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First, you need to read the Chi Power Plus booklet and the chi info sheets included in your package. Then listen to the audio tape, which includes info on building a Chi Power voice. You do not need to read the Prolepsis booklet at this time ("prolepsis" means "a story of how it could have been"). The Prolepsis does not include any information on how to build your chi.

Read everything about building the chi more than once for those areas that interest you the most. It is very easy to read over important information, so reading it at least several times will help you avoid missing anything.

You don't have to be a martial artist, or even an athlete, to learn how to do the chi. You only need determination to learn.

Chi energy can be expelled from your body as a quick surge (for throwing or breaking) or as a steady stream of ions (for manipulating objects or living things). To externalize strong chi, of either type, you must first increase your lung capacity.

## LEARN TO DEEP BREATHE

To begin with, you must get the breathing down right. There are three different breathing exercises you need to learn to get the chi to work. The three types are (1) chi gung (also called chi kung) or relaxed deep breathing, with long inhale and long exhale, (2) yang chi rhythm, with long exhale and short inhale, and (3) yin chi rhythm, with long inhale and short exhale. Chi gung breathing will be used when going through the tape exercises and when you do any type of meditation. Yang rhythm is used to repel

things and yin rhythm is used to attract.

Chi gung breathing is done by allowing yourself to relax and taking a long inhale (making your inhale longer than your normal breathing, by slowly letting your lungs expand and controlling the air flow), then slowly exhaling (making your exhale longer than your normal exhale, again by controlling the air flow). Be sure you are breathing deep enough that your abdomen expands on the inhale and contracts on the exhale. Chi gung breathing is done slowly and relaxed. If you find you are getting dizzy or feeling light-headed after several breaths, you need to slow down your breathing pattern. Chi gung breathing can be done through either your nose or mouth (most people practice this type in through the nose and out through the mouth). We want you to practice breathing through your mouth to ~ begin with, in order to get the other two types of breathing rhythm down easier. After several months of practice you will be able to create the energy through either your nose or mouth.

## YANG CHI RHYTHM

To create the yang chi rhythm, which is used to repel things, you need to make a short inhale (still deep breathing) and then a long exhale through your mouth. Your inhale should only last one to two seconds, and the exhale should last at least five to ten seconds. As you get better at doing the breathing exercises, your exhale breath will last longer (a good exhale of 15 to 30 seconds will give you better control). To make sure you are doing it properly, place your hand in front of your mouth a few inches away. When you exhale, make an audible noise (sub-vocal sound) trying to get it to come

from as deep in your throat as possible. Your mouth should be slightly open in an oval shape, and you want to use the "hahhhhhh" sound. When you exhale you should only feel a little bit of air on your hand. If you feel a lot of air, you need to practice making it only a little. Again, if you find that after several breaths, you are getting dizzy or light-headed then you are breathing too fast. When you slow down your breathing your dizziness will go away. As you are able to control your vocal cords in your throat, you will get a better pattern of breathing without the fluctuation that occurs when you are first learning.

### **YIN CHI RHYTHM**

To create the yin chi rhythm, which attracts things, you do the exact opposite of the yang chi. You want to inhale making the same audible noise (the "hahhhhhh" sound) through your mouth. You should try to make your inhale (still deep breathing) last as long as you can and then exhale for only a second or two. Make sure you are actually taking in air flow and not just making the sound - your lungs will slowly fill up (first the bottom, then the top) as you are inhaling. When you first start doing this type of breathing it will feel a little uncomfortable; but as you continue to practice, it will become easier to do. We recommend that you practice the breathing (yin and yang rhythm) nine to ten times throughout the day for several minutes at a time, so your body gets used to the exercise, and it becomes easier to do. It usually takes a week or so of practicing the breathing exercises to become proficient at them.

### **ON THE TAPE**

You should try to use the tape provided, and go through each of the exercises once a day. If you find this tape goes too fast or slow for you to comfortably use, record your own tape (instructions are in the booklet). Usually the tape provided will work if the announcer's heartbeat is close to the same as yours.

