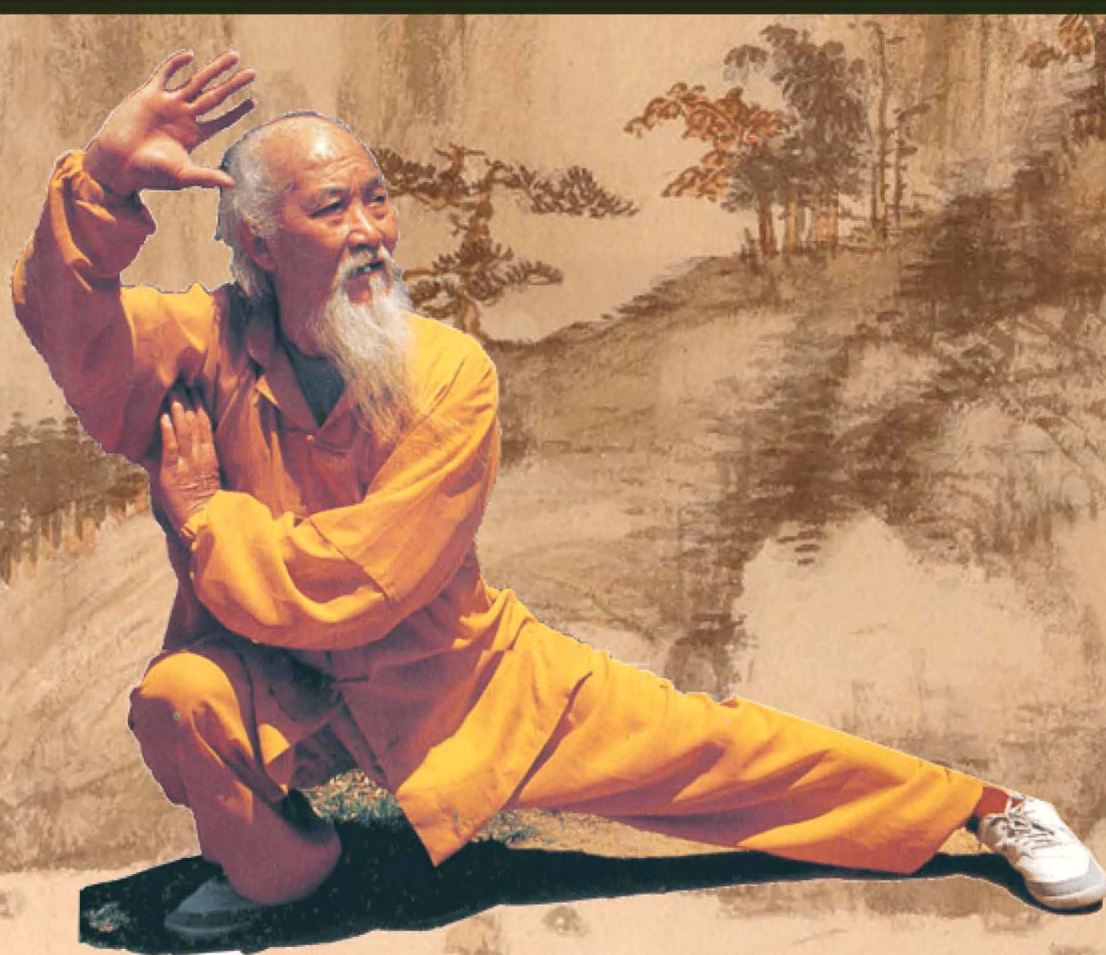


Bagua Hunyuan Yangsheng Gong

**Healing Secrets of
Taoist Immortals**

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Baguazhang Hunyuan Yang Sheng Gong



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Chapter I: Origins of Hunyuan Yangsheng Gong

This Healing method is a very effective way to prolong and strengthen life, using secret physical exercises to expel diseases. It takes its roots from the Theories of Five Elements, Yijing (The Book of Mutation), He Tu & Luo Shu Diagrams, Chinese martial arts, Chinese Traditional Medicine, Daoism philosophy and Non-Moving/Moving Yin/Yang mental inducement training methods.

As a result in persevering its practice, the practitioner will be able to reverse the aging process.

Through the proper training of his “Three Treasures” which are Body, Energy and Spirit, the practitioner will be able to circulate internally real “Qi”, while exercising externally bones and tendons while improving your breathing. Most important: Ancestral Energy, Ancestral Qi and Ancestral Sprit will be able to merge into a unique entity allowing better circulation within TCM energetic meridians Du (Governing) and Mai (Conception), transforming the (Sexual) Energy and nurturing the Qi. Materializing one’s Spirit and harmonizing one’s character. Body and spirit merge into one entity. From this merging the practitioner will naturally get a radiant skin and a glowing hair. This will be also seen in his steps: more vigor and stability. But also he will enjoy stronger internal organs.

