

*“INNER CIRCLE” & “CLOSED
DOOR”*

***MASTER SECRETS of
Qigong &
CHI POWER***

**Secret trainings and techniques that until now have never been
shared with anyone other than our closest, most personal
students**

Scientific Premium Company-USA

Master Secrets of Qigong & Chi Power

Introduction

What is the Inner Circle?

The *Inner Circle* is an online community where men and women interested in cultivating and growing their knowledge, awareness, and understanding of *chi* can receive detailed instructions from Masters who have gone before them. Students receive consultation and training techniques/exercises specifically tailored to their level of progression.

Conference calls between the Master Instructors and interviews with Instructor who have trained with the Masters along with accompanying articles are available for review via the Inner Circle website. There, members of the Inner Circle have access to a wealth of knowledge, gleaned from the past successes and pitfalls of those who have gone before them.

What is behind the Closed Door?

The *Closed Door* is a system designed to take members who have completed the training regimen offered in the Inner Circle to the next level of chi ability. The Closed Door system is a much more involved training environment, where the margin of error grows slimmer and slimmer the more your chi energy increases; although many want to gain access into the Closed Door System, only a very select few, handpicked by the Master Instructors will be invited into said community. High moral values and a steadfast mind are needed more than ever when entering chi development/cultivation at this level.

Many are called, few are chosen...

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<http://www.ChiPowerInnerCircle.com>

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Chapter 1: What is Chi?

The Physics behind the Mysticism

Although surrounded by ancient mysticism, chi is that which Western scientists have called the Quantum Field. The theories are markedly similar when compared side-by-side. Each [Chinese Mysticism and Quantum Mechanics¹] speaks of an energy field made up of tiny particles that comprise everything, and move through everything.

Looking at it from a scientific point of view, the shroud of mystery is removed, and an objective, scientific perspective remains

Chi and the Human Body

With the understanding that chi, synonymous with quantum particles, makes up everything and moves through every object, it logically extends that human beings are also made up of these small particles and as both camps postulate, this energy moves through everything.

In the movie, the Matrix, it is proposed that:

“The human body generates more bio-electricity than a 120-volt battery and over 25,000 BTUs of body heat”

This is a form of energy.

“According to the [Center for Space Power and Advanced Electronics](#), a NASA commercial center in Alabama, the human body is capable of producing 11,000 watt hours. Broken into usable terms, waiting to be harvested are 81 watts from a sleeping person, 128 from a

¹ Quantum mechanics is the study of how the tiny particles which make up atoms behave

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soldier standing at ease, 163 from a walking person, 407 from a briskly walking person, 1,048 from a long-distance runner, and 1,630 from a sprinter, according to the center.²

When explaining chi to friends, I like to do a simple example that many people can perform. Place your index finger in the air; wiggle it. This is a rudimentary example of electricity in motion; more specifically, bio-electromagnetic energy, in motion.

The brain sends an electric signal through the nervous system that reaches the finger, informing it to wiggle as your thoughts suggested. These electrical impulses that the body produces are manifestations of quantum mechanics: chi. Extending this analogy, we can view the nervous system as a bio-electromagnetic circuit; this has huge implications with regards to the SPC USA exercises, such as blood-washings, which we will speak to in separate articles in appropriate depth and detail.

Chi and the Brain

The human brain is quite possibly the most advanced system on planet Earth. We at SPC USA view it as a system because, when viewed as a singular component in the complex structure called the human body, the human brain itself is composed of many differing components working together to perform to the various functions of what we have come to call the physical “brain”.

At SPC-USA, we have studied how the brain works as well as how the brain functions; and use the most appropriate and safeguarded techniques when dealing with this intricate and delicate organ while using chi energy. We are very specific with the information you need to

² http://www.space.com/business/technology/body_power_011128-1.html

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know to effectively, and safely, send energy through any of the brain areas.

The human brain is, in fact, as system of systems, that is: the brain is a system composed of multiple, independent systems. Within the brain we find: the limbic system, which regulates our hormones and emotions; the nervous system [of which the brain is the controlling agent of the nerves and nerve fiber running through the body]; as well as various hemispheres through which various functions are attributed- akin to the division of labor in an automobile factory.

Scientific advances over the course of time have contributed to our understanding of the brain: Magnetic Resonance Imaging (MRI) and Functional MRI (fMRI); Computed Axial Topography (CAT) Scans; Positron Emission Tomography (PET); as well as a plethora of other imaging techniques, technologies, and biomedical research have given us increasing levels of insight into not only of what the brain is actually composed, but as to the brain's functionality. Even still, although we [the human race] are capable of sending robots to Mars and controlling them remotely, we have only become more aware of all that we do not know when it comes to the totality of the human brain. Even still, the limited information available to us regarding the brain is vast, and provides huge insights into just how deeply human beings are connected to chi (bioelectric magnetic energy) and the [individual] psi capabilities many of us involved with chi gung have come to believe and know.

Weighing in slightly over 3 pounds (1.4 kilograms), the human brain is by far the complex and amazing biological product to date. As previously mentioned, it is the controlling agent of the human body's nervous system. The brain itself is comprised of one hundred billion nerve cells; these cells are what people refer to when speaking of "grey matter".

<http://www.newscientist.com/article/dn9969-instant-expert-the-human-brain.html?full=true>

Along with the "grey", the human brain is also comprised of "white" matter and glial cells. Whereas the grey matter is the neurons, the white matter is the network of axions that connect cells to neurons; these are the axons and dendrites. The glial cells, which represent the ruling

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majority of the cells in the brain, outnumbering the neurons by ten to one (10:1), amplify neural signals.

The human brain is viewed not only as one structure, but also as having (an): upper brain; lower brain; left and right hemispheres; as well as a many other components, each with specific tasks which they perform.

The “lower” brain, which consists of the spinal cord, brain stem and diencephalons, also contains the following components:

- The medulla regulates blood pressure and breathing and regulating information from the sensory organs;
- The pons relay information regarding movement and spatial awareness which is conveyed from the cerebellum to the [cerebral] cortex;
- The thalamus participates in motor-information exchange
- The hypothalamus controls the hormonal secretions of the pituitary gland and regulates our circadian rhythms.

<http://health.howstuffworks.com/brain.htm/printable>

The “mid brain”, represents an area where the higher and lower brains share functionality. Portions of the limbic system rest in both areas, for example; the hypothalamus is more closely aligned with the “lower” brain whereas the amygdala is associated with the “higher” brain.

The limbic system is important in emotional behavior and controlling movements of visceral muscles (see the “Emotional Content” article on the Chi Power blog <http://chipower.com/blog/?p=97> for more information regarding the limbic system).

The “higher” brain, which houses the cerebrum, consists of the following components:

- The parietal lobe receives and processes all somatosensory input from the body (touch, pain);
- The frontal lobe is involved in motor skills (including speech) and cognitive functions;

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- The occipital lobe receives and processes visual information directly from the eyes and relates this information to the parietal lobe; one of the things it must do is interpret the upside-down images of the world that are projected onto the retina by the lens of the eye;
- The temporal lobe processes auditory information from the ears and relates it to the parietal lobe and the motor cortex of the frontal lobe;
- The insula influences automatic functions of the brainstem and processes taste information;
- The basal ganglia work with the cerebellum to coordinate fine motions, such as fingertip movements

<http://health.howstuffworks.com/brain.htm/printable>

The cerebrum is the largest part of the human brain and is divided into the left and right hemispheres. Although the interactions between and functionality of each is complex beyond the scope of this article, it is largely viewed that: the right hemisphere is more creative and emotional, specializing in spatial and body awareness, whereas; the left hemisphere deals with logic, speech and language.

<http://www.newscientist.com/article/dn9969-instant-expert-the-human-brain.html?full=true>

The concept of “consciousness” and where it resides within the brain is widely debated and under intense scrutiny from across the entire scientific community. Biologists, physicists, medical doctors and chemists all play a role in the investigation of where human consciousness resides. Recently, it has been proposed that human consciousness is a result of the direct connection we have with the actual quantum particles via the microtubules within the brain. The interaction of microtubules and quantum energy and the correlations said energy has with chi is something that did not go unnoticed.

