

Hartmut von Czapski

Wai Dan Gung



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Energy uptake and delivery points

Basic position

Preparatory exercises:

- 1) Embracing the Moon
- 2) Turn the head
- 3) Walk on ice
- 4) Raise the arm
- 5) Grab the basket
- 6) Bend the trunk
- 7) Harvesting rice
- 8) Bending your back

Main exercises:

- 9) Seeking relaxation
- 10) Breath like a turtle
- 11) Swinging your arms
- 12) Swinging the wings
- 13) Fist circles
- 14) Balancing Heaven and Earth
- 15) Crossing your arms
- 16) Presenting the pearl
- 17) Turn the fuselage

- 18) Strengthening yourself
- 19) Swing your feet
- 20) Walk like a crane
- 21) More Qi Gong books

Wai Dan Gung

The 20 "Exercises of the Outer Mercury"

are an ancient form of the Chinese Daoyin, today's qigong and go back to the Tang Dynasty (8th/9th century AD) .

Allegedly, in the following centuries, these exercises were only passed on to members of the imperial family.

This exercise series has a powerful and strengthening effect on all systems of body and mind, all meridians, all internal organs, muscles and tendons. In China, they say that you have to do a new exercise for 100 days to master it and feel the effect to its full. The 100 days are a symbolic period of time that can be longer or shorter depending on the ability of the practitioner.

Wai Dan Gong is considered a particularly effective form of Qi Gong, as it mobilizes and distributes the life energy Qi intensively in the body, so that a strengthening, positive effect begins early. Already after the first exercises you can feel tingling in the hands, arms and legs as a sign of increased blood circulation and care. The endpoints or starting points of the meridians are located at the finger and toe tips. Gentle strains activate them. There are vibrations that spread towards the body. As the exercise routine progresses, this is becoming more and more noticeable.

Wai Dan Gung is mainly found in Taiwan, Malaysia, Indonesia, Singapore, the Philippines, Thailand and Asian emigrants, also in America.



About the author

Hartmut von Czapski

Holistic practitioner since 1984. Since 1987 exercise of acupuncture (teacher Ms. Dr. Li Te, chief physician of the Nankei Clinic). Several stays in China with specialist training.

1987 Scientific education at the University. Tübingen passed: "Ecology and its biological foundations".

Since 1990 seminars, yoga and Qi Gong courses at various V.H.S. in the area. Among other things, 25 years of work at V.H.S. Wesel. Since 1990 well over 1000 Qi Gong lessons held.

Qi Gong Teacher 49009 of Mi Gong Rulai Buddhist Center for Qi Gong, Shanghai.

Trained as a Qi Gong therapist by Prof. Wu, Shanghai.

Lectures also for vitorgan and at Medica in Düsseldorf on the treatment of incontinence with T.C.M..

1999 Acupuncture training for dentists; Teacher activity at the HP School Dinslaken, courses on various therapies (homeopathy, discharge procedures, FR%M, etc.), also exam preparation courses.

Taught Qi Gong Forms:

Medical Qi Gong according to Prof.Wu.

Taiji-Qigong to Li Ding.

Ten meditations on the Wu Dang mountain.

The eighteenfold method of exercise.

The "movements of the 5 animals".

Qi Gong after Guo Lin for immune strengthening.

The "Eight Elegant Exercises."

"Wai Dan Gong"

Tai Chi for beginners according to Dr. JiangHao-quan.

And much more.



Qi Gong

The term "Qi Gong" includes various types of exercises to absorb the "Qi", the life energy, and to let it flow in the energy pathways, the so-called "meridians". It's a substance you normally don't see or touch, but you can feel. The old chin. Philosophers thought that Qi was an original substance that originated in the Big Bang.

After the chin. Med. Conception, Qi is a continuously moving and active substance, the basic substance from which the body arises. Qi receives the human life functions. According to the definition, Qi in qi gong is a "Essence" substance in the body with a certain energy. Qi can be formed, developed, transformed and moved in the body. Breathing moves the energy in the meridians. But even after a long practice of Qi Gong, you can move and absorb the Qi with the mind in the body.

These body and breathing exercises have a tradition of at least 4000 years in China, as can be seen from descriptions on grave goods. A distinction is made between different types of exercises. On the one hand, the soft Qi Gong, which contains many meditative elements based on the imagination and is often performed while sitting or lying down. On the other hand, we know the hard Qi Gong, which also strengthens the muscles and tendons and massages the internal organs. Consider, for example the performances of the Shaolin monks in Kung Fu or the acrobatic skills of the actors of the Peking Opera. But Qi Gong exercises not only strengthen the body, but also soothe the mind and regulate the vegetative nervous system.

A special form is the therapeutic Qi Gong, which prescribes certain exercises for certain diseases. Like any empirical

science, Qi Gong is always evolving. In recent decades, for example certain new anti-cancer exercises have become famous for their good successes (Qi Gong after Guo Lin for immune strengthening). The Shanghai High Blood Pressure Research Institute has already published work in 1978 with reports on changes that Qi Gong is making in the ECG and EEG. Work has also been published on the fact that our sympathetic nervous system, which is overactive due to constant stress, achieves relaxation through Qi Gong by predominant parasympathetic.