The chi gung breathing exercise (Part I on the tape and in the booklet), where you put a weight (such as a book, or even a

magazine) on your abdomen and practice for three minutes is designed to teach you to breathe from your lower, as well as upper, lung system. This increases your lung capacity, so you will be able to breathe much longer inhales and exhales. This will help you create a better chi rhythm. By chi rhythm, we mean doing your breaths the same way every time, so that you create a steady flow of ions. You are doing the exercise right when you can go to the very end of your breath without gasping. Then when you're practicing the chi gung breathing in the other exercises, or while meditating, you won't be going to the end of your breath, but about 50% to 75% of it.

### **PART II - TENSION EXERCISES**

The tension exercises are designed to help you individualize your joints and muscles, so they work independently from each other. We know that when the tape says to tighten up your right toe, your whole leg will most likely tighten. If you practice regularly, learning to concentrate on only the part of the body we're talking about, you will find that you will be able to tighten up only your foot instead of your whole leg; or only your hand instead of your whole arm and chest. You will find that these exercises will really improve your speed with regular practice. This is because the tendons and muscles in your arm or leg won't be slowing you down while throwing a punch or kick, as they do when they're in a constricted state. Remember that a relaxed body is much faster than a tight one. During the tension exercise, you should be breathing rhythmically (chi gung breathing) the same amount in as you are out.

Because many of you are anxious to see something happen, the tape tells you to move to your practice hanging object and throw your chi at it. Do not use the straw for throwing your chi - you need the straw for learning to use the yang and yin chi for manipulation.

### **PART III - ORGAN BALANCING EXERCISES**

The next set of exercises is designed to keep your organs in good working condition.

To do these exercises properly, you want to tighten up your hand and place it on the organ (use the poster provided in order to know where to put your hand). You should concentrate on and visualize each organ while breathing in an even inhale and exhale type chi gung rhythm. While inhaling try to imagine the energy flowing out from the organ and into your hand. When you exhale, try to imagine the energy flowing from your hand into the organ. With practice you will find that your hand will warm up and you will actually feel this energy flow. Normally, you will feel the energy leave your hand and go into the organ on the exhale, after you have been practicing a while (usually after a week or two). Feeling the energy leaving your organ and going into your hand on the inhale normally takes a lot longer. With practice you will be able to feel the energy flow in both directions. As you train your body to be more sensitive, the energy will become stronger.

It's very important that you go through this part even if you think you're in great shape physically. It will help insure that you stay that way. For the organs to function well, they need as much bloodflow as possible. Even if one of the organs has been removed, still cover it, since it will help protect the cavity from disease. The statements you repeat either out loud or to yourself are designed to improve your mental attitude. Externalizing chi requires mental as well as physical effort.

#### **PART IV - SLOW MOVING RELAXATION EXERCISES**

Part IV goes through the relaxation (slow moving meditation). This exercise was designed to help your circulation and energy flow. This exercise is shown from an advanced form, where you are sitting in a crossed legs (lotus position) fashion. If you find this position too uncomfortable, lie flat on your back with your knees bent. or sit in a chair. The important thing is that you get your body to completely relax during the exercise. To do this, you need to let your arms and legs go completely limp, so that you take all movement out of them. If you

find that any part of your body doesn't want to relax, try tightening that part and then relaxing it. Concentrate on the energy flow. The tension exercises constrict your artery flow and the relaxation exercises help to enlarge them. Your chi flow will increase with practice. This is an important part of the program. Learning to both constrict and enlarge your arteries helps keep them flexible, to keep you in a healthy state of being. It will also help keep your arteries clear of plaque buildup which causes hardening of the arteries.

#### **MEDITATION TECHNIQUES**

The next two types of meditations (standing and lying down) can be practiced after going through the tape exercises. The standing meditation used in conjunction with the lying down meditation will provide you with the fastest method possible for building your chi energy stronger. If you find the standing meditation too hard to do at first, practice doing the slow moving and lying down meditation exercises daily for awhile, and slowly add the standing meditation exercise into your chi building routine.

