



## 五行自我氣療功

## Five Elements Self Qi Healing Gong

Five Element Self Qi Healing Gong is self-healing with Qi and was initially it only 21 movements. In 2021 I added more movements and now there are 40 movements which heal more areas of the body. I created this form in 1998 when one of students invited me to teach a short seminar in Norwich. When creating this form, I followed the principles of the Dayan System 大雁派 and followed how my Sífú, Yang Mei Jun 楊梅君, taught me how to massage the body with our Qi. This form is uses moving, slapping, rubbing, rotating and stroking, which are some of the Qigong Healing Massage Techniques that work on the organs, Jīngluò 經絡 (Channels) and Acupuncture Points. It also follows the principles of the Yìjīng 易經 and the number 9 on each movement to cover all the Qi around us. 9 means we cover all Bāguà 八卦 (Eight Situations) and the Centre. If we practise this form regularly it will make our immune system stronger, prevent diseases, healing some of our illnesses, and create more circulation to make the internal body warmer.

*\*Shùn 順 means outward circle, Nì 逆 means inward circle\**

1. 放鬆站立 Relaxed Stance
2. 拍丹田 Slap Dāntián (Qìhǎi Point 氣海穴)
3. 柔丹田 Rub Dāntián (Guānyuán Point 關元穴)
4. 拍命門 Slap Mìngmén (Mìngmén Point 命門穴, Shènyú Point 腎俞穴)
5. 柔命門 Rub Mìngmén (Cheng Jiang Point 長強穴)
6. 通心肺 Smooth the Heart and Lungs (Qìhù Point 氣戶穴, Dàimài Point 帶脈穴)
7. 玉帶環腰 Jade Belt Around the Waist
8. 順旋羅肌 Shùn Rotate the Luójī (Luójī means Waist and Dāntián)
9. 逆旋羅肌 Nì Rotate the Luójī
10. 抖羅肌 Shake the Luójī
11. 羅肌到湧泉 the Qi flows from Luójī to Yǒngquán
12. 柔手經 Rub the Hand Jīngluò
13. 順旋肘 Shùn Rotate the Elbows
14. 逆旋肘 Nì Rotate the Elbows
15. 順旋手腕 Shùn Rotate the Wrists
16. 逆旋手腕 Nì Rotate the Wrist
17. 柔手指 Rub the Fingers
18. 柔大腿 Rub the Thighs
19. 柔膝蓋 Rub the Knees
20. 順旋雙膝 Shùn Rotate the Knees
21. 逆旋雙膝 Nì Rotate the Knees
22. 拍膝蓋 Slap the Knees
23. 柔小腿 Rub the Lower Legs
24. 柔腳踝 Rub the Ankles
25. 動腳指 Move the Toes
26. 拍百會 Slap the Bǎihuì
27. 拍眼球 Slap the Eyeballs
28. 順柔太陽 Shùn Rub Tai Yang
29. 逆柔太陽 Nì Rub Tai Yang
30. 柔雙耳 Rub Two Ears
31. 壓雙耳 Press Two Ears
32. 鳴天鼓 Tap the Eardrums
33. 生金津 Create the Golden Juice (Saliva)
34. 洗臉 Wash the Face
35. 下腰 Bend Down
36. 展翅 Spread the Wings
37. 飛上 Fly Upward
38. 通經絡 Smooth the Jīngluò
39. 五行步 Five Elements Walk
40. 開天門 Open the Sky Gate (Sky Gate is the Bǎihuì Point 百會穴)
41. 五行歸丹 Five Elements return to the Dāntián
42. 收功 Shou Gong