



基础班和教练养成班上课心得

练返老还童气功 重拾身心灵健康

文 | 文庆练功场 — 萧耀兴助教



我

有幸参加了在 2023 年 3 月举办的“返老还童气功基础班和教练养成班”，共历时四天。前两天我们着重学习了返老还童气功的基础知识，后两天则专注于成为助教的培训。值得一提的是，由于新冠疫情的影响，这个课程已经有三年半没有开办了。然而，随着新冠防控措施的逐步放宽，协会终于可以再次举办这个课程了。

这个课程由返老还童气功的创始人蔡良安老师和郑明瑛老师共同指导。他们不吝分享自己的知识和经验，让我们受益匪浅。他们向我们介绍了返老还童气功的原理，讲解了正确的姿势和呼吸技巧，以便我们可以有效地练习，达到预期的效果。所谓意到气到，我们还学习了意念在帮助气在身体内流动方面的重要性。

现代科学估计，人类的理论寿命可达 150 岁。然而，由于各种环境和生活方式的因素，我们的身体在 50 到 60 岁时往往迅速退化。这种退化的症状包括记忆力衰退、脱发、性功能下降、食欲不振、消化不良、便秘、失眠、浅眠、老花眼、容易疲劳、皮肤松弛、肤色暗淡、体温偏低、驼背等等。然而，通过练习返老还童气功，已经有许多功友在健康和精神方面变得焕然一新的案例。在文庆练功场所，我就亲眼目睹了一位功友经过数年的刻苦练习后，原本弯曲的背部变得比较挺直的神奇转变。

基础课程篇： 活络筋骨、闭目养神、饮食之道

我们的脊柱在保持内脏位置上扮演着重要的角色。它支撑和稳定着我们的内脏器官。脊柱虚弱或不正常可能会造成我们的内脏器官受压迫，导致各种健康问题。蔡老师教导我们通过动功中哈气时的弯腰姿势检查脊柱健康状况。通过第 6 式和 7 式练功法，即天地交会和神龙摆尾，脊柱有机会得到伸展和纠正。

除了脊柱健康，蔡老师还强调肌肉的重要性。研究表明，连续卧床两周会导致肌肉流失和柔韧性降低，导致背痛。因此，通过定期锻炼来保持良好的肌肉健康至关重要。

骨密度是骨骼健康的另一个指标。接受阳光的照射可以促进骨骼更强壮且密度更高。因此，练习气功时选择在早晨并且之后接受一些阳光照射很重要。

接下来，蔡老师解释了内经图。为了使气能够在任督二脉中正常流动，一个人必须具备以下先决条件：良好的食欲和消化能力、规律的排便习惯、身体保持温暖。通过满足这些先决条件，身体就能更好地支持气在经络中的正常流动，这对于全面的健康至关重要。

随着年龄的增长，血管中会有沉积物，导致血管变窄，这可能会导致严重的健康问题。这种情况通常没有症状，直到阻塞变得非常严重。为了促进健康的血液循环，蔡老师建议在饮食中加入洋葱、大蒜、姜、葱等食物，以及摄入南极磷虾油等保健品。

在整个课程中，蔡老师强调练功后冥合或小憩的重要性。通过让气回归到正确的经络并自然流动，人们可以感到眼睛明亮并且精神好，思维更为清晰。这种体验与没有练习气功的人休息时截然不同。需要休息的时间因个体健康状况而异，体质较弱者需要更长时间的休息来恢复元气。随着身体健康状况的改善，休息时间可以缩短。

对于那些无法躺下休息的人，蔡老师还教授了坐姿冥合法。通过在椅子上略微仰卧，双手放在腹部，头微低垂，注意下丹田，放松口腔，呼吸自然可以进入深度休息状态。这种姿势模仿了胎儿的姿势，可以有效地促进放松和恢复元气。

在一个冥合时段里我睡着了，醒来后感觉精神焕发，下午的课程中能够保持警觉和专注。蔡老师强调冥合和小憩的重要性，提醒我们放松对于实现身心健康的关键作用。

教练养成课程篇： 不忘初心、力求上进、谦卑助人

两天的基础班匆匆过去了，接下来是教练养成班。这是一门可以让一般功夫友提升成为助教并可以带功的课程。在课程开始时，郑老师问大家参加教练养成班的目的。是学习正确的练功方式？是被迫参加？是为了荣誉感？还是为了一份使命感？很显然，使命感是最重要的。它能让我们保持正确的心态，自信并给予我们有克服困难的抗压能力。