#### **STANDING MEDITATION**

The standing meditation exercise is the hardest to perform, but is also the quickest way to build strong yang chi. You perform this exercise by standing in a horse stance if you are familiar with martial arts terminology or by standing with your feet a little farther apart than shoulder width. You should have only a slight bend in your knees if you are just learning to do this type of exercise. Hold your arms out like you were carrying a basket of apples, but don't interlock your fingers. There should be at least a five to ten inch distance between your hands and you should spread your fingers (keep a slight gap in between each finger). Keep your elbows close in to your sides, as this will allow you to do the exercise longer without as much pain or strain on your back. You should keep your back straight and your head looking straight ahead not looking toward the ground. As your body gets used to doing this exercise it

will get a little easier to perform. If you are just beginning this type of exercise, try to stand in this position for five minutes in the morning and five minutes at night. When you can perform this exercise for the whole five minutes for a full week, you should start adding a minute a day until you can perform the standing exercise for thirty minutes. Some people perform this exercise for a whole hour or longer, and are able to build huge amounts of energy. It takes most people several months of practice to get to this level.

While doing this standing meditation try to concentrate on chi gung breathing. During your inhale try to visualize yourself sucking up energy off the ground and make the energy travel up your legs and into your chi point. You should breathe through your nose on the inhale and out your mouth with the exhale. It normally takes several weeks of practice before you are literally able to feel this energy flow pattern traveling up your legs.

On your exhale (while chi gung breathing), you should switch your concentration to your fingertips. While exhaling mentally feel the energy shooting out your fingertips. At first, your fingertips will heat up and later you will start feeling the heat energy coming out your fingertips. The energy will feel like a magnetic field wave coming from your fingers.

To make a smaller-in-diameter energy laser beam (electrical-magnetic field wave) shoot out your index finger, you should practice doing the standing meditation with only your two index fingers pointing at each other with at least a 3-4 inch gap between them, with the rest of your hand closed into a fist. This will allow you to put out the candle easier.

To create a much wider energy laser beam shooting from your hands, all you need to do is turn your hands so that more of your palm is showing toward each other and concentrate on the heat energy going out the palms of your hands. People normally practice this method to build their healing power techniques. Used with acupuncture, this type of healing method can be used for deeper penetration to the sore

areas of the body. Also practicing the meditation, with your arms out *from* your body with the palms of your hands facing toward the ground will help you build a larger energy field wave.

When you first start doing the standing meditation, your body may begin to sweat (sometimes a little and sometimes a lot). This is normal as your body gets rid of toxins which have built up in the body. Your body may shake or tremble when you first start doing the exercise. This will change as you are able to relax your body even though it is in a state of tension from the exercise. As you learn to hold the stance longer and longer, you normally will feel different strange sensations happening inside your body. As you open up your chi channels (which simply means your bloodflow is better), you will feel a stronger energy field wave. As you learn to externalize your chi, you will sweat less as the energy used by the body to sweat will be used to build a stronger field wave. Simply learning to mentally concentrate on the energy flow and less on your body pain allows this process to take place.

You use this standing meditation method to build your yang (repelling) chi stronger when using it for a steady flow of energy. You can use the pump build method on Page 25 of the Chi Power Plus booklet (and on the tape) if you want to build a surge of chi quickly for yang throws or breaks.

