

## Qi Journal First Article

This will be the first of several articles about our (Kevin Siddons and Ying Liang) effort to translate Xi Sui Jing to English.

I (KS) first started practicing Qigong over five years ago. The first form I started practicing was Yi Jīn Jīng. As I was practicing, I wanted to learn more about the origins of the form. In my efforts to track down copies of the ancient documents, I contacted Livia Kohn (an expert on translating Chinese Daoist materials into English). She graciously referred me to Meir Shahaar of Tel Aviv University (an expert on translating Qing Dynasty documents into English).

Dr. Shahaar suggested the following book - 中国传统养生珍典.

After diligent researching, and with the help of my local library (Bethlehem Public Library - thank you Valerie Mann), I was able to access a digital copy of the document from a Chinese source.

Being that I am hopelessly mono-linguistic, I initially began translating with Optical Character Recognition software (iOS app Scan&Translate) and translation software (iOS app Pleco). While this was helpful translating characters and phrases, sentence structure was lacking. I then began searching for someone who was fluent in both English and Chinese. I (KS) was very fortunate to have been lead to meet my co-author Ying Liang.

Ying is a Fulbright scholar at Lafayette College in Easton PA. She has a Master Degree in English Literature and is a trained translator. (Ying, please add more. This is a chance to brag some.)

Together we have been translating 中国传统养生珍典 (Middle Kingdom Traditional Life Nurturing Precious Canon).

### *The change of focus: from Yi Jin Jing to Xi Sui Jing*

As I (KS) said, my initial focus was to learn more about Yi Jīn Jīng (Muscle Changing Scripture). As Ying and I translated the initial sections of The Middle Kingdom Traditional Life Nurturing Precious Cannon (Middle Kingdom book for short) I found that there was a section on Xi Sui Jing (Essence Cleansing Scripture). Up until that point, whenever I found historic descriptions of Yi Jīn Jīng, I found short descriptions of Xi Sui Jing. What was common to all descriptions was that historic copies of Xi Sui Jing had been lost. I was completely surprised to find that I had access to this lost document. Since this chapter is shorter than all the other chapters in the book and because I thought this would be a significant contribution to the growing practice of Qigong, I shifted my focus to translating this first.

### *The author of the Middle Kingdom book*

First, I think it is important to understand something about the individual that authored and edited the overall book. Ying was

able to find the following biographic materials. (Ying, please add some description of how and where you found this.)

## Bio

Dr. Ding Ji Hua, male, (1932-) is from Feng Hua city of Zhejiang Province. He was a researcher in the Orthopaedic Hospital of China Academy of Chinese Medical Sciences (now the Wang Jing Hospital of CACMS). He graduated from the Harbin Medical University in 1954.

He was the past director as well as CPC chief of the Orthopaedic Hospital of CACMS. He is now the director for its department of theories and information. He also held some part-time positions out of the hospital.

He was a member of:

- the Expert Committee,
- the Senior Professional Title Evaluation Committee and the Academic Degree Committee of CACMS,
- an executive director of China Association of Rehabilitation of Disabled Persons,
- an adviser for the Orthopaedic Committee of the China Association of Chinese Medicine,
- Vice director for China Journal of Orthopedics And Traumatology and Chinese Journal of Traditional Medical Traumatology & Orthopedics.
- He was involved in two U.S. Medical academies.

- He was a visiting professor in Shenzhen University and chaired 3 national scientific programs.
- His program in the State Administration of Traditional Chinese Medicine is called "The Research and Sorting of the Ancient Texts on TCM Orthopaedic". It received the Achievement Award from CACMS.
- His program, sponsored by the National Natural Science Fund, is called "Study of the 30 Modern Expert Schools in TCM Orthopaedic". It got the S&T (Science and Technology) Progress Awards from the the State Administration of Traditional Chinese Medicine.
- His program in the State Administration of Traditional Chinese Medicine with the name of "Study on the Clinical and Experimental Treatment of Senior Citizen's Osteoporosis Through the Method of Enriching Their Kidney System and Essence" is soon to finish.
- He is now engaged in the "Study and Building of a Software Storing Ancient and Modern TCM Orthopaedic Texts and Information".

He wrote many books:

- Collection of the TCM Orthopaedic Works,
- Basics for TCM Orthopaedic,
- Foundation for TCM Orthopaedic, Different Schools'
- Theories on TCM Orthopaedic,
- Collection of TCM Essences Throughout the History,
- Essence of Modern TCM Schools,
- Collection of TCM Orthopaedic.

He also chaired the editing of many ancient scripts, such as:

- Treatment of All Injuries-Recover From Injuries From Falls, Fractures, Contusions and Strains,
- The Real Knowledge Passed On By Famous Experts in Injuries from Falls, Fractures, Contusions and Strains,
- The Orthopaedic in Shaolin Temple and
- The Collection of Martial Arts and War Strategies.

