



## Palm and Hands By Michael Tse

Did you know that the gestures we make with our hands can show off our nature and they can also be used for gathering and releasing Qi as well? Generally when we open the hands we are releasing Qi and when we close the hands we gather or block the Qi. If you watch people talking and look at how they move their hands you can tell how they release or gather their energy and this also give you a insight into their nature.

In hot countries people move more and in cold countries people move less. This is very natural, for instance, if you find yourself in the hot room you will want to go out to cool down and release the heat. If you find yourself in a room which is cold, for example your bedroom, you want to stay in bed to keep warm. So when we move we generally release the excess Qi. Therefore if we open the palms or wave the hands when we are talking we also release Qi. People who move their hands a lot when talking are also likely to be quite open minded and sociable.

In contrast if we stand or sit still while we are talking and do not move the hands or close the palms, this means we do not like to use energy or want to save the Qi, or we are not that sociable and maybe do not easily trust people. Also this type of person likes to use their mind more than their physical body. Whenever you meet up with someone, watch them and see how they move their hands, you can really find out a lot about them.

As we practise Qigong we have a lot hand movements and hand gestures and that also means we sometimes gather Qi and sometimes release Qi. Moving the hands without considering the meaning is not very detailed and means you do not understand the movement and whether you are gathering or releasing Qi. In this case the benefits will be reduced and you may not get enough Qi. Then even though you might practise Qigong for a long time you will still not improve your health.

Teaching Wild Goose Qigong 大雁氣功 is my job and maintaining the high level of the skill which I inherited from my teacher, Yang Mei Jun 楊梅君 and all the Wild Goose ancestors, is my duty. I have learnt the skills from my teacher and I always try to go deeper to understand how Wild Goose Qigong makes us healthy, how it helps us to live longer and even how it heals different kinds of illnesses. When we practise Wild Goose Qigong all the movements relate to the Qi and how it moves around the body. We must understand the meaning of the movements rather than only thinking "I know the form," since we might be doing many things wrong and then we are just moving our arms and legs and not doing Qigong.

For example, at the beginning of the form we stand in a position with the chest open. The Laogong points 勞宮穴 on our palms face the Huantiao points 環跳穴, which are on our hips. This allows all the Qi to flow through the whole body. Having the chest open allows the Qi to come into our lungs, and Laogong pointing to the Huantiao points allows the Qi to go to our legs and so the Qi can keep flowing down to the earth.

The next movement is Spread Wings 展翅. We lift up both hands in front of our body, with both Laogong points facing each other. This maintains the Qi as we lift up the hands. We hold the Qi with both palms until they are up to shoulder height and then we spread both hands above the head. This releases Qi out to the sky. Then we gather the Qi back in the next movement “Close Wings 合翅” where we bring both hands back to the Dantain 丹田.

In all these movement the palms are open. They release Qi and at the same time the Qi is transmitted to our acupuncture points.

In other movements, such as “Cloud Hands 雲手” involve first opening the palm and then closing the palm. This means after we release the Qi we gather the Qi and then close all the Qi and put it into the Shenshu point 腎俞.

In another movement like “Rotating the Qi Ball 柔球”, both palms are open and facing each other but the fingers keep moving. This is gathering Qi together and building it up making it stronger, meanwhile keeping the fingers moving manipulates the Qi as well.

All these are like the Taiji symbol where the Yin and Yang is not always in 50:50. Actually they are constantly changing from one way to the other way to maintain the balance of the body. So basically the whole of the Wild Goose form is opening and closing the Qi. Sometimes it is more open and sometimes more closed. Also there are so many levels of opening and closing. Then the Qi inside the body will be constantly changing, the good Qi is refreshed and at the same time the sick or old Qi is released out. This keeps the whole body fresh and healthy.

When practising Wild Goose Qigong we use the whole body to circulate the Qi and we use hand and palm gestures in different ways to gather and release the Qi. It is like the electricity in the house, we use it but there is a switch that controls the level of electricity coming in. It balances the flow to all the machines in order to avoid any of them blowing up. The Wild Goose Qigong form is therefore very subtle and very deep. If we want to practise Wild Goose Qigong to get 100% benefit we must pay attention to the hands and palms.

The form does not only involve the hands and the palms, the fingers also have many meaning. Each finger has its own relation with the body, each one connects with a different internal organ. For example, the thumb relates with the spleen. Many times when I diagnosis illnesses or problems in my students or patients, I just look at their fingers and then I can tell what the problem is. It is very accurate and I am still constantly amazed by this knowledge that is thousands of years old.

There is so much we can discover and appreciate in Wild Goose Qigong. Our ancestors left us this treasure, but to be honest throughout the world, in many cultures, there are a lot of treasures that have been left to us. It just depends on how much we appreciate and respect them. China is one of the oldest civilisations and there is so much to learn from Qigong, martial arts, foods, herbs, medicine, Buddhism 佛, Daoism 道, Rujia 儒, Feng Shui 風水 and Yijing 易經. As a Chinese man I am humbled to be able to learn these skills and I strive to try and present them properly to all others who are willing to learn.