In particular, Stuart Hameroff MD has done extensive research and written many papers concerning this and similar topics in relation to the brain, its microtubules, and the inherent quantum behaviors therein.

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In his paper, “Chi: A Neural Hologram”, Dr. Hameroff details the discovery of the microtubule and its quantum behaviors. Interestingly enough, the specific pathways of the microtubules and their functionality, he notes, correspond strikingly similar to that which Chinese mystics refer to as chi.

“[neural] Microtubules (MT) are hollow cylinders... which are capable of intercepting energy in the far ultra-violet (UV) range... and the upper limit of the narrow window of solar and celestial nonionizing radiation,” writes Hameroff.

http://www.quantumconsciousness.org/documents/chi_hameroff_000.pdf

In the program “Supernatural Science: Extra Sensory Perception (Discovery Channel 1999), Hameroff states: “These microtubules are ideally designed quantum computers which makes the connection from our macroscopic world to the microscopic fundamental quantum worlds so we can access and select and taste and experience.”

Via neuroimaging techniques, Hameroff was able to observe microtubules flickering “on and off” in a fashion very similar to that of photons and other subatomic particles of the quantum spectrum.

It is the very fact that “subtle magnetic fields have been detected outside the human head... and neuronal generated magnetic fields” which allow neuroimaging to exist.”

http://www.quantumconsciousness.org/documents/chi_hameroff_000.pdf

These same fields, this electromagnetic phenomena, is that which we call chi: from the nerve fibers that carry electrical signals throughout the body to the brain’s distinct magnetic field to the ion exchange at the cellular level, human beings directly interact with and through electromagnetic energy.

Electricity & Chi: One and the Same

Electricity, defined by Merriam-Webster, is as follows: a fundamental form of energy observable in positive and negative forms that occurs naturally (as in lightning) or is produced (as in a generator)

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and that is expensed in terms of the movement and interaction of electrons.

Generally speaking, when thinking of electricity, we think of it as something external to our human bodies: the naturally occurring lightning and human created technology being two said instances. There is, however, a form of electricity that is prevalent in every living creature: bioelectricity.

Bioelectricity

Bioelectricity is the electric phenomena related to living organisms.

It is bioelectricity that enables a shark to map the ocean floor. It is bio-electromagnetic phenomena that enable migratory birds to travel great distances at the same time each year with the accuracy we have only been able to reproduce with maps and GPS. It is bioelectricity that enables the electric eel to generate large fields of current outside their bodies.

The difference of electricity vs. bioelectricity is in degree, not in kind. Whereas a lightning bolt can exceed temperatures of 54,000 degrees Fahrenheit (30,000 degrees Celsius), that same current runs through the human body, just on a smaller scale.

In fact, the human body runs largely off of [bio] electricity and has organs dedicated to sensing electromagnetic impulses, both inside and outside the human body. The pineal and pituitary glands are both directly tied to the human body's ability to sense and actively experience electromagnetic phenomenon.

Bioelectricity and the Body

The pineal gland is the evolutionary descendant of our ancestors' ability to perceive light. It also "regulates the circadian rhythms of the body, biological rhythms that are attuned to the day-night cycle," (Celtoslavica, "Electricity and Human Consciousness"); these "rhythms" can be and have been disrupted by electromagnetic fields, both naturally occurring as well as man-made. The pituitary gland "controls and influences all other hormonal organs which report back to the pituitary gland" (Celtoslavica, "Electricity and Human Consciousness"); in fact,

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the pituitary gland is largely responsible for the overall functioning and efficiency of the human nervous system.

The nervous system in human beings is based entirely off of the ability to transmit electric pulses. Every cell within the human body pumps ions (e.g. that which makes up the quantum field), in and out of the cell for energy purposes; this is called the Sodium-Potassium pump, and can be found in all animal life. Said energy, in the biological animal, is called “adenosine triphosphate” (ATP); biologists and biochemist alike have noted that ATP can be neutral, or carry a charge (plus or minus), and is, in fact, a charged particle which the cells use for energy. ATP is the final product of the digestive cycle and further exemplifies the human being’s connection (and ability) to experience and manipulate the electromagnetic fields that permeate the Universe.

“Bio-magnetism: An Awesome Force in Our Lives”, an article published by Reader’s Digest (January 1983), highlights some of the [still] cutting edge concepts the scientific community is, and has been, practicing:

“When a patient with a broken leg that is not healing properly comes to Dr. Basset (Columbia Presbyterian Medical Center in New York City, NY), he is likely to go home with two heavy pads connected by wires to a box that can plug into an electrical wall socket. The patient puts one pad on each side of his broken bone and turns on the device. Coils of wire in the pad induce a pulsing electromagnetic field into his flesh and bone -- a field of energy that somehow commands the bone to heal itself.”

As postulated by the scientists interviewed in the article, it makes sense that human beings have the innate ability to sense electromagnetic phenomena:

“We live on a sun-lit planet, and most living things have acquired some means to use the light. We live in a world filled with sounds, and most living things have developed a means to sense vibrations. Since our planet is also a giant magnet, it should not surprise us to discover that we and

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many other living things have a sensitivity to Earth's magnetic-force field.”

As we look from large-scale physics, e.g., the lightning bolt and the sodium-potassium pump, to smaller scale electromagnetic phenomenon, we find ourselves in the realm of quantum mechanics. Light is an electromagnetic phenomenon. Light is both a wave and a particle. In terms of quantum mechanics, electricity and light are the same. The oscillations of the impulses create the divergent effects. Microwaves, radio waves, even the non-lethal weapons of the US Army (such as the Active Denial System <https://www.jnlwp.com/ads.asp>) are based out of electromagnetic fields.

Chi and the Body Continued

Chi, too, is an electromagnetic phenomenon. Chi is energy; light energy; bio-electromagnetic energy; electricity. The degree of strength in an electromagnetic impulse is the difference between the heart pumping vs. a heart attack. When building chi, it is important to understand, important to know, that the electricity you are both introducing to your body as well as augmenting within your body, can be controlled/manipulated by your mind; without direct and focused intent, the electrical impulses will be raw, hot, and uncomfortable.

In the previously quoted Reader's Digest article, researchers as far back as 1983 were able to accelerate cellular regeneration in adult rats by intruding electromagnetic waves to afflicted parts of their bodies; humans too, have been shown to have enhanced healing at the cellular level when electromagnetic fields are introduced. At the same time, it has been well documented that people exposed to high intensity electromagnetic fields, such as those created by power-line generators, are more susceptible to cancerous develops, such as leukemia.

SPC USA certified instructors teach the Chi Power practitioner how to harness this energy in a healing fashion, without painful side effects. The difference being similar to an invigorating spa- massage vs. being seated in an electric chair at half-power.

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Chi, the Inner Circle, and You!

Although the preceding text can be viewed as an article on the Chi Power Blog (<http://chipower.com/blog/>) it is here in the **Inner Circle** that the depth of such information is explored and cultivated in such a way that it is no longer the high-level scientific theory, but the concrete, life changing reality that comes only with hands-on training and interpersonal instruction.

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Chapter 2: The SPC Method

Mental Preparation

One of the very first lessons members of the Inner Circle are taught is the importance of engaging the **mind** with regards to their Chi Power Training. Many scientific studies validate that, with proper mental preparation and active, mindful engagement; you can increase the results of your efforts dramatically.

The importance of engaging the mind is not something that is glossed over; throughout the instructions given, as well as the various articles written by and interviews with Certified Instructors, members of the Inner Circle will read scientific reports validating such claims as well as the pitfalls one can encounter when not being mindful.

Ascending Euphoria

Merriam-Webster defines “euphoria” as follows: “a feeling of well-being or elation”.

From the very 1st communiqué from Master Instructors Sifu Jones and Sifu Perhacs, members of the Inner Circle are *encouraged* to develop and maintain a euphoric state.

In the 9th month, Sifu Perhacs provides a candid video in which he instructs members of the Inner Circle on how to develop and maintain a euphoric state:

- “How you act determines how you feel; not the other way around.”
- Read good books that feed your MIND! The habit of beginning at least 5 minutes a day will change your life. Religious doctrines- such as the Bible, help you develop an intimate closeness with the spirit and further enhance your sense of “well-being”.
- The laying meditation is something to be enjoyed and sought after: relaxing the physical body is the initial step; after

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which, or during the process, begin thinking about that which makes you happy and smile.

