



昆侖玉柱功 **Kunlun Jade Pillar Gong**

This is one of advanced level forms of Qigong in the Kunlun Dayan system. This form can help us to open the three Dantians as well as our spine which we call the Jade Pillar. When the waist is loose and flexible, the Qi can go through the spine and up the Du channel to give energy to the internal organs. Regular practise will make us flexible and the Qi smooth all over the body.

1. 放鬆站立 Relaxed Stance
2. 任督通氣 Qi passes through Ren and Du Mai
3. 追月觀天 Look at the Sky to Chase the Moon
4. 仙女散花 Immortal Lady Disperses the Flowers
5. 玉帶環腰 Jade Belt Arounds the Waist
6. 右顧左盼 Look at the Right and Watch the Left
7. 左顧右盼 Look at the Left and Watch the Right
8. 青龍擺尾 Green Dragon Swings its Tail
9. 懷中抱月 Hold the Moon at the Chest
10. 退步點穴 Step Back and Hit the Points
11. 收氣入丹 Collect the Qi to the Dantian
12. 萬氣朝宗 Ten Thousand Qi Towards the Source
13. 手抱氣球 Hold a Qi Ball
14. 三搖變大 Three Swings to Become Big
15. 五指通氣 Qi passes Through to Five Fingers
16. 美女彈琴 Beautiful Lady Plays the Guzheng
17. 顛倒貫氣 Penetrate Qi in Reverse
18. 按地排氣 Release Qi by Touching the Ground
19. 顛倒貫氣 Penetrate Qi in Reverse
20. 按地排氣 Release Qi by Touching the Ground
21. 沖刺雙腎 Stimulate both Kidneys
22. 貫氣排氣 Penetrate Qi In and Release Qi Out
23. 雙手抱球 Hold a Ball with Both Hands
24. 開天接命 Opening Heaven Gate to relate the Mingmen
25. 氣沉丹田 Qi sinks to Dantian
26. 大雁飛上 Wild Goose Flies Up
27. 大雁迎月 Wild Goose Welcomes the Moon
28. 通開玉柱 Open the Jade Pillar
29. 內腑發氣 Transmit Qi from Internal Body
30. 收氣入丹 Collect the Qi to Dantian
31. 玉柱旋左 Jade Pillar Spirals to Left
32. 玉柱旋右 Jade Pillar Spirals to Right
33. 火水八卦步 Fire and Water Bagua Step
34. 大雁游膀 Wild Goose Spins Both Wings
35. 開心胸穴 Open the Heart and Chest Points
36. 收丹入鼎 Cultivate the Dan into Cauldron
37. 用心拜 Worship from the Heart
38. 用丹拜 Worship from Dantian
39. 足踏火輪 Step on the Fire Wheel
40. 氣透涌泉 Qi Penetrates to Yongquan
41. 拍打二經 Slap Two Channels
42. 雙拍膝蓋 Double Slaps on the Knees
43. 收氣入心 Collect the Qi to Heart
44. 收氣四方 Cultivate Qi from Four Directions
45. 再收入心 Collect Qi to the Heart Again
46. 開心迎天 Open the Heart to the Heaven
47. 天氣回心 Heaven Qi Goes Back to the Heart
48. 收功 Shou Gong