



Seven Star Opening Points Gong 七星開穴功

This is one of the exercises from the Dayan Qigong System that relates to the North Star 北斗七星 in the sky. This star is also known as the Big Dipper in the West. In Chinese astrology, the North Star is the Emperor of the Sky. Practising the Seven Star Opening Gong connects with the North Star and also gathers more Qi. The number seven is used a great deal and this connects with the Heart as well as the Dantian. This Qigong form is good for the joints and also opens the major acupuncture points in the body. By opening the points it allows the Qi to flow to the joints also making the channels flow smoothly.

1. 放鬆站立 Relaxed Standing Position
2. 羅肌旋轉 Loujin Rotates
3. 提翅旋轉 Lift Wings and Rotate
4. 飛上飛落 Fly Up and Down
5. 展翅搖晃 Stretch the Wings and Turn
6. 收氣入丹 Collect Qi
7. 氣到陰陽 Qi goes Yin and Yang. 24 times each :
陰崑崙Yin Kunlun, 陽崑崙Yang Kunlun, 足三里Zusanli, 陰陵泉Yin Lingquan, 陽陵泉Yang Lingquan, 環跳Huantiao, 羅肌Loujin
8. 七星開穴 Seven Star Opening Points: 1 times each
氣戶Qihu, 氣戶Qihu, 壇中Shanzhong, 天突Tiantu, 肩井Jianjing, 肩井Jianjing, 百會Baihui
9. 收氣入丹 Collecting Qi to the Dantian
10. 開前足經 Opening the Front Leg Channels– 足陽明胃經
Foot Yang Ming Stomach Channel
11. 開旁足經Opening the Side Leg Channels -足少陽膽經
Foot Sao Yang Gall Bladder Channel
12. 開後足經 Opening the Leg Channels –足太陽膀胱經
Foot Tai Yang Gall Bladder Channel
13. 收氣入中 Collecting Qi to the Middle Dantian
14. 七星步走 Seven Star Steps
15. 收功 Shou Gong