



## 梅花功 Plum Blossom Gong

This advanced level of the Dayan System, opens up the five major points, which are the Qihai 氣海, Zhongwan 中脘, Shanzhong 壇中, Tiantu 天突 and Sky Eye 天目. These points help us to create the Da Zhou Tian (Macrocosmic Orbit) 大周天. When this has formed then all the channels and acupuncture points are open and the Original Qi 原氣 has developed. The Original Qi is the Qi that comes from our parents, before we are born when we are still growing inside our mother's womb. Plum Blossom Gong is also good for the joints and tendons and helps us to open the Sky Eye. Regular practise can help to heal a lot of illness and prevent disease.

1. 放鬆站立 Relaxed Stance
2. 含收梅花 Plum Blossom Closing
3. 露放梅花 Plum Blossom Opening
4. 一瓣含收 First Petal Closing
5. 二瓣露放 Second Petal Opening
6. 三瓣收勢 Third Petal Collecting
7. 四瓣芬芳 Fourth Petal Separating
8. 五瓣旋球 Fifth Petal Cycling (reverse)
9. 指天三數 Point to Heaven Three Times
10. 天目三拜 Worship at the Sky Eye Three Times
11. 太陽百會通 Taiyang & Baihui Connecting
12. 露放梅花 Plum Blossom Opening
13. 落葉歸根 Leaves Falling back to the Root
14. 腎俞通地氣 Shanzhong Collect the Earth Qi
15. 氣入根深 Qi Goes to the Root
16. 螺旋梅花開 Spiral Plum Blossom Opening
17. 旋上梅花開 Spiral Up Plum Blossom Opening
18. 羅肌三晃 Luo Jin Swings Three Times right/left
19. 後溪到丹田 Houxi to the Dantian
20. 丹田陰陽分 Dantian Yin Yang Separating
21. 風吹梅樹 Wind Blows the Plum Blossom Tree
22. 遊走天地圈 Walk a Circle From Heaven to Earth
23. 命門旋 Mingmen Spiralling
24. 環跳旋 Huantiao Spiralling
25. 擦膝 Rub Knees
26. 拍膝 Slap Knees
27. 拍三里 Slap Sanli
28. 氣貫帶脈命門 Qi Penetrates to the Daimai and Mingmen
29. 旋天氣到丹田 Spiral Heaven Qi to the Dantian
30. 劍指三分天 Sword Finger Separates Heaven Three Parts
31. 收氣走地支左 Collect Qi Balls and Walk a Dizi Circle Left
32. 放氣走地支右 Opening Qi Balls and Walk a Dizi Circle Right
33. 青蛙跳 Frog Jumps
34. 收氣到羅肌 Collect Qi to the Luo Jin
35. 腎俞排病氣 Release Sick Qi from Shenshu
36. 梅花再開 Plum Blossom Opens Again
37. 落地生根 Root Penetrates the Earth Deeply
38. 花開富貴 Luck Comes with Blooming
39. 天目左開 Sky Eye Open to the Left
40. 天目右開 Sky Eye Open to the Right
41. 天目發氣 Release Qi from the Sky Eye
42. 梅花右開 Plum Blossom Opens to the Right
43. 梅花左開 Plum Blossom Opens to the Left
44. 梅花向上開 Plum Blossom Opens to the Top
45. 大雁落息 Wild Goose Lands to Rest
46. 收功 Shou Gong

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