(English - Chinese)

# Dictionary of Common Qigong Glossary

Shanghai Qigong Research Institute

常用木碗解

(英汉双解)

主编 上海市气功研究所



Shanghai Scientific & Technical Publishers 上海科学技术出版社



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Dictionary

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Qigong is the study and practice of body-mind exercise. It is deeply rooted in traditional Chinese medicine, philosophy and health cultivation.

Today, the concept of gigong covers a wide variety of health cultivation forms. These include Dao Yin (Guiding & Stretching), Tu Na (Exhalation and Inhalation), Jing Zuo (seated meditation), Guan Xiang (insight meditation), Nei Dan (internal alchemy), Chan Ding (Samatha in Sanskrit, practice of calming of the mind) and Xing Ming Shuang Xiu (dual cultivation of inherent nature and life endowment), etc. With its traditional health cultivation theory and distinctive effects on body and mind, gigong healing is now attracting worldwide attention. However, people with different cultural backgrounds may have diverse perspectives in interpreting the meanings of gigong terms. This may further result in disparities or misunderstandings. With regard to international exchange of traditional Chinese medicine, little has been done on gigong translation. Although some gigong terms have been briefly translated in English-Chinese dictionaries or translation handbooks for Chinese medicine, the profound meanings and underlying theories of these terms are not well explained. One of the major challenges we are facing is to translate gigong with easyto-understand words and to make sure not to lose its extensions and connotations.

A total of 199 common qigong terms were initially screened by the staff at Shanghai Qigong Research Institute. Upon expert interviews, questionnaire survey and statistical analysis on word frequency, 178 terms were included in this Collections of Qigong Glossary.

The research team first paraphrased each term by referring to influential qigong books and dictionaries. These include *Encyclopedia* of Chinese Medicine, Practical Qigong Study in Chinese Medicine, Great Dictionary of Chinese Medicine, Great Dictionary of Buddhism, Great Dictionary of Chinese Daoism and Chinese Qigong Dictionary. Then the team worked on the translation principles and methods, with the goal of delivering connotations and extension of these terminologies

in English. After this, the Chinese version was reviewed by qigong experts; and the English translation was reviewed by Prof. Shin Lin at University of California Irvine.

This work was funded by the Three-Year Action Plan for Chinese Medicine in Shanghai (2015—2018) on Construction of Qigong Cultural Platform in the Museum of Chinese Qigong History (Program No: ZY3-WHJS-1-1010) and International Standard Study on Chinese Medicine, Shanghai University of Traditional Chinese Medicine (Program No: P2910701).

We believe English translations of these common qigong terms can help with international exchange on qigong education and research and contribute to standardization of qigong terminologies.

> Shanghai Qigong Research Institute January, 2015

气功学,是研究人体自我身心锻炼的方法和理论的科学,是祖 国医学遗产的一部分,也是古老养生学的一项重要内容。

现代"气功"涵盖了中华传统导引、吐纳、静坐、观想、内丹、禅定、性命双修等众多养身修行流派,"气功"疗法以其传统的养修理论、独特的身心效果蜚声海内外,引起世人的广泛关注。但是由于文化差异,和中医的推广一样,很多词语翻译不统一,不能很好地表达词语本身的含义,造成认识的差别或误解。在长期的中医对外翻译活动中,中医气功的翻译最为少见。目前,社会上流通的英汉词典或中医翻译手册对气功的某些术语进行翻译,但中医气功学寓意古奥,理论玄妙,很多寓意深刻的概念和实际内涵在英语翻译中没能很好地得到再现。如何用有效的翻译方法将中医气功通俗易懂地介绍出去,同时又能将外延与内涵传递出去是我们需要解决的重要问题之一。

上海市气功研究所研究人员参照中医气功学相关书籍,框定 199

个中医气功常用术语词条,形成《中医气功常用术语词汇表》,在此基础上进行专家访谈、问卷调查,对中医气功常用术语进行词频统计、分析,最后确定纳入本书的词条 178 条。

在研究过程中,课题组成员,包括中医气功学科专业人员和中 医英语专业人员,参考《中国医学百科全书》《实用中医气功学》《中 医大辞典》《佛学大辞典》《中华道教大辞典》《中国气功辞典》等, 对词条逐条进行中文释义。同时,共同对中医气功术语的翻译原则 和方法进行讨论,定期召开课题组会议,共同对中医气功术语的释 义与翻译进行讨论,既注重中医气功学专业术语的内涵探讨,又注 重英语对中医气功术语的有效翻译,始终把如何通过英语翻译将中 医气功术语的内涵与外延传递出去作为研究的重要目的。并邀请中 医气功专家进行中文审稿,邀请美国加州大学尔湾分校林欣教授审 定英文翻译。

