

Ma Wang Dui' Animals

A Work of 3 HUN & 7 PO by Dr. Liu Dong

Nourish Body & Soul

With Carla Kyle

First Movement: THE BODY OF THE DRAGON

Begin standing with feet together, and arms relaxed at your sides, your eyes are closed. (The Hun travels).

1. Make a small rotation of the wrists, raise the hands back to back, like two dragons rising, the fingers moving up the Chong Mai to the level of the head, and palms touch overhead, joining the two dragons. Rotate wrists, keeping little fingers together, begin to open palms, until the fingers point at Bai Hui, with backs of fingers touching; descend hands with backs of hands touching, following the Ren Mai to the feet. Connect with the earth energies, nature energy. Return by raising your body slowly, vertebra by vertebra, with hands back to back. As you come up, finish with hands joined palm-palm, in heart mudra, in front of the heart chakra.

2. Turn and step to the left. Rotate the body to the left, with a small extension of the arms, with palms stay together, wrists bent and elbows out yet still bent. Hands are level with the forehead, gaze is out and towards the hands. Return hands and body to the center, then turn to the right. Repeat two more times. End with hands in heart mudra, palm-palm in front of the heart. The dragon sways side-side.

3. Lift the elbow in line with the hands. Begin a circle forward, to make a small rotation of the wrists, counterclockwise, (go to the left first). The dragon's tail rotates, as the Hun connects with the Heart. Complete this rotation of the wrists a couple of times. Finish by separating the palms and move them down the center of the body, to your sides, with palms facing the earth. Bring the left foot together with the right.

Gather your work, bring arms to the outside and up, then down the center line of the body ending with hands palm-palm together at the level of the heart.

Second Movement: THE TOAD JUMPS INTO THE MOON

1. EARTH TOAD: Hands in front of the heart chakra, separate the hands and guide them down to the lower belly then spread hands and the arms to the sides, turn the hands towards the sky at shoulder level, raise them above the head, lower them again following Ren Mai (center line of the body and front of the spine) down to the lower belly (Dan Tian), bend your knees a little and stretch the back of your neck as you tuck your chin, eyes look down at the earth. The movement opens the Du Mai, (back of the spine).

2. SKY TOAD: raise your hands to the side, at shoulder level turn your hands towards the sky, left toes turn out 45*, right toes turn out 45* and bend your knees and a little to follow the line of your feet. Bend your elbows as you open your chest to look up at the sky. Straighten as you raise the hands above the head, then lower them following Ren Mai channel once again. Repeat Earth/Sky Toad a few times.

Third Movement: THE DAUGHTERS OF THE GODS SUPPORT THE MOON

Raise the arms on the sides at shoulder level as you raise the left foot. Take a step forward while rounding the arms in front of you to collect the moon. Sink into the posture as you bend the knees and bring your arms upright to hold the moon. Look at the sky. The right foot naturally falls into place. Hold the moon for a bit. Then, straighten the knees, arms out to the sides. Lift the right foot and step forward to gather the moon again with the arms. Sink into the posture as you bend the knees and bring your arms upright to hold the moon. Look at the sky. The left foot naturally falls into place.

Repeat the entire sequence starting with the left foot, yet this time taking a step to the back. Finish with body forward and upright, gather your work arms out to the sides and then above your head as you guide the Qi down the center line of the front of the body back to the lower belly, the Dan Tien.

4th Movement: THE CELESTIAL BIRDS PRAY TO THE SKY

Hands in front of the Dan Tian, turn the palms to the ground, knees lightly bent. Rotate the body and the feet to the left, rotate the wrist and join the back of the hands together as you raise them to the level of the heart chakra. Continue to

bring the hands up to the level of the face, open them like a book as you bring your shoulders and hands back, heart to the sky, stretching - AHHH!

Bring your feet together, bring your hands together, palm-palm in front of the heart. Lift your left leg and step forward with your left foot.

Stretch the body in three steps: 1. Lengthen the arms in front of you, hands in front of Tien Mu (point on forehead) 2. Spread a little more by extending the arms above the head, 3. Lengthen the body a little more by lifting the right heel, and resting on the left foot.

