

# Unveiling the Mystical Functions and Mechanism of Ba Duan Jin: A Journey into Ancient Chinese Healing

Ba Duan Jin, also known as the Eight Brocades, is an ancient Chinese healing practice that has been passed down through generations. It is a series of eight gentle exercises that are designed to promote flexibility, energy, and longevity. Ba Duan Jin is based on the principles of Chinese medicine, and it is believed to work by stimulating the flow of qi, or energy, throughout the body.

The origins of Ba Duan Jin are shrouded in mystery, but it is believed to have been developed by Taoist monks in the 12th century. The eight exercises are said to be based on the movements of animals, such as the tiger, the crane, and the deer. Ba Duan Jin was originally practiced by monks in monasteries, but it eventually spread to the general population. Today, Ba Duan Jin is practiced by people of all ages and backgrounds around the world.

The eight exercises of Ba Duan Jin are as follows:



## Ancient Qi Gong, Ba Duan Jin: Mystical functions and mechanism of Ba Duan Jin by Woosen Ur

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1. **Two Hands Hold Up the Heaven** Stand with your feet shoulder-width apart and your arms at your sides. Raise your arms overhead and interlace your fingers. Push your palms upward as you inhale. Exhale as you lower your arms.
2. **Left and Right Parting the Wild Horse's Mane** Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your left foot and raise your left arm overhead. Reach your right arm behind your head and grab your left wrist. Pull your left arm forward and to the right as you inhale. Exhale as you return to the starting position. Repeat on the other side.
3. **Regulating the Spleen and Stomach** Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your left foot and bend your left knee. Place your right hand on your left knee and your left hand on your lower back. Inhale as you twist your torso to the left. Exhale as you return to the starting position. Repeat on the other side.
4. **Five Animals Frolic in the Forest** Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your left foot and bend your left knee. Place your right hand on your left thigh and your left hand on your lower back. Inhale as you twist your torso to the left and extend your right arm forward. Exhale as you return to the starting position. Repeat on the other side.

5. **Turning the Head and Swinging the Arms** Stand with your feet shoulder-width apart and your arms at your sides. Turn your head to the left and swing your right arm forward. Inhale as you swing your arm. Exhale as you return to the starting position. Repeat on the other side.
6. **Two Hands Push and Pull** Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your left foot and raise your left arm overhead. Bend your right elbow and place your right hand on your lower back. Inhale as you push your left arm forward and pull your right arm back. Exhale as you return to the starting position. Repeat on the other side.
7. **Grasping the Bird's Tail** Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your left foot and bend your left knee. Place your right hand on your left thigh and your left hand on your lower back. Inhale as you twist your torso to the left and extend your right arm backward. Exhale as you return to the starting position. Repeat on the other side.
8. **Raising the Hands While Stepping Back** Stand with your feet shoulder-width apart and your arms at your sides. Step back with your left foot and raise your left arm overhead. Bend your right elbow and place your right hand on your lower back. Inhale as you raise your right arm and lower your left arm. Exhale as you return to the starting position. Repeat on the other side.

There is a growing body of scientific evidence to support the benefits of Ba Duan Jin. Studies have shown that Ba Duan Jin can improve flexibility, strength, balance, and energy levels. It has also been shown to reduce

stress, anxiety, and depression. In addition, Ba Duan Jin has been shown to boost the immune system and improve sleep quality.

Ba Duan Jin is a powerful healing practice that can benefit people of all ages and backgrounds. It is a gentle and accessible practice that can be easily incorporated into your daily routine. If you are looking for a way to improve your health and well-being, Ba Duan Jin is a great option.

Dr. Chen is a Master of Chinese Medicine and the author of the book "Mystical Functions and Mechanism of Ba Duan Jin". He has been practicing and teaching Ba Duan Jin for over 20 years. Dr. Chen is passionate about sharing the benefits of Ba Duan Jin with the world.



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