The most expected result from this practice: a happy and long life without disease or with just some minor ones.

1) First poem:

“Invaluable is a healthy body,

Away from sickness and disasters like an immortal,

Gold is external to your body,

But long life is the real tangible wealth.”

But now so many people are prematurely aging, seeing their physical conditions



rapidly declining up to even lose their life before their 70s.

This is mostly related to an undisciplined life, excessive sexual activity, too much stress, anxiety, unrestricted night life with lack of sleep... all hurting one's energy and blood.

Moreover urban pollution affecting especially the air becomes more and more harmful and causing in some cases even serious problems to one's health. But also internal competition within one's actual organization, daily stress, fears, nervous tensions, etc... all these are significant factors for the reduction of one's life span. Excessive drive from status, money and power... all have a cost in one's personal health and may lead one far away from all the beauty of a healthy life.

2) Second poem:

“Shortening youth and prematurely aging

In ancient times men reached hardly the age of seventy.

In their mid age they have already lost substantial vigor,

Full of sadness and worries.

Frustrating professional achievement,

Affecting deeply their earning ability. ”

Most people are prematurely old (hair whitening) they are just harvesting some professional achievements, at that time most of their vigor has been spent: their physical condition going worse very rapidly day after day. So much waste for human beings, spending almost instantaneously their life and already forgotten from their relatives.

As the author of this article, I was born in 1893 and I am still able to use my hands to punch many times and my legs to walk normally as during my young age. I have synthesized the results of my research on Health preservation and Prolonging Life methods by creating a method I called “Bagua Hunyuan Yangsheng Gong”. I believe that my longevity is mostly related to my dedication to practice this method. By achieving such results I feel necessary to present and offer this method to everyone as my personal contribution for the well being of mankind.



3) Longevity poem:

“What is the proper mental to cultivate a long life?

Just open your heart (be broad minded) and you’ll get benefits from it.

Do not let unbalanced way of life or worries harm your Qi,

Repeat frequently this song.

Excessive sexual activities,

Will consume prematurely your Ancestral Energy,

Avoid anger or rage,

Wise man keeps his serenity.

Money, physical belongings are just external objects

Look with lucidity and find your real path. ”

4) Poem on Wine Women Money

“Wine, women and money are inevitable walls,

So many heroes trapped by them,

Those who succeed in overcoming them,

Are also those on the ways of being immortals.

Wine once reaching your intestines is like drug,

Sex is like a steel knife scraping your bones,

Cultivating Qi requires no smoking,

(Excessive) Fortune greed brings (health) disasters and reduce immunity. ”



5) Poem of excessive sexual activity

“Be aware of malicious tricks of those foxes (women)

stupid are those falling in their attractive traps,

not visible in the first round,

But inexorably drying your marrow and scraping your bones ”

I.1 Energy-Qi-Spirit Transformation

(Sexual) Energy is generated during the transport of oxygen by blood: combination of Qi and blood will generate marrow than Qi, Blood and Marrow combined will generate Energy.

Combining Energy and Qi will generate Spirit. Once Energy, Qi and Spirit are merging, bones structure becomes much stronger.

Then with such strong bones in strong body, how could one's suffer from any disease?

(Sexual) Energy separates the Pre Heavenly Cosmos and Post Heavenly Cosmos. In Pre Heavenly Cosmos Energy is mostly supplied by our genitors. Sexual energy (Father) with blood (Mother) combining in the future embryo, then progressively growing into an adult human being, all these transformations are dealing with one's Ancestral Energy.

The fetus in the womb resting upside down, like Tai chi diagram and is synchronizing his breath with his mother's one and depending completely on her for nutrition.

After nine months of gestation (10 according to Ancient Chinese referencing), at his first crying the new born will gather his “Ancestral Qi” or “Genuine Qi”.

After 7 days, the new born will form his Spirit which is also called “Ancestral Spirit”.

Ancestral Energy, Ancestral Qi and Ancestral Spirit all gathered will open to the surrounding Vital Energy issued from Heaven and Earth, and which is influencing movements of Sun and Moon as well as the evolution of anything contained in the Universe.

After the birth, (sexual) Energy, Qi and Spirit are respecting the principles of Post-Heavenly Cosmos.



I.2 The Theory of the Original Qi in the Three Chambers

The Original Qi in the Three Chambers is the most precious vital substance, pure and unmixed, circulating in hundred energetic meridians, so clear as unreal but supplying the Spirit, absorbing harmoniously the Five Cereals to nourish the blood. (Sexual) Energy, Qi and Spirit fully materialized, body and spirit unified, you can now reach the highest state of achievement in Taoist practice known as “Nine Circles”.

