



月亮功 Moon Gong

The Moon has always been very important to people. In the Dayan System the Sun, Moon and the Purple Star are the three treasures of the Heaven Qi. When we practise Qigong, we need to gather Qi from these three treasures. This form is special and helps us to gather the Qi from the Moon. Moon Qi helps us to open the six Yin channels and calms our internal fire. By practising it we will open our minds and develop some hidden potential.

Poem:

月亮屬陰是三才， Moon is Yin and belongs to three treasures,
補陰扶陽強內臟， Support the Yin and help the Yang to strengthen the internal organs,
拍打穴位接月光， Tap the acupuncture points to receive the moon,
十二經絡氣疏通， Twelve channels will be smooth,
下火走圈十五步， Walk fifteen steps to calm down the fire,
十五月圓氣正盛， On the fifteenth day of the month the Qi is complete with the full moon,
分雲收光到天目， Separate the cloud and receive the Moon Qi into the Sky Eye,
纏手下氣到二丹。 Twine the hands to sink the Qi to two Dantians.

1. 放鬆站立 Relaxed Stance
2. 雙手接天氣 Receive Heavenly Qi with Both Hands
3. 右左環跳旋 Spiral Huantiao from Right to Left
4. 展翅來心開 Spread the Wings to Open the Heart
5. 下腰腎收氣 Bend Down to Receive the Qi to the Kidneys (x8)
6. 拍打七穴點八穴 Tap Seven Points (x30 each) and Hit Eight Points (x2 right hand first)
(Yongquan, Jiexi, Zusanli, Yin Lianquan, Yang Lianquan, Huantiao, Daimai)
(8 Points: Dabao, Qihu, Jianjian, Baihui, Sky Eye)
7. 五臟八動來收氣 Move Five Organs Eight Times to Receive Qi
8. 走十五入氣戶 Walk Fifteen Steps to Bring Qi to Qihu
9. 走十五入帶脈 Walk Fifteen Steps to Bring Qi to Daimai
10. 撥雲看月亮 Separate the Clouds to Look at the Moon (bend knees w/each separation)
11. 月亮照天目 Moon Shines on Sky Eye (legs straight)
12. 纏手下丹田 Twine Hands Down to Dantian (x8)
13. 默靜來收氣 Collect the Qi in Meditation
(ladies w/right hand at Lower Dantian/men left hand at Lower Dantian)
14. 收功 Shou Gong

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