

Zhineng Qigong - Eight Verses Meditation

顶天立地 Ding Tian Li Di Head touches the sky, feet stand on earth.

形松意充 Xing Song Yi Chong Body relaxes, and the mind expands.

外敬内静 Wai Jing Nei Jing Be respectful and quiet.

心澄貌恭 Xin Cheng Mao Gong Mind is clear and appearance is humble.

一念不起 Yi Nian Bu Qi No distracting thoughts.

神注太空 Shen Zhu Tai Kong Mind expands into infinite space.

神意照体 Shen Yi Zhao Ti Feel the mind shining into the body deeply and inwardly.

周身融融 Zhou Shen Rong Rong Entire body is harmonized with Qi.