All immortals are and will remain basically human beings, the state of immortality is only a result of their dedicated practice.

The finality is Spiritual, but the method and the principle are those of immortals.

In Ancient China, people reaching their 80s were called “Seniors” , those reaching their 100s were called “Immortals”, several decades above 100 they were called “Mid Immortals”, up to reach 300, “Advanced Immortals” and Above 300 “Golden Immortals”.

Poem Immortal 1:

“We possess in ourselves the Elixir of Longevity (Sexual Energy-Qi-Spirit),

Therefore we have the ability to adjust the speed aging process

(But most of us do not know it or do not practice it).

Within Water Vehicle,

Heaven and Earth are merging

(Tip of tongue rolling up, pressing to the top palate and generating saliva),

In Imperial court Kan and Li symbols are exchanging.

Real method for Taoist Golden Cinnabar achievement,

this effective brightness connects (the practitioner) to an easy going



happiness.”

Poem Immortal 2

*“Absorbing saliva and capture Qi for the body,
training internally the Three Treasures along with proper sublimation,
if inside your (alchemical) caldron you have not the real Ancestral
Qi,
then any substantial achievement will be hard to succeed.”*

Is this method of prolonging life really effective?

This is precisely this method that I use myself to transmute Energy, Qi and Spirit—the Three Treasures – Transmuting (Sexual) Energy into Qi, Qi into Spirit, we will see in next part the three stages characterizing the practical application of this method.

Final poem:

*“When pure active Yang is like a Vermilion pearl,
Balance of Yang and Yin can happen progressively.
You are successfully training your Golden Cinnabar according to
the Tao,
Allowing free and vigorous circulation in Ren and Du Meridians.”*



Chapter II: Introducing the Techniques

From the first phase of Bagua Hunyuan Yang Shen Gong you will learn how to transform energy into Qi as to lay down this fundamental basis for further development. This phase is also the most important concerning strengthening of the body, optimizing immune system and slowing aging process. The practitioner should put greater emphasis in practicing: he will gain many benefits for his health many. To maximize these benefits he should focus his attention during the exercises.

Here are some major points to respect in these exercises, as I summarized from my own practice and teaching experience:

- 1. After two months practicing these techniques, you'll feel that some chronic diseases which you may suffer previously have diminished or even completely disappeared, your footstep becomes lighter and your daily consumption of food and water increasing;**
- 2. Better sleeping, easier digestion and a decrease in the daily stool weight: as your organism can absorb more nutrients from food and improve toxins elimination.**
- 3. Improving facial complexion and skin quality. If you can persist in practicing Bagua Hunyuan Yang Sheng, this will help to get rid of wrinkles, your skin getting moist, keeping its elasticity and adding glossy shine.**

Let's start with these three main phases.



Chapter III: First Phase Transforming Energy into Qi

We can compare Qi as a basic material absolutely needed for further “construction”. From this strong foundation you’ll be able to build up higher and stronger towers but also most important with more durability.

Here is the technique:

Just before going to sleep, lie on your back, whole body relaxed, the top of tongue rolling upward, pointing to *tiantang* (palate). Let your saliva naturally flowing down from under side of your tongue down to the throat, this is called getting water from Heavenly River. The pillow should not be too high, four limbs stretched evenly. Breathe naturally, slowly and lightly.

To help in adjusting your breath:

Concentrate all your attention, focus on *Shenque* acupoint (it is the navel), this is called “close your eyes and guide your mental then the Three Precious will return back home”. (The Three precious are Intention, Spirit and Qi).

You will rapidly feel after daily practice in this exercise (again: just before going to bed) sensations of swelling, kneading or warming in the *Shenque* acupoint.



Chapter IV: Second Phase Transforming Qi into Spirit

This second phase requires the full completion of the first Phase. Transforming Qi into Spirit in fact is to connect mentally the two acupoints *Shenque* (Gate of Spirit) and *Mingmen* (Gate of Vitality) acupoints (both acupoints are like diametrically opposed, one located in the middle waist and the other in the middle of your lower back. See figure 1).

Practice daily just one time in the morning. *Shenque* is an acupoint related to sexual functions (“xing” in Chinese) of any human being while *Mingmen* is defined as is the master of the twelve channel networks.. This exercise connecting two acupoints is called “Xing Ming” cultivation. *Shenque* acupoint belongs to the *Renmai* meridian (called also Conception Meridian), *Mingmen* to the *Dumai* meridian (called as Governing Meridian). *Renmai* belongs to Water element, *Dumai* belongs to Fire element. By combining these two acupoints, Water and Fire elements are helping each other: Sex and Vitality are merging.

