



**Yuan Gong Practice CDs
No.1 – No.16**

Mandarin voice: Yuan Tze
English voice: Melissa Kung

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No.1 Tian Yuan (22 minutes)

- *Fast Tian Yuan (each Push/Pull and Open/Close at the length of 7 seconds)*

1. Opening	0:23
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:45
4. Gather Qi from Liu He	5:50
5. Open and Connect Sanjiao	6:47
6. Ending	2:53
7. Head and Face	1:59

No.2 Tian Yuan and Di Yuan (37 minutes)

- *Fast Tian Yuan (each Push/Pull and Open/Close at the length of 7 seconds)*
- *12 minutes of Di Yuan standing form (6 minutes at Lower Dantian, 3 minutes at Middle Dantian and 3 minutes at Upper Dantian)*

1. Opening	0:26
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	5:50
5. Open and Connect Sanjiao	7:57
6. Di Yuan Preparation – Body and Qi	2:07
7. Di Yuan Preparation – Shen and Mind	1:59
8. Lower Dantian continued	1:49
9. Middle Dantian	3:00
10. Upper Dantian	3:00
11. Ending of Di Yuan	5:00
12. Head and Face	2:00

No.3 Squats and Tian Yuan (31 minutes)

- *15 Squats*
- *Fast Tian Yuan (each Push/Pull and Open/Close at the length of 7 seconds)*
- *12 minutes of Di Yuan standing form (6 minutes at Lower Dantian, 3 minutes at Middle Dantian and 3 minutes at Upper Dantian)*

1. Opening	0:28
2. Preparation – Body	2:32
3. Squats	8:37
4. Preparation – Shen and Mind	1:44
5. Gather Qi from Liu He	5:50
6. Open and Connect Sanjiao	6:47
7. Ending	2:53
8. Head and Face	2:00

No.4 Squats and Tian Yuan (44 minutes)

- *15 Squats*
- *Tian Yuan with 2.5 minutes of each segment of Push/Pull and Open/Close without counting*
- *segments separated by a gong sound*

1. Opening	0:28
2. Preparation – Body	2:32
3. Squats	8:36
4. Preparation – Shen and Mind	1:44
5. Gather Qi from Liu He	11:52
6. Open and Connect Sanjiao	13:22
7. Ending	3:54
8. Head and Face	2:09

No.5 Squats, Tian Yuan and Di Yuan (55 minutes)

- *20 Squats*
- *One time of Slower Tian Yuan (each Push/Pull and Open/Close at the length of 9 seconds)*
- *16 minutes of Di Yuan standing form (6 minutes at Lower Dantian, 5 minutes at Middle Dantian and 5 minutes at Upper Dantian)*

1. Opening	0:31
2. Preparation – Body	2:33
3. Squats	11:05
4. Preparation – Shen and Mind	1:45
5. Gather Qi from Liu He	7:14
6. Open and Connect Sanjiao	9:09
7. Di Yuan Preparation – Body and Qi	2:07
8. Di Yuan Preparation – Shen and Mind	1:59
9. Lower Dantian continued	1:48
10. Middle Dantian	5:00
11. Upper Dantian	5:00
12. Ending of Di Yuan	5:00
13. Head and Face	1:59

No.6 Tian Yuan and Di Yuan (58 minutes)

- *One time of slower Tian Yuan (each Push/Pull and Open/Close at the length of 9 seconds)*
- *30 minutes of Di Yuan standing form (15 minutes at Lower Dantian, 10 minutes at Middle Dantian and 5 minutes at Upper Dantian)*

1. Opening	0:30
2. Preparation – Body	2:32
3. Preparation – Mind and Qifield	1:45
4. Gather Qi from Liu He	7:14
5. Open and Connect Sanjiao	7:57
6. Ending of Tian Yuan	1:13
7. Di Yuan Preparation – Body and Qi	2:07
8. Di Yuan Preparation – Shen and Mind	1:59
9. Continued Lower Dantian	10:50
10. Middle Dantian	10:00
11. Upper Dantian	5:00
12. Ending of Di Yuan	5:00
13. Head and Face	1:59

No.7 Tian Yuan and Di Yuan (60 minutes)

- *Twice of Slower Tian Yuan (each Push/Pull and Open/Close at the length of 9 seconds)*
- *20 minutes of Di Yuan standing form (10 minutes at Lower Dantian, 5 minutes at Middle Dantian and 5 minutes at Upper Dantian)*

1. Opening	0:30
2. Preparation – Body	2:32
3. Preparation – Mind and Qifield	1:45
4. Gather Qi from Liu He (1)	7:14
5. Open and Connect Sanjiao (1)	5:57
6. Gather Qi from Liu He (2)	6:59
7. Open and Connect Sanjiao (2)	8:58
8. Di Yuan Preparation – Body and Qi	2:07
9. Di Yuan Preparation – Shen and Mind	1:59
10. Continued Lower Dantian	5:49
11. Middle Dantian	5:00
12. Upper Dantian	5:00
13. Ending of Di Yuan	5:00
14. Head and Face	1:59

No.8 Squats and Tian Yuan (67 minutes)

