



## 發悟性功 Enlightenment Gong

When we are not worrying about health and finances, what is the next thing we will think about? It must be happiness, but the true happiness comes from being contented inside your heart. In the end this is spiritual happiness and that is 'enlightenment'. This form comes from the Kunlun Dayan Qigong System and it is very good for our potential and opening the Sky Eye but it is also very good for the joints, leg and tendons. This is one of last Qigong forms taught by my teacher, Yang Mei Jun, before she passed away. She had many interesting skills and forms and I hope that I can pass down all the skills she taught me.

1. 放鬆站立 Starting Position
2. 二指托天 Two Fingers Support the Sky
3. 大雁收翅 Wild Goose Closes the Wings
4. 抱氣入丹 Bring Qi Back into the Dantian
5. 三指探地 Explore the Earth with Three Fingers
6. 回歸 Bring the Qi Back
7. 挖地溝 Excavate the Channel
8. 走地邊 Walk Along the Side of the Earth
9. 三收氣 Collect Qi Three Times
10. 橫拳 Horizontal Fists
11. 塔拳 Overlapping Fists
12. 纏拳 Twining Fists
13. 掌拳 Palm Fists
14. 搓拳 Rubbing Fists
15. 收氣到心胸 Collect Qi to the Chest
16. 開發下丹田 Open Up the Lower Dantian
17. 走經絡 Smooth the Meridians
18. 氣歸宗 Qi Goes Back to the Source
19. 大筋通腿脈三點帶脈行 Qi Goes Through the Legs Meridians and Tendons then Touch Daimai Three Times
20. 羅肌動, 氣上行 - 血旋轉, 氣下行 Dantian Moves, Qi Raises Up - Blood Circles, Qi Sinks Down
21. 折疊動, 要收功 Overlap the Hands and Shou Gong
22. 盤途路 Winding Road
23. 推氣臆中開 Push Qi out to Open Shanzhong
24. 旋轉陰陽走 Circle Yin Yang Walk
25. 任督推掌出 Ren and Du Mai form by Pushing the Palms Out
26. 開發天目開 Open the Sky Eye



開發悟性 **Enlightenment Gong (continued)**

27. 歸背, 平腰, 臂旋轉 Turn Around, Back Straight and Arms Circle
28. 走西東, 走到天邊無止境 Walk Over from West to East to the end of the World
29. 上舉, 瓣開, 并收功 Lift Up, Separating and Shou Gong
30. 托日月, 走昆侖 Hold Up the Sun and Moon, Walk Around the Kunlun.
31. 走仙帶, 抓仙氣 Walk around the Sacred Area, and Gather Sacred Qi.
32. 砍南山, 救老祖 Chop the Southern Mountain and Rescue the Mother
33. 南天門, 走一遭 Travel to the Southern Heaven Gate to Walk Around
34. 隔擋雲, 要分開 Separate the Obstructing Clouds
35. 老君招我練丹來, 老君爐旁練成丹 Laozi calls me to Cultivate the Dan, the Dan has been formed by the side of the Laozi's Cauldron
36. 接地氣, 十指連心動 Connect the Earth Qi, Ten Fingers Vibrate with the Heart
37. 拍三里到陽陵, 環跳負丹到胸前 Slap the Zusanli, Yanglingquan and Huantiao, and then bring the Dan to the Chest
38. 歸位上身到內關 Go Back to the Original Position with the Neiguan
39. 兩指丹田 Press the Dantian with the Fingers
40. 五行朝上自分開, 天氣兩來接地氣 Five Elements Face Up and Naturally Separate, Two Heaven Qi come to Receive the Earth Qi
41. 合成一炁到涌泉, 排氣貫氣, 最後一炁入丹田  
All Together to Become One Scared Qi, then Flow Down to the Yonguan.  
Release Qi, Sink Qi, the Scared Qi Sinks into the Dantian in the end
42. 交叉十指, 龜背塌腰 Twine Ten Fingers, Bend the Back down
43. 提氣歸位, 托氣上升 Lift up the Qi and bring it back to the Original Place, Hold up the Qi
44. 背托順氣, 上舉貫氣 Lift up the Qi with the Back and Sink the Qi In
45. 下走八步, 駕轉瑤池 Walk the Bagua and Drive Chariot Around the Immortal Pond
47. 開拍七竅 Open Seven Internal Points
48. 大雁滿天飛 Wild Geese Flying All Over the Sky
49. 越山過海 Fly over the Mountains and Oceans
50. 收功 Shou Gong

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