During this phase training, you’ll feel lusty, whole body relaxed, as the preliminary benefits of transforming Qi into Spirit.

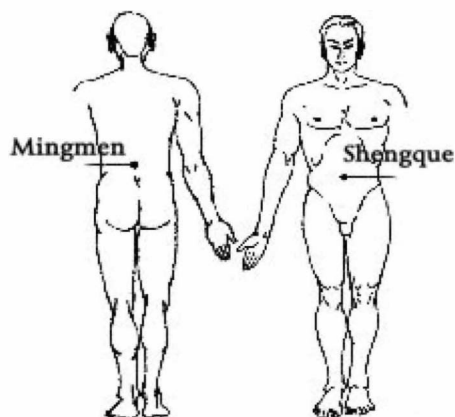


Figure 1

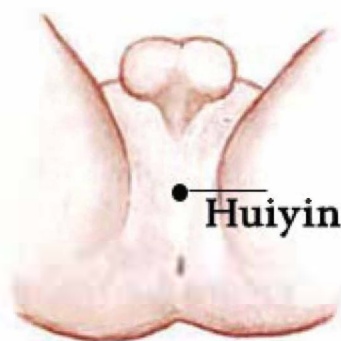


Figure 2



Chapter V: Third Phase Transforming Spirit into Void

Transforming Spirit into Void is in fact using the crotch's Huiyin acupoint (Figure 2) : lifting it up to the *Shenque* and *Mingmen*.

Gathering mentally altogether these three acupoints, then imagine all merged into a golden pearl which diameter is roughly the section of a thumb.

In this phase: First Energy, Qi and Spirit are all condensed in this pearl called "Golden Pill" (referring to the Chinese internal alchemy most precious material). Now you can move the Golden pill along the Dai meridian (Dai meridian is the only horizontally-flowing meridian, it circles the waist).

When starting: place the Golden Pill on the *Shenque* acupoint. When you feel Shenque acupoint like swelling, warming or/and tingling you can now move from this location. First circulate clockwise around the Dai meridian, complete the circle and repeat for several other circles. For woman this technique should be practiced by circling counterclockwise.

“ Energy cultivation opens Qi transmutation into Spirit,

Yuan Qi strengthening is the root of Immortality,

Golden Pill in Shenque,

*A treasure greater than millions ounces of gold people
could ever cumulate. ”*

This is a royal path to prolong life and slow down aging process.



Chapter VI: “Tip of tongue on upper palate”

“ Carrying earthly pills to the upper ridge,

The Water Vehicle rolls its tip forward.

The Heart Fire and Kidney Water ascend and descend,

Brainwaves of success in front of your eyes.

Achieving Three Treasures training gives tangible results,

Such a mysterious method but nonetheless natural. ”

The tip of tongue pointing upper palate and transporting saliva is the necessary phase to open Ren meridian and Du meridians.

The technique in detail: Cross your legs and sit quietly, close eyes to and reach mental tranquility, the top of tongue rolls upward, whole body completely relaxed.

Moving on Du meridian (Figure 3 – Du meridian)

The mental attention is focused on the Shenque acupoint, move the Golden pill, descending along the middle line of belly, down to the anus, then up to *Weilu*, then reaching *Mingmen* acupoint, later to the *Dazhui* (vertebra), passing through *Fengfu*, *Niwan* (Earthly pill) (which is *Baihui*).

From top of *Niwan* it moves forward to *Xuanguan*, from *Xuanguan* it descends down to *Danzhong* and finally back to *Shenque*. Circulating several cycles will help to lead the Qi into the spinal marrow and then further on to the head, nourishing the brain and spirit (*Shen*). You should practice this exercise once just before sleeping every night.

On the following illustrations of *Du* and *Ren* meridians you'll be able to visualize easily all previous acupoints.