- *30 Squats*
- *Three times of Slower Tian Yuan (each Push/Pull and Open/Close at the length of 9 seconds)*

1. Opening	0:29
2. Preparation – Body	2:33
3. Squats	16:04
4. Preparation – Shen and Mind	1:44
5. Gather Qi from Liu He (1)	7:14
6. Open and Connect Sanjiao (1)	5:57
7. Gather Qi from Liu He (2)	6:58
8. Open and Connect Sanjiao (2)	5:42
9. Gather Qi from Liu He (3)	6:58
10. Open and Connect Sanjiao (3)	7:40
11. Ending	3:55
12. Head and Face	1:59

No.9 Tian Yuan (39 minutes)

- *Tian Yuan with 3 minutes of each segment of Push/Pull and Open/Close without counting*
- *segments separated by a gong sound*

1. Opening	0:22
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	15:17
5. Open and Connect Sanjiao	13:21
6. Ending	4:01
7. Head and Face	2:09

No.10 Tian Yuan with music (39 minutes)

- *(Same as No.9, with music)*
- *Tian Yuan with 3 minutes of each segment of Push/Pull and Open/Close without counting*
- *Segments separated by a gong sound*

1. Opening	0:22
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	15:17
5. Open and Connect Sanjiao	13:21
6. Ending	4:01
7. Head and Face	2:09

No.11 Tian Yuan (55 minutes)

- *Tian Yuan with 5 minutes of each segment of Push/Pull and Open/Close without counting*
- *segments separated by a gong sound*

1. Opening	0:22
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	25:17
5. Open and Connect Sanjiao	18:41
6. Ending	4:01
7. Head and Face	2:09

No.12 Tian Yuan with music (55 minutes)

- *Same as No.9, with music*
- *Tian Yuan with 5 minutes of each segment of Push/Pull and Open/Close without counting*
- *segments separated by a gong sound*

1. Opening	0:22
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	25:17
5. Open and Connect Sanjiao	18:41
6. Ending	4:01
7. Head and Face	2:09

No.13 Tian Yuan and Di Yuan (74 minutes)

- *Tian Yuan with 3 minutes of each segment of Push/Pull and Open/Close without counting; segments separated by a gong sound*
- *30 minutes of Di Yuan standing form (15 minutes at Lower Dantian, 10 minutes at Middle Dantian and 5 minutes Upper Dantian)*

1. Opening	0:28
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	15:17
5. Open and Connect Sanjiao	13:22
6. Ending of Tian Yuan	1:18
7. Di Yuan Preparation – Body and Qi	2:07
8. Di Yuan Preparation – Shen and Mind	1:59
9. Lower Dantian continued	10:50
10. Middle Dantian	10:00
11. Upper Dantian	5:00
12. Ending of Di Yuan	7:07
13. Head and Face	2:09

No.14 Tian Yuan and Di Yuan

Total playing time:

- MP3: 81 min
- CD: 80 min

- *Tian Yuan with 2 minutes of each segment of Push/Pull and Open/Close without counting; segments separated by a gong sound*
- *45 minutes of Di Yuan standing form (15 minutes at Lower Dantian, Middle Dantian and Upper Dantian each)*

1. Opening	0:28
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	10:17
5. Open and Connect Sanjiao	10:22
6. Ending of Tian Yuan	1:18
7. Di Yuan Preparation – Body and Qi	2:07
8. Di Yuan Preparation – Shen and Mind	1:59
9. Lower Dantian continued	10:50
10. Middle Dantian	15:00
11. Upper Dantian	15:00
12. Ending of Di Yuan	7:06
13. Head and Face	2:09

No.15 Tian Yuan and Di Yuan

(104 minutes – **available only in MP3 format**)

- *Tian Yuan with 3 minutes of each segment of Push/Pull and Open/Close without counting; segments separated by a gong sound*
- *60 minutes of Di Yuan standing form (30 minutes at Lower Dantian, 15 minutes at Middle Dantian and 15 minutes Upper Dantian)*

1. Opening	0:28
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	1:44
4. Gather Qi from Liu He	15:17
5. Open and Connect Sanjiao	13:22
6. Ending of Tian Yuan	1:17
7. Di Yuan Preparation – Body and Qi	2:07
8. Di Yuan Preparation – Shen and Mind	1:59
9. Lower Dantian continued	25:50
10. Middle Dantian	15:00
11. Upper Dantian	15:00
12. Ending of Di Yuan	7:06
13. Head and Face	2:09

No.16 Di Yuan (75 minutes)

- *60 minutes of Di Yuan standing form (30 minutes at Lower Dantian, 15 minutes at Middle Dantian and 15 minutes Upper Dantian)*

1. Opening	0:23
2. Preparation – Body	2:32
3. Preparation – Shen and Mind	2:25
4. Di Yuan Preparation – Body and Qi	1:35
5. Di Yuan Preparation – Shen and Mind	1:58
6. Lower Dantian continued	26:18
7. Middle Dantian	15:00
8. Upper Dantian	15:00
9. Ending of Di Yuan	7:07
10. Head and Face	2:09