## **LYING DOWN MEDITATION**

You should get into a comfortable position where you are lying flat on your back on your bed, with your arms out from your body at a 45 degree angle. The palms of your hands should be down on the bed. For the first few minutes take even breaths in and out that are slow and relaxing (chi gung breathing). After that, taper off your breathing so that you are barely breathing in and out. Just like on the tape get each part of your body to relax. Next, concentrate on each of your toes and fingers. Start in a clockwise direction and mentally feel each individual finger and toe, starting with your left hand, going to your left foot, then right

foot and right hand. You should be able to mentally feel each finger and toe without moving them; if you can't at first, then make the smallest amount of movement possible, in order to be able to feel them. As you practice doing this exercise, it will become easier and easier to feel the energy. It will feel like a tingling sensation at first and after awhile you should be able to feel the pulse rate in each finger and toe. This helps to enlarge your arteries. Spend five seconds mentally concentrating on each individual finger and toe. After going through five total clockwise rotations, you should be able to feel a good energy flow. Remain on your bed in this position for about 25-30 minutes. The rest of the time can be used for moving the chi to different parts and on learning to open your third eye. You may at first feel a little stiff or find that your body may twitch here and there, but these symptoms will go away with a little practice. You will find that this lying down meditation will be very effective in helping you to build yin (attracting) chi.

If you have been doing a lot of weight lifting, or other muscle building exercises, you may need to spend a considerable amount of time practicing the lying down meditation and the blood-washing exercise before you can see any results from the rest of the program.

#### VISIONS

Normally you will go through several stages of relaxation before you are able to see visions through your third eye (the white area between your eyes like on the poster). In the first stage you aren't relaxed enough, so all you feel is some tingling sensations here and there. In the second stage, you may see different colors or negative images. You may also feel like you're floating on air or have some other type of strange sensation. The third stage, where you are really able to get into a deep state of relaxation, will open the door for visions. Even in the third stage you will not see visions every time. A true vision is God's message especially for you and He is the one who will reveal its meaning, sometimes even months later. Don't be discouraged if you can't reach this level of competence right away as it takes

some people longer than others to do and has a lot to do with how much stress you have in your life. As with all the techniques you are learning, the more you practice the better and easier they become.

#### CHI AS A SURGE OF ENERGY

The chi energy works as a surge of energy or as a steady flow. To make a surge of chi all you do is make a quick inhale and quick exhale. You will find that using the Joshua shout, where you make the "yah" sound as you quickly inhale and the "whah" sound as you quickly exhale, will give you a great deal of power with practice. For a yang chi throw or break, it is important to get the timing down, so that your exhale and flip of the wrist for the throw is at the same time. For breaks, the contact to the board or brick should be made at the same time as your exhale breath for best results. The circular motion (or partially rounded movements) we are talking about when doing a yang throw can be done two ways. One way is to make the throw like a ridge-hand throw in karate or like throwing a discus in gymnastics. The second way is to make the throw like you were throwing shurikens (throwing stars) or a frisbee. Make sure you flip your wrist with the exhale. Your concentration must be on the target. With practice you will find you can get farther and farther away from an object and still hit it.

#### CHI AS A STEADY FLOW OF ENERGY

For manipulating, you need a steady flow of chi. To move the straw away from you or to put the candle out (yang chi), you must make a lot longer exhale than inhale. Make sure your breathing is slow and relaxed, and that you are not tensing up the wrong part of your body. In other words, if you are tensing your feet as you try to move the straw, all your chi energy will go down to your feet, and you won't be able to move the straw. Also make sure you are concentrating on the straw (about an inch from the end of it) or the wick if looking at the candle. Don't concentrate on tightening your chi point or gut, as it will happen naturally when you are doing the breathing right (if you concentrate on your chi point

the energy will come out there or simply stay there). As you get better and are able to create more chi energy you will find that you will not have to tense up your body or use as much energy getting the chi to flow out of you. The candle exercise may make you break out in a sweat when you first try it, but with practice it will become easier to do and take a lot less concentration. Try cutting the wick of the candle down as much as possible (until it almost goes out by itself). When you are able to get it out like that, you can let the wick get longer and longer until you don't need to cut it down anymore. Then to make it harder, try to get farther and farther away from the candle and still be able to get it to go out. You will find practicing your standing meditation using the index finger only method will enhance your ability to put out the candle, since this will allow your body to put off a smaller in diameter field wave. Practice putting the candle out by using either your eyes or your index finger.

