

Qigong Secrets

Secrets of the Ancient Energy Masters - 22 Week Home Study Course

Week Sixteen

Second Son Carrying Mountains

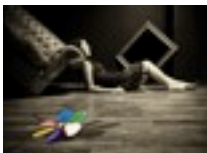
This weeks pattern is introduced. Great for working on chronic back pain and developing powerful arms for martial arts

Page 2

Form

Here are the written instructions for the form. Make sure you watch the video as well! Much easier.

Page 3



A Picture Paints A 1000 Words...

Visual instructions for practicing this weeks pattern

Page 4

Reasons why you'd choose to practice...

discover the benefits of practicing this weeks pattern...



Page 5

The 3 Requirements for Success...

I wish I could make this more complex and 'mystical' sounding than it really is, but it really is very simple to succeed if you have these 3 vital ingredients.

Page 6

Homework & Coming Up Next Week....

Whatever you do, make sure you complete your progress tracker!!

Page 7



Welcome!



Welcome to week 16 of the home study course.

This weeks pattern: Second Son Carrying Mountains is perhaps one of the simplest patterns from the 18 Lohan Hands Qigong Set and therefore gets a 2 on the TOM scale. Even so, make sure



Hands up if you know the what the 3 vital requirements for success are. The answer may surprise you. Find out on page 6 of this weeks written material.

you keep your shoulders and your legs relaxed whilst doing it!

Useful for the back, the neck and the spine it can really help to overcome chronic back pain. It is also helpful for developing powerful 'bridges' or arms for martial artists and stimulates 4 of the 8 wondrous meridians.

As promised I'll also be revealing this week the 3 requirements for success in any pursuit. If you have these 3 things then you're success is almost guaranteed in anything you want to achieve.

Requirement number 3 might surprise you, but this really is the vital ingredient that can make the difference between success and failure.

Let's get started....

Second Son Carrying Mountains

二郎擔山

Chinese: Er Lang Dan Shan



Also Known As: Carrying Mountain

At A Glance:

Develops Powerful Arms For Martial Artists
Overcomes Chronic Back Pain





Form “Second Son Carrying Mountains”:

1. Start from Wuji Stance (fig. 1).
2. Raise your arms parallel to the floor (fig. 2).
3. Turning from the waist only pivot your upper body round to the right (figs. 3 and 4 and diagram 1).
4. Gently return back to the centre (fig. 5).
5. Now turn your upper body round to the left (fig. 6).
6. Gently return back to the centre (fig. 7).
7. Repeat steps 3 to 6, 10-15 times.
8. Lower your arms (fig. 8).
9. End (fig. 9).

Important notes:

Turn your upper body as far as you can comfortably. Do not turn the neck.

Breathing

1. Breathe in gently through your nose as you raise your arms (fig. 2)
2. Breathe out gently through your mouth when turning your upper body to the right (fig. 4) or to the left (fig. 6).
3. Breathe in gently through your nose as you return back to centre (figs. 4 and 7).
4. Breathe out gently through your mouth as you lower your arms (fig. 7).

Second Son Carrying Mountains

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fig.1



fig.2



fig.3



fig.4



fig.5

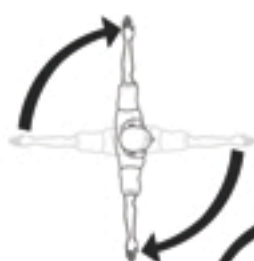


diagram 1

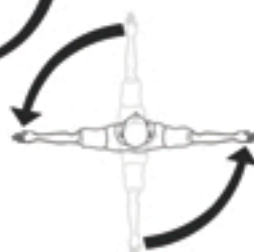


diagram 2



fig.6



fig.7



fig.8



fig.9



Why you may choose to practise Second Son Carrying Mountains

This exercise is good for the back, spine and the neck. It also stimulates four of the eight secondary meridians and as a result increases our longevity.

The eight secondary meridians are also known as the eight wondrous meridians. They are wondrous because they can store or give energy when needed. They act like energy reservoirs and resemble vertical energy grids.

Avoid this pattern if you know you are diagnosed with hyper-tension.



The Three Requirements For Success

No matter what you wish to learn and master, whether it is tennis, running, swimming, driving or Shaolin Qigong, there are 3 essential requirements for your success. They are:

1. **The Teacher** – You must learn from someone who is a master of what you wish to excel at, or at least a competent instructor. Genuine masters of any type are understandably rare and/or hard to come into contact with. If your Vision, Aims and Objectives are all in alignment though, you will do what it takes to learn from the best master you can.
2. **The Method** – The method you learn must have a history of consistently achieving results that match your Vision, Aims and Objectives. If it doesn't then it is unlikely that you will meet your needs. It is worth researching what methods are available before committing to one. This process will be made easier if your Vision, Aims and Objectives are very clear.
3. **The Student** – This is the most important requirement of all - YOU! You may have the best master in the world teaching the best method. But if you don't put in the work, follow the instructions and persevere then you will be wasting your time and the master's time. If the master tells you to walk over a bridge and drop a pebble into the stream every day. Do it! Sigung Ho Fatt Nam (my teachers, teacher) was told to practice horse stance every day by his master and for 6 months was shown nothing more. Even though Sigung Ho was a martial arts master in his own rights, he followed his master's instructions. This is being a good student. Good students are perhaps even rarer than masters!

Make sure you have these 3 vital ingredients and you will drastically increase your chances of success.



Homework

1. Complete your progress tracker for Week 15
2. Last lesson you were practicing Divine Crane Starts Dancing when you came to the F (form) in PERFECT. This week substitute with Second Son Carrying Mountains, unless you have hypertension. In which case practice last weeks patter Divine Crane for another week.

Remember: We don't learn Qigong, we practice Qigong so practice preferably twice a day, once in the morning and once in the evening. But at least once a day.

Coming Up Next Week....

Next week we'll be learning and practicing the pattern called Lohan Draws Saber. This pattern ranks as a 6 on the TOM scale.

It is excellent for generating energy flow to the 8 secondary meridians and releases tension in the neck and shoulders.

I'm also hoping, that by coming this far in the course you might have started contemplating learning directly from a Qigong teacher. The problem is of course, how do you find a good one?

Well next week I will share a separate, short report that addresses that exact issue and give you clear guidelines as to what to look for. I've deliberately kept it short and to the point so as to make finding your ideal Qigong instructor as painless as possible. They are out there!

See you next lesson.

Marcus James Santer

