

## THE 8 SILK BROCADES

### A MOVEMENT PRAYER FOR THE BODYSOUL



Qi Gong

THE 8 BROCADES, OR 8 SILKEN MOVEMENTS, IS A TYPE OF QIGONG CALLED BADUANJIN. THE MOVEMENTS IMPART A SILKEN QUALITY AS IF CREATING A "DRESS" OF WOVEN SILK FOR OUR BODY. IT WAS DEVELOPED OVER 1000 YEARS AGO BY THE SONG DYNASTY AS A SIMPLE AND EFFECTIVE WAY TO MAINTAIN HEALTH AND ENERGY. THINK OF "QI" AS DIVINE ENERGY.

#### 1) TWO HANDS HOLD UP THE HEAVENS OR TRIPLE HEATER

GATHER FROM BELOW AND MOVE THE HANDS UPWARD WITH HANDS LOOSELY JOINED AND SLOWLY RAISED UP THE CENTER OF THE BODY. RELEASE OUT TO THE SIDES AND FLOAT THE ARMS DOWN. THIS HELPS WITH CIRCULATION AND TEMPERATURE REGULATION. EXHALE AND CLEAR RIGIDITY FROM THE BODY, MIND AND SOUL.

#### 2) DRAWING THE BOW & LETTING THE ARROW FLY

LEGS OPEN TO HORSE STANCE, ARMS COME TOGETHER AT ELBOWS. SLOWLY DRAW A BOW TO EITHER SIDE. THIS STRENGTHENS AND REALIGNS LOWER BACK MUSCLES AND SPINE ALONG WITH HIPS, LEGS, KNEES, AND ANKLES. IT INCREASES FOCUSED ATTENTION, CLARITY, INTENTION, INSPIRATION AND STRENGTHENS THE HEART.

#### 3) CONNECT HEAVEN AND EARTH

IN A SMOOTH MOTION, PRESS HANDS IN THE OPPOSITE DIRECTIONS, ONE UP AND ONE DOWN. THE MAIN ACTION IS WHEN THE HANDS PASS EACH OTHER AND SWITCH POSITIONS. THIS STIMULATES THE STOMACH AND THE CHEST FOR DEEPER BREATHING. IT TONES YOUR CORE, INCREASES STABILITY, AND GROUNDEDNESS. IT ALSO CLEARS OVERTHINKING.

#### 4) WISE OWL TURNS ITS HEAD AND GAZES

PALMS OPEN AT YOUR SIDES, ROTATE OUTWARD AS HEAD TURNS TO LOOK OVER SHOULDER. ALTERNATE. THIS IS A STRETCH OF THE NECK TO RELEASE NECK TENSION, ARM, AND SPINE PAIN. REDUCES FATIGUE. SOFT AND OPEN, IT CONNECTS YOU WITH INTUITION.

#### 5) SWAY THE HEAD AND SHAKE THE TAIL (BIG BEAR)

SQUAT IN A LOW HORSE STANCE, PLACE THE HANDS ON THIGHS WITH THE ELBOWS FACING OUT AND TWIST TO GLANCE BACKWARDS ON EACH SIDE. THIS INCREASES YOUR LIFE FORCE ENERGY AND POWER WITHIN. IT REMOVES EXCESS HEAT (FIRE/OVERATTACHMENT) FROM THE HEART, HARMONIZES HEART FIRE TO BE SOFT, WARM, AND STEADY RATHER THAN OVEREXERTED OR BURNT OUT.

6) TWO HANDS HOLD THE FEET TO STRENGTHEN THE KIDNEYS AND WAIST

HANDS ON LOWER BACK, TRACE LEGS DOWN, AROUND FEET, UP FRONT OF LEGS, AND RAISE ARMS UP. STRETCH UPWARDS AND BACK TO CENTER. DRAW IN ESSENCE FROM THE HEAVENS. CONNECT TO YOUR ORIGINS IN FLUID MOVEMENT THAT IS ALSO QUIET, LIKE A RIVER. CLEAR STAGNATION AND GATHER INNER STRENGTH AND EASE.

7) CLENCH THE FISTS AND GLARE FIERCELY

WHILE IN HORSE STANCE, MAKE A PUNCHING MOVEMENT EITHER TO THE SIDES OR FORWARD. GATHER GENERAL VITALITY AND MUSCULAR STRENGTH. THIS HELPS BALANCE ANGER EXPRESSION IN A HEALTHY WAY. ENGENDER COURAGE AND FORTITUDE.

8) BOUNCING ON THE TOES

HANDS AT YOUR SIDES, HOLD TIGHT AND ROCK UP ONTO YOUR TOES. RELEASE WITH A SMALL ROCKING MOTION ON LANDING AND ALLOW HANDS TO FLOAT UP. THE GENTLE SHAKING VIBRATIONS OF THIS PIECE IS SAID TO "SMOOTH OUT" THE QI. IT SETTLES AND ELIMINATES 7 ILLNESSES.



兩手托天理三焦



左右開弓似射鵰



調理脾胃須單舉



五勞七傷往後雙



搖頭擺尾去心火



兩手攀足固腎氣



攢拳怒目增氣力



背後七竅百病消

PREPARED BY JESSICA DEL POZO/LEMKE HEALTH PARTNERS.

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