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Song of the Eight Verses of Zhineng Qigong

By Grandmaster Pang Ming

八句口诀歌曲

庞明 词曲

J=E 4/4 稍

Ding	Tian	Li	Di	The head touches the sky, feet stand on earth.
顶	天	立	地	
Xing	Song	Yi	Chong	The body relaxes and mind expands.
形	松	意	充	
Wai	Jing	Nei	Jing	Be respectful and quiet.
外	敬	内	静	
Xin	Cheng	Mao	Gong	The mind is clear and appearance is humble.
心	澄	貌	恭	
Yi	Nian	Bu	Qi	No distracting thoughts.
一	念	不	起	
Shen	Zhu	Tai	Kong	The mind expands to infinite space.
神	注	太	空	
Shen	Yi	Zhao	Ti	Feel the mind shining into the body deeply inwardly.
神	意	照	体	
Zhou	Shen	Rong	Rong	The entire body is harmonized with qi.
周	身	融	融	

Hun Yuan Ling Tong

Translation:

United and transformed, immediately realized by one's intention

Meaning:

Hun means: Uniting, integrating, and transforming.

Yuan means: One or one whole.

The first meaning of Hunyuan is: United and integrated to one.

The second meaning of Hunyuan is: Transformed to one.

Behind the Hunyuan words is included the whole knowledge of the Zhineng Qigong system such as the Entirety of Hunyuan Theories, which in turn includes the universal Hunyuan Qi theories, the “ten thousand things” Hunyuan Qi theories, human body Hunyuan Qi theories (physical body Hunyuan qi, inner organs (emotions) Hunyuan Qi and Yi Yuan Ti Hunyuan Qi theories), as well as all levels of the methods of practice.

Ling means: Sensitive, well informed.

Tong means: Opening, expediting.

Ling Tong means: One's mind's intention immediately comes true.

Hunyuan Ling Tong means: The Hunyuan Qi of everything follows the human mind's intention to become immediately realized by uniting and transforming.

The original source is omnipresent.

Yi Yuan Ti

The old qigong systems do not talk about the qi field of the mental, in Zhineng Qigong called the Yi Yuan Ti. The center of the Yi Yuan Ti is the center of the brain with the nerves of the cerebellum and the cerebrum and the whole body's nervous system integrating and extending out from the physical nervous system to cover the whole nervous system. It connects all systems of the whole body – inner organs, bones, tendons, muscles, skin, etc. All systems of the body integrate together, integrate with the Yi Yuan Ti, and extend out, spreading and merging outside of the whole body. Everything in the whole universe is integrated as one whole as well.

I. The characteristics of the Yi Yuan Ti

The Yi Yuan Ti is physical matter without a physical body. The inside is very pure, even, and with no differences. It is a Hun Yuan Qi of all cells of the nerves of the whole nervous system of the human body and has it Hunyuan Qi's abilities (functions). The Yi Yuan Ti's several characteristics are:

- 1. Even and fine:** Inside of the Yi Yuan Ti is very pure, even, and transparent. It is very large, has no boundaries, no end, and no center.
- 2. Reflecting:** The Yi Yuan Ti is like the water deep in the ocean or like a mirror that is a ball, reflecting evenly in all directions.
- 3. Active:** Actively gathering, releasing, and moving qi

II. The functions of the Yi Yuan Ti

The main functions of the Yi Yuan Ti are three – receives and pulls information; processes, stores, and picks up information; and creates and sends information.

The Methods of Fa Qi for Healing

There are many ways to do energy healing. Through our own experience, we can create the methods that are the most effective.

I. In qigong practices, there are two ways to send energy:

1. Using one's own Dantien or internal qi.
2. Using external qi. Zhineng Qigong uses the second method.

II. There are seven types of healing methods:

1. Physical only: This includes physiological and chemical treatments, including the use of medicine, food, and medicinal herbs.

2. Physical with qi: This includes massage – which uses the natural qi around the hands, acupuncture, and vibrational techniques.

3. Physical, qi, and consciousness together: For energy healing, it is important to learn about Hunyuan qi and the mind. Understanding this, we can immediately combine the physical, qi, and consciousness methods together for a new class of healing. People who are very aware can learn the theories and apply them very quickly, letting their body qi follow their mind's intention to work.

