



安位靜功 Peaceful and Calm Meditation Names & Explanations

Peaceful & Calm Meditation is a medium-advanced level skill in the Dayan system. It helps to develop the upper and lower Dantians as well as the Xiao Zhou Tian (Small Heavenly Cycle) and the Da Zhou Tian (Big Heavenly Cycle). It helps to smooth the three Yin and Yang hand channels and the Du and Ren channels. In this meditation, we use hand gestures and the reciting of poems to help direct the Qi. We do not use any visualisation or special breathing. We use the natural way and we always breathe in and out through the nose, not the mouth as otherwise we lose Qi.

In the meditation, we collect Heaven and Earth Qi to maintain and strengthen our original (pre-natal) Qi. Peaceful and Calm Meditation can help relax the internal organs and even get rid of lumps and stones in the organs. With regular practise, it can also help to bring up our Qigong level. There are twenty meditation steps that should followed one after another in sequence.

1. 安靜坐盤眼張開 **Sit Peacefully with Eyes Open**
2. 蘭花手印目收藏 **Close the Eyes with Orchid Hands**
3. 勞宮氣戶蘭花手 **Laogong to QiHu with Orchid Hands**
4. 氣通任督走陰陽 **Qi Rises Up from Dantian through Ren Mai and Du Mai While Repeating Poem**
5. **Repeat Poem**
6. 坐定轉腰左中右 **Sit Properly and Turn Left, Centre and Right**
7. 男左壇中右帶脈 (女相反) **Orchid Hands with Laogong to Shanzhong and Laogong to Daimai**
8. 外勞宮穴對血海 **Outside Laogong to Xuehai**
9. 收氣三遍到丹田 **Collect Qi Three Times to the Dantian**
10. 雙掌合十心安靜 **Close Two Palms together to Make Peace**
11. 搓掌九次勞宮熱 **Rub the Palms Nine Times to Make the Laogong Warm**
12. 捋絲九次髮濃密 **Comb the Hair Nine Times to Make it Healthy**
13. 雙手淨面紅光現 **Wash the Face with Two Hands to Make It Shiny**
14. 三星高照手在中 **Hold Fists Together at the Shanzhong**
15. **Repeat Poem**
16. 雙掌纏圈胸中走 (左手上右手下, 五指并攏, 內旋三次) **Circle Hands at the Chest**
17. 半爪 (虎口圓) 天目下丹田, 後溪血海勞宮內 **Tiger Mouth Hands to Sky Eye and Xuehai**
18. 百會湧泉采天地, 勞宮向裏定元氣 (打坐一段時間) **Baihui and Yongquan Collect the Heaven and**
19. 外勞血海掌心天, 拇指入食二節內 **Laogong to Xuehai with Palms Up, Touch Inner Thumb Nail to Inside Index Finger**
20. 收功歸元到丹田 **Original Qi goes back to the Place (Shou Gong)**

Tse Qigong Centre

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(All names created and translated 2012 by Michael Tse)