

Laohu Gong (Chinese Shamanic Tiger Qigong)

Master Zhongxian Wu

Laohu Gong (Chinese Shamanic Tiger *Qigong*) is from the *Emei Zhengong* (Mt. Emei Sage Style *Qigong*) school. Mt. Emei Sage Style *Qigong* combines the traditions of ancient shamanism, Confucianism, Daoism, classical Chinese medicine, and the martial arts. The elements of this style are rooted in the ancient world of Chinese shamanism, which is the source of all the classical Chinese traditions. In ancient China, shamans were respected as sages, and sages were shamans. This Tiger form will be able to help practitioner channeling the shamanic power and universal *Qi*, especially *Zhengqi* 正气 (righteous or correct *Qi*). *Qi* can be translated as vital energy or vital breath.

The Symbolic Tiger

As a totem that corresponds to the great Dao, the tiger holds numerous symbolic meanings: Lung, breath, *Qi* 气, respiration system, change, control, circulation, rule, rhythm, West, Metal, Venus, transparency, upright, justice, autumn, wind, the Queen Mother of the West, and the seven Chinese lunar mansions in the Western sky.

Generally, in Chinese shamanic tradition, the tiger is addressed as *Baihu* 白虎—White Tiger. In Chinese culture, white does not merely mean the color white; rather, it is the symbol for transparency, clarity, purification, justice, or punishment, and is also symbolic of the activities of killing and destruction. The symbol for white is equal to the spiritual quality of the tiger totem. In nature, we can learn about the spiritual White Tiger through

the “killing” atmosphere of the fall season. This killing is the process that generates new life in the spring season and is the natural way to clear out old energy and weakness and to maintain stronger life energy.

As we observe in nature, when autumn comes, strong wind not only sweeps down the leaves from the trees but also breaks down the weak and sick branches of the trees. When the next spring comes, these trees grow into a better shape. We can discover this natural-spiritual tiger “killing” function of the fall season in the body by learning the function of the Lung. Regular Lung function breaks down old energy (including dead cells), clears up stagnation, kills invading evil (virus), and maintains *Qi* circulation. We would get sick easily without this “killing” function of Lung.

The Function of the Tiger Qigong

Usually, the Chinese call the tiger *Laohu* 老虎 —literally meaning “old tiger,” regardless of the tiger’s age. Chinese character Lao for old is a symbol for wisdom and shamanic power. The tiger is the spiritual animal of the western direction and is related to the Queen Mother of the West. The Queen Mother of the West is a condensation of the Subtlest Vital Breath of the Western Essence from the Vital Breath of the Dao of the Original Chaos.

The universal rhythm of the Dao can be found in the microcosm of the Lung. From a classical Chinese medicine perspective, we will never get sick if we can maintain *Zhengqi* in the body. Physically, *Zhengqi* is represented most strongly by the Lung, which

prevents *Xie* 邪 (evil) *Qi* from invading the body. Here, *Zheng* 正 can be translated as correct or upright. In contrast to *Zheng*, *Xie* can be translated as incorrect or tilted. Therefore, *Xieqi* includes all the factors, such as emotions, food, weather, habits, attitude, posture, or trauma, that may cause illness. One of the functions of Lung is to govern and energize all the meridians of the body. Strong Lung *Qi* helps us maintain wellness. We will be more susceptible to illness if the Lung *Qi* is weak. Thus, in Chinese medicine, the tiger is the spiritual animal of Lung and stands for the essential Lung *Qi* and vital breath.

The [Chinese Shamanic Tiger Qigong form](#) is based on symbolic power—the essence of Chinese Shamanism—and has both medical and martial arts applications. The tiger form is the story of energy circulation from west to east, the movement of the Dao itself, as the symbolic power of the tiger communicates directly with the Dao. There are twenty-four movements in the form. Each individual movement is a seasonal connected to the Universal energy to help one to improve one's life. Through regular practice of the tiger form, one will strengthen one's Lung function and tonify one's *Zhengqi* and increase the harmonizing *Qi* of the whole body. In this way, one will be able to attune the personal *Qi* to resonate with the Universal *Qi*, to discover one's true potential nature and breathe with the Dao.

See Master Zhongxian Wu's instructional DVD of [Chinese Shamanic Tiger Qigong](#) form