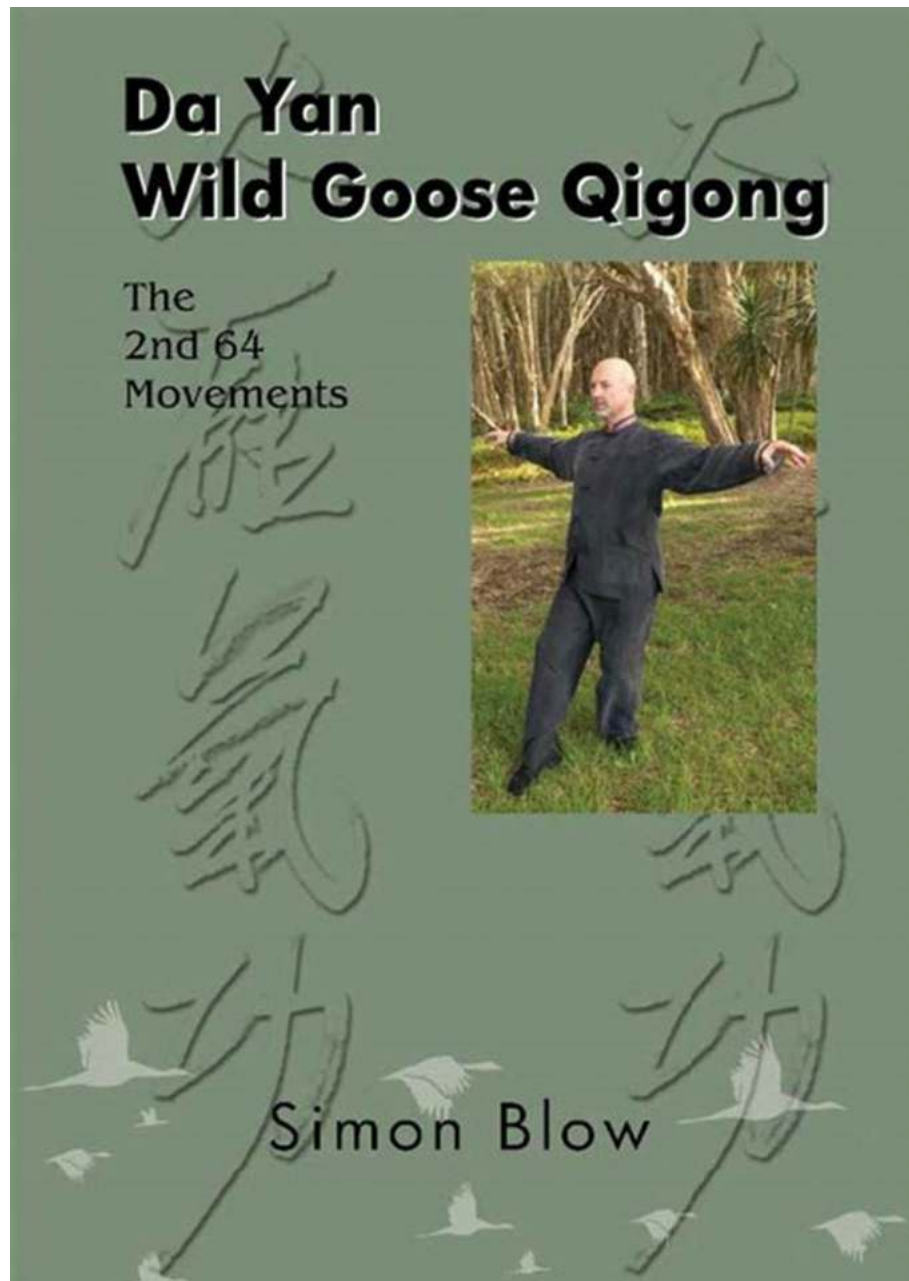


The Amazing Power of Da Yan Wild Goose Qigong: Uncovering the Secrets of The 2nd 64 Movements

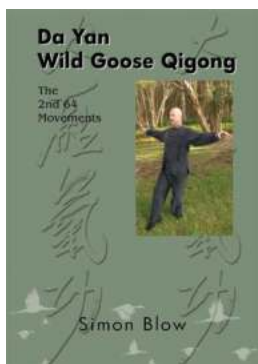


Qigong, an ancient Chinese practice, has been gaining popularity worldwide for its numerous health benefits. Among the many Qigong styles available, Da Yan

Wild Goose Qigong stands out as one of the most powerful and effective systems for harnessing the body's energy and achieving optimal well-being. In this article, we dive deep into the fascinating world of Da Yan Wild Goose Qigong, specifically exploring The 2nd 64 movements and the incredible advantages they offer.

Understanding the Origins of Da Yan Wild Goose Qigong

Da Yan Wild Goose Qigong traces its roots back to ancient China and is derived from the traditional Wild Goose Qigong. The system was developed by Grandmaster Yang Meijun, who dedicated her life to refining and enhancing the original Wild Goose Qigong forms. Through her deep understanding and mastery of Qigong, she created a comprehensive system that incorporates graceful movements, breathing techniques, and meditation to optimize physical, mental, and spiritual health.



Da Yan Wild Goose Qigong the 2nd 64

by Simon Blow ([Print Replica] Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 29892 KB

Print length: 231 pages

Lending : Enabled



The 2nd 64: An Overview of the Movements

The 2nd 64 movements of Da Yan Wild Goose Qigong build upon the foundation of the first 64 movements and delve deeper into the complexities of energy flow within the body. Each movement is carefully designed to stimulate specific

meridians and acupuncture points, activating the body's self-healing mechanism and enhancing vitality.