然后，便突然进入了审核时段。我说“突然”是因为我原本以为我们会先上课再进行审核所以没有心理准备。”返老还童修炼功法 - 练功注意事项。要保持谦卑助人之菩提心的四个原则是什么？”，不知是幸运还是不幸，第一个问题直接就向我提出了。我拼命回忆，最终只想起了一个原则：“不是非”。在其他学员的通力合作下，我们终于拼凑出了“不是非、不批判、不指责、不说教”的完整答案。


我们的总监杨金凤时常说，人多了就会自然地出现许多冲突和问题。提醒我们时刻注意和调整好自己的心态。如果每个

人都秉持这四个原则，那么应该可以减少许多不必要的摩擦。然而，我们无法控制别人的言行。当然，时不时会有关于自己的流言蜚语传入我们耳里。这使我想起内经图里的一句话：“心神丹元字守灵”。如果我们平时多注意修炼，那么我们就应该能够识别“内鬼”的惯性倾向，避免不必要的贪欲和愤怒。要认清：是声音干扰我们，还是我们去干扰了声音？

在审核过程中，郑老师还提醒学员们一些关于安全的注意事项。这些是重要的知识，可以帮助我们在带功时提醒功夫友避免受伤。这种互动式的问答过程让我非常惊奇，能够把这些资讯深深地铭刻在我的脑海里。以下是一些我记得比较清楚的例子：

- 1 如果你昨天喝了酒，请不要练气聚灵台，因为这会对你的身体产生负面影响
- 2 对于初学者，老师强调只吸三分气，以避免过度吸气导致头晕目眩的情况发生
- 3 我们也必须穿跑步鞋，保护好我们的脚部和后脑
- 4 老师还提醒我们，如果你有高血压、低血压、心脏或心血管疾病、女性经期、视网膜脱离、刚刚开过刀或怀孕等情况，就不要压气或者行功。在吸气后，直接哈出来，然后再进行姿势动作

在这堂课程中，共有 25 位学员。我非常佩服郑老师锐利的眼光，她能够迅速发现每位学员的动作缺失并及时记录下来。在课程结束前，老师又再次重申了需要加强的地方，并鼓励我们向总监和教练们请教如何将身型和动作做到位。我们需要在平时的练功中保持这种标准的功法，并牢记口诀和要领。最后，老师让我们保持着不忘初心、正面思维和谦卑助人的态度，并自我要求，努力成为更好的自己。



保持谦卑助人之
菩提心的四个原则：
不是非，不批判，
不指责，不说教

调功篇

在审核和上课时段里,学员接受到组长、功法委员以及老师的细心指导,从中受益匪浅。

以下是一些我个人的体悟：

（一）天人合一

在过去的练习中,我在双手合十的时候经常不自觉地含胸,微微用力,从而产生一种紧绷的感觉。在组长的指导下,我学会了放松肩膀、扩胸,并将双手轻轻合掌和摆正。调整后,我感觉这个姿势更轻松舒适。发声时,气也更加畅顺。此外,老师还提醒我们,需要将双手沿身而上,不要碰到身体,直到把手拉到喉轮。这种方式让我感到提气时更有力度。

（二）转动河车

老师在指导我们转动河车时,强调了一些微小但重要的动作细节。在踏步的同时,提肛能够使动作更有力道,因此在这个时候提肛会比较有效。另外,瞪眼也不是用力去瞪,而是要用意念。老师通过一个实验让我们体会到,当我们将意念集中在手指上时,就能够将气导向手指并感受到手指的膨胀感。同样的,转动河车时,若将意念放在眉心,则可以引导气从玉枕穿过通过泥丸或百会,到达眉心,刺激松果体,提升睡眠质量。此外,跑步时应该微微往前倾并弹跳。着地时,脚应该微曲以保护膝盖,双手向斜摆动但不越过身体中央线。跑步速度应该较快,但仍需留出时间提肛和瞪眼。如果出现喘不过气的情况,要警惕心血管疾病的风险。