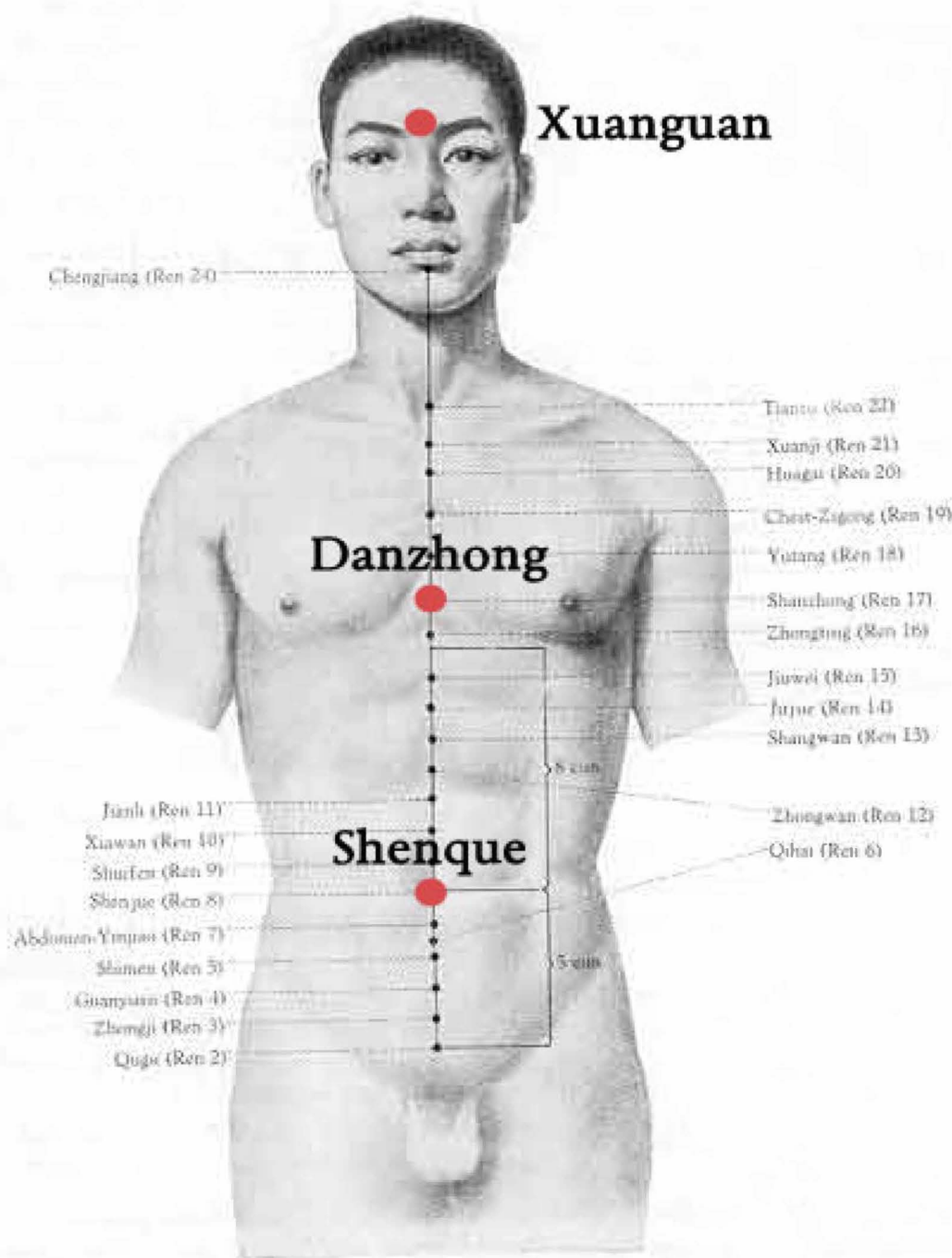


Figure 3: Ren Meridian

Nota: Xuanguan is not part of Ren meridian bu rather used Taoist alchemy and Qi gong

