

## LIST OF ABILITIES AFTER 12 MONTHS

1. Either be able to put out the candle or move around the drinking straw.
2. Show they can feel the difference between black & white (the colors) and be getting some of the others down.
3. Be able to project energy out of their hands & eyes, so that it can be felt easily by someone else, who is sensitive.  
(should be able to make it pointed chi (like a pointed needle) or blunt type chi, wider and bigger)
4. Show you can make different emotions come out of your chi. Make yourself go thru & feel diff emotions.  
(be able to change other people to at least feeling good too)
5. Show an ability to make cool chi or warm chi come out of diff parts of their body, Minimum of hand, but rest of body soon.  
(raise or lower temperature of chi in a noticeable way)
6. Correctly perform each exercise in the Vol-1 & Vol-2 DVDs and be able to show someone else the right way.
7. Make chi come out of you from where ever a person would point on your body to do it from.
8. Show a person how to remove different minor pains from the body, such as headaches and the like.
9. Explain how our system works thru the nerve fibers build up and why it works like it does.
10. Show an ability to send their chi thru objects such as doors or glass, ect., so that someone else can feel it.
11. Show the ability to lower their own heart rate & blood pressure and the ability to do it to others.

## Chi Power Inner Circle- 12 Month Abilities

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12. Explain how chi effects the immune system, such as your NK cells and pheromones and why we do it in this good feeling & cool way.
13. Be able to correctly sense if something is in a closed can or other objects or not at least 50% of the time or better.
14. Show the ability to make someone feel the circles pattern from doing their circle exercise.
15. Start showing signs of improved cognitive skills, better reasoning, seeing better in your head (lines and/or designs are starting to be seen), better coordination.