FIRST METHOD – TIAN YUAN

1. INTRODUCTION TO TIAN YUAN

Tian Yuan is the beginning and also an important foundational method of Yuan Gong. This method belongs to the external transformation stage. It is an open style method which works by sending the internal Qi out and drawing external Qi back. This is accomplished by using the consciousness as the main technique and the movement as the auxiliary.

2. MAIN FEATURES AND BENEFITS OF TIAN YUAN

1. This method facilitates comprehensive exchange of Qi and information between human and the universe. A large amount of Qi can be gathered effectively and efficiently.

2. The coordinated use of the mind and the physical movements can benefit both the mind and the body and promote the unification of Jing (the body), Qi and Shen on a deep level.

3. This method can open Qi gates in the body effectively, for example, in the shoulder and neck area. Most adults have blockages there because of stress. That area carries a lot of tension which may not only affect physical health but also have a negative impact on mental wellbeing.

4. Although Tian Yuan is the introductory practice of the system, it is designed to create profound effects on Qi by:

a) Focusing on two aspects:
   • Improving the Qi condition of the whole body
   • Improving Sanjiao and organs directly and indirectly

b) Taking Care of two other areas
   • Beginning to open channels and promote the flow of channel Qi in the whole body
   • Beginning to improve the clarity and sensitivity of Shen which helps lay the foundation for the future development of special abilities
5. The length of the practice can vary according to different needs or intended effects. The practice of this method can also be varied to create effects of different depths.

Sustained practice of Tian Yuan can improve health and make change to various health problems. It is also a way to build the foundation for improving one’s Qigong level.

6. The practice of this method can help build the foundation for performing external Qi therapy and building a Qifield for group healing.

3. GUIDANCE FOR TIAN YUAN PRACTICE

1. Mind Calm and Shen Bright, Free and Vibrant
Lightly imagine you are a giant bird, soaring freely in the universe in a most lively and natural state.

2. Opening Big and Closing Big, Qi and Mind Connected and Both Flowing without Interruption
When the movements and especially the consciousness are opening out, send the consciousness out and fill the infinite void of the universe. Visualize the refined, pure and original Qi everywhere in the universe and connect with this Qi. When the movements and especially the consciousness are drawing in, focus on the deepest place in the body. Imagine the body is an empty space and is transparent. Try to feel where the deepest place is in the body and the healthy, normal, bright state inside and the change of Qi there.

3. The Whole Body Moving as One, Flowing like Worms and Snakes in a Circular and Rounded Way
The movements in this method are simple and distinct. When doing the movements, the whole body should move as one. The upper body and lower body are moving in harmony. The upward movements and downward movements are working together, as are the forward and backward movements. The root of the movements of the upper limbs is the feet, the axis the waist. Shoulders leading the elbows, wrists, palms and fingers, all in circular movements like worms and snakes.

4. Moving Like Drifting Clouds and Flowing Water
The postures and movements should be as unrestricted and relaxed as possible to express a sense of freedom, serenity and total presence, and a feeling of being completely comfortable with oneself. Floating clouds and flowing water move smoothly and steadily without disruption.
4. HOW TO MAKE GOOD PROGRESS IN TIAN YUAN

1. Be familiar with the method, including information about how to deepen the practice.
2. Take the preparation seriously and make a good effort to do it.
3. Do the mind activities properly.
4. Do the movement properly.
5. Take good care of the details.
6. Use the method with flexibility.
1. PREPARATION

Adjust the Body
The whole body centered and upright
Feet apart at shoulder width
Stand in a natural posture
Arms hanging naturally
Look straight forward
Draw the vision slowly back
Close the eyes gently
Tongue tip on the upper palate
Relax the whole body

Relax the head
Relax the shoulders and arms
Relax the chest and upper back
Relax the abdomen and lower back
Relax the hips and legs
Relax the body from head to toe, from inside out

Adjust the Mind and Build the Qifield (Six Verses)
I. Awareness inside the body, feel the emptiness and spaciousness within.
II. Expand this awareness out, becoming one with the universe.
III. Draw the awareness back to the body, calm and peaceful.
IV. Open to the universe with reverence and utmost Gongjing.
V. Let the bright universe nurture the heart with compassion and love.
VI. Feel relaxed, free and joyful, Qi flowing harmoniously and smoothly.
2. PRACTICE OF TIAN YUAN