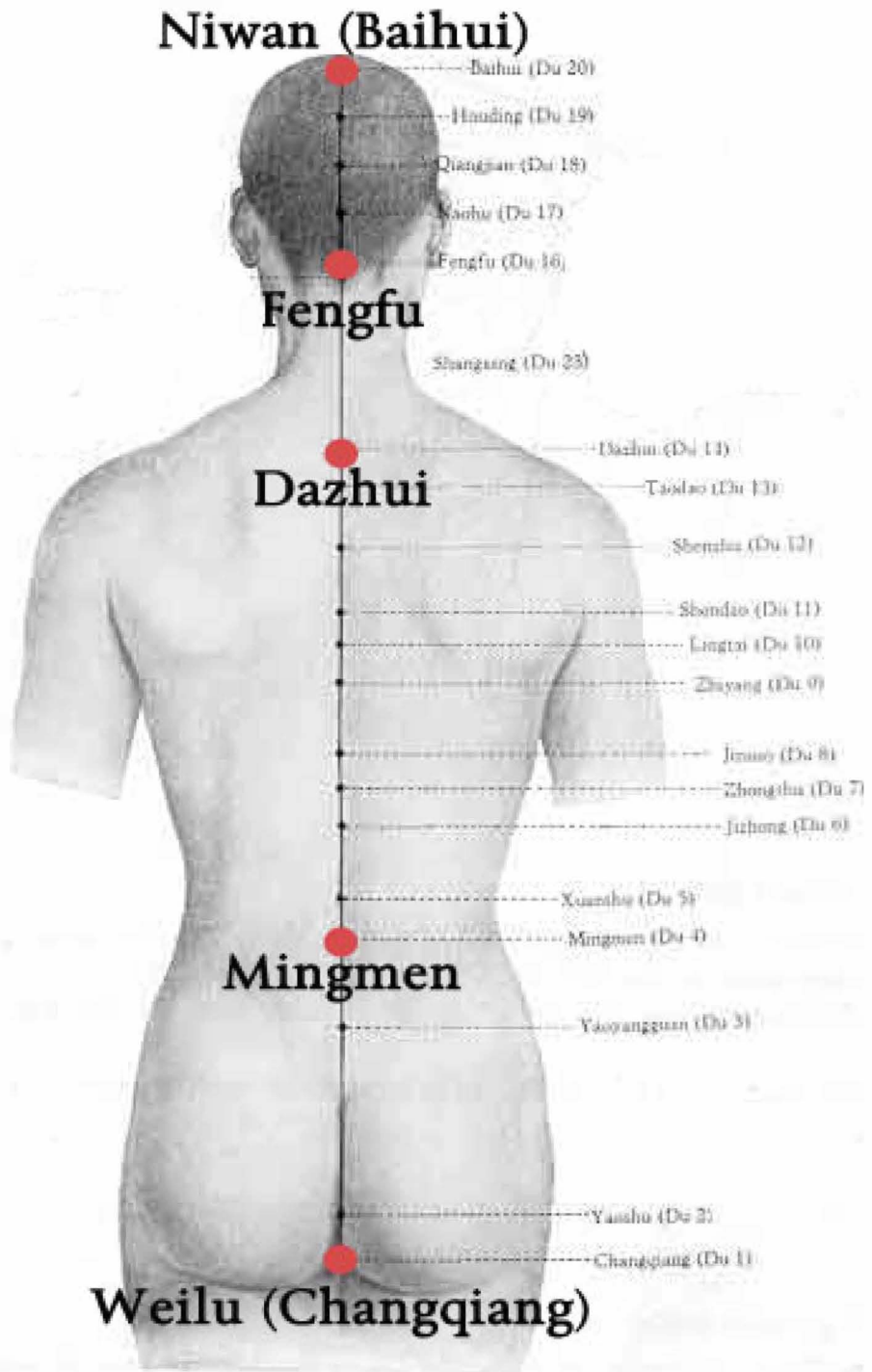


Figure 4: Du meridian



Chapter VII: Ren & Du meridians circulation

*“ Opening Ren And Du meridians is not an easy task,,
But perseverance over long time training will put you of the path
of immortals.
Build a bridge with your tongue to connect with Ocean,
Here comes now another immortal peak. ”*

After getting through the Ren and Du meridians, the adept will get the benefits in his own demeanor and appearance. He will inspire a natural respect from anyone looking at him, incarnating the appearance a Chinese Taoist Immortal which is the secret dream of all mortals. If the practitioner has reached middle age, he will appear uncommonly imposing, vigorous and healthy: all these are external signs of a correct prolonging life practice.

After having introduced previously some stillness techniques, I am going now to present some moving techniques.

*“ Qi transforming into Spirit,
Yang (energy) is spontaneously generated,
Xuanguang sparkling,
Kan Li divinatory symbols of Heaven and Earth fully
harmonized,
Qi circulating in Ren Du just as Earth and Moon are rotating ”*



Chapter VIII: Bagua Hunyuan Yangsheng Eight exercises

We are going to train some *neidan* (Chinese internal alchemy) prolonging life exercises which principal aim is to regenerate *Yuan Qi* or the Primordial/ancestral energy transmitted by one's genitors. After sufficient practice of *Hunyuan Yangsheng Gong*, the practitioner will be able to merge Energy, Qi and Spirit to become ageless.

There are 8 (eight) *neidan* exercises in *Hunyuan Yangsheng Gong*:

- 1) “Wuji” or Poleless
- 2) Taiji twinning arms
- 3) Black bear rubs its back
- 4) Ride horse and watch the moon
- 5) Gather Qi and expel turbidity
- 6) Left Right embracing ball
- 7) Open close squeezing ball
- 8) Water vehicle circulation



VII.1. Wuji

Wuji (Poleless) exercise is the perfect transition from “non moving” to “moving” . From stillness estate, you will generate natural movements.

Method:

Assume a standing position, slightly bending both knees, whole body relaxed, both hands naturally placed alongside the thighs, breathing lightly and regularly. Close eyes to focus your attention on *Shenque* acupoint, now shake your whole body naturally. This is the real movement within stillness, incarnating self-purification within the Universe, shaking by yourself independently from all the Universe. See Figure 5.1.



