

SAMPLE CHI POWER PLUS PROGRAM

1. LIGHT STRETCHING - Start gently stretching and loosening up your muscles and joints. No maximum stretching unless your body is sweating. Spend about five minutes on this exercise.

2. LIGHT SLAPPING EXERCISE -Start slapping or hitting all of your body surface areas with the palms of your hands, concentrating especially around the inside of each elbow, back of each knee, kidney area, up and down each armpit, and on your thymus area (refer to Chi Chart for locations). By slapping lightly on each of these areas, you will open up the skin pores and stimulate your nerve fibers more effectively. Spend 60-90 seconds on this exercise.

3. BLOOD WASHING / SENSITIVITY TRAINING EXERCISE - Learn to perform this exercise regularly, as it will greatly increase your Chi by making your nerve fibers bigger and stronger. The exercise also helps your body maintain a stronger polarity. Refer to the handout sheet provided, in order to learn the exercise. Spend 3-5 mins on this exercise.

4. PROVIDED TAPE EXERCISES:

a) 3-MIN LUNG BUILDING EXERCISE - Really try to push yourself, since you're only doing this exercise for three mins. Try to inhale and exhale as long and as slowly as you can, breathing through your mouth only to begin with. You will be able to open up your lower lung system easier and quicker, by using your mouth instead of your nose for the first couple of months practice.

b) TENSE / RELAX & ORGAN BALANCE EXERCISES - Perform these exercises like on the tape. If you do just the exercises only, it takes about 15 mins.

5. STANDING MEDITATION-Learn to perform this exercise on a daily basis in order to build strong Yang Chi. Refer to the "How To Start Your Chi Program" sheets, Page 3, to learn this exercise. After you can do this exercise for at least 10 mins, start performing the Bone Marrow / Energy Packing Exercise while doing your standing meditation exercise (refer to handout sheet in order to perform this exercise). Beginners spend five or more minutes. Advanced spend from 20-60 mins. This is a hard exercise, but if you train your body to perform this exercise every day, you will find that it will get easier to perform, over time. Learn to relax your body, even though it wants to tighten; try to disassociate yourself from the pain while performing this exercise. Also, don't stare at a clock while doing this exercise, but close your eyes and you will be able to do it longer; or you can even perform this exercise while playing music or watching TV in order to disassociate yourself from the pain in your feet and legs. The pain you feel at first will go away in time as you are able to train your body to handle this type of exercise.

6. FINISHING EXERCISE - Finish up your exercise routine by performing the Blood Washing / Sensitivity Exercise again. Perform the Palm Test to see how strong your Chi is, after doing the Chi exercises (refer to Page 6 of "How to Start Your Chi Program" sheets).

CHI POWER TIPS

Concentrate on performing the exercises with quality rather than quantity for better results. Perform the exercises daily (not only three times a week) for fastest results. All the exercises will become easier to perform over time as you make them a habit. Your Chi power will also be enhanced by providing your body with proper diet/nutrition and by taking vitamin, mineral and herb supplements.

FOCUS TESTS: Try practicing putting out the candle or moving the straw exercises using both methods, as explained in the Chi Power Plus Booklet (Yang Chi/Yang Style) or in the "How To Start Your Chi Power Plus Program", Pages 5 & 6 (Yang Chi/Yin Style). See which method is easier for you to perform and use that way. Don't use the hanging straw for yang throws. Put up some other type of hanging object in

order to work on getting your throws down. Practicing regularly on creating the steady flow of Chi helps you to create a better yang throw.

ADDITIONAL CHI TECHNIQUES: VARIATION #1 OF PALM TEST: Try doing the Palm Test (refer to Page 6 of "How to Start your Chi Program") with this variation: Since the Chi energy will go through practically anything you send it through, stand in a doorway and put one hand on one side of the wall and your other hand on the other side of the wall. Do not touch the wall, but leave a 5 - 10 inch gap between your palms and the wall. Now do the Palm Test. You will find that you can feel the Chi energy go right through the wall.

VARIATION #2 OF PALM TEST; This time, while you do the Palm Test, have someone put his or her hand into the space between your palms, so that they feel the energy pass through their hand. Practice sending the Chi energy through an object, as well as stopping it at or within an object.

REGARDING SIDE EFFECTS

The exercises we have included in the SPC-USA Chi Power Plus program should cause you no bad side effects. Some Chi programs available elsewhere can cause side effects. If you plan to study other Chi courses along with our program, be sure you have opened the Chi channels in your arms and legs first. Be absolutely certain you have done this before working on methods which take Chi energy straight up to your head, or you will definitely experience side effects. When you stimulate any part of your body, it is done by an electrical pulse which travels back and forth from the brain to the part stimulated, using nerve fibers in your body to send the message. If too much electrical energy is sent through a nerve fiber before it is pre-pared to handle it, it can cause an overload and possible damage. Learn to develop and strengthen your nerve fibers by doing our exercises regularly (especially the Blood Washing Exercise). If on any day, you do not have time to do all the SPC-USA Chi exercises, be sure you get the Night Exercises/Yin Time done.

NIGHT EXERCISES/YIN TIME

- 1. LIGHT STRETCHING** - Do some light stretching before going to bed. Spend 3' 5 minutes.
- 2. BLOOD WASHING / SENSITIVITY TRAINING** - Perform this exercise just before getting into bed. Spend 3-4 mins on exercise.
- 3. LYING DOWN MEDITATION EXERCISE** - Perform this exercise in your bed (refer to Page 4 of "How To Start Your Chi Program"). Your attracting power (Yin Chi) will increase with regular practice of this exercise. Beginners spend 15-20 mins. Advanced perform tills exercise from 30-60 mins.