When you inhale, your body puts off more negative ions than positive ones, which causes things to be attracted to you. To get the straw to come to you, breathe yin chi. Make your inhale much longer than your exhale. Deep breathe slowly and relaxed. Point your finger at the end of the straw you want to come toward you, take a long slow inhale, and think in your mind you want the end of the straw to turn toward you. Remember that your focus must be on where you want the chi to go.

### **PALM TEST EXERCISE**

One way to check on how much chi you have right now is to do this exercise. Sit or stand, putting your hands in a praying position (where the palms of your hands are right against each other). Next, spread your hands apart about 10 to 15 inches, keeping them parallel or horizontal with each other. Slowly move your hands an inch or two toward each other, then an inch or two away from each other. Slowly repeat several times. Concentrate on the palms of your hands. You should be able to mentally feel the palms without physically touching them. You should feel a slight tingling or magnetic

type energy flowing from one palm to the other. You may feel this energy right away or through practice be able to develop it. Most people will be able to feel it the first time they try the exercise. If you have a hard time feeling the energy, start by concentrating on one palm at a time, feeling the air touching the palm. There's usually at least 20 degrees difference between your body temperature and the air in the room, so with just a little bit of concentration, you should feel the air. Then concentrate on feeling the energy flow from palm to palm. You will find that with a little practice, you will be able to still feel this energy flow even though you spread your hands out farther and farther away from each other. Try this Palm Test before and after you go through the chi exercises, and you will see a big difference.

### **A TYPICAL CHI PROGRAM**

A typical chi program consists of: stretching and warm up exercises, going through the blood washing/sensitivity exercise, listening and going through the provided tape (or one that you have recorded with just the exercises on them), performing the meditation exercises and working on some of the chi exercises like the straw or candle, etc. Then practice your own style of conditioning exercises or martial arts for whatever style you enjoy doing (or practicing yoga, katas, aerobics, etc.). Beginners normally spend 45 minutes daily doing the chi exercises, and later extend the time to an hour or 90 minutes as they train their body to handle it.

### **PLEASE NOTE:**

We've added this information to your package to further explain some of the important points of the program, and to cover the most frequently asked questions. If you still have questions or problems, please write, or call when you can talk to an instructor, Monday thru Friday, noon till 8 pm Eastern Time Zone.

# Blood Washing/Sensitivity Training

This exercise should be performed three times daily. It only takes a couple of minutes to do and over time will really help improve your chi. Perform the exercise when you first get up and just before going to bed. The third time is done before going through the recorded chi tape exercises. The exercise is designed to stimulate all your surface skin nerve endings on your arms and legs, so that better communication between your brain and the individual joint, muscle, or tendon will take place. The more you stimulate an area the stronger you make the communicative pathway. Your nerves control the small muscles that surround the arteries which help control the bloodflow. By physically stimulating your skin nerve endings, you make them more sensitive. The more sensitive you make the areas, the easier it is to mentally feel that area. The daily practice of this exercise will help sensitize your body.

To perform this exercise you can either sit or stand. Take your right hand (palm down) and put it on your left shoulder. Start lightly rubbing down the outside of your left arm (rubbing slowly, touching all the skin surface area) until you reach your fingertips. At the fingertips, slightly squeeze the tips of each finger and thumb. Then start rubbing up the inside of your left arm to the armpit. Next, rub down from the left armpit, down the left side, down the outside of the left leg, until you get to the foot. At the foot, you should rub the entire foot area and slightly pinch each toe tip. Then, rub up the inside of the left leg to the groin. At the groin you change hands, starting with your left hand, rub down the inside of your right leg to the foot. Rub your entire right foot and slightly pinch each toe. Rub up the outside of the right leg, up the right side till you reach your armpit. Next, rub down the inside of your right arm to the fingertips. Slightly pinch each fingertip and thumb. Rub up the outside of the hand, up the outside of the arm to the right shoulder. This process should be done three times in the same clockwise method each time you perform the exercise.