- Use your affirmations; engage your mind with your affirmations.

The concept of euphoria transcends a simple feeling. The *emotional content* of thought produces energies, which have an impact on your physical reality in many mindboggling ways: from your physical health and psychological to the ability to generate wealth and attract that which you want and desire; the ability to enter and remain in a state of deliberate euphoria defines you as a true “controller”.

Affirmations and Autosuggestion

Affirmations and Autosuggestions are two very significant ways to engage the mind and are two major components that set the Chi Power system apart from traditional chi gung methods. Master Instructors Sifu Jones and Sifu Perhacs provide specific instructions with regards to *supercharging* your autosuggestions and affirmations so as to get maximum results regardless of your goals.

Be it increased chi; weight loss; financial success; romantic fulfillment; Master Instructors Sifu Jones and Sifu Perhacs provide the blueprints from which you can tailor to fit your own needs and desires, while gaining unheard of results from the words of your mouth, and thoughts in your mind.

Chi Distillation

When electricity passes through anything, even the human body, some of it is lost and appears in another form of energy: heat. *Chi Distillation* is a technique wherein members of the Inner Circle are given instruction on how to actually cool the energy, cool the body's response to the electricity, and retain the energy without the actual buildup of heat.

By immersing your hands and arms into something cold prior to and while doing your Chi Power exercises, you are making a physical and mental correlation to the nature of the energy being cultivated. As opposed to the traditionally yang chi, which is hot and repelling,

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members of the Inner Circle engage their minds in such a way that the energy, the chi itself, is both cool and pleasant.

Hot chi is what actually leads to the energy spikes and organ pain as discussed by the Certified Instructors in their Interviews. By keeping the chi cool, the physical body can better enjoy it and respond favorably to the build-up. *Chi Distillation* is one of the very critical aspects to the Chi Power System, allowing members of the Inner Circle to make the types of chi-related gains in a matter of months, which would take other systems a matter of years to achieve.

Physical Exercises

Chi Power is truly a holistic way of developing chi energy. The Body, Mind, and Spirit are engaged in ways so as to: draw a distinction between the three; cultivate a level of sensitivity so as to better identify and enhance the interaction thereof; and promote chi awareness by synergism between the three entities that comprise the Individual.

Bloodwashing

The bloodwashing exercise is the cornerstone of the Chi Power method. This physical exercise directly aids in the development of the body's nerve fibers-which are responsible for the body's ability to harness and circulate the bio-electromagnetic energy referred to in the martial and psi community as "chi".

The bloodwashing exercise adds yet another dimension to chi development. While not only promoting the growth of nerve fibers, which allows the body to carry higher and higher charges of chi, the exercise itself creates a flow-pattern that directs the chi in such a way that it actually mimics the rotation and spin of the quantum particles which we are building.

Standing Meditation

The standing meditation is a traditional *yang* exercise that can be done using the cool, euphoric energy that separates the SPC USA Chi Power System from others. The Standing Meditation not only assists the physical body in adjusting to the increasing pressure of the bio-

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electromagnetic energy, but it also provides an opportunity for the practitioner to engage and “balance” the energy levels in his/her organs.

This exercise, when done properly, can help members of the Inner Circle avoid [unnecessary] painful energy spikes. For those who have been fortunate enough to avoid said symptom, an unpleasant throbbing in the kidneys is just the beginning...

Performed in conjunction with the Bloodwashing and Lying Down meditations, the Standing exercise most certainly prepares the body for advanced levels of extreme chi gung [hence Chi Power] abilities.

Lying Down Meditation

The Lying Down meditation compliments the bloodwashing in the same way that the yin balances the yang in the Taijitu. The Lying Down meditation is the secret to Chi Power, as it teaches the body, mind, and spirit to relax; it is only by relaxing can one truly exercise control over his/her energy.

Oddly enough, the Lying Down meditation is one of the more difficult exercises to master. The act of Lying Down completely still for a set period of time focusing your thoughts on that which is specific (see section on “Autosuggestions and Affirmations”) is more challenging than one would think, however; over time, you will learn to use this as an opportunity to truly augment the euphoric feeling and project said energies wherever and to whomever you wish.

Micro/Macro Cosmic Orbits [month 3]

Master Instructors Sifu Jones and Sifu Perhacs dedicate a 45 minute conference call through which members of the Inner Circle can find very detailed information regarding the pros and cons of both the Micro and Macro Cosmic Orbits.

Sifu Jones provides in-depth analysis, sharing with members of the Inner Circle how each orbit affects us both physically as well as psychologically. Although the initial aspects may be positive, generally speaking, continued practice of either exercise over a prolonged period of time will usher bad side effects: dizziness; vertigo; headaches;

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hormonal imbalances; increased pressure on the pineal and pituitary glands; uneven pressure throughout the body (and its organs).

At any given point, Sifu Jones provides firsthand experiences from himself and [current/previous] students the challenges that face when performing these exercises over a prolonged period of time. Sifu Perhacs also shares with the Inner Circle how he went so far as to develop a hernia from performing the Micro Cosmic Orbit with too much intensity for too long of a period of time.

It is highly recommended that the student follow the instructions given. Regardless of your previous styles or the books you have read, the Chi Power System is a system unlike any other. It would behoove members of the Inner Circle to follow along with the instructions as laid before them so as to maximize their growth and avoid the painful pitfalls that await those that follow the *yang* route.

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Chapter 3: The Inner Circle

Welcome

On behalf of Sifu Jones, Sifu Perhacs, the Certified Instructors, and current members within: Welcome to the Inner Circle!

You have taken your first step into a bigger, and brighter world where you will learn not only how to cultivate your energy, but more importantly, how to use your energy for day-to-day success in all of your endeavors. The climb is steep, and the terrain is formidable, however; we can assure you with the dedication of the Master and Certified Instructors and diligence of the Community, we will all reach the Summit of our individual capabilities and goals.

About the IC

The *Inner Circle* is an online community where men and women interested in cultivating and growing their knowledge, awareness, and understanding of *chi* can receive detailed instructions from Masters who have gone before them. Students receive consultation and training techniques/exercises specifically tailored to their level of progression.

Conference calls between the Master Instructors and interviews with Certified Instructor who have trained with the Masters, along with accompanying articles, are available for review via the Inner Circle website. There, members of the Inner Circle have access to a wealth of knowledge, gleaned from the past successes and pitfalls of those who have gone before them.

The Inner Circle is an outlet, which allows members of the Chi Community an opportunity to share experiences. Here, you can join a conversation and add your thoughts, viewpoints, etceteras to assist in not only the growth of others, but yourself as well.

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The Nature of Chi

Scientific Premium Company USA takes a holistic approach to Chi Power and the curriculum for the Inner Circle. The thorough nature of the manner in which “chi” is approached provides each student with a complete scientific understanding of chi as well as a practical, utilitarian vantage from day to application and growth.

Circular Chi vs. Linear Chi

Many martial art and chi gung systems promote a *linear* method regarding chi development. Initially, here at SPC USA, students receive instruction in a linear fashion of chi development because this allows students to feel, with certainty, the existence of chi energy and know that they are creators thereof. Knowing that chi is real is one of the most critical steps in Chi Power; this is the crux of the Chi Power Volume 1 instruction.

Although the linear fashions of chi gung provide a much faster buildup, they are limited with regards to their progression. Due to the heavy reliance on hormonal interactions, the abilities of students in linear systems tend to not only plateau, they also endure physical pain directly induced from the unusually hot energy circulating in their bodies which also encourage an inordinate amount of [not always ideal] hormones coursing through the blood stream.

Chi Power Volume 2 begins the transition from linear to circular methods of chi development. Whereas the linear systems focus on hormonal/chemical building which is synonymous with sexual energy, the circular methods directly tie into the electromagnetic aspects of the Universe and engage the spirit. The clockwise flow patterns of the blood washing exercise (BWE) and rotation of the circle exercises match the rotations of the building blocks of the Universe: the subatomic particles of the quantum field.

