

# The Eight Verses of Zhineng Qigong

A Gift from Martha

Learning and practicing the Eight Verses is an integral part of Zhineng Qigong. Reciting these eight phrases is a potent method for calming the mind and expanding awareness.

They were developed by Dr. Pang, the founder of Zhineng Qigong to offer an elegant and concise way to prepare for practice. I invite you to include the Eight Verses in your own practice. They can be recited internally or out loud prior to the beginning of every practice. You can also recite them repeatedly during the day as a way to rest the mind and relax the body.

During my time studying qigong in China we spent many afternoons memorizing the Eight Verses in English and Mandarin and discussing their many possible meanings. We eventually learned to sing them in Mandarin with a lovely melody. These are how I originally learned them.



# The Eight Verses of Zhineng Qigong

Head touches sky, feet stand on earth

*Ding tian li di*

Body relaxes, mind expands

*Xing song yi chong*

Be respectful, quiet inwardly

*Way jing nai jing*

Mind is clear, appearance is humble

*Xin cheng mao gong*

No distracting thoughts

*Yi nian bu qi*

Mind expands to infinity

*Shen zhu tai kong*

Mind envelops body

*Shen yi zhao ti*

Entire body is harmonized with qi, harmonized with qi, harmonized with qi

*Zhou shen rong rong, rong rong, rong rong*