本辞典在编译过程中,得到了上海市中医药三年行动计划(2015—2018年)"基于〈中华气功史陈列馆〉科普教育基地为核心的〈中医气功文化平台〉建设"(项目编号: ZY3-WHJS-1-1010)和上海中医药大学"中医药国际标准研究"(项目编号: P2910701)项目资助。

对中医气功常用术语进行翻译研究,以期为今后中医气功学 对外教育教学、对外合作研究等方面提供更为准确的中医气功专 业术语,为中医气功术语标准化工作提供借鉴和参考。

> 上海市气功研究所 2015年元月于上海

# **Explanatory Notes**

# 凡例

- 1. This book selected a total of 178 entries.
- 2. Bilingual (English-Chinese) typesetting.
- 3. The entries are arranged in alphabetical order.
- 4. The footnotes are attached to the relevant entries.
- 5. Simplified Chinese characters are used in the text; traditional or variant Chinese characters are only used to prevent ambiguities.
- 6. Bibliographies are listed in the annex for readers to find the source materials.
- 7. An index (both in English and Chinese) is available for readers to retrieve.
- 1. 本书共选中医气功相关术语 178 词条。
- 2. 英汉对照双列排版。
- 3. 根据词条首字母英文 26 个字母排序。
- 4. 脚注紧跟词条。
- 5. 使用简化字。在可能产生歧义时,酌用繁体字或异体字。
- 6. 词条编写、解释的参考书目,列出以供读者参考。
- 7. 编列《英文词条索引》《中文词条索引》,供读者检索。

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A

# Abdominal Breathing

Abdominal breathing is a breathing that is deep down to the periumbilical region. This breathing is marked by the expansion of the abdomen. It includes normal abdominal breathing and reversed abdominal breathing.

#### • 腹式呼吸 fù shì hū xī

指呼吸深达脐腹,腹部随着呼吸起伏运动的 呼吸形态。腹式呼吸常见的有顺腹式呼吸、逆腹 式呼吸。

#### Normal Abdominal Breathing

This refers to abdominal bulging during inhalation and abdominal retraction during exhalation.

顺腹式呼吸 shùn fù shì hū xī

指吸气时腹部隆起,呼气时腹部回复的腹式呼吸方法。

# Reverse Abdominal Breathing

A type of abdominal breathing: the abdomen contracts inward during inhalation and relaxes outward during exhalation, causing abdominal



retraction during inhalation and abdominal bulging during exhalation. It's generally believed this breathing method can benefit gastrointestinal (GI) motility.

逆腹式呼吸 nì fù shì hū xī

腹式呼吸的一种。吸气时逐渐收缩而腹部凹下,呼气时自然放松而腹部逐渐隆起。一般认为 逆腹式呼吸更能加强肠胃的活动功能。

### Bathing

Originated in Daoism, it refers to 1 body-mind cultivation. 2 a technique in a certain phase of qigong practice, i.e., a technique to temporarily stop the flow of genuine qi during its circulation along the Du and Ren channels. This technique can guide qi using mind-intent to cultivate one's body and mind.

### \* 沐浴 mù yù

① 指身心修养。② 指练功到某一阶段应掌握的火候,即真气发动沿任督脉运行时,暂时停止以意引气,休养身心。源于道家。

#### Bathing the Face

It's also known as 'rubbing the face', 'wiping the

face' and 'dry cleaning of the face'. Method: Rub both hands until they become warm. Put the hands over the lower part of the face and place the middle fingers on bilateral Yingxiang (LI 20). Then rub upwards, pass through Jingming (BL 1) and Cuanzhu (BL 2) and reach the anterior hairline. After this, separate two hands to rub the frontal angles (temples). Finally, rub downwards, pass through Ermen (SJ 21) and return to the lower part of the face.

#### yù miàn • 浴面

又称摩面、擦面、干洗脸等。方法为: 双手 擦热,贴在面下部,两手中指分别放在鼻翼两侧 迎香穴处,向上推擦,经睛明、攒竹至前额发际 处,然后两手分开推擦至额角后而下,经耳门穴 而返回下面部。

#### Beclouded Mind

Originated in Buddhism, it refers to the sensation of confusion, drowsiness and falling. Confusion and ignorance may lead to abyss of misery.