The difference between the methods is stark. For example, with regards to linear chi, your energy projection is that of radar emissions; energy bounces off of the intended target, and returns back to the sender, including various aspects of the target’s energy as well. This means to say, whatever vibrational aspects of the target [please see references on

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string theory within this document] return to the sender, both good and bad. The circular method provides the chi power practitioner the opportunity to actually *filter* the energy, enabling the adept to decide upon that which they would like to receive into their individual experiences.

Unbeknownst to many involved in chi gung, one of the largest discriminators between those who are able to perform extreme abilities, such as levitate and move objects without physically touching them, is the speed related attribute they are able to attach to their energy. The speeds, which can be achieved, via the circular method are exponentially greater than that of the linear method, and require less effort and are much easier on the physical body and the mind. Tornadoes are nature's perfect exemplars of the speed of circles; the "eye of the storm" in relation to hurricanes is the calm the Chi Power practitioner represents when performing an extreme technique. The science of centrifugal/centripetal forces show the power achieved through circular rotations. Linear systems simply do not compare.

Three Stages of Chi

Here at SPC USA, we understand that many of the concepts and chi-related experiences that Inner Circle students will be/are experiencing as they begin and continue their Chi Power training are completely foreign and unknown to them. As the practitioner develops his/her chi and sensitivity, general capabilities and awareness make for easily identifiable stages in progression. This is an opportunity for you to be aware of the stages of chi development, so as to not only have a roadmap regarding your own development, but to also provide you with a preview as to what you will experience and what to expect as you move up and through the various stages: Solid; Water and; Gas.

Solid: The *solid* stage of chi is, for many, their initial encounter with chi. This is where neophytes begin to get comfortable with the concept of the energy as well as the feel of the energy. During the *solid* stage, the student focuses on developing emotional stability and awareness via chi distillation; the ability to relax into the energy and enter a state of euphoria is essential to safely progress to and navigate the upper echelon of chi capabilities. It is also during the *solid* stage that students realize

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the weirdness that comes with Chi Power training is the “norm”. The *solid* stage is where the foundation is laid.

Water: The *water* stage is both deep and wide. Here, within the *water* stage, Chi Power practitioners experience increased sensitivity to chi energy and begin executing techniques with deliberate and consistent results. The ability to enter a state of euphoria is taken to the next level; here within the *water* stage, the student is able to extend his/her energy and intention and cause others to feel euphoric as well. During the *water* stage, the ability to control the temperature of the chi, as well as individual persons, is consistent and becomes less and less taxing as the student’s focus and sensitivity rise. Of great importance during the *water* stage are the gradual openings of the seven vortexes within the body: one in each leg (shin); one in each arm (forearm); one in the torso (belly button); two in the head. As these vortexes open, the Chi Power practitioner becomes aware of vibrations and increased feelings of energy rotations.

Gas: The *gas* stage is the acme of chi development. Here, within the *gas* stage, the Chi Power practitioner is at the apex of his/her abilities, and is truly within the realm of that which is extreme, and able to perform techniques that challenge preconceived notions of the nature of reality. **Please be forewarned: the *gas* stage is somewhat dangerous in nature.** The amount of energy coursing through the body is at a level which is almost unbearable and is difficult on the mind, as time-space morphs in ways that are not easily expressed via language nor the written word; hence the need to master the technique of chi distillation and euphoria early in your progression).

Light Chi & Heavy Chi

Not only are there different “stages” of chi, there are different properties of chi as well. The major dichotomy of chi resides in the realm of *light* or *heavy* chi.

Light chi is both light in color as well as light in weight. *Light* chi has an “airy” quality. As a building block of *heavy* chi (discussed below), it is within the arena of *light* chi that the desired attributes of your chi are programmed. Generally, this means that over time and with practice, your chi naturally takes on the sensations of “cool” and

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“euphoric”. *Light* chi directly affects the emotions and should be cultivated in a way that is conducive to well-being.

Heavy chi is thick, and malleable. There is an increased particle density in regards to *heavy* chi, which allows for and leads to “formed” chi³. The general attributes of *heavy* chi are hot, naturally destructive, and somewhat unmanageable; although it is relatively easy to form, it is a challenge to hold the specific shape and keep the energy cool. In fact, for this reason, heavy chi instruction begins within the Closed Door system, as the margin for error significantly decreases

Nutrition and Chi Power

Dr. Thomas Earnest, a member of the IC, was kind enough to share his expertise with the Inner Circle during an information session with Master Sifus Jones and Perhacs. Dr. Earnest is a practicing clinical nutritionist with a background in Oriental Medicine.

Dr. Earnest went into great detail, listing the pros and cons of every major food group, providing the Inner Circle with best practices regarding nutrition and eating habits as well as debunking myths around food and nutrition. Of great value are the notes he provided that can be found in the month 12 curriculum in the form of a .pdf. Here, he provides resources for additional information and verification of that which he shared during the information session.

Nutrition should be of great concern for those of us practicing chi power. According to Dr. Earnest, “the better [health of] the body the easier it is to get chi out and build.” The alarming situation for many of us is that we are **overfed** and *under nourished*. With great detail,

³ “Formed” chi is chi that takes on specific shapes and properties to be used for advanced techniques; formed chi is taught in the Closed Door System, as it is somewhat dangerous if not done correctly.

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accuracy, and passion, Dr. Earnest shares with us an eating and nutrition plan which provides a transformation at every level.

For example, Dr. Earnest assures us that the old maxim of “you get what you pay for” is unfortunately true, especially when it comes to food and nutritional supplements. Our mindset as a culture, willing to pay top dollar for luxury items fails us when we go “bargain hunting” at the grocery stores; food is that which we use to fuel our lives. A high quality, nutrition-filled diet provides us with energy and health benefits so many of us are lacking and searching. Fortunately, Dr. Earnest lays out an eating plan for the IC showing us how to reclaim our health. From notions of macrobiotics to good fats, weight loss strategies, the wonders of coconut oil to how best to eat vegetables for maximum vitamin intake, Dr. Earnest gives the Inner Circle priceless nuggets of information on how to eat our ways to a better quality of life. Make sure you have a pen and paper handy when listening to this information session.

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Chapter 4: Inner Circle Curriculum

Techniques and Building Blocks

First and foremost: chi is not magic. The extreme, fantastic abilities of martial arts masters of old are real. They are techniques that were honed over the years by men and women who were very dedicated and mindful to their training.

The speed at which you develop your abilities and hone the techniques is entirely up to you. By following the path laid by Master Instructors Sifu Jones and Sifu Perhacs, you will see that Chi Power affects everything and every aspect of your life, from: financial success; interpersonal relationships [romantic and otherwise]; physical health and mental well being. Chi Power is not just for martial artists; although the physical techniques of increased speed and awareness lend themselves easily to the martial domain, Chi Power can be applied in everyday situations.

Again, the techniques taught within the curriculum, highlighted in the sections to follow, give you an overview of the natural progression of abilities as well as the how's and why's each exercise is important, and how mastering said technique prepares the student for the extreme, psi related abilities for which they yearn to cultivate.

Telekinesis and Psi abilities

Telepathy, clairvoyance, telekinesis and other “psi” related abilities are often the end goals of many who seek to cultivate and harness their chi: the ability to “know” or “sense” the thoughts and intentions of others; the ability to see from a distance, without physically being there; the ability to move objects; levitation; these are the things members of the Inner Circle are preparing themselves for as they better harness their chi and better attune their minds, bodies, and spirits.

These abilities are in and of themselves *extreme*, and it takes a great deal of time, concentrated effort, and commitment to activate and achieve these abilities. As previously noted by the sections covering the

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scientific aspect of chi, none of this is magic. These are techniques that you learn over a period of time, and master with diligent practice. Members of the Inner Circle are privy to audio and video files of our Certified Instructors demonstrating [some] of these abilities to help encourage you to reach higher and further- to know that you too can go beyond the boundaries imposed by the ordinary.

Using Chi to Bend Metal

Certified Instructor, Sifu Andrei Biesinger demonstrates one of the ways in which he uses chi in his everyday life. As a mechanic, Sifu Andrei Biesinger is often faced with the challenge of bending pipes and metal objects that require an unusual amount of physical exertion and unwieldy tools.