Figure 5.1: *Wuji*

Function: Clarify the mental and soothe nerves. Improve brain thinking celerity and open some foreseeing abilities. Nurture your Sanjiao (Triple Warmer) as a result you get an overall regeneration.

Indications: high blood pressure, nightmare, heart palpitations, insomnia and night sweat, rheumatism, intestine and stomach's chronic diseases, neurasthenia, poor eyesight, etc.....



VII.2. Taiji twinning arms

Assume standing position, put both hands together with fingers intercrossing with one another, turning upward, downward, leftward and rightward. First make 18 circles clockwise, then again 18 circles counterclockwise, totaling 36 circles. See Figure 5.2.



Figure 5.1: *Taiji twinning arms*

Function: Dispel internal cold and dampness, to dissipate negative emotions from our organs (Fear, Anger, Agitation, Worry and Discouragement), regulate Liver Qi to treat Stomach disorder, supplement the kidneys and invigorate the blood circulation to heal rheumatism arthritis, strengthen bones and muscles, and dispel bone hyperplasia.

Indications: Chronic diseases of kidney, lumbago, lumbar spine disease, liver and spleen swelling, diseases of five kinds of impairment and seven modes of emotions, nocturnal emission, impotence, indigestion.



VII.3 Black bear rubs its back

Whole body relaxed, assume a large stance and stand upright, both arms stretching straight on both sides, the center of the palm facing outward, erect your fingers, now shake your shoulders (use waist), shake Leftward and Rightward. See Figure 5.3.



Figure 5.3: *Black Bear rubs its back*

Function: Dredge the Liver and Regulate the Spleen, strengthen vigor and beneficial for kidney, assist vital Qi and dispel of evil emanations.

Indications: lumbar muscle sprain and bone hyperplasia, rheumatism numbness, Liver and Spleen swelling, hyperostosis.



VII.4 Ride horse and watch moon

Assume Horse stance, both centers of palm facing upward, watch through the *Hukou* (Tiger mouth: area between your pointer and the thumb). Yours arms are forming a round Moon. Top of tongue rolling upward, breathe regularly and imagine that you are completely distant from anyone else. Assume this Post standing and first try to reach 5-10 minutes standing everyday then gradually increase this time. Air is passing through your nose in and out, whole body relaxed and soft. See Figure 5.4.



Figure 5.4: *Ride horse and watch the moon*

Function: Strengthen body and kidney, cure chronic diseases.

Indications: kidney diseases and impotence, waist and back sprain, rheumatoid arthritis, hyperostosis.



VII.5 Gather Qi and expel turbidity

Whole body relaxed, assume a middle stance, distance between two feet is equal or less than shoulder wide, both centers of palm facing down, stretch evenly forward and dispel directly turbid Qi. Now both palms are progressively facing upward, imagine that the centers of palm are slowly withdrawing. This incarnates the gathering of Spiritual energy from Heaven and Earth, from the Sun and the Moon. See Figure 5.5.

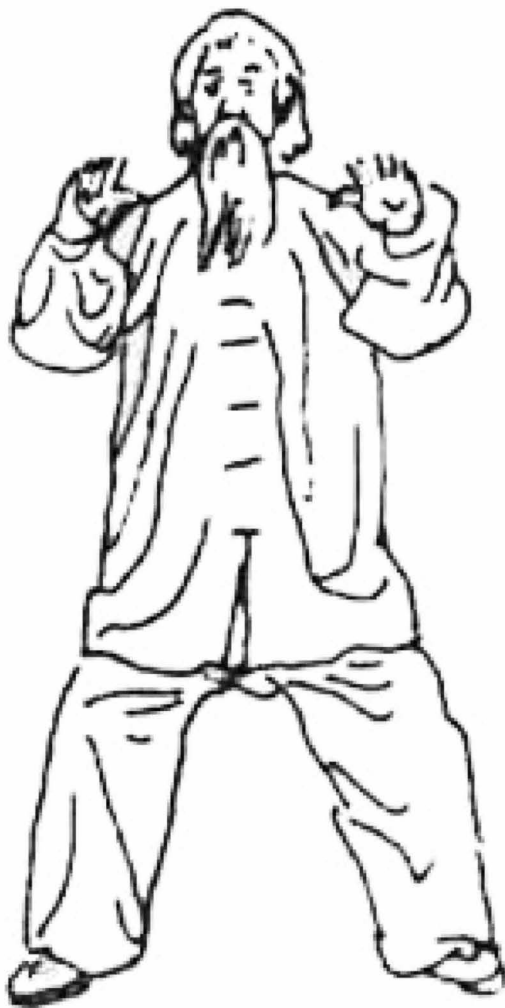


Figure 5.5: *Gather Qi and dispel turbidity*

Function: strengthen body, cultivate Spirit and prolong life span.