#### 春沈 hũn chén

源于佛家。指昏钝沉坠的状态,即神识昏钝, 懵然无知, 不加精进之功, 如沉坠苦海一般。

# Being Possessed

This refers to mental disturbances and abnormal psychological reactions resulted from gigong practice. In Chinese, the second word



Bathing the face 浴面

(B

'mo' literally means devil, referring to illusionrelated mental confusion, mania, insanity or psychosis due to harmful mental state or errors in refining the self. It may also occur as a result of fear or panic. In addition, it might be associated with one's life experience, temperament and predisposing factors.

#### ● 入魔 rù mó

指练功引起的精神活动障碍和心理异常反应。 基于不良心理状态或炼己不纯,在练功中产生幻境,对之信以为真,而至神昏错乱,躁狂疯癫,甚至引起精神障碍,就是入魔。既有因惊怖惶恐而造成,也有与人们的各种自身经历、精神意志等诱发因素有关。

### Bodily Cultivation

Originated in Daoism, it refers to the exercise to nourish the body and refine qi. The *Complete Works of Master Qiu* (aka Zuo Qiu-ming<sup>[1]</sup>) states, 'Explicit physical movements nurture your body and implicit cultivation of inherent nature nurtures your spirit'.

# • 命功 ming gōng

源于道家。指修命之功,即养身炼气的功夫。《丘祖全书》:"有为功夫命功也,无为妙道性学也。"

# Body Breathing

This refers to the level of mind-breathing

<sup>[1]</sup> Zuo Qiu-ming was a court writer of the State of Lu, and contemporary of Confucius during the Spring and Autumn Period. The influential historical text Zuo Zhuan (Commentary of Zuo) is traditionally attributed to him.



interdependence during qigong practice. It is called body breathing because it appears that the breath freely flows in and out of the body.

#### ● 体呼吸 tǐ hū xī

指练功中心息相依,达到气息在身体出入的境界。

# Bottom of the Sea

It refers to the perineum.

海底 hǎi dǐ 指会阴部。

#### Breath

In Daoism, it refers to respiration — a cycle of breathing in and breathing out. In Buddhism, it refers to a specific phase of breathing for meditation. See 'stillness and rest (xī xiāng)'.

#### • 息 xī

息有两种,道家指呼吸,"一呼一吸谓之息"; 佛家指息相,见"息相"条。

### Breath Counting

This refers to counting the breath in qigong practice. It is a common method to help tranquilize the mind by replacing the ten thousand thoughts with one single thought.



#### • 数息 shǔ xī

指练功中默数呼吸的次数,是一种常用的,以一念代万念来帮助入静的方法。

# Breath-Counting Contemplation

Originated in Buddhism, it refers to counting the breath silently to stop mental distractions. It is one of the five meditation methods.

# ● 数臭观 shǔ xī guān

源于佛家。指默数呼吸的出入,以停止心意 散乱的一种观法,为五停心观之一。

# Breath-holding

Also called 'qi holding', it refers to stop breathing after inhalation by self-control to prolong the inhalation.

#### ● 闭息 bì xī

又称闭气。指吸气后停闭呼吸,有延长吸气 之效。

# Breathing with Lifting Up the Anus

One of the breathing methods during qigong practice: contract and lift up the anus during inhalation and relax the anus down during exhalation.

### • 提肛呼吸 tí gāng hū xī

气功呼吸锻炼的一种方法。指在吸气时收摄 肛门向上,呼气时放松肛门向下。

# Chair-Sitting Posture

A common sitting posture for beginners: To sit on the front 1/3 of a stool or chair and do not sit inclined to the back. Make the head, neck and spine upright, and hollow the chest. Also make sure that the knees maintain 90-degree angles. Place both hands naturally on the laps.

# ● 平坐式 píng zuò shì

一种初练坐式时常用的练功姿势。要求坐在 方凳或硬椅上,以坐前 1/3 为宜,后背不靠,头 正颈直,竖脊涵胸,大小腿间呈 90°直角,两手 自然放置腿上。

# Circulation of Qi

Also known as 'ingestion of qi', 'refining of qi' and 'intake of qi', it refers to inhaling and exhaling exercise. Sometimes it may refer to guide and lead internal qi to flow.

# ● 行乞 xíng qì

又称服气、炼气、食气。指呼吸吐纳锻炼; 也指导引与内气运行。



Chair-Sitting Posture 平坐式

此为试读,需要完整PDF请访问: www.ertongbook.com