完结篇

这个气功课程是一个很棒的体验,并且也非常有价值。在课程中,我们学习了各种技巧,不仅能够改善我们的身体健康,还对我们的情绪和心理健康产生了积极影响。

我要向返老还童气功创始人蔡老师和郑老师表达我由衷的感谢。他们的真诚和热情为我们的学习体验带来了积极的影响,我感到很庆幸有机会向他们学习。

志工教练们也为我们提供了卓越的支持和指导。我深深感谢他们在我们的学习旅程中努力不懈地帮助我们。他们随时乐意解答问题并给予鼓励,他们的知识和奉献精神着实难能可贵。

课程学员之间的凝聚力让我印象深刻。大家都很友善。有些人甚至提议让曾经是陌生人的同学乘搭顺风车。我非常敬佩一些曾经是癌症患者的学员,他们不仅克服了疾病,还成为了助教,帮助其他功夫。总的来说,这个课程是一个令人难忘的经历,我们离开时都感到充满了活力、喜悦和安宁。

（三）心轮式

当练习这一式时,应该抬起头部,扩张胸部,将气沉到下丹田。闭气时无需意守任何地方。心轮式有助于放松身心。心轮式加上之前的拉河车运动,帮助打通心脏经络,从而让人感受到更大的平静和宁静。每当我通过练习心轮式放松身心时,就会感到一丝淡定和欢喜。建议大家在练习时也不妨细细去体会。

（四）气聚灵台

蔡老师提醒大家,在练习气聚灵台时,手肘应与肩同宽。大部分的重量(约95%)应由肘部承担,而头部只需稍微承受一些力量。头着地的位置应该在发际线周围。练习此式能够帮助自己达到完全放松的状态。当老师询问时,许多学员都经历过放松到入睡的情况。我偶尔也会感到内心安稳舒适,不想结束这一式的练习。



最后,我要感谢所有为课程的成功做出贡献的志工,从处理后勤事务到通过摄影捕捉课程美好时刻。他们的辛勤工作和付出对于创造一个利于学习的环境是至关重要的。

我感激许多人、事、物的因缘具足,使得这个课程取得了成功。新冠疫情教会了我们意外可能随时发生,因此我们不应该对这样的好因缘感到理所当然。如果这门课程再次开办,我建议任何想要改善身体、情绪和心理健康的人抓紧机会报名参加。衷心感谢所有让这门课程得以实现的人。

Reflections on the Foundation and Coach Development Course

Written by Boon Keng Practice Venue, Seow Yew Heng

I attended the Infinite Youth Qigong Foundation and Coach Development Course in Mar '23 and it was truly a pleasure. The course spanned four days, with the first two days focused on laying the foundation of Infinite Youth Qigong and the remaining two days dedicated to coach development. It's worth mentioning that due to the COVID-19 pandemic, this course had not been conducted for the past three and a half years. However, with the easing of COVID-19 measures, the association was able to organize this course once again.

The course was led by the founder Master Tsai Liang An and Cheng Ming Yin, who generously shared their vast knowledge and experience with us. They taught us the essential principles of Infinite Youth Qigong, including the correct posture and breathing techniques required for effective exercise. Additionally, we learned about the significance of mental intention to facilitate the flow of Qi throughout the body.

As modern science has estimated that humans could potentially live up to 150 years, it is unfortunate that our bodies tend to deteriorate rapidly from the age of 50 to 60 due to various environmental and lifestyle factors. Symptoms of this deterioration include memory loss, hair loss, reduced sexual ability, low food intake, poor digestion, poor bowel movement, insomnia, light sleep, presbyopia, tiredness, loose skin, dull complexion, low body temperature and a crooked back etc. Through practicing Infinite Youth Qigong though, there are many examples of practitioners who became rejuvenated and revitalized. At the Boon Keng practice venue, I personally witnessed a qigong practitioner whose hunchback became noticeably straighter after a few years of consistent practice.

Foundational Course Episode - Reinvigorating the Body, Nurturing the Mind, and Embracing a Healthy Diet

The spine is a vital component of our skeletal structure as it supports and stabilizes our internal organs. A weak or misaligned spine can compress our internal organs, leading to various health issues. Master Tsai taught us an effective way to check our spinal health through a forward bending posture from the dynamic qigong segment.

Exercises No. 6 and 7, namely Tian Di Jiao Hui and Shen Long Bai Wei (Forward Bending and Spinal Exercises) help straighten the spine and improve one's health.

In addition to spinal health, Master Tsai also emphasizes the importance of muscle health. Studies have shown that being bedridden for 2 weeks can result in muscle loss and decreased flexibility, leading to back pain. Hence, it's crucial to maintain good muscle health through regular exercise.

Another aspect of bone health is bone density. Exposure to sunlight has been shown to promote the growth of stronger bones with higher density. As such, practicing qigong in the morning and getting some sunlight exposure thereafter can contribute to better bone health.