In Zhineng Qigong, we use the “La Qi” method, a basic energy healing method of Zhineng Qigong. With this method the practitioner can touch or not touch the body. One can also move or not move the hands. Here are five basic guidelines:

- a) Give the intention of the qi going through the part of the body that needs healing. Always go in from one direction, then out another direction, without thinking of the shape of the body or of the part of the body.

Lift Qi Up and Pour Qi Down Method

Lift Qi Up and Pour Qi Down is the first level of Zhineng Qigong. It is a basic method for healing disease and improving health.

The main characteristics of this method are:

- 1. The mind and qi are integrated;** use of the mind to induce qi. Combining the movements, open and close, together with the mind's consciousness visualizations induces internal qi to go outward and external qi to absorb inward. In this way the human and universal Hunyuan Qi connection will be unobstructed and the sensitivity ability of the human body will improve. This is the external stage of Zhineng Qigong.
- 2. This method is very effective to collect and gather qi.** It is easy to learn, and when one practices this method, one will also very quickly learn the techniques of how to emit external qi for healing.

The Mind's Consciousness Visualizations of Lift Qi Up and Pour Qi Down

This method uses the mind to induce qi. In the practice when one visualizes "the head touches the blue sky and the feet stand on earth," one needs to feel that oneself and the universe are integrated into one whole body. In every movement, the mind's consciousness needs to follow the direction of the hands to reach the horizon. All open and close movements are done in the horizon. When doing the push, pull, and la qi movements, the mind is also in the horizon. Gather and absorb infinity space Hunyuan Qi of heaven and pour qi down into the head; continue to induce qi down into the navel. Then along the meridian channels of the feet, induce Hunyuan Qi of mother earth

Lift Qi Up and Pour Qi Down Method

up into the navel, connecting the human body with heaven qi and earth qi. Gather infinity space of heaven Hunyuan Qi and inside of earth Hunyuan Qi, and merge with the inside of body Hunyuan Qi into the navel. The human body and the heavenly bodies Hunyuan Qi connection is open. The human and the universe integrate to one whole body.

Posture Requirements

Feet together, body centered, lift up Baihui (highest part of head), tuck in chin, relax the arms down naturally. Look straight forward into the horizon. Withdraw the vision inward and gently close your eyelids (*Picture 1*).

Organize the Qi Field

The head touches the sky, feet stand on earth.

The body relaxes and mind expands.

Be respectful and quiet.

The mind is clear and appearance is humble.

No distracting thoughts.

The mind expands to infinite space.

Feel the mind shining into the body deeply inwardly.

The entire body is harmonized with qi, harmonized with qi.

Opening Section

a) Use little fingers to rotate the wrist and arms. Slowly turn palms facing backward then downward, fingers pointing forward, the hands with arms forming a 90 degree angle. Visualize the center of the palms connecting with the earth qi. Using the shoulder joints as an axis, push hands forward 15 degrees. Pull back inward to the sides of the body. Push and pull three times (*Picture 2*).



Picture 1



Picture 2



Picture 3

b) Relax the wrists. Use little fingers to turn hands, palms facing each other, arms at shoulder width, tiger mouth facing up, arms relaxed. Lift hands with qi up slowly along the front of the

Three Centers Merge Standing Posture



Picture 55



Picture 56



Picture 57

c) Turn fingers forward, elbows backward. Extend hands and arms forward to shoulder level and width, arms almost straight. Turn the middle fingers toward Yintang (third eye – between eyebrows) (*Picture 55*). At the same time, turn the wrists slightly so the fingertips almost face each other, and open the hands and arms. Use the elbows to bring the arms (*Picture 56*) slowly to the sides of the body. The arms form a straight line (*Picture 57*). Use the little fingers to rotate the hands and arms, turn palms face down, then up, and imagine the hands and arms reaching the horizon. Lift hands up, along the sky, to above the head, and put the hands together (*Picture 58*). Lower hands down to above the head, along the front of the face to the chest, forming the hands position. Forearms are in a straight line. (Upper arms are 45 degrees with body. Middle fingertips are pointing upward and the root of thumb is at the Shanzhong point level) (*Picture 59*).



