

八卦导引 *Bāguà dǎoyǐn* 'Guiding & Stretching'

| |
|---|
| 1. 左顾右盼通昆明 <i>Zuǒgù yòupàn tōngkūnmíng</i> 'Look left look right through Silk Road' |
| 2. 前後引頸蓋朝天 <i>Qiánhuò yǐnjǐng gàizhāotiān</i> 'Forward backward stretch neck to cover morning sky' |
| 3. 側搖天柱舒心氣 <i>Cèyáo tiānzhù xūxīnqì</i> 'Side shake heaven pillar to relax heart energy' |
| 4. 擎天柱地百脈通 <i>Qíng tiānzhùdì bǎimàitōng</i> 'Prop heaven column to earth 100 vessels open' |
| 5. 炭火燒身逞英豪 <i>Tànhuǒ shāoshēng chěngiáo</i> 'Charcoal fire burns body and become a hero' |
| 6. 平沙落雁念衡山 <i>Píngshāluòyàn niàn héngshān</i> 'Flat sand lands wild-goose missing Weighty Mountain' |
| 7. 蛟龍回首望沙灘 <i>Jiāolóng huíshǒu wàngshātān</i> 'Flood Dragon turns around to gaze at sandy beach' |
| 8. 天地交泰靈氣通 <i>Tiāndìjiāo tàilìngtōng</i> 'Heaven and earth intersect Great Spirit energy opens' |
| 9. 喜鵲登梅水生木 <i>Xǐquè dèngméi shuǐshēngmù</i> 'Magpie steps on plum water births wood' |
| 10. 道修函谷臨東海 <i>Dào xiū hán gǔ lín dōng hǎi</i> 'Roads built to Sheath Pass arrive at eastern sea' |
| 11. 犀牛望月經絡通 <i>Xīniú wàngyuè jīngluòtōng</i> 'Rhinoceros looks at moon channels and collaterals open' |
| 12. 陰陽調和拿真祥 <i>Yīnyáng tiáohé nǎzhēnxiáng</i> 'Polar opposites mix harmoniously grasp True Auspicious' |
| 13. 金銅震地定乾坤 <i>Jīntóng zhèndì dìngqiánkūn</i> 'Gold Bronze shakes earth stabilizes the Universe' |