Master Tsai explained the Diagram of Inner Channels next. He also outlined the pre-conditions necessary for the proper flow of Qi through the meridians. These pre-conditions include having a good appetite and healthy digestion, regular and healthy bowel movements, and a warmer body. By meeting these pre-conditions, the body is better equipped to support the proper flow of Qi through the meridians, which is essential for overall health and wellbeing.

As we age, deposits can cause our arteries to narrow, which can lead to serious health issues. This condition is often asymptomatic until the blockage becomes severe. To help promote healthy blood circulation, Master Tsai recommends incorporating foods like onions, garlic, ginger, and spring onions into our diet, as well as taking supplements such as Antarctic Krill Oil.

Throughout the course, Master Tsai stressed the importance of meditation or naps after practicing Qigong. By allowing the Qi to return to the proper meridians and flow naturally, individuals can feel rejuvenated, focused with brighter eyes and experience greater clarity of mind. This experience is unique to individuals who have practiced Qigong before resting. The required period of rest varies depending on an individual's health, with weaker individuals requiring longer periods to recuperate. As one's health improves, the required period of rest will decrease.

For those who may not have the luxury of lying down to rest, Master Tsai also taught a seated meditation posture. By reclining slightly on a chair, with hands placed on the abdomen, head slightly lowered, being mindful of the lower Dan Tian, relaxing your mouth, and breathing naturally, individuals can achieve a deep state of rest. This posture mimics that of a foetus and is highly effective in promoting relaxation and rejuvenation.

During one rest session, I fell asleep and woke up feeling refreshed, able to remain alert and focused throughout the afternoon sessions. Master Tsai's emphasis on the significance of rest and meditation serves as a valuable reminder of the crucial role they play in achieving optimal physical and mental health.

Coach Development Episode - Stay true to your initial intentions, strive for progress and be humble in serving others

The two-day basic course went by quickly, and now it's time for the coach development course. This is a course that can help practitioners become assistant coaches and be able to lead practice sessions. At the beginning of the course, Master Cheng asked everyone about their purpose for taking the coach development course. Was it to learn the correct way of practicing, forced to attend, for the glory, or a sense of mission? Obviously, a sense of mission is the most important. It can help us develop the right mindset, confidence, and resilience in the face of challenges.

Suddenly, it was time for the assessment. I mentioned "suddenly" because I thought we would have class first before the assessment so I was not mentally prepared. "What are the four principles of being humble and compassionate in the Infinite Youth Qigong - Important notes for practitioners' handbook?" Fortunately or unfortunately, the first question was directed at me. I tried to remember desperately, but only came up with one principle: "Do not gossip" With the help of other fellow practitioners, we finally pieced together the complete answer of "Do not gossip, judge, criticize or preach."

Our director, Amy Yong, often says that when there is a crowd, there will naturally be more conflicts and problems. She reminds us to be aware of and manage our own mindset regularly. If everyone adheres to these four principles, then many unnecessary frictions can be reduced. However, we cannot control the words and actions of others. Of course, we sometimes hear rumors and gossip about ourselves. This reminds me of a sentence from the Diagram of Inner Channels: "The mind guarding the inner spirit." If we are mindful, we should be able to recognize the habits and tendencies of the "inner spirit" and avoid unnecessary greed and anger. We need to recognize clearly: Is the voice disturbing us, or are we disturbing the voice?



During the assessment, Master Cheng also reminded the trainees of some safety precautions. These are important pieces of information that can help our fellow practitioners avoid injury when we lead practice sessions. This interactive question-and-answer process surprised me greatly and allowed me to deeply memorize this information. Here are some examples that I remember quite clearly:

- 1 If you drank alcohol yesterday, please do not practice Headstand Pose because this will have a negative impact on your body.
- 2 For beginners, the teacher emphasized only inhaling thirty percent of your capacity to avoid dizziness caused by excessive inhalation.
- 3 We must also wear running shoes to protect our feet and the back of our head.
- 4 Master Cheng also reminded us that if you have high or low blood pressure, heart or cardiovascular disease, menstruation, retinal detachment, just had surgery, or pregnant, do not compress your breath and lift the anal muscle. After inhaling, exhale directly, and then perform the posture.

There were a total of 25 fellow practitioners in the course. I admire Master Cheng's keen eyes, who quickly identified all the students' shortcomings and recorded them. Before the end of the course, the teacher kindly reminded everyone of the areas that needed improvement. She encouraged us to proactively seek advice from the directors and coaches on how to execute our posture and movements correctly. During normal practice sessions, we should maintain this standard and memorize the commands and guidelines. Finally, she asked us to adhere to our initial intentions, develop positive thoughts, be humble and helpful, set personal expectations and continuously strive to better ourselves.

