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宁神练意调心功

NING SHEN LIAN YI TIAO XIN GONG

(Nerve Calming, Thought Training, Mind Regulating Method)

预备势

yù bèi shì

Preparation

一. 意守丹田

yì shǒu dān tián

Focus on Dan Tian

二. 止心命门

zhǐ xīn mìng mén

Focus on Ming Men

三. 劳宫采气

láo gōng cǎi qì

Gather Qi through
Lao Gong

四. 系念涌泉

xì niàn yǒng quán

Focus on Yong Quan

五. 引气任督

yǐn qì rèn dū

Guide Qi along Conception
and Governor Vessels

收势

shōu shì

End