

Nei Gong

Nei Dan

The 9 Levels of Nei Gong Internal Work

Qigong (qi work)

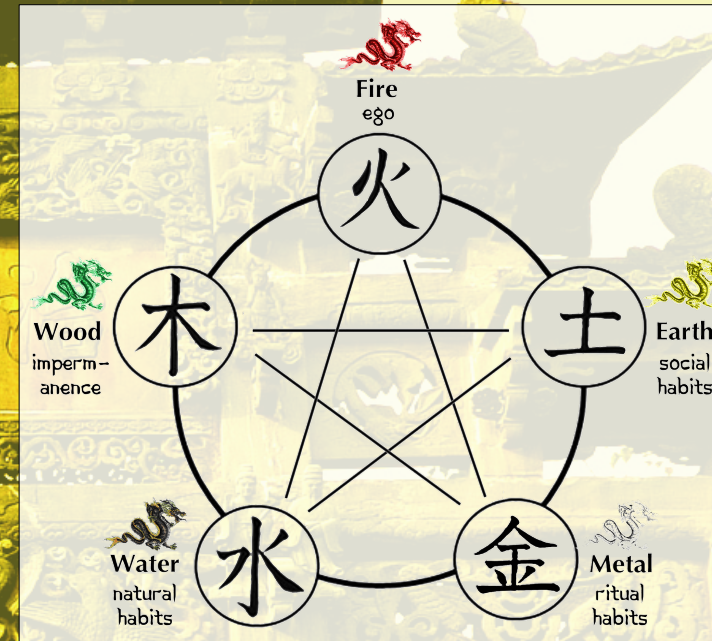
1. gathering qi
2. sensing qi
3. condensing qi
4. flowing qi

Yigong (mind work)

5. focusing qi
6. leading qi
7. emitting qi

Shengong (spirit work)

8. mastering qi
9. manifesting qi



Internal Alchemy The practice and theory of immortality

- 5 dragons theory
- lock the monkey
- tame the horse
- mountain lake
- 7 consciousnesses

Hui Chun System (Back to Spring)

- renewal
- meditative
- stillness
- rooting
- grounding
- flow in stillness
- internal feng shui

Wu Xing System (Five Elements)

- dynamic
- opening the body
- light footedness
- balance 5 organs
- structured motion
- structured breath
- smoothness
- softness
- external feng shui

Bu Fa Gong (18 Steps)

- moving meditation
- regulating yin-yang
- breath + movement
- 6 harmonies
 - 3 internal
 - 3 external
- transmit energy
- release energy

Shi San Zhuang (13 Pillars)

- structured stillness
- rooting in stillness
- standing meditation
- regulating qi flow
- cultivating will
- mind feng shui

Hun Yaun Jin (Cosmic Circles)

- 8 standing practices
- connected motion
- 6 harmonies
- filled motion
- 8 energies
- cosmic circles
- fajin: power release
- changjin: far power
- cunjin: inch power
- hengjin: cross power