Fine tuning Qigong technique episode

Course attendees benefited greatly with the attentive guidance of the team leaders, GongFa (Skills) committee members, and teachers during both the Prospective Coach Assessment and course proper. Here are some personal experiences I've gained:

1) Tien Ren He Yi

In the past, I used to unconsciously contract my chest and apply slight force when placing my palms together during the "Tien Ren He Yi" posture. With guidance from the team leaders, I learned to relax my shoulders, expand my chest, and gently join my palms together and align them with my body. After adjusting my posture, I felt much more relaxed and comfortable while practicing this posture. Breathing also became smoother when producing the "Oong" sound. Additionally, the teacher reminded us to pull our hands along our bodies without touching them until they reached our throat chakra. This method makes it easier for me to draw in a deep breath.

2) Turning the Water Mill

When practicing the "Turning the Water Mill" exercise, the teacher emphasized some subtle but important details. For example, lifting the anal muscle when stepping down, can make the movement more powerful, so it is more effective to do so at that time. In addition, when staring, it is not about exerting force to stare, but about using mental intention. The teacher used an experiment to help us understand that when we concentrate our intention on the fingers, we can guide the flow of qi to the fingers and feel the expansion of the fingers. Similarly, when practicing "Turning the Water Mill", if we focus our intention on the eyebrow chakra, we can guide the qi through the Jade Pillow point, stimulate the pineal gland, and improve the quality of sleep. Furthermore, when running, we should lean forward slightly and bounce. When landing, the feet should be slightly bent to protect the knees, and the hands should swing diagonally but not cross the centerline of the body. The running speed should be fast, but there should still be time to lift the anal muscle and stare. If you experience shortness of breath, you should be aware of the risk of cardiovascular disease.

3) Heart Chakra Pose

When practicing this Qigong posture, lift your head, expand your chest, and sink your Qi to your lower Dan Tian. You don't need to focus on any specific area when holding your breath. The Heart Chakra exercise helps to relax your mind and body. Coupled with the previous "Turning the Water Mill" exercise, it can open up your heart meridian, allowing you to experience greater calmness and tranquility. Every time I practice the Heart Chakra exercise to relax, I feel a sense of peace and joy. I recommend that everyone take the time to experience the practice for themselves.

4) Headstand Pose

When practicing the Headstand Pose, Master Tsai reminds everyone that the elbows should be shoulder-width apart. About 95% of the weight should be borne by the elbows, with only a slight amount of force applied to the head. The head should be placed around the hairline when touching the ground. Practicing this exercise can help one achieve a state of complete relaxation. When asked by Master Tsai, many students reported experiencing a state of relaxation that led to falling asleep. Occasionally, I also feel very calm and comfortable and am reluctant to end this exercise when the time is up.

Concluding Episode

I enjoyed attending the qigong courses and found them to be incredibly valuable. Throughout the course, we learned a variety of techniques that not only improved our physical health but also had a positive impact on our emotional and mental well-being.

I would like to express my heartfelt gratitude to Master Tsai and Cheng, the founders of the course. Their sincerity and passion for teaching made a significant difference in our learning experience, and I feel fortunate to have had the opportunity to learn from them.

The support and guidance we received from the volunteer coaches were exceptional. I am deeply grateful for their tireless efforts in helping us along our journey. They were always available to answer questions and provide encouragement, and their dedication and expertise made the course a truly special experience.

I was impressed by the camaraderie among the course participants. Everyone was friendly and some were even willing to offer lifts to fellow course mates who were once strangers. I have deep respect for some participants who were once cancer patients and not only overcame the disease but also became assistance coaches to help their fellow qigong practitioners. Overall, the course was an incredible experience, and we left feeling energized, joyous, and with a sense of calmness.

Lastly, I would like to thank all the volunteers who helped make the course a success. From taking care of logistics to capturing the beautiful moments of the course through photography, their hard work and commitment were critical to creating a supportive and conducive environment for all of us.

I am grateful that many circumstantial factors, such as the expertise, resources, and favorable conditions came together to make this course a success. The COVID-19 pandemic has taught us that unexpected disruptions could happen anytime, so we should not take such events for granted. If this course is offered again, I suggest anyone who wants to improve their physical, emotional, and mental health to seize the opportunity and enroll. I thank everyone who made this course possible.