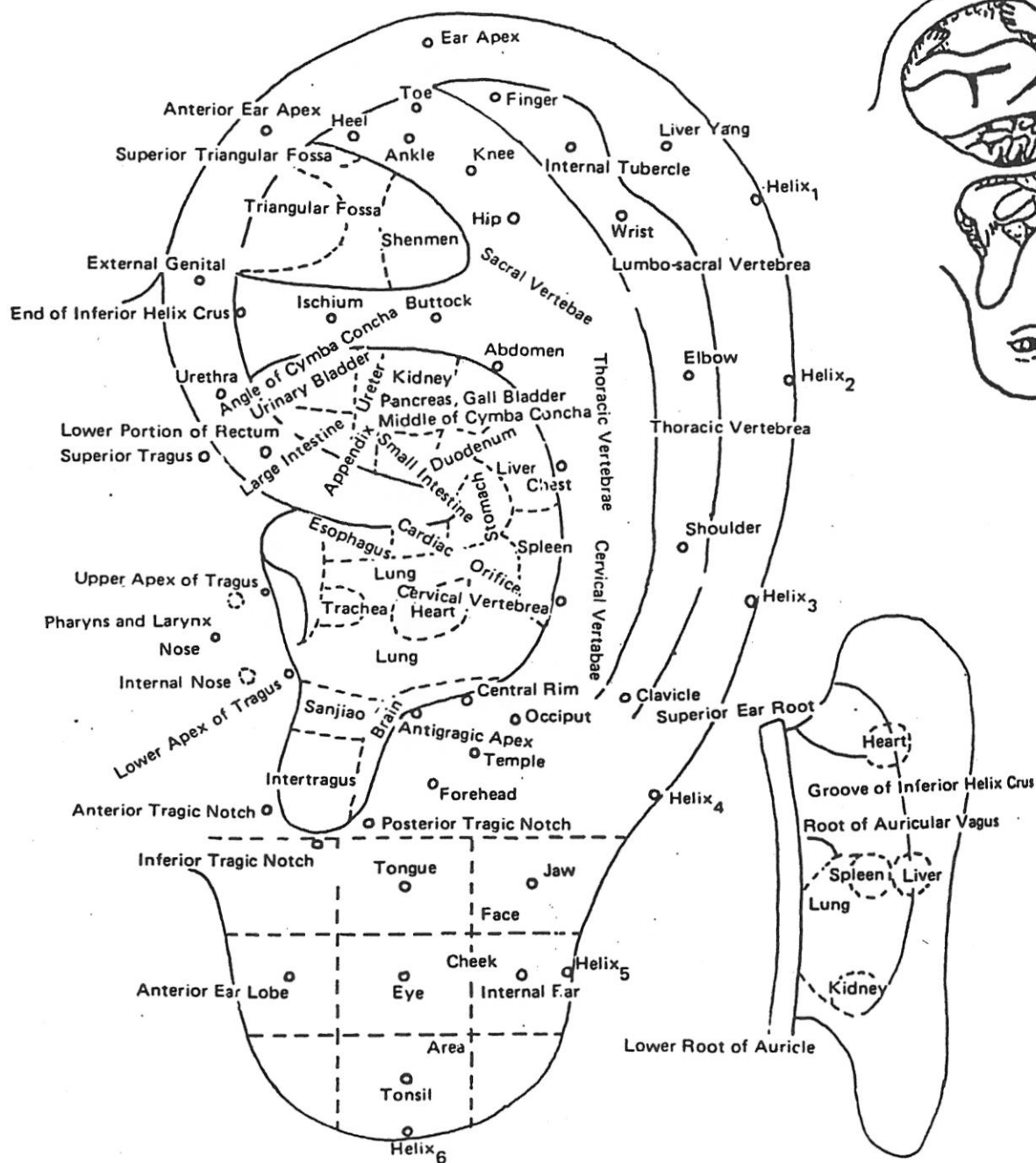
Lesson

If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.



Ear Acupuncture Points

Note: Picture an embryo baby in the shape of your ears



Chapter 5: Commonly Asked Questions About Da Yen Chi Gung Answered by Master Yang Mei Jun

1. *Is Da Yen Chi Gung a safe exercise?*

As we have stated before, Da Yen Chi Gung is a safe exercise without negative side effects. Those who have had no previous experience with it may find it a bit mystifying at first. You may have heard that doing Chi Gung incorrectly can create problems. Da Yen Chi Gung, however, is different from other forms in that it is absolutely safe, and even if you do it incorrectly you cannot harm yourself, though you will not experience its benefits. By practicing correctly and concentrating on the movements, allowing the circulation of both internal and external chi, you can benefit almost immediately. The combination of movements will bring chi to all your meridians, balance yin and yang in your body, and enhance the circulation of both blood and chi. All you have to do is relax, concentrate on what you are doing, keep your tongue on your upper palate behind the teeth, and you will unite mind, body, and chi. No one has ever been known to suffer adversely from the practice of Da Yen Chi Gung.

