

History of eight pieces of brocade Qigong

The great Buddhist teacher, [Bodhidharma](#) (448-527 CE), introduced a set of 18 exercises to the Buddhist monks at the Shaolin Temple similar to yoga to help achieve enlightenment. Buddhism and yoga meditation techniques practiced in India for thousands of years were absorbed into the Chinese culture.

Often called Eight Treasures or Golden Eight this form was developed by General Yue Fei about a 1,000 years ago during the Song Dynasty (invasion of Mongolian army). The martial artists (soldiers), many were trained in Chinese medicine had to use Qigong to heal and improve their health.

Brocade is a very fine silk cloth, so doing this form our bodies are wrapped in this brocade.

Qigong techniques

The mind (Yi), when trained by meditation, is able to perceive the subtle levels at which the Qi functions. When the mind moves Qi follows.

Feeling or listening is the language the mind uses to communicate with the body.

Sung, Stretching or Opening with no tension, relaxed state.

Breathing is coordinated with the stretching.

Shen or spirit, when the Qi rises it enhances the spirit

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