“Using Chi to Bend Metal”: <http://chipower.com/blog/?p=70>

Andrei developed a technique where he pulses his chi through the metal, and softens it, so he can bend the objects with minimum to no effort. Not only can the video be seen on the Chi Power Training blog, but also, members of the Inner Circle are also privy to candid conversations between Certified Instructor Sifu Andrei Biesinger and Master Instructors Sifu Jones and Sifu Perhacs.

Got Skills?

Sifu Perhacs introduced a video series where members of the Inner Circle demonstrate some of their external [chi] manipulation abilities. While the individuals themselves remain anonymous, the footage is real and the techniques shown unadulterated.

The goal of these videos is simple: the Inner Circle is a Community of Practice, where men and women desiring to learn, explore, and grow their chi abilities can commune and share experiences and techniques. In short, the videos showcased encourage every member, from the 1st day beginning to the Certified Instructor Level, to increase our enthusiasm and exuberance.

For example, psi-like abilities, such as *telekinesis* are demonstrated in multiple ways. In one such video, a member of the Inner Circle shows the ability to move a piece of folded paper within the confines of a

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closed compact disc case. In a similar video, a member of the Inner Circle places a ping-pong ball inside the clear plastic housing of a compact disc spindle and causes the ping-pong ball to move in a circular pattern.

Again, the goal of these videos is to demonstrate what is possible when the chi practitioner opens his/her mind to the possibilities, and [most importantly] follows the instructions set forth by Master Instructors Sifu Jones and Sifu Perhacs. The Inner Circle is truly a Community or Practice: as the old adage goes- “Iron sharpens Iron”.

Sensing Objects

In a video for the members of the Inner Circle, Certified Instructor Andrei Biesinger is challenged by Master Instructor Sifu Perhacs to demonstrate his level of chi sensitivity by identifying objects.

The video of the demonstration is amazing in and of itself. The techniques are simple to master through practice, and are the building blocks for future abilities upon which growth and augmentation can be achieved.

Sensing Colors

Early in the training curriculum for the Inner Circle, Master Instructors Sifu Jones and Sifu Perhacs introduce the concept of sensing colors with chi energy. The exercises are deceptively simple, and the technique rather easy to master. It is taught early in the training, as this is a cornerstone of “sensitivity” training, and leads to the ability to somatically sense things not readily seen with the physical eye (you do this exercise with eyes closed or blind-folded) or verbally spoken.

Scientifically speaking, colors are associated with different wavelengths of light; each wavelength has a specific energy and this energy is expressed in both color and *heat*. The initial ability to sense the nuances between shades and contrasts of colors is what leads to the ability to actually manipulate and change objects, very similar to alchemy.

In his book, The Elegant Universe, Pulitzer Prize Finalist Dr. Brian Greene shares with the scientific community: “For electromagnetic

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waves in the visible part of the spectrum, an increase in frequency corresponds to a change in color from red to orange to yellow to green to blue to indigo and finally to violet. For some unknown reason, the color of the impinging light beam – not its total energy – controls whether or not electrons are ejected, and if they are, the energy they have.”

Furthermore: “each successive element has a lower ionization energy because it is easier to remove an electron since the atoms are less tightly bound.”

Linking one scientific truth to the other, a logician’s “if/then” began:

- if chi is bio-electromagnetic energy
- and electromagnetic energy and light are one and the same
- and the color of the light wave (frequency) is what ejects electrons
- and the difference between elements are based solely upon their number of electrons

Then: the ability to sense colors, and one-day change the color of a light wave ultimately leads to alchemy.

Merriam-Webster defines alchemy as follows:

1 : a medieval chemical science and speculative philosophy aiming to achieve the transmutation of the base metals into gold, the discovery of a universal cure for disease, and the discovery of a means of indefinitely prolonging life

2 : a power or process of transforming something common into something special

3 : an inexplicable or mysterious transmuting

The difference between the elements in the Periodic Table of Elements is solely based around said element's electron composition; add one or remove one, and you have a completely different element. For example, Hydrogen (H) has 1 orbiting electron; Helium (He) has 2

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orbiting electrons. Lead (Pb), which has 82 orbiting electrons, can be transmuted to gold (Au) upon removing 3 electrons.

Mastering color sensing, and thereafter, changing the actual color of the visible light, places alchemy within our grasps. The amount of energy, and the ability to control said energy, is what differentiates neophytes from experts; being able to manipulate the structure of the chemical composition of an object can not only come in handy (read Paulo Coelho's The Alchemist), but lead to a level of sensitivity and control that will act as the springboard to even greater abilities.

OBE

The Out of Body Experience is a technique members of the Inner Circle are taught so as to better get in touch with their spirits. The OBE is a *yin* technique that although many have experienced by accident, through practicing relaxation techniques, members of the Inner Circle will learn to perform the OBE at will.

The Out of Body Experience is technique that is very similar to the psi-related ability remote viewing. Learning to release and direct the spirit with the mind is a technique that takes effort, however; once mastered, it can provide the adept with a source of uncanny information.

Remote Viewing & Astral Projection

With the assistance of a certified instructor, Sifu Perhacs shares with the Inner Circle the initial steps in performing the psi technique of "remote viewing".

Remote viewing is akin to sending a feeling out at first, which comes back to like a picture in the mind. Astral projection is similar to sending a part of the spirit into the area in question; this technique provides a richer and more detailed amount of information and situational awareness when compared to remote viewing, however; astral projection is more difficult in nature as it requires sensitivity to and awareness of the spirit. The easiest way to begin astral projection is via remote viewing. After a period of time and practice, the increased sensitivity of remote viewing gradually changes over to astral projection: a complete metamorphosis takes place when you are able to feel and use

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your spirit. Astral projection takes a little bit of the spirit to the place you want to go; Out of Body Experiences (OBEs) take the whole spirit-body to where you want to go.

The video provides systematic instructions to assist in the development of these techniques, with the initial step of learning to feel other people inside another room. Although using a partner is ideal, especially having one who can project chi energy for initial ease of sensitivity and awareness, Sifu Perhacs provides a .pdf document that highlights different ways of performing this technique, one of which can be done alone.

One of most important aspects of performing this technique is the need to be relaxed; the deeper you can relax and enter a “yin state”, the better your sensitivity and results will be.

Advanced Healing Techniques

Of great interest to many in the Inner Circle are healing techniques. In this video, Sifu Perhacs demonstrates the best practices and methods when using energy to heal.

Sifu Perhacs takes time to debunk popular misconceptions centered on healing with energy, and goes several steps further; Sifu Perhacs divulges SPC USA Chi Power trade secrets as he demonstrates healing techniques with the assistance of certified instructor Sifu Brown. During the demonstration, Sifu Perhacs engages cool chi in conjunction with soft tones and quasi-hypnotic suggestions to relax his patient. As the demonstration ends, it is clear by Sifu Brown’s responses that he was in a trance and that the techniques performed by Sifu Perhacs revitalized him as though waking from a “power nap”.

As with many of the information videos, instructions highlighting the process as well as non-obvious tips are provided as a .pdf document.

Transferring Energy: Hot and Cold Temperatures

Sifu Andrei Biesinger demonstrates his impressive skills yet again in this Inner Circle video exclusive. The concept of chi distillation is based upon the mind’s ability to control/manipulate the temperature of energy. Sifu Biesinger takes this concept and shows a real-world application of

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not only cooling down the chi, but actually transferring heat energy from one object to another; all documented via his laser guided thermometer and video camera.

The individual applications are endless for each practitioner. For healers, the ability to lower the temperature of the inflamed area *without* absorbing said negative energy into you is ideal. The ability to simply cool off and remain physically cool so as to avoid overheating and the accompanying unflattering perspiration during, let's say, public/professional gatherings (see section on Pheromones) goes a long way. The ability to generate heat when cold and/or influence the temperature of a person or object in general can be of significant value when the tactic is properly married with the strategy of win-win.

This skill warrants further investigation and competency on the part of each member of the Inner Circle.

