



Da Yan Wild Goose Qigong the 2nd 64 Movements

Simon Blow

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Da Yan - Wild Goose Qigong

The 2nd 64 movements

From ancient times, Qigong was developed as a way of helping improve people's quality of life. It's an important component of the Chinese medical health systems. The art of Qigong consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. When the mind and body come into a state of balance, stress is reduced and there is an increase in health and longevity.

The 2nd 64 Da Yan Wild Goose Qigong movement set deals primarily with the 'pre-natal body' and refers to the energy we gather from the universe and from our ancestors before birth. Having dredged the channels in the 1st 64 movement set, the 2nd 64 movement set is designed to clear the channels to absorb fresh Qi, expel stale Qi and to restore organ balance. The twisting, stretching, bending and pressing movements produce stronger Qi fields and intensify the circulation through the energy channels. In the 2nd 64 movement set the goose is embarking on a great journey and flies out from this world to the edge of the Milky Way, to pick the herbs or gather the pre-natal Qi from the core of the universe. It then flies back to this world to share this healing energy with humanity

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. He is a master teacher (Laoshi) and is the author of numerous books, DVDs and meditation CDs about the ancient Chinese healing arts. Simon 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 Qigong, Beijing, China.

'This is the teaching textbook on Wild Goose Qigong in accordance with the original principles of the ancient masters, accurate instructions for all the movements, genuine meaning and interpretation of the understanding of all the key principles.'

Grand Master Chen Chuan Gang

'Qigong makes me feel centered and balanced. I find I am calmer and more able to be the mindful person I wish to be.' Annie

'Qigong makes me feel calm, focused, happy and healthy. I have experienced improved health, both physically and mentally.' Jann

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