



---

# TIAN SHAN QI GONG

## (Heavenly Mountain Qi Gong)

(level one)

The Tian Shan Qi Gong comes from Tian Shan (Heavenly Mountain) bordering Mongolia and Kazakhstan.

1. Opening
2. Waist Rub
3. Snake Swallows Moon (seaweed)
4. Hissing Goose
5. Eagle
6. Stroking Feathers
7. Look to Rear
8. Bird Shakes Feathers
9. Holding the Ball
10. Walking the Circle

A Taoist Qi Gong, this was primarily a Hermits Qi Gong focusing on softening the body so the energy could flow freely and open up spiritual aspects of the individual. This is sometimes thought of as a 'spiritual' Qi Gong though as with all Qi Gong it begins by benefiting ones' health.

Being a 'Hermits' Qi Gong it has not gained the popularity other methods have, and until recently there was no concern with spreading this method. For fear of it dying out there is a move to spread this method.

First, this Qi Gong focuses on healing ones' body and getting rid of the sick qi and toxins within the body. This takes one to three years or more depending upon the individual's background and health. As the body, organs and channels become clear and healthy energy is accumulated and refined. This is similar to fine tuning and continually working on developing higher frequencies of qi development.

Level one is learning the rudiments of the movements and the basic principles. Tian Shan isn't as stylized as other Qi Gong so it's really impossible to learn it except from a teacher to impart the idea and principles involved with the movements. It's more of a meditation.

Traditionally and for greater progress Tian Shan should only be taught in very small groups or as a private session since the instructors needs to create an 'energy link' to monitor the students progress and help with the refining of the.

Video tape of Master Yueng practicing some of the Tian Shan Qi Gong available from wuji.com.

SEATED:

1. Bounce
2. Circle the Tan Tian
3. Goose shakes feathers
4. Slumping
5. Rubbing legs
6. Patting legs

### PRECAUTIONS:

Though all Qi Gong is to benefit and improve ones' health there are times when it's best not to practice. This however varies with each individual.

- After a big meal
- When exhausted or tired
- When you have a headache
- Do not practice within one to 12 months of major surgery!
- Women, during your period.
- When you have an illness.