2. *Is it possible to learn Da Yen Chi Gung without a teacher or using an instruction manual?*

It is possible to learn Da Yen Chi Gung without a teacher, following diagrams and written explanations, though it is a much less effective way to learn. The diagrams may not be accurate, there is no one to answer any questions you may have, and you are not able to monitor your own mistakes as effectively as an experienced teacher can. However, if you are obliged to learn without a teacher, do only those movements you are completely sure you understand, and practice these over and over, concentrating well. Be sure that you practice for at least ten minutes at a time, since it takes that much time to get the chi moving and to strengthen the Dan Tian.

3. *Why does Da Yen Chi Gung affect health?*

In doing Da Yen Chi Gung you are expelling bad or disease-causing chi from your body and taking in beneficial chi from the environment, circulating it through the body. As you progress in your practice and expel more and more bad chi, beneficial chi begins to accumulate in the body, enhancing your health. The accumulation process occurs through the gradual opening of first Lao Gong points in the palms of the hands and later of the Yong Quan points in the feet, and the Bai Hui point (VC20) in the top of the head. Long years of practicing will eventually enable you to generate your own chi, though we do not recommend the beginning students, the elderly, or people with nervous disorders or in poor health attempt to project beneficial chi outside of themselves.

4. *Is it possible to do other systems of Martial Arts while studying Da Yen Chi Gung?*

Any Martial Arts system requires intense concentration. Each system is different and has different points of focus or emphasis. If you are studying a number of systems at one time, it is likely that you will have difficulty concentrating on any one of them, and it is probable that you will not be able to learn any one of them adequately. Beginners

are advised, therefore, to wait until they have learned the entire Da Yen Chi Gung set before learning another system. Once you have mastered this set and have the time and energy you will benefit from learning other forms.

You can continue to engage in sports like swimming, running, gymnastics, basketball, tennis, etc.

It is always advisable to do both the active and the meditative styles together in order to strengthen your chi. If you already know and practice other martial arts, it is always advisable to do Da Yen Chi Gung after rather than before you do these.

5. Is it advisable to do Da Yen Chi Gung while you have a cold or fever?

With high fever it is best to follow a doctor's advice and get plenty of rest, being careful not to exhaust yourself. When the fever subsides or when you are just coming down with an illness, if you have enough energy, Da Yen Chi Gung can be helpful and is recommended.

At the beginning of a cold when you are sneezing and have a runny nose, Da Yen Chi Gung may reduce your symptoms. As you practice you may feel chi being expelled from the palms of your hands and the center of the soles of the feet. The body may feel hot and sweaty, but you will also feel comfortable and relaxed.

Some people who have been particularly susceptible to colds and flu find that after they have done the set for some time they catch fewer colds, and when they do catch cold their symptoms are less severe.

6. How much time is necessary each day for practicing, and are there special requirements?

The amount of time depends on one's health, living conditions and environments. It is best to practice twice a day, once in the morning and once in the evening, for at least half an hour. The minimum amount of practice should be at least 10 minutes, as this is the time necessary to begin the chi moving in the body.

There are no special requirements for Da Yen Chi Gung other than common sense measures for any exercise. You are urged to do it correctly for maximum benefit, but even done incorrectly, you cannot do harm to yourself, and you may even experience some positive results. People of any age or physical conditions can do it, and it is very adaptable to individual needs. As you progress in your practice of Da Yen Chi Gung you will notice a more flexible and healthier body, a greater vitality, and calmer and more concentrated mind.

Qigong/Meditation Progress Tracker

| | Sun | Mon | Tues | Weds | Thurs | Fri | Sat | Goal(s) |
|----|---------------|-----|------|------|-------|-----|-----|---------|
| 1 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 2 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 3 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 4 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 5 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 6 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 7 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 8 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 9 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 10 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 11 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 12 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 13 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 14 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 15 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 16 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 17 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 18 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 19 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 20 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 21 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 22 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 23 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 24 | Week of _____ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |

PRINCIPLES OF QIGONG

Taken from the teachings of Kenneth Cohen's, The Way of Qigong

Qi is the Chinese word for "life energy". Qi is the power that flows through all living things.

Gong means "work" or benefits acquired through perseverance and practice.

Qigong means working with the life energy, learning how to control the flow and distribution of qi to improve the health and harmony of mind and body.

Qigong is a form of Taoist Yoga that has been practiced for thousands of years in China for maintaining health and well being. Qigong strengthens the immune system and is used to prevent illness or recover from illness.

Qigong involves slow deep breathing, concentration, focus, Qi cultivation, mediation, movements, acupuncture massage and proper food intake.

A famous Chinese healer said that the body should be exercised, but not to the point of exhaustion. Exercise improves digestion and keeps the blood vessels open and thus prevents illness. The Chinese liken the turning and twisting of the body joints for longevity to a door hinge which receives no rust when used frequently.