Indications: neurasthenia, dizziness, bad memory, nightmare.



VII.6 Left Right embracing ball

Both centers of palm facing each other, as holding a ball. Left arm is up when turning Left, Right arm is up when turning Right, as in Figure 5.6. Turn to Left and to Right 16 times.



Figure 5.6: *Gather Qi and dispel turbidity*

Function: Gain peace in mind, regulate Five internal organs. Eliminate Troublesome Thoughts.

Indications: diseases of five kinds of impairment and seven modes of emotions, Deficiency of masculine energy. General weakness and hundred of diseases.



VII.7 Open close squeezing ball

(1) Assume standing position, both feet solder wide separated, close your eyes. The top of tongue is rolling upward, both palm are facing each other through their *Laogong* acupoint, whole body relaxed. Close and open two palms, then again close them. After repeating this movement several times, if you fell some aching, numbness or swelling: you have reached your present physical limit and this will help to adjust the number of series for this exercise. See Figure 5.7

(2) When two arms start to ache and swell, place your *Laogong* acupoints of both centers of palm close to your eyes. Feel the transfer of heat from palm to eye and then immediately close both eyes. Now place centers of palms on your eyes while continuing to transfer heat.

After ten minutes. Take out your palms, open your eyes and use them to look around.

See Figure 5.8.

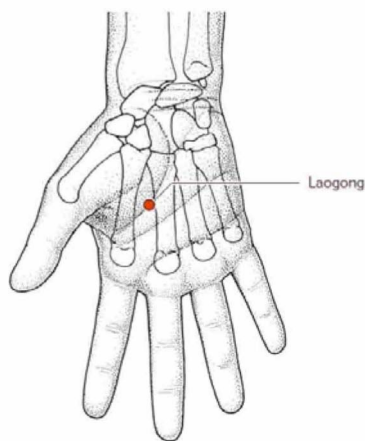


Figure 5.7: *Gather Qi and dispel turbidity (1/2)*



Figure 5.7: *Gather Qi and dispel turbidity (2/2)*

Function: Improve vision.

Indications: nearsightedness, middle age sight, presbyopia, myopia, eye strain.



VII.8 Water vehicle circulation

Cross your legs and sit quietly. Close eyes, relax your whole body. Now imagine your Golden Pill moving from *Shenque* acupoint to the *Huiyin* acupoint, then from *Huiyin* carry to the *Du* meridian up to *Mingmen*, continue to *Dazhui* then to the top of head *Niwan* (*Baihui* acupoint). Now move forward to *Shenting* then down to *Xuanguan*, moving down on *Ren* meridian and continuing down to the *Dantian* acupoint you have completed a full circle. It is also called *Ren Du* Universal circling. Practice this circling without interruption, repeat it according to your situation. See Figure 5.9.

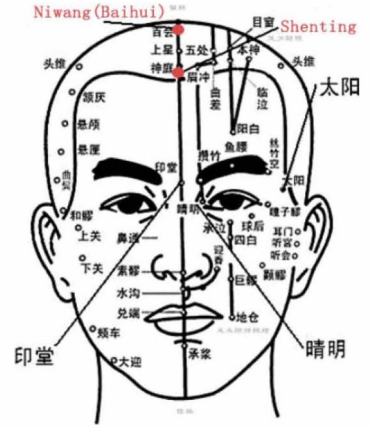


Figure 5.9: *Water vehicle circulation*



Water Vehicle Circulation (He Che Dou Zhuan) is also called Bao Yuan Shou Wu Ren Du universe technique.

Important points:

1. Close eyes and the top of tongue rolling upward,
2. Keep whole body relaxed and calm,
3. Observe silently and guide mentally the Golden Pill from Shenque acupoint to the two meridians *Ren* and *Du*, circulating endlessly,
4. You should practice at least half hour.

Some practitioners can practice several hours. Myself , I experienced it once, sitting during three days and three nights without eating or drinking and still having a fresh and moist skin, an energetic body and a bright spirit as usual.

First Poem:

*“ Circulating Ren And Du meridians from Shenque,,
Accelerate natural regeneration.
Magic highway for success,
The greatest wealth is in a healthy life. ”*

Second Poem:

*“ Transmute Energy into Qi,,,
Then transform Qi into Spirit,
You will cultivate rejuvenation as an immortal,
Practice it up to reach Void,
As gathering ancestral power from descendant generation. ”*



Baguazhang Hunyuan Yang Sheng Gong

This document was written by the 16th generation inheritor of Baguazhang Longmen School, Warrior Taoist, "The Yangtze River Great Chivalrous Man" Lu Zijian.

Zijian Martial Arts Academy, Yuzhou city. China. March 10th 1998.