Perform this exercise as described for two weeks. After two weeks, start adding into this exercise the following variation. When you get to the part where you are ending your third rotation of rubbing around your body, you should change to doing the fourth rotation like this: Instead of actually resting your hand on your left shoulder, start with your right hand about an inch or two above the surface skin of the shoulder. Perform the exercise just as before, except you are not making actual skin contact this time. Even as you get to the part where you gently squeeze your fingertips or toe tips, you don't want to actually make contact, but still go through the process. Do a fifth and sixth rotation.

Then complete the exercise by putting both hands above your head so that your fingertips are almost touching. Your palms should be facing toward the top of your head, but should be three to four inches above the skin surface of your head. Next bring your hands slowly down the front of your body (not making contact) until you reach your chi point. You should start your inhale as your hands leave your head area, and finish the inhale as your hands stop at your chi point. You should exhale into your chi point, then tighten up your whole body for a second just as you finish your exhale.

With time you will feel your chi actually stimulating and bouncing off your skin surface, even though you are not making contact.

This exercise will also help your chi circulate better throughout your body, and keep you properly polarized (maintaining a better positive and negative ion flow).

When you first start, you might want to perform this exercise with only your shorts on. With practice you can feel the energy with or without clothing being there.

# Bone Marrow Energy Packing

This is an advanced exercise to be performed only after you are able to externalize your chi. You should be able to at least move the straw around (while it is hanging from the string) in either direction or at least feel a fair amount of heat energy coming from the palms of your hands when you do the Palm Test Exercise in "How To Start Your Chi Power Plus Program". This exercise should be performed right after you do the "Blood Washing/Sensitivity Training". It will help considerably if you can do the exercise near live plants or trees.

**PART 1:** Begin by sitting on a bench or the side of a bed (later on, you'll probably prefer standing). Start the exercise by bending over and reaching down with your hands and arms toward your feet. Keep the palms of your hands turned in toward your body, with at least a 5-6 inch gap between your palms and your legs. Get a mental picture or image of your hands acting like vacuum cleaners sucking up energy off the ground around your feet. Reach your hands out, with your fingers spread wide, and gather in the energy. Slowly lift your hands up your legs toward your chi point area, as you take a long relaxed inhale thru your nose. Your body and hands should be relaxed. As you lift your hands, think of the energy spiralling up your legs and into your chi point.

Next, start packing the chi energy into your organs like you would pack snow on a snowman, as you make a long relaxed exhale through your mouth. You are not actually making contact with your body, but keeping your palms at least 5-6 inches from your body as you pack. Your palms should be cupped tensely so you can pack in a lot of energy. Pack in the chi energy for 15-20

seconds, covering all your lower organ areas and the pelvic area (front and back). Then, move up to your lungs and neck and continue to pack for another 10-15 seconds. If needed, take a quick inhale of air before you continue to the chest and neck. Again start slowly exhaling as you pack. Next) reach down and grab more energy and again start the packing process. You should perform this exercise for at least three or four minutes at a time.

**PART 2:** When you have practiced Part I enough times that you can strongly feel the chi travel up your legs, you're ready to add Part 2. Reach down and grab more energy, and while slowly exhaling, pack it into each arm and into each leg. Remember that you don't touch the surface. After you exhale and before you inhale, tighten up your body to squeeze and condense the energy in. Be sure you are thinking of the bone area you want the chi to condense into. Do as many grabs (with inhale) and packs (with exhale), as it takes to cover the entire length of your arms and legs.

To finish the exercise, whether you're doing only Part I or both parts, you should do three more Blood Washing rotations where you rub down your body without actually touching the skin.

Even if you have not built up enough lung capacity to inhale for 10-15 seconds or exhale for 30 seconds, you can still do the exercise. With practice, your lungs will expand, allowing you longer breaths. When you regularly perform this exercise, your chi power, along with your ability to externalize it, will increase substantially.