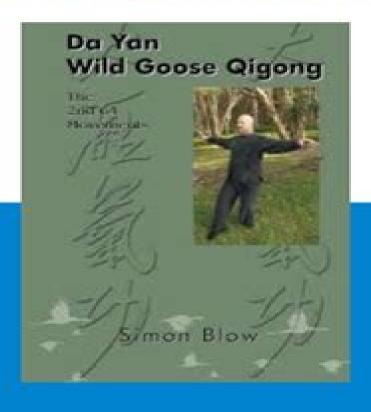
Simon Blow

Da Yan Wild Goose Qigong The 2nd 64 movements



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Meijun Yang

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Da Yan Wild Goose Qigong Simon Blow, 2014-09-01 Da Yan Wild Goose Qigong The 1st 64 movements Qigong is one of the great treasures of Chinese culture and an integral component of Chinese medical health systems The art of Qigong consists primarily of meditation relaxation physical movement mind body integration and breathing exercises It helps to cleanse the body of toxins restores energy reduces stress and anxiety and helps improve our quality of life Da Yan translates to great bird and is an ancient cultivation practice originating from the Jin Dynasty about 1700 years ago Daoist Masters from the sacred Kunlun Mountains in the Northern Himalayan area in south west China would observe the migrating geese which descended in the area each year They would mimic the movements of these great birds and started developing the Da Yan Wild Goose Qigong system Its healing and spiritual legacy was passed down through many generations however Davan Qigong was withheld from the general public until 1978 Then 27th lineage holder Grand Master Yang Mei Jung 1895 2002 decided to teach this ancient Qigong practice and share its healing benefits to improve the quality of life of all people The 1st 64 movement set deals primary with the post natal body relating to the energy that one gathers after birth The movements representing the flight of wild geese are slow graceful movements and strong guick movements designed to release stale Qi and to gather fresh Qi helping to restore balance and stimulate the entire energy system of the body Simon Blow is a 29th Generation of the Da Yan Wild Goose Qigong an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang the eldest son of Grand Master Yang Mei Jung Simon is a master teacher Laoshi and is the author of numerous books DVDs and meditation CDs about the ancient Chinese healing arts He has been initiated into Dragon Gate Daoism and given the name Xin Si meaning genuine wisdom and is also a Standing Council member of the World Academic Society of Medical Qiqong Beijing China This is the best version in English on Wild Goose Qiqong I have ever seen I hope all practitioners read it carefully Grand Master Chen Chuan Gang I feel strong calm and balanced after practice It takes me quietly through busy days helps me to sleep and according to my husband I glow with energy post practice Joy Wild Goose Qigong Michael Da Yan Wild Goose Qigong Simon Blow, 2017-06 Da Yan translates to great bird and is an ancient cultivation Tse,2005 practice originating from the Jin Dynasty about 1700 years ago Daoist Masters from the sacred Kunlun Mountains in the Northern Himalayan area in south west China would observe the migrating geese which descended in this area each year They would mimic the movements of these great birds and started to developed the Da Yan Wild Goose Qigong system The 1st 64 movement set deals primary with the post natal body relating to the energy that one gathers after birth The movements representing the flight of wild geese are slow graceful movements and strong quick movements designed to release stale Qi and to gather fresh Qi helping to restore balance and stimulate the entire energy system of the body

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and movement forms as well as healing and martial applications Wild Goose is an Internal Art This means that the energy generation methods used for healing martial and even basic movement are radically different than what most people are used to in an exercise program Internal energy supercharges the Wild Goose applications This volume contains the principles that make the internal arts work It provides everything from philosophy to the practice methods guiding you step by step as you are introduced to the Wild Goose system As a branch of Classical Chinese Medicine gigong provides a practical method of relieving stress and balancing your body s energy systems to improve your health If you are a seeker this art should resonate with you This volume supersedes the previous Wild Goose books by David Deich and Shane Lear Oigong Michael Tse, 2004-01-01 Wild Goose System - Volume II David Deich, Shane Lear, 2012-04-20 Hidden from the public for all but the last 35 years of its 1700 year history the Wild Goose Dayan system has emerged as one of China's premier martial and healing arts This volume covers three forms Seated Meditation Standing Water all three become potent energy superchargers when used in conjunction with the system's core forms the 1st and 2nd 64 Wild Goose Qigong Michael Tse, 2000-01-01 Da Yan Wild Goose Qigong Simon Blow, 2020-08-03 The understanding of Qi and the development of Qi cultivation practices or what we call Qigong has a long and proud history in China This body of knowledge has grown since ancient times from the indigenous people of China evolving to become an art and science and generating the foundation for other Daoist traditions Healing arts that have originated from the Daoist tradition include Acupuncture Acupressure Massage Chinese Herbal Medicine Feng Shui Oigong and Taijiguan Da Yan translates to great bird and is an ancient cultivation practice originating from the Jin Dynasty about 1700 years ago Daoist Masters from the sacred Kunlun Mountains in the Northern Himalayan area in south west China would observe the migrating geese which descended in the area each year They would mimic the movements of these great birds and started developing the Da Yan Wild Goose Qigong system Its healing and spiritual legacy was passed down through many generations however Da Yan Qigong was withheld from the general public until 1978 Then 27th lineage holder Grand Master Yang Mei Jung 1895 2002 decided to teach this ancient Qigong practice and share its healing benefits to improve the quality of life of all people The Rainy Day Practise is a simplified form to practise indoor during rainy days or when we can t go outside and can be practised in a confinded space approx 15m x 15m The theory and healing benefits are based on the interpretation of the original 1st 64 movement set

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