

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