The Law of Attraction

Sifu Jones and Sifu Perhacs hosted a very special conference regarding "The Law of Attraction" (as made famous by The Secret) for members of the Inner Circle. It is a very powerful seminar, filled with information and actual techniques people can use in conjunction with their chi to not only attract what they want, but more importantly: how to do it and get the results they want with greater and greater specificity.

Members of the Inner Circle know that the mind is a key factor in developing one's chi.

This is important, as what we are sharing has been verified throughout the scientific community and "taken for granted" by the general populace, but not investigated to the same level as what the Certified Instructors implement in our daily lives.

In his book Entangled Minds, Dean Radin discusses the "Double slit experiment" where photons (light particles) are observed to determine if light is either a particle or a wave. Without going into the technical details, it has been determined that light is both a particle and a wave at the same time. [For those interested in the specifics of the experiment, please see pages 211-212 of Entangled Minds]. Here is where it gets

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interesting: it is what the observer expects the particle's behavior to be that actually determines/influences the outcomes of the results. This is not to say that the experiment is fixed; the men and women of the scientific community performing this experiment (over many many years) have done so in the most rigorous and controlled facilities. **No cheating allowed!** However, the results of this experiment have been verified and repeated by physicists around the world: the observer's expectations of the system actual determine the outcome of the experiment. On a microscopic level, where the actual building blocks of the universe take place, we can influence their behavior with our minds and expectations.

Later in Entangled Minds, we find the following:

“This concept has been studied in hundreds of experiments with teachers, attorneys, judges, business managers, and health care providers. It has been repeatedly shown that expectations unintentionally affect the responses of research participants, pupils, jurors, employees, and parents.” (pg 286).

This is to say that we actually influence the outcome of events on a macroscopic, large scale, level as well as at the atomic level.

Pheromones

Merriam-Webster online dictionary defines “pheromone” as follows: a chemical substance that is usually produced by an animal and serves especially as a stimulus to other individuals of the same species for one or more behavioral responses. We draw upon biochemistry and share with members of the Inner Circle community: how chi affects the pheromones and; what we as chi gung practitioners can do to stack the deck in our favor.

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Pheromones⁴ are picked up by the olfactory senses subconsciously. We are generally unaware of the specific chemical messages an individual sends, however; research has shown that the [pheromone] stimulation of olfactory senses allows the pheromone to “directly influence the neuroendocrinology of emotions”

[\(James V. Kohl et al; Human Pheromones: Integrating Neuroendocrinology and Ethology: Invited Nel Review\)](#).

Later in the same article, Kohl and his associates state: “the affect of pheromones on our emotions is linked to the effect of pheromones on the hormones of the hypothalamic-pituitary- gonadal axis –an unconscious affect.” Please keep the reference of the “hypothalamic-pituitary-gonadal axis” in mind. SPC made a special note regarding the pituitary gland and its role in bio-electromagnetic phenomena (chi) in the following article: “Qigong, Electricity & The Human Body”; <http://chipower.com/blog/?p=47#more-47>. The article which provided the specific pituitary reference can be found here: “Electricity and Human Consciousness” by Celtoslavica; <http://www.celtoslavica.de/bibliothek/electricity.html>.

Pheromones: “Yin and Yang”

The two male pheromones associated with having a physiological and behavioral response in females are androstenol and androstenone. Interesting enough, one of these pheromones attracts partners whereas the other repels. Laboratory experiments have shown “the application of androstenone to females led to negative descriptions of males whereas the application of androstenol led to a description of males as being sexually attractive,” (Vohl et al). It would make sense, then, for men to

⁴ Although the content of this section is available on the Chi power Syndicate blog, members of the Inner Circle have access to an .mp3 recording between Certified Instructor Don Brown, author of said articles, and Master Instructor Sifu Jones; there, Members of the Inner Circle receive additional information not contained within the article at a greater level of detail

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maximize the output of androstenol and minimize the production of androstenone. Unfortunately, like yin-yang, you cannot have one without the other.

Androstenone is a byproduct of the oxidation of androstenol. It is androstenol that the body initially produces however; it is often quickly converted to androstenone via the chemical reaction called oxidation. The challenge, then, is to slow down the oxidation process of androstenol, in an attempt to maximize an individual male's pheromone attractiveness.

Pheromones and Chi

Electricity can come in many forms, be it bio-electromagnetic energy, or various types of specific radiations: electricity is electricity. Electricity also plays a very important role in oxidation: Oxidation describes the loss of electrons by a molecule, atom or ion. At the molecular level, as androstenol loses electrons, it becomes androstenone. In this sequence of events, the male pheromone, initially of the "attracting" sort, turns into that which is "repelling". The similarities between male pheromones and "chi", yin-yang, should be very much apparent at this point. Let us take it one step further.

The act of oxidation, the removal of an electron, is (on a quantum scale), an act of repelling; the electromagnetic phenomenon of "heat" energy plays a role in this chemical reaction of large-scale physics. Logically speaking, then, if a man were somehow able to control, at a subatomic level, the amount of heat his bio-electromagnetic energy produced, he would have an uncanny advantage over other men with regards to his pheromone properties of attraction. He would be able to significantly slow the process of androstenol (attracting pheromone) turning into androstenone (repelling pheromone).

Although this seems somewhat abstract, when applying the concepts of chi generation, especially with regards to the attributes of yin (soft, cool, relaxing energy) versus yang (hot, aggressive, repelling energy), the concepts dovetail nicely. By cultivating cool chi, and focusing on the attributes of cool soft, relaxing energy, the body, on a quantum level, will produce bio-electromagnetic energy that is slow to oxidize the pheromones. In fact, men who cultivate this type of energy not only

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“attract” like a human magnet, but are often looked upon and viewed as more “attractive”, without having done anything of outward significance. These small changes in perception and focus, at a very microscopic level, will in fact, have huge results in the large-scale world of interacting with other people.

Pheromones and the Inner Circle

Members of the Inner Circle receive specific instructions and additional information so as to communicate information provided by the latest scientific data to assist in achieving their individual goals. As the poet John Donne penned hundreds of years ago: “No man is an island”. Because we need to interact with others, it is always in our best interest to be attracting that which will assist us; if we can somehow get others to want to help us, at all times, we will have managed to stack the odds in our individual favor. We want you to be successful and we have developed many products and courses to help you maximize your inner potential and bring your very best to the forefront.

Emotional Content

Emotional-content⁵ is an enigmatic concept that is difficult to grasp and at the same time, has concrete ramifications in the quality of life for chi gung practitioners.

Chi Power, as taught by Instructors Sifu Jones and Sifu Perhacs embraces the concept of “emotional content”, and the specific techniques on how to use it to the practitioners advantage is part of the Inner Circle curriculum.

⁵ Although the content of this section is available on the Chi power Syndicate blog, members of the Inner Circle have access to an .mp3 recording between Certified Instructor Don Brown, author of said articles, and Master Instructor Sifu Jones; there, Members of the Inner Circle receive additional information not contained within the article at a greater level of detail

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In this article, we will provide you with some biology-based principles that show exactly what emotions are made of and provide a glimpse as to how this will affect your chi.

According to Merriam-Webster, an emotion is: “a conscious mental reaction (as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.”

It is that last portion of the definition on which this article will focus: physiological and behavioral changes in the body.

Hormones: The Building Blocks of Emotions

According to Dr. Barry Sears, there are only two hormones upon which all emotions are based. “The two primary mediators of emotions are cytokines (hormones that are involved in inflammation) and eicosanoids.”

http://www.cbn.com/health/NaturalHealth/drsears_mindbodydiet.aspx

Cytokines and eicosanoids come in multiple flavors; all of which have a specific role to play. It should be noted, however, that some of these hormonal derivatives do, in fact, have an overarching negative impact on the body, especially those which encourage inflammation; these types of inflammatory producing hormones are not only associated with depression (unusually large amounts of such agents have been found in the spinal fluid of suicide victims), but have also been shown to adversely affect the production of [natural killer cells](#) in the body as they are the main source of the stress hormone cortisol.

As an aside:

According to Dr. Esther Sternberg of the National Institute of Mental Health: “A chronically stressed brain orders release of hormones and other chemicals that tamp down the immune system so it can’t fight off disease or speed healing. Too much stress even ages us faster.” <http://www.msnbc.msn.com/id/29353787/>

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It should be noted that the human brain stores and generates “emotions” in its limbic system. The limbic system itself is comprised of connections of glands and structures that are located on top of the brainstem and are buried under the cortex.

