



# Ba Gua Nei Gong Volume 5: Tian Gan Heavenly Stem Nei Gong

*Tom Bisio*

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Embedded within the martial art Ba Gua Zhang is a complete system of internal exercises that promote self-healing and longevity and transform consciousness. Ba Gua Nei Gong consists of nine powerful and profound methods of internal exercise and self-cultivation.

This book is the fifth in a series of manuals on Ba Gua Nei Gong. It can be used in conjunction with actual instruction in Ba Gua Zhang, or employed as a stand-alone instruction manual.

**Tian Gan Nei Gong** is indispensable to the practice of Ba Gua Zhang and the martial arts in general. The Tian Gan Exercises develop the ability of the legs and waist to generate the torsional spiraling power known as "Silk Reeling" Energy. Tian Gan also trains the correct internal mechanics for many of Ba Gua Zhang's martial actions such as: piercing (*chuan*), chopping (*kan*), splitting (*pi*), drilling (*zuan*), rolling (*gun*), pulling (*la*), leading (*ling*), seizing (*na*), covering (*gai*), overturning (*fan*), pressing (*an*), uplifting (*tiao*), rotating (*zhan*), twisting (*ning*), coiling (*chan*) and wrapping (*guo*).

Tian Gan literally means "Heavenly Stem." The name Tian Gan refers to the longitudinal energetic axis or stem (the "Central Channel") that passes through the body. In practicing Tian Gan Nei Gong, the spiraling and turning actions of the body and Central Channel, combined with the movements of the arms and legs, stimulate and open the meridians, while simultaneously "wringing out" the spine and its surrounding structures. This helps maintain the health of the spine, the brain and the nervous system. Tian Gan Nei Gong can be an important adjunctive practice method for various types of Daoist meditation, and a useful prerequisite to Micro-Cosmic Orbit meditation.

There are many versions of the Tian Gan exercises and several modes of practice. The sixteen Tian Gan Exercises presented in this book have been chosen, because they consistently produce the body changes and power development necessary for Ba Gua, and because they form a logical and complete sequence. This method of practicing Tian Gan employs a natural, upright posture, which allows one to more easily feel the connection of the Tian Gan Exercises to various segments of Ba Gua's Eight Palm Changes. One is also able to sense the subtle movements of the spine and Central Channel, and their connection to the lower body. Tian Gan (Heavenly Stem) Nei Gong as presented in this book is suitable for a wide range of individuals, including those who are learning the exercises for health preservation or rehabilitative rather than martial purposes.

**Ba Gua Spinal Meditation** is a unique training method that enables one to sense the subtle internal movements of the spine. A detailed discussion of Spinal Meditation is included in this book because this exercise forms a natural compliment to the Tian Gan exercises.

The Ba Gua Nei Gong Series:

- Vol. 1: Yin Yang Patting and Dao Yin Exercises
- Vol. 2: Qi Cultivation Exercises and Standing Meditation
- Vol. 3: Twelve Posture Standing
- Vol. 4: Foundational Body Training
- Vol. 5: Tian Gan Heavenly Stem Nei Gong

Vol. 6: Marrow Washing Nei Gong



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