1. Awakening the Qi

The first movement of The 2nd 64 serves as a warm-up exercise, gently awakening the Qi (life force energy) and preparing the body for the subsequent movements. It involves slow, flowing motions that synchronize with deep breathing, allowing the Qi to circulate freely.

2. Opening the Three Passes

This movement focuses on opening the three major energy passes in the body – the Bubbling Spring, the Lower Pass, and the Middle Pass. By gently stretching and releasing tension in these areas, vital energy is encouraged to flow smoothly, promoting overall well-being.

3. Entwining the Qi

Entwining the Qi movement involves gentle and rhythmic twisting motions that help to disperse stagnant energy and promote the circulation of fresh Qi throughout the body. It enhances flexibility and lubricates the joints, preventing stiffness and promoting suppleness.

4. Loosening the Spine

The spinal column plays a crucial role in maintaining overall health, as it is the channel through which vital energy flows. This movement consists of slow spinal rotations, stretches, and gentle vibrations that release tension, improve spinal flexibility, and prevent energy blockages.

5. Opening the Eight Extra Meridians

This movement focuses on activating and harmonizing the eight extraordinary meridians, which are considered the reservoirs of vital energy. By opening these meridians, practitioners can access deeper levels of energy and experience enhanced stamina, mental clarity, and emotional balance.

6. Absorbing the Qi

Through this movement, practitioners learn to cultivate and absorb energy from the natural environment. By connecting with the energy of the universe, a symbiotic relationship is established, allowing for the replenishment of Qi and the restoration of vitality.

The Benefits of Practicing The 2nd 64 Movements

The regular practice of The 2nd 64 movements can yield remarkable benefits for both physical and mental well-being. Some of the key advantages include:

Increased Energy Flow

By stimulating the meridians and energy points, The 2nd 64 movements promote the smooth flow of Qi throughout the body. This enhanced energy flow revitalizes the organs, strengthens the immune system, and improves overall vitality.

Improved Flexibility and Joint Health

The twisting, stretching, and rotation movements involved in The 2nd 64 help to loosen the muscles, increase flexibility, and promote joint health. This not only reduces the risk of injuries but also enhances agility and mobility.

Enhanced Mental Clarity and Focus

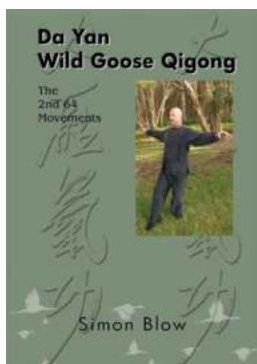
The practice of Da Yan Wild Goose Qigong promotes deep relaxation and mind-body connection, leading to improved mental clarity and focus. By calming the

mind and reducing stress, practitioners experience increased concentration and productivity in daily life.

Stress Reduction and Emotional Balance

Qigong, including The 2nd 64 movements, is renowned for its ability to reduce stress and promote emotional balance. The gentle flowing movements and deep breathing techniques help release tension, calm the nervous system, and cultivate a sense of inner peace and harmony.

Da Yan Wild Goose Qigong, specifically The 2nd 64 movements, offers a powerful pathway to optimal health and well-being. By meticulously activating energy pathways, harmonizing the body, and cultivating mindfulness, practitioners can experience a wide range of physical, mental, and emotional benefits. Embrace the transformative potential of Da Yan Wild Goose Qigong, and unlock the extraordinary power within you.



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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 Deputy Secretary of the World Academic Society of Medical Qigong, Beijing, China.

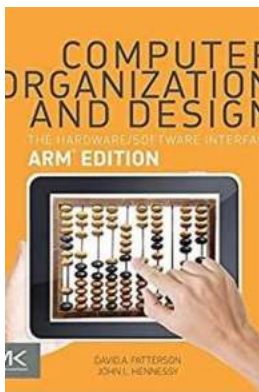
'This is the teaching textbook on Wild Goose Qigong in accordance with the original principles of the ancient masters, accurate instructions for all the movements, genuine meaning and interpretation of the understanding of all the

key principles.'

Grand Master Chen Chuan Gang

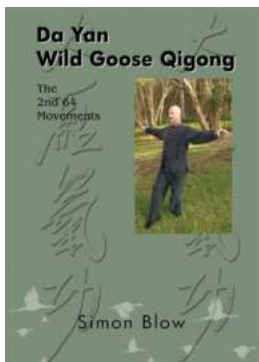
'Qigong makes me feel centered and balanced. I find I am calmer and more able to be the mindful person I wish to be.' Annie

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



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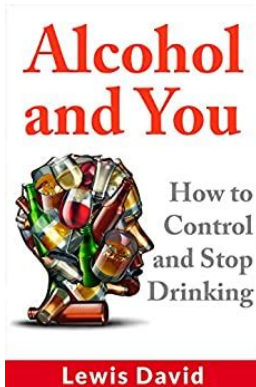
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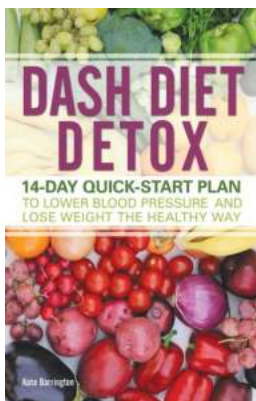
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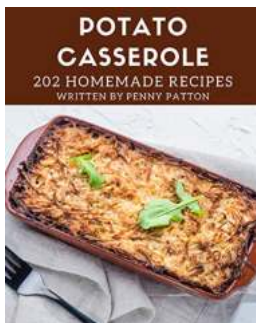
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