Picture 58



Picture 59



Picture 60



Picture 61

3. Form the Standing Posture

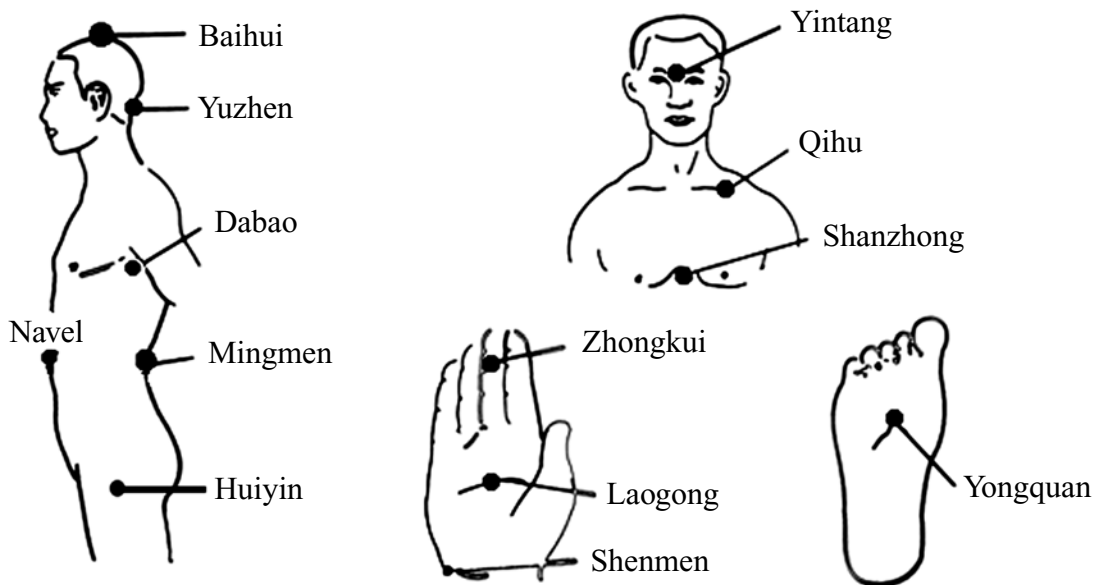
Lower hands down, slowly open the heels of the palms, hollow the center of the palms, the fingertips gently touching each other. The thumbs and the little fingers form the shape of a circle, hands holding the qi ball on the navel (*Picture 60*).

Slowly bend the knees and lower the body down slightly, keeping the knees within the toe-line (body squatting down slightly) (*Picture 61*). Keep a space in the groin area. The posture is like

Basic Theories and Methods of Zhineng Qigong

Yongquan	On the soles of the feet, slightly forward from the center of the foot
Yunmen	Under the outer side of the collar bone
Yuzhen (Jade Pillow)	Opposite from Yintang
Zhangmen	Front of tip of 11th rib, both sides of the front of the body
Zhongkui	The middle part of the middle finger

Map of Major Energy Points



The Huiyin is the perineum, which is located between the sexual organs and the anus.

**A community of seekers . . .
Seeking What?**

**The happiness and joy that comes from within when connection is made
between infinite space, the human being and Mother Earth?**

The peace and harmony that envelop and surround pure intention?

The opening of the heart's longing?

Yes, it's all this . . . and more.

Thousands and thousands of years, 10,000 things.

Masters passing wisdom from the ancients.

A long line of pilgrims yearning for connection.

Seeking what?

Truth, respect, beauty. Trust in nature and trust in ourselves.

**A new heart and mind in balance with that point
where time and space hold the key.**

Ability and intelligence, immediately realized.

It's beautiful and more.

**Lucky as self awareness brings a contentment that grows
stronger and stronger, spiraling and transforming.**

Ah, yes, it's this!

Qigong

Thank you, thank you, thank you!

Hao-La

A collection of thoughts from the students at the Master Liu 's 2006 Zhineng Qigong retreat in China.