Among his works, the Collection of the TCM Orthopaedic Works is awarded as an National Excellent Book. It also got awards such as Excellent National TCM Ancient Books and National Excellent Reference Book.

He also publish dozens of papers in domestic and foreign journals, such as:

- The Treatment of Orthopaedic Problems in TCM and Combination of TCM and Western Medicine,
- The Characteristics and Development of TCM Orthopaedic,
- The Initial Study of the Theory of Kidney System Controlling Bones,
- The School of Enriching the Kidney System,
- Study on Treatment of Bone and Joints Problems by Using Medicines to Enrich the Kidney System.

Since 1992, he begin to receive the special allowance for experts from the State Council of PRC.

~~~

*More about the Middle Kingdom book.*

Dr. Ding worked to gather together important source documents about Qigong. Here's the Summary from the Middle Kingdom book.

### Summary

“Middle Kingdom Traditional Life Nurturing Precious Canon” is a reference book which: promotes the Chinese culture; helps the healthy to become even stronger; the sick to recover; and prolongs people's life.

In this book, we have collected:

- the Five Animal Exercises created by the well-known ancient doctor Hua Tuo,
- the Eight Pieces of Brocade written by Priest Qinghai of Wu Dang Mountain Daoism School,
- the Muscle Changing scripture and the Essence Cleansing scripture created by Bodhidharma of the Shaolin Monastery and Martial Arts School,
- and other materials.

Some of the documents and materials in this book are from relevant libraries, while other materials are from contributions of family heritage books of private collectors. Some material are taken from several versions to verify each other. Materials related to this topic written and published after 1911 are not included here.

In this book, there are not only martial art canons, but also tested medical prescriptions. In addition, there are many illustrations about how to practice for the readers to follow.

~~~

Next, the Forward.

### Forward

In the process of collecting ancient (from the Spring and Autumn and Warring State periods to the Ming and Qing Dynasty, which means before 1911 AD) Chinese medical books concerning the treatment of bone injuries, we have visited libraries of 26 Chinese provinces and cities, and gathered nearly three hundred sets of Chinese medicine documents concerning the treatment of bone injuries, including some books about "Dao Yin" (Daoist exercises involving breathing, stretching and self-massage) such as:

- "Muscle Changing Scripture",
- "Essence Cleansing Scripture",
- "Nurturing Life in Eight Aspects",
- "Essential Hygiene Techniques".
- and other books.

Additional works contain (are)

- "Five Animal Exercises",
- "Eight Pieces of Brocade",

- "Twelve Brocades",
- "Taoist Breathing Exercises",
- The internal (exercises to benefit the internal organs) and external (exercises to benefit the muscles and bones) schools of "Dao Yin",
- "the motion (exercises to benefit movement) and quietness (exercises to benefit contemplation) schools of "Dao Yin",
- and other exercises pieces and essential techniques.

Those exercises not only strengthen body and prolong life but also prevent and treat illness. They have special effects on the recovering from bone injuries and other illness. Therefore, I collect them into a book for the readers.

This kind of book (is) consequently an outstanding, leading compilation with broad and great benefits for the readers.

First:

It is said that the Muscle Change Scripture and Essence Cleansing Scripture were written by Bodhidharma, the eminent monk from India, during the period of Hou Wei dynasty (A.D. 386-534) at the Shaolin Temple at Songshan Mountain.

The editions we gathered here are the versions in the Tang Dynasty (AD 618-907), according to our textual research on the 6 different editions of Muscle Change Scripture and Essence Cleansing Scripture we have on hand.



Although the editions are different, most content are completely alike. There are only slight differences in wordings or ways of description. And just one or two sections are slightly different from other versions. Those differences maybe due to mistakes made by those who copied them by hands in a time when the printing technology is not very developed or maybe caused by an intentional addition by the copiers. (They made annotations about there additions.)

Every edition has a preface from Li Yaoshi of the Zhen Guan Period of Tang dynasty (618-907) and another preface from General Niu Gao, a warrior in the troop of the famous General Yue Fei of Song dynasty (960-1279).

Even if those prefaces in those two famous people's name may be faked, the original books are written by one person. The other versions passed down from the later dynasties just copied those original versions. There are nothing new in them.

Second:

the Nurturing Life in Eight Aspects is written by Gao Lian, a Daoism practitioner, while the above mentioned two scriptures are written by a prominent Buddhism monk. Therefore, "Dao Yin" (Daoist exercises involving breathing, stretching and self-massage) may have

something to do with religious self-cultivation or martial art exercises.

Third:

In order to stay faithful to the original document, and let the readers know what is from the original material and what is the editor's opinion, we use two fonts in writing them respectively.

Fourth

Because there are too many versions, we try our best to merge the similar contents during editing to avoid redundancy. At the same time, we made annotations under the title of different versions, showing differences in their table of contents and indicating that in which version can you find certain chapters. Though we have saved spaces through merging in that way, we sometimes have to allow some redundancy to assure the wholeness of some chapters.