The main principles for practicing Qigong are as follows:

- 1) Perseverance: continuous practice over time cultivates qi.
- 2) Slow and Steady Movements: slow natural breath rhythm with an inward quality, as the inward calm senses internal continuity. Even when the movement stops, inside the breath is still moving.
- 3) Balance: The Spirit of the Animal. Don't move like it; feel as if you are becoming the animal. The expression comes from the inside out.
- 4) Relaxed and natural: the movements are not forced, rather with a tranquil relaxed quality. The eyes are relaxed, half open and observant.
- 5) Concentrated awareness: Keep the mind focused on what you are doing. Qi will flow where the mind sends it. It is better to practice a short time with intent rather than an hour unfocused. It is best to practice 2 hours after a meal or practice before a meal. To cultivate qi, the best time to practice is in the morning. In the spring time of the day will bear fruits, rather than planting seeds in the winter, or at night.
- 6) Listen to your body: Pay attention to signs and messages from your body. If something does not feel right, stop and look within. The

movements should be effortless. If there is pain, there is no gain. Pain is a sign of danger, don't fight against it. No teacher or doctor knows more about your level of discomfort than you know yourself.

- 7) Rounded and Spherical movements: The circle is the shape of harmony in nature. With light and agile movements, keep all the joints soft and open as they are the gates of energy. Locked joints block the qi flow and close the gates.
- 8) Natural Breathing: The breath should be natural, don't force or push it.
- 9) Alignment: Watch the alignment of the spine, from the crown to the tail. The crown is lifted like from a string to the heaven. The tail is dropped and the feet are rooted to the ground.
- 10) The Power is in the Lower Dantien: The line of qi and vitality Begins in the feet, moves through the waist and flows through the hands.

DAILY PRACTICE

When creating a daily routine, make sure your qigong workout is fun, dynamic and good exercise. Remember the most important principles of qigong training are *MODERATION, GRADUALNESS, and PATIENCE AND PERSEVERANCE*. It is best to begin slowly, 10-20 minutes a day then train from 20-30 minutes daily up to one hour once or twice a day as needed. Morning practice is most beneficial, but practice when you have uninterrupted time. Try to practice in day light with plants nearby.

Have your practice include *Relaxation and Centering, Meditation, Stretching, Detoxification, Gathering and Storing Qi, Circulating Qi and Dispersing Stagnation using meridians and acupressure massage*.

Create a personalized qigong practice which helps nourish your body, mind and spirit. Qi will flow where your mind sends it. Practice with a smile in your heart and love and compassion in your intent.

Gung Chung, means have a successful practice.

Sitting Meditation

The purpose of sitting meditation is to relax and clear the mind. In the beginning it is difficult to sit and to think of “nothing” for 5 to 10 minutes. Once you are able to get past 15 minutes it is much easier to meditate for even longer periods of time, like 45 minutes or an hour.

When a thought enters your mind, don't worry about it. Let the thought go and bring your attention back to the lower dantien. An aid to help still the mind is to silently repeat the phrase “gong chung” which means have a successful practice. This is a secret mantra of Dayan Qigong. You may also repeat the sound “Om” quietly to yourself.

One last technique is to silently repeat the phrase “I am calm and relaxed” over and over until you actually feel calm and relaxed and can return your focus to the lower dantien and finally allow the mind to clear itself and to think of “nothing”.

Sitting meditation can be done sitting on a chair or stool at the edge of the chair, with feet hip width distance and the spine elongated with the crown lifted towards the heavens.

Sitting meditation is usually done on the floor, sitting on a pillow or mat. Women sit with their right leg inside and men sit with their left leg inside. Then put feet underneath the legs if possible. Keep neck and back straight in a relaxed posture. The tongue touches the upper side of the mouth, lips closed, relaxed face, with a slight smile. Place hands on the sides of your knees (Laogong to Lianqui (ST34) protects the back and legs, thumbs to XueHai (SP 10) on the inside of the knees which improves blood circulation.

With your arms, embrace and hold the qi up to the upper dantien, thinking on the upper dantien. Bring your palms down to nose, looking on nose. Hands keep going down to middle dantien. Eyes close lightly. Keep going down to lower dantien. Use your mind to see inside your body to the lower dantien. Sink the qi into the lower dantien and breathe normally and relaxed. Place hands on your knees.

Mediate for as long as you can. To conclude rub your palms 7 X, massage eyes 7 X, Wash Face comb hair 7 X, then make a final close giving qi to yourself. Finally shake out and stretch the body after meditation. In the beginning you may use a timer to tell you when 5, or 10 to 15 minutes have passed. Try to increase the time a few minutes every week. Try to practice every day. Your body will feel the effects immediately. You will feel more relaxed, refreshed and rejuvenated. Grandmaster practiced over 4 hours every day which helped her stay so strong and youthful.