



健康生活功第一節 Healthy Living Gong Part I

Healthy Living Gong has three parts. This is the first part which is very relaxing and gentle. Although we learn this exercise after we have finished the 平衡功 Balancing Gong, actually it is easier than the Balancing Gong which is the basic foundation to get ourselves right before we build up the Qi. So Healthy Living Gong Part I, is when the Qigong journey begins and we begin learn how to really relax and move the body internally with the breath together. So Healthy Living Gong Part one is for relaxation and calming down the Qi.

1. 收氣入丹 **Collecting Qi to the Dantian**
 - a. relaxation
 - b. reduce stress
 - c. calm the mind
2. 分霧看雲 **Separating the Fog to look for the Clouds**
 - a. stomach-ache
 - b. lungs
 - c. depression
3. 湖邊捉魚 **Catching the Fish by the side of the Lake**
 - a. backache
 - b. low blood pressure
 - c. kidneys
4. 金龍伸爪 **Golden Dragon stretches its Claws**
 - a. arthritis
 - b. co-ordination
 - c. stiff joints
5. 老樹盤根 **Old Tree with the winding Roots**
 - a. strengthen the legs
 - b. improve balance
 - c. liver
6. 玉梯登天 **Climbing the Jade Ladder to the Sky**
 - a. co-ordination
 - b. improve balance
 - c. high blood pressure
7. 手抱麗球 **Holding the beautiful Ball**
 - a. relaxation
 - b. insomnia
 - c. heart
8. 寶物歸底 **Looking for the treasure at the bottom of the Chest**
 - a. kidneys
 - b. heart
 - c. lungs
9. 小童盪鞦韆 **Child Swinging (Quchi point)**
 - a. elbow pain
 - b. wrists
 - c. neck
10. 收氣步 **Collecting Qi to the Dantian Walking**
 - a. co-ordination
 - b. strengthen the Dantian
 - c. relaxation

These exercises were created in 1995 and were first taught in October of this same year at the 5th year Tse Qigong Centre anniversary workshop. I had been thinking for a long time that I should teach the beginners and some senior students who were already studying 大雁氣功 Wild Goose Qigong something new. I could see also that so many students who were beginning their Qigong studies with Wild Goose Qigong did not do it well because they did not know how to move their bodies in a Qigong way. They were just performing the 大雁氣功 Wild Goose Qigong like individual movements or even like dancing so they were completely missing the main principle of moving the whole body together internally and externally in a relaxed way. Today, however, those students have done the 健康生活功 Healthy Living Gong I, II and III really understood and practise Qigong more properly.