Fifth

The materials we collected are mostly lithographic printing or handwritten copies. In sorting them out, we simplified the traditional characters of the ancient texts, split the sentences properly, added punctuation and corrected some wrong characters. In order to make sure materials about the same topic can appear in a collective way, we sorted them out into chapters of Five Animals Exercises , Eight Pieces of Brocade , Twelve Brocades,

Muscle Change Scripture, and Essence Cleansing Scripture. We also added names of those books as the title of sections for this book, therefore readers can easily refer to them.

Sixth:

The materials we collected are abundant in contents, rich in illustrations and texts and clear in explanations. They are all very easy to learn. Since it will be greatly beneficial to patients seeking to recover, medical professionals studying bone injuries and other illness, athletes, martial art fans and senior citizens, it is worthy to be introduced to the general public. Therefore, we edited this book for the readers

Ding Jihua - January 21st, 1998

~~~

Lastly, the Table of Contents.

## Table of Contents

Chapter of Wu Qin Xi / Five Animals Exercises

Brief Introduction

Illustrations and Explanations for Five Animals Exercises  
[Editor: Xi Xifan, Qing Dynasty (1644-1911)]

## Chapter of Ba Duan Jin/Eight Pieces of Brocade

Brief Introduction

External Robusting Power of Ba Duan Jin / Eight Pieces of Brocade, [Author: Bodhidharma, Northern Wei Dynasty (386-534)]

Illustrations and Explanations for Ba Duan Jin/Eight Pieces of Brocade [Editor: Xi xifan, Qing dynasty (1644-1911)]

Illustrations and Explanations for Yi Jīn Jīng / Muscle Change Scripture

Illustrations of the Miraculous Effect of Strengthening Power [Anonymous author, Qing Dynasty (1644-1911)]

Nurturing Life in Eight Aspects [Author: Gao Lian, Ming Dynasty (1368-1644)]

Illustrations and Explanations of the Sitting and Standing Postures of Ba Duan Jin/Eight Pieces of Brocade [Editor: Lou Jie, Qing Dynasty (1644-1911)]

Illustrations for Sitting Posture of Ba Buan Jin/Eight Pieces of Brocade [Author: Daoist Priest Qing Lai, Qing Dynasty (1644-1911)]

Illustrations for Ba Duan Jin/Eight Pieces of Brocade  
[Editor: Pān Wèi, Qing dynasty (1644-1911)]

Quxian's Method of Saving Life (Author: Zhū Quán, Ming  
Dynasty (1368-1644))

## Chapter of Shí Èr Duàn Jǐn / Twelve Brocades

Brief Introduction 144

Yì Jīn Jīng/Muscle Change Scripture • Shí Èr Duàn Jǐn/  
Twelve Brocades [Author: Bodhidharma, Northern Wei  
Dynasty (386-534)]

Wèishēng Yào Shù / Essential Hygiene Techniques • Shí  
Èr Duàn Jǐn / Twelve Brocades [Editor: Pān Wèi, Qing  
Dynasty (1644-1911)]

(Append) Yì Jīn Jīng / Twelve Illustrations for Muscle  
Change Scripture

(Append) Jiǔ Tú Què bìng Yán Nián Fǎ / Nine Illustrations  
for Illness Prevention and life Prolonging Methods

## Chapter of Yì Jīn Jīng / Muscle Change Scripture

Brief Introduction

Collection of Prefaces and Table of Contents for Yi Jīn Jīng / Muscle Change Scripture

Yi Jīn Jīng / Muscle Change Scripture [Author: Bodhidharma, Northern Wei Dynasty (386-534)]

Summary and Collection of Illustrations and Explanations for Inner and Outer Marshal Art • Twelve Illustrations for Muscle Change Scripture /Yi Jīn Jīng [Editor: Xi Xifan, Qing Dynasty (1644-1911)]

Illustrations and Explanations for the Outer School of Muscle Change Scripture • Illustrations of the Miraculous Effect of Strengthening Power [A Book from the Collection of Liáng Shì Chāng, Qing Dynasty(1644-1911)]

True Yi Jīn Jīng / Muscle Change Scripture • Treasured and Secret Copy of Xǐ Suǐ Jīng/ Essence Cleansing scripture [A Book from the Collection of Jiǎng Zhuzhuāng, Qing dynasty (1644-1911)]

Illustrations and Explanations for Yi Jīn Jīng/ Muscle Change illustrations [Author: Bodhidharma, Northern Wei Dynasty (386-534)]

Chapter of Xǐ Suǐ Jīng / Essence Cleansing scripture

Xī Suǐ Jīng / Essence Cleansing scripture[Author:  
Bodhidharma, Northern Wei Dynasty (386-534)

~~~

In the next article we will start presenting the content of the Xi Sui Jing or Essence Cleansing Scripture chapter.