“Limbic system structures are involved in many of our emotions and motivations, particularly those that are related to survival. Such emotions include fear, anger, and emotions related to sexual behavior. The limbic system is also involved in feelings of pleasure that are related to our survival, such as those experienced from eating and sex.”

<http://biology.about.com/od/anatomy/a/aa042205a.htm>

There are two members of the limbic system which will serve well to illustrate a very important point that is often stressed to members of the Inner Circle: building chi pressure in and running extreme amounts of chi through the brain is something that is rarely recommended. The sheer amount of electromagnetic pressure along with the stimulation of the receptors of the cells that comprise the limbic system can, in fact, cause the brain to dump large amounts of hormones into the blood stream and throughout the body. The results can often be disastrous, as each gland produces a specific series of cytokines and eicosanoids; not knowing what, which, how and why could easily lead the chi gung practitioner into a hormonal roller coaster ride that is neither fun nor exciting.

The Limbic System’s Significant Contributors

The hypothalamus is about the size of a pearl, and directs a multitude of important functions. It regulates the body’s circadian rhythms, and is “an important emotional center, controlling the molecules that make you feel exhilarated, angry, or unhappy.”

<http://biology.about.com/od/anatomy/a/aa042205a.htm>

The hypothalamus is responsible for the production of what is called the: Corticotropin-releasing hormone (CRH). Abnormal levels of this specific inflammatory hormone has been found in the cerebrospinal fluid of suicide victims.

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The hypothalamus also produces Dopamine, which is believed to provide a teaching signal to parts of the brain responsible for acquiring new behavior, similar to Pavlovian dogs. It also produces Somatostatin, suppresses the release of pancreatic hormones, thus inhibiting the release of insulin and glucagon.

<http://en.wikipedia.org/wiki/Hypothalamus>

The amygdala, another significant contributor to the Limbic System, directly affects activities like friendship, love and affection, on the expression of mood and, mainly, on fear, rage and aggression. The amygdala is also the center for identification of danger, which is fundamental for self preservation.

<http://biology.about.com/library/organs/brain/blamygdala.htm>

With those two very simple examples, it should be quite apparent as to why sending energy into the head could potentially create disastrous results. Inadvertently increasing or decreasing the production of Somatostatin, for example, could, in fact, have diabetic ramifications of a period of time; as this is the hormone directly involved in suppressing the release of insulin and glucagons.

Causing the amygdala to function in a hyperactive way could for example, cause an individual to confuse the emotional response of something that is dangerous and life threatening with that which is safe and pleasurable.

Although somewhat innocent and well meaning on the surface, running chi through the head could, in fact, have life threatening (and certainly altering) results.

[Although the preceding information available on the Chi power Syndicate blog, members of the Inner Circle have access to an .mp3 recording between Certified Instructor Don Brown, author of said articles, and Master Instructor Sifu Jones; there, Members of the Inner Circle receive additional information not contained within the article at a greater level of detail to further enhance their “attracting” abilities.]

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Chi Training Partner

A training partner when doing Chi Power is someone all of us should have. A training partner can assist our growth and help us stay mindful of energies. A training partner can also help you grow and develop your chi faster. There is, unfortunately, a “catch”.

In a conference call hosted between Sifu Jones and Sifu Perhacs, members of the Inner Circle are given the parameters of the characteristic they need to look for and attract when seeking out a chi training partner. The aforementioned pros are certainly worthwhile. The cons, however, can be shockingly unpleasant.

The specific and determined comingling of energies is, in fact, the pinnacle of intimacy. Therefore, the person with whom you decide to engage as a chi training partner should, at bare minimum, be like-minded and of the same gender. Stark differences in religion, morality, spirituality and the like can unfortunately turn your chi partner into [potentially] your worst enemy should the energies comeingle and create a *yang* level of destructive interference; and this person will, undoubtedly, *know* you. Similarly, unless your training partner is your husband or wife, this will avoid sexually related pitfalls sure to come.

Although a training partner can be a good barometer and help you grow, Sifu Jones and Sifu Perhacs forewarn members of the Inner Circle the dangers in choosing the wrong partners, as they have done in the past. Like all of the conference calls, the message is clear, candid, and full of the wisdom learned from life experiences. A good chi training partner is a good thing; a bad chi training partner is terrible in ways that cannot be summed-up with words.

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Chapter 5: Inner Circle Community

Questions & Answers Sessions and Topics

Every month, at least once a month (sometimes more than) Master Instructors Sifu Jones and Sifu Perhacs provide very detailed responses to various emails that have been collected throughout the month. Often they will use the nature of the questions posed to serve as barometers regarding to the development and challenges of the overarching membership of the Inner Circle.

Below you will find a pertinent list of the questions asked by members of the Inner Circle; the answers to which have been addressed by Master Instructors Sifu Jones and Sifu Perhacs and are available for members of the Inner Circle to review at their leisure via the Inner Circle web portal. The questions come in the form of phone calls, emails, and are answered on a personal, one-on-one level. However, not only are the questions captured for future reference for members of the Inner Circle, but shared (anonymously) so that everyone can benefit from this Community.

Regardless of your level or understanding, within each Question and Answer session, there is something to be gained by everyone.

Q & A Session 1

- Can you practice the blood washing and other exercises outside?
- The books say not to practice in the cold, you say it's okay, which is right? Are there problems with doing exercises in the cold?
- After doing the lying down meditation is it normal to be in a fog for a while afterwards? Sometimes it's hard to get back up, is there a way to stop this side effect?
- Is there anything for people, who can't sleep because they are use to staying up all night?

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- Should you put the tongue to the roof of the mouth or tighten up the anus muscles while doing the Vol-1 DVD exercises like when doing the atom exercise?
- Is it usual to feel static electricity while walking thru doorways or to feel peoples' energy bounce off you when they point at you?
- Are there going to be any other type side effects with this?
- Should we still be practicing the Chi Power Plus exercises?
- Are there other exercises that expand the nerve fibers besides the blood washing exercise?
- When doing the cross one leg over the other exercise, I can feel the sensations in one leg, but not so much in the other one. Why?
- I heard you mention yin & yang a bunch of times, what is the difference between the two?
- If I have trouble standing in place is there something else I can do besides the standing meditation?
- How come I feel the energy go down parts of my body, but I can't feel it in others? Will this change with these exercises?
- It seems like I feel the energy more when I don't actually touch my skin then when I do. Is this normal? Is it okay to do it this way? I've been doing chi gung for 10-years and feel the energy fine
- How long does it take to get the chi distillation technique down? My chi seems to be hot all the time, even with the ice, any suggestions?
- Why does your method say to use a cool & good feeling, when other methods are doing the hard breaths & sounds?

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Q & A Session 2

- Sometimes when I'm pushing energy thru someone's body, it will come to an area that won't push thru and they would feel a zing of energy, is this normal and how dangerous is it to push the energy on thru?
- I can make the magnetic feeling between my hands when I do the palm test, but I can't seem to move an object. Why won't it move an object, but I feel it okay? How do I get the object to move? Is there a technique to learn that causes you to move the object?
- What does circular chi mean?
- Does it help to do the lying down meditation?
- Will weight training hurt my chi power training?
- Does doing the Blood Washing exercises help with arterial plaque and hardening of the arteries? How about cancers?
- Is it possible to space travel, or do things as warping or distorting space or time? Can you appear in distant places at will?
- Is it dangerous to stimulate parts of the brain that have latent abilities?
- Will my chi accidentally cause damage to computer stuff or sensitive equipment like software?
- How do I speed up the healing process for injuries?
- Is there a correlation between dark matter and chi energy?
- If my chi attracts demons or bad spirits will I have defend myself?
- Should I be avoiding certain foods or chemicals or drugs like aspirin? Will taking them impact my chi?

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- Do I need to know about nutrition and how does this affect my chi?

