



排病氣功

Releasing Sick Qi Gong

When we are not well, we need to release the negative Qi from the body because this is also sick Qi. To do this, we need to do shaking, flicking, slapping and hitting. In order to be healthy, we need to release the negative Qi from the body first and then we can gather the good Qi from nature. These self-healing techniques are one of the treasures of the Dayan Qigong system.

口訣：

有病病氣必外排 -When we are ill we must release the Sick Qi out of the body,

快摔拍打身抖翅 -Fast flicking, slapping, hitting and shaking.

地為收壞天為補 -Earth takes the bad Qi, Heaven recovers the good Qi.

走圈放病後抱球 -Walk in a circle to release sickness then hold the Qi ball.

心靜安樂到舒泰 -Be calm and peaceful until we are comfortable.

心無一物天是我 -Nothing in my heart – I am one with Heaven.

1. 放鬆站立 Relaxed Stance
2. 雙翼抖翅 Flick Both Wings
3. 腰背抖翅 Flick from the Waist and Back
4. 前胸抖翅 Flick from the Chest
5. 排病入地 Release Sick Qi to the Earth
6. 臟腑排氣 Release Sick Qi from the Organs
7. 全身抖翅 Shake the Whole Body
8. 拍打臟腑 Slap The Internal Organs
(Slap 3 times on both sides points 肩髃 Jianyu, 氣戶 Qihu, 大包 Dabao, 京門 Jingmen, 帶脈 Daimai)
9. 拍穴排氣 Slap the Points
(Slap 3 times on both sides points: 環跳 Huantiao, 風市 Fengshi, 陽陵泉 Yang, Lingquan, 陰陵泉 Yinlingquan, 足三里 Zusanli, 外崑崙 outside Kunlun, 涌泉 Yongquan)
10. 大旋周天 Big Circle
11. 收氣入胸 Gather Qi to the Chest
12. 抱球入靜 Hold the Qi Ball and Meditate
13. 收功 Shou Gong