SEGMENT 1 - GATHER QI FROM LIU HE

Gather Qi from the Sides
- Hands in the void below, raise the palms, leading from the shoulders, push and pull continuously. 1. gather Qi into the body, 2. gradually move up, 3. soaring like a bird, 4. a giant bird in the universe, 5. free and happy, 6. 7. 8. 9
- to shoulder height, keep moving up, 1. 2. 3 4. 5. 6. 7. 8. 9. to above the head, turn the palms forward.
Gather Qi at the Front

- Push and pull at the front. 1. gather Qi into the body. 2. gradually move down. 3, 4, 5, 6, 7, 8, 9.
- To shoulder height. keep moving down. 1, 2, 3, 4, 5, 6, 7, 8, 9. hands hanging naturally at the sides.
Gather Qi from the Back

- Push and pull at the back, 1, 2, 3, 4, 5, 6, 7, 8, 9, arms hanging naturally, relax the whole body
3. PRACTICE OF TIAN YUAN

SEGMENT 2 - OPEN AND CONNECT SANJIAO

Open and Close at Lower Jiao

- Arms connecting with the void of Lower Jiao, 1, open out to the void, close to deep inside, 2, 3, 4, 5, 6, 7, 8, 9
- Raise the arms slowly to the level of the elbows, palms facing in
Open and Close at Middle Jiao
• Arms connecting with the void of Middle Jiao, 1, 2, 3, 4, 5, 6, 7, 8, 9, close the palms
• Turn the fingers and hands up and move the hands up slowly to in front of the head

Open and Close at Upper Jiao and the Head
• 1, 2, 3, 4, 5, 6, 7, 8, 9, close the arms and hands, unify the internal and the external, leading with the middle fingers,
• guide Qi up to above the head, open the palms out and gather Qi, palms above the head, pouring Qi down
Connect Sanjiao

- Leading from the middle fingers, move the hands slowly down, hands moving outside, Qi and mind inside, to the head, the neck, Upper Jiao, Middle Jiao, Lower Jiao.
- Lift Huiyin, hands hanging at sides naturally, mind sending Qi down the legs to the feet.
Hands in the void below, leading from the shoulders, lift Qi up at sides, arms curved slightly, gather Qi from the void to above the head, pour Qi down
**FIRST METHOD - TIAN YUAN**

- Leading from the middle fingers, move the hands slowly down in front of the body, feel the change and movement of Qi inside the body, Upper Jiao, Middle Jiao, Lower Jiao, lift Huiyin, mind sending Qi down the legs to the feet
- Hands in the void below, leading from the shoulders, once again, lift Qi up at sides, gather Qi from the void to above the head, pour Qi down

4. ENDING

- Hands moving down the front of the body and guide Qi down, feel the change of Qi inside, to the head, chest cavity, abdominal cavity, pelvis, hands send Qi to Lower Dantian
- Hands along the waist to Mingmen, send Qi to Lower Dantian
- Mind unified with Qi in the void around, leading from the middle fingers, push hands backwards, open to the sides, gradually turn the hands, facing forward at sides, close the arms slowly, draw Qi back
- Place the hands on Lower Dantian, rub the abdomen and gather Qi, left, down, right, up, 1, 2, 3, the other direction, 1, 2, 3
- Hands on Lower Dantian, nourish Qi quietly
5. HEAD AND FACE

- Rub your hands and gather Qi.
- Yintang, forehead, open out;
- To the temple, rub around;
- The eyes, rub around;
- Sides of the nose, unblock;
- Rub the whole face with Qi;
- Comb the head with Qi from the front to the back;
- Baihui & Yuzhen, vibrate Qi into the head;
- Palms on the ears, vibrate Qi in;
- Rub the ears from the tips to the lobes; pull the lobes.
- Hands down to the sides.
- From the bottom of your heart, say something positive to yourself: you are healthy, and your Shen is strengthened. Open the eyes slowly.