Shift the weight of the body to the right foot, lift the left heel, bending the torso, bring the joined hands to the heart chakra and look up at the sky. Keeping hands at heart chakra, return to the front, feet.

Repeat this entire sequence to the right side.

5th movement: THE BIRD OF THE SUN - SONGBIRD DANCING

Lower the arms down to the Dan Tien. Turn the hands at the wrists as you raise the hands and arms to the front of the body shoulder height. Bend each arm at the elbow, as you bring your hands towards the body. Close the hands into light fists and lower the hands down following Ren Mai to the Dan Tian.

Shift your weight to the right foot. As you bring the closed hands up the centerline of the body, lift the left foot. Continue the closed hands to just above the head. Then, quickly drop the arms to the sides of the body and clap the thighs with your open palms. Step out a bit with the left foot and by raise both arms to the sides. Rotate the body to the right, left arm out in front. Stop at your centerline and bring the left hand to the Dan Tien and the right hand to your back at the Ming Men Gate (area on the back of the spine between the kidneys).

Left the left hand up the midline of the body to the heart. Open the palm and send it out to the right, palm is up. Turn palm down and travel, hand floats to the left side. Both arms end shoulder height, palms down.

Repeat this entire sequence to the right side.

6th Movement: BIRDS ATTRACTED BY THE SCENT

Gather your work, hands in front of the Dan Tian palm towards the ground. Take your body and arms/hands to the right a bit, then go left. Lift the left arm and hand up above and over the head as the right hand raises and sits in the left armpit. The eyes follow, the right hand at the level of the armpit, and then continue with the left arm rounded above the head over to the opposite side. Stretch the body here on the side, the two knees bent, the right heel raised.

Unfold the wings (arms) in the same rotational movement, bring the hands down, palms down to travel through the center line of the body at the level of the lower belly, the Dan Tien.

Repeat the entire sequence to the right side. Then, repeat the left, right sequence again for a total of two times. Gather your work, return the hand to the level of the DanTian.

7th Movement: PURIFICATION OF THE HEAVENLY BIRDS

Turn to the right as you raise the left arm. Lean to torso forward, not collapsing the body, the left arm descends as you stretch and point the left index finger towards the right channel between the big and second toe (Liver 3 acupoint) touch or don't touch, either way. The right hand is positioned to the side of the body pointing to the back.

Rotate the right hand as you straighten the body upright clean the side of the body (the liver) with the right hand sliding down the right side and out to the front. Left hand goes back and up into the left armpit at the same time. Also at the same time, step to the back with the right foot. (Like you are moon walking). Step back for a total of 4 times, washing the sides each time. You are swinging the wings!

Repeat the entire sequence with the right side of the body.

8th Movement: THE CELESTIAL BIRDS DESCEND IN THE WORLD

1. Raise your arms (wings) to the sides, raise your left foot and step forward. As your foot descends, your arms descend down. Raise your right foot, raise your arms step forward, lower your right foot, lower your arms. Repeat left /right for a total of 4 steps. At the 4th step, put the two feet side by side. Turn to the left, right arm in the air and left arm down, keep the posture of rotation, look to the back. Stretch and hold your position here a bit. Rotate back to the front of the body arms level with the chest.

2. Lift your right leg and step back. Arms (wings) lift a bit at the same time and then follow down with the foot as it is placed behind you. Repeat back with the left foot and arms for a total of 4 steps. At the fourth step, put the two feet side by side. Then back out in the same way by flapping your wings. At the 4th step, position the two feet side by side, rotate your body to the right with the left arm lifted to the sky and the right arm down to the earth. Stretch and hold your position here a bit. Rotate back to the front of the body arms level with the chest.

FINISH: Raise your arms, bring back the energy following Ren Mai, front of the body down to the lower belly. Repeat again and this time pass the hands in front of the head, then under the armpits to finish the sequence with your hands on the kidneys. Close your eyes, feel your body.

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