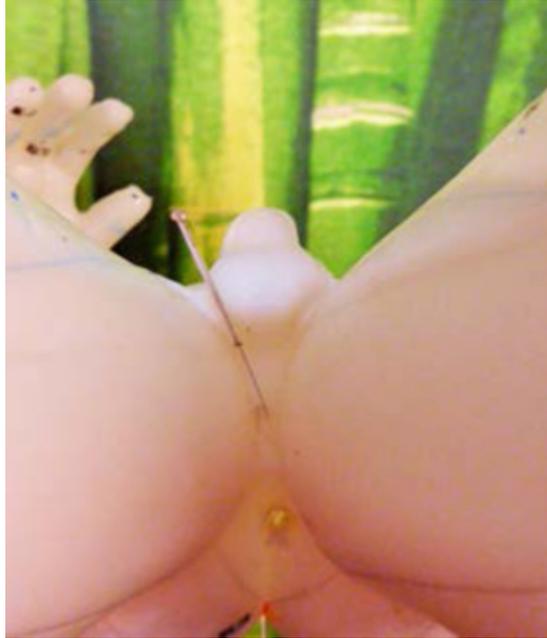
In China, there is a department of traditional Chinese medicine in many hospitals, in addition to the Department of Conventional Medicine. This includes the treatment room for the Qi Gong therapist. Here, the patient is not only taught exercises that he should practice regularly at home, the therapist also encloses the patient with energy, which he himself has absorbed.

Training as a Qi Gong therapist is usually lengthy. After 5 years of practice, you can teach Qi Gong exercises, after 10 years you can also treat.

Mr. von C#apski has been trained by Prof. Wu %hong Hu as a Qi Gong therapist.

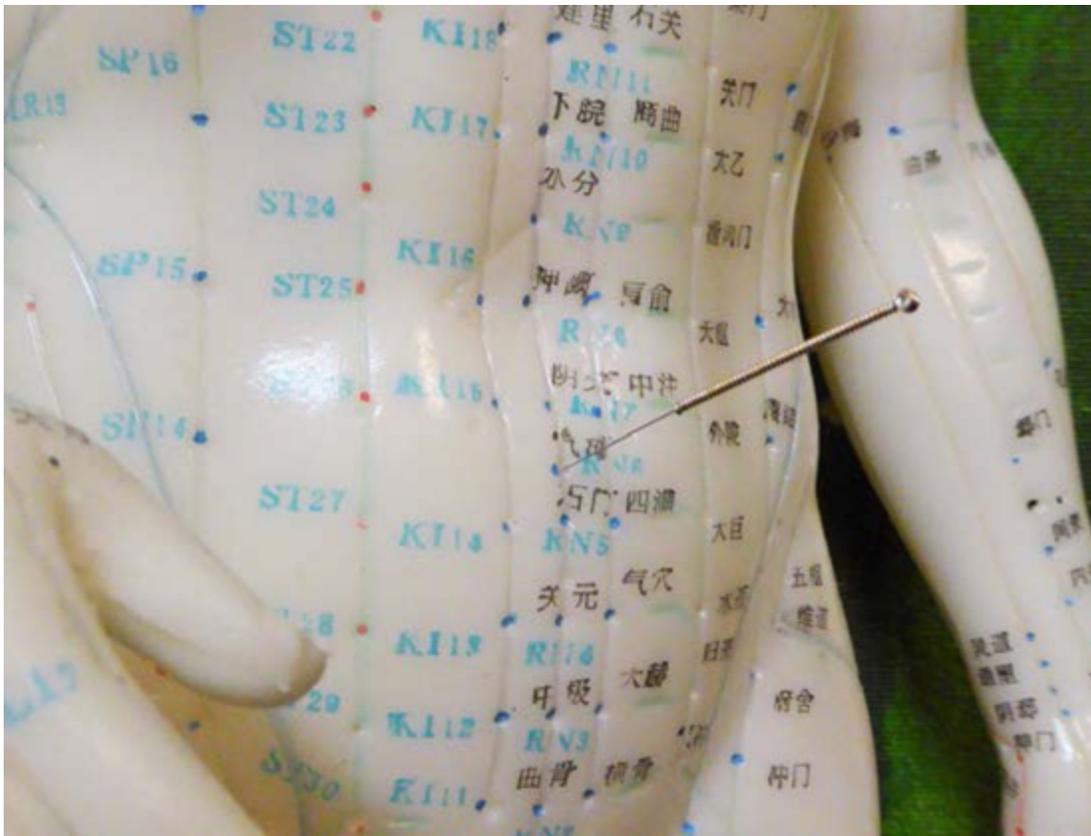
Major energy centres

Hui Yen, KG1. In the middle of the dam, between anus and sex.



"Real" Dantian. Lies between the navel and the spine.

Lower dantian, about 2 cross fingers wide under the navel. About at the level of the acupuncture point "Qi Hai", Sea of Energy.



Middle Dantian, Heart Center. Tan %hong.
 At the height of a cowl on the sternum, between the nipples.

