



佛禪靜坐放香功

## Buddhism Chan Meditation Releasing Fragrances Gong

This is a high level and secret Kunlun Dayan System skill. It follows the Daoist natural way and the Bagua principle and helps to develop the Dan 練丹, build up the Dan 築丹 and release the Dan's fragrance 納放丹香. This Gong is connected with Opening Chest Releasing Fragrances Gong 開胸放香功. We can practise Opening Chest Releasing Fragrance Gong first and then practise Buddhism Chan Meditation Releasing Fragrance Gong. This has a small amount of movement and together with longer sitting meditation. We can start mediating for 5 minutes and then build up to 50 minutes. This skill will heal the body and build up the Dan. When the Dan is strong it will release fragrances and develop the ability to heal people.

Poem 口訣: Five kinds of clear fragrances reach to the top of the sky 五味清香到天頂.  
Five Elements face the Sun and see the Sun 五行朝陽見太陽.  
Fragrances come to the nose 香氣撲滿鼻.  
Sitting at the middle of whole area 盤坐在中央.  
Success, success 成功, 成功.  
Will be successful to train the Dan and release fragrances 練丹放香定成功 .

When we practise Opening Chest Releasing Fragrances Gong and Buddhism Chan Meditation Releasing Fragrances Gong together we can use this Poem.

2<sup>nd</sup> Poem: Dan to be Yang, Yang position opens, Dan medicine will be successful.  
Three Qi turn into fresh wind, fresh Qi turns into Air Qi.  
Riding the Sky Top Qi, fragrance Qi spreads out in the sky and air.  
Opening up the Yong Quan point, smoothing the channels, Laozi sends the Dan.  
Worship! Worship! Opening the Five Elements.  
丹成陽, 陽位通, 丹粒成功.  
三氣化清風, 清風生丹氣.  
駕駁天頂氣, 香氣滿天飛.  
湧泉穴要開, 打開經絡穴, 老君送丹來.

1. Relaxing Position 預備式
2. Five kinds of clear fragrances reach to the top of the sky 五味清香到天頂.
3. Five Elements face the Sun and see the Sun 五行朝陽見太陽.
4. Fragrances come to the nose 香氣撲滿鼻.
5. Sitting at the middle of whole area 盤坐在中央.
6. Will be successful to train the Dan and release fragrances 練丹放香定成功 .
7. Shou Gong 收功

Tse Qigong Centre

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(All names translated 2011-08-02 by Michael Tse)