

Jin Dao



Stay young with Qi Gong!

Volume 3: The Lohan-Qi Gong



Qi Gong is part of Traditional Chinese Medicine (TCM) and is practiced by millions of people around the world today. The goal is to maintain body and mind health and thus lead a long, happy life. This is done with a combination of traditional movements, breathing methods and the power of imagination. Everyone can start learning Qi Gong regardless of age, previous knowledge or constitution - ideally today!

The author has been teaching Kung Fu and Qi Gong at his own school for many years. He had previously learned both arts from European and Chinese masters. His Qi Gong books contain useful knowledge and practical instructions in a compact, easy-to-understand form. Jin means "today" and Dao means "the way".

Content

Introduction

General Part

The influences on Qi Gong

1. Influences of Buddhism
2. Influences of Traditional Chinese Medicine
3. Influences of Martial Arts
4. Influences of Daoism

Wuji, Taiji, Yin and Yang

Practical Part

The Lohan-Qi Gong

The preparatory exercises

1. Water flow
2. Absorbing energy with your hands
3. Play with the ball
4. Turn the mill wheel

The main exercises

1. The Horse
2. The Rainbow
3. Sword fingers
4. The Phoenix
5. Step in the young green
6. The Dragon
7. The exercise while sitting
8. Light fingers
9. The exercise while lying down

The final exercise

Another standing exercise

Embracing the tree

Overview of the practical content of the series

Introduction

This book is part of a series in which I try to share my experience in Qi Gong with interested people and enable them to start practicing on their own. I have always based myself on the following structure:

General part - practical part.

The general part includes some basic knowledge that is important for understanding Qi Gong. I concentrated on the essentials and tried to use an understandable expression.

The practical part only contains exercise instructions that I have been practicing successfully for a long time and which I teach in my Qi Gong school. Furthermore, all exercises are suitable for self-study and can be done safely if carried out conscientiously. Of course, the example of a real teacher and practicing in a group where a common energy circle is formed can never be completely replaced.

The instructions given in the volumes in this series are sufficient material for every need and for lifelong practice.

If, in individual cases, any health risks should be expected due to the individual constitution of the practitioner, it is recommended to consult a doctor.

As far as the rendering of Chinese expressions is concerned, I have not opted for a single method of Romanization (e.g. Yale, Wade-Giles), but always for the commonly used and known form.

Someone who has started Qi Gong training will in most cases not want to stop any more. Once you have felt the pleasant feeling of the flow of energy and learned the ability to control your own Qi, not only will you be very satisfied, but our whole life will be positively influenced by it.

A quote from Laozi, the founder of Daoism, from the 6th century BC, reads:

"Even a journey of a thousand miles begins with the first step."