Q & A Session 3

- What is Wu Chi?
- What is circle walking or walking in a figure 8 pattern?
- What is Tai Chi/Chi Kung Ruler?
- Will we be covering the martial aspects of chi kung?
- Will we be going over any of these type techniques in our training?
- After building my chi sometimes when I take a shower I feel somewhat claustrophobic-is this normal or am I yanging too much?
- Does it make a difference whether my door is open or closed in my chi room?
- How am I going to be effected if I am constantly working on people I don't know like in my reiki practice?
- I was doing the energy too hard and the over flow went into my kidneys and now I can't train without pain, what should I do? Is there a way to speed up the time I have to wait so I can train again?
- Should we use the same objects you use in the sensing objects video or can we pick ones of our own?
- I have been trying to sense objects like you showed in the video, but can't get any of them right, do you have any suggestions to make it easier?
- Can a chi master influence or control the outcome of games of chance, sports, casinos, ect.?
- Is densified or condensed chi the same as ectoplasm?

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- What's your take on pyramid energy, chi generators and Crystal quartz?
- What's your take on the Tibetan five rights which they say produce a rejuvenating effects?
- The other day while talking with someone, who was describing them self going thru a panic attack, I started having chest pains myself-is this kind of thing normal? Do you think there is something wrong with me, he was having any symptoms just describing them?
- Sometimes I feel pulsations in my ears during meditations and sometimes even without meditating and the pulses don't match my heart rate-is this normal or is there something wrong with my ears?

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Q & A Session 4

- What is the main source of chi we are using, is it from the air, food & water?
- Can breathing from the left nostril only cause your body to cool down and breathing from only the right nostril heat you back up? Would this be an effective technique to use in order to cool my chi?
- I like doing the blood washing exercise, but sometimes when I do it for more than an hour, I notice I get a lot of lower back pain, which seems to pulse, is this normal to feel? Is there a way around this pain as I suffer from lower back pain enough?
- Lately, after doing my exercises and I finish with the lying down med, when I get back up I feel a rush of energy taking over my body (it's a good feeling energy-not really cool yet), but it seems to be everywhere, is the chi suppose to feel like this? Is this what you mean by the water stage? What is jing energy and should I be cultivating it?
- You told us about being able to speed up some one's heart and slowing it down-could you explain it further? I'm not sure what I'm supposed to do in order to do that.
- Will the Vol-1 DVD take you to a level where you can see and hear dead people?
- If I only bought the Vol-1 DVD and didn't get any future volumes would I still get good enough to move something like of significance?
- I know you said I might feel sensations in my ears and around my body (like sounds and movements), but lately when I have been doing my exercises, I have been hearing cracking, Crunching, and popping sounds, like electricity sometimes does when it is overloading a line, does this mean I'm overloading myself?

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- Sometimes in my lying down meditation I can hear faint voices talking, but I can't figure out what they are saying. Is it normal to pick up voices while practicing this kind of chi gung?

Q & A Session 5

- Can a chi master diagnose illness or disease with accuracy?
- Will chi practice improve my eye sight or hearing ability? How about the other senses?
- What abilities can we expect by the end of the first year or the second year?
- Can the money earned in gambling by using chi power, be cleansed by the chi energy?
- You talk about using chi energy in other applications, could you say use it for getting a better job or even getting one?
- I was trying the pulsing technique on my brother, but he said he couldn't feel anything. Am I doing something wrong? I told myself I wanted him to feel it?
- In the chi power plus material, you show us how to attract animals to us by using the yin chi breath, is that the way we are going to learn how do this in the inner circle? Should I start practicing that kind of breath in order to be ready, when we learn it?
- How long does it take to bend metals (psychokinesis)?
- When I get up from my lying down med, I can easily feel the chi moving around me, is it because I'm just getting more sensitive due to being motionless or do you actually build up your chi during the lying down med too?
- On a similar note, I can wiggle my fingers now and feel the sensations all around my body from doing it, is this because I'm just more sensitive (and there's the same amount of chi)

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or is it a case that my chi is building up and I'm feeling it more due to the build up?

- You have said that yelling and shouting doesn't mesh well with this method, I'm an instructor and need to shout sometimes, so everyone can hear, will this be a problem? How about using extreme laughter, is it also bad?
- My question is regarding while sleeping, is it dangerous to have your arms/hands lying on your chest? If you were deep breathing while dreaming and your limbs were on your chest would it hurt you? I was doing a lying down med and when I got up a rush of chi energy went shooting down into my leg and foot after I clenched my hand in a fist. In an mp3 you said we don't know where those breaths will go, will I get hurt accidentally doing them in dreams?
- Let's say I had to quit training for a couple weeks, does your nerve fibers still grow for awhile after you stop? How much chi would I be losing?
- I'm having the hardest time putting out the candle, could you give me any suggestions to make it easier?
- Something new happening, I am starting to get shocked a lot just walking across carpeting. Is this because the chi energy is getting stronger and jumping out of me? Is this how we are going to get something to move in the future?

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Q & A Session 6

- Since chi is made up of sub atomic particles, is it possible, once you've gotten good enough at it to materialize a solid object? Also I heard of putting up barriers, is it possible to put up an actual physical wall as opposed to an etheric barrier (a mentally perceived barrier) to protect from psychic attacks?
- About how long does it take to get to the water stage? I realize it varies, but what is a typical time range? Also how strong would one's chi abilities be at this point?
- If one exercises, but not on a regular consistent basis, would the chi still build up over a longer period of time?
- Aside from building up the chi thru the exercises, is it necessary to practice projecting the chi all the time in order to get good? Will you still get good not practicing the projecting, but just do the exercises?
- When using auto suggestions to manifest something like a larger income, is it necessary to consciously work at the goal with the chi providing the opportunity, or will the chi just automatically increase the income?
- Speaking of auto suggestions, is it possible to use them in order to speed up the results of your training?
- Besides from the martial arts and health benefits, what are some real time applications for chi?
- I have been doing some heavy work and my muscles were sore, so I pulsed down the chi thru my sore muscles and the pain went away. Is it a good idea to use pulsing techniques to get rid of pain? Also I wear a rosary around my neck, will it get charged up with chi energy? Does anything that touches you or around you get charged up?

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- You keep reminding us to make the chi exercises in a happy blissful state, by that do you mean a calm happiness or more of an excited happiness?
- My energy fields have started to expand as far as I can spread my arms apart and I've noticed I feel energy around me in any direction and it feels like when I do the palm test, have you experienced this before?
- To what extent do we create our own reality? Also is shape shifting possible?
- Quick question about bone marrow/energy packing and the blood washing exercise, when we do those exercises are we taking the energy that is around us & using it to increase our psi & energy? Is it actually that simple?
- What should the ratio or balance be for the micro/macro cosmic orbits? I can feel the energy more doing it in the reverse way is this normal?
- I have been using the ice, trying to learn the chi distillation technique, how do you know when you have got it down? My body seems to feel cold all the time now, so much so that I have started to get pains coming out of my joints, is this suppose to feel like this?
- I started practicing trying to put the candle out to see if it would really go out like you guys say it would and I actually was able to put it out after I cut down the wick. I was wondering though if your eyes are suppose to tear up as I found mine kept doing so as I concentrated harder, is this normal & is it safe to do? .

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Q & A Session 7

- Why is the BWE done so fast? Is this important (the fast moving part) or can I do the exercise much slower, so it doesn't make me sweat so much?
- So, it seems like you took out most of the exercises from the Vol-1 DVD, so does that mean you are suppose to add the two volumes together?
- If we are only going to do the Vol-2 exercises now, that's a lot fewer exercises, since you are only doing the standing, lying down, BWEs, and the circles. Is that really all you need is just these, as it seems like doing more would do more? Are doing fewer exercises really building us up faster?
- On the new Vol-2 DVD you show us how to do the standing med with the new way of deep breathing, but I'm not sure which to breathe from, my nose or my mouth? Does it matter which way it is done, he looks like he does it with his nose, is that way better?
- Are you saying that doing this side-to-side, merry go round way of moving around the chi and not the top to bottom method is making it a spiritual exercise? I'm confused on how that makes it a spiritual exercise?
- Will either the Vol-1 or Vol-2 lead to us being able to levitate? Does your Inner Circle teach this technique? I really want to be able to do this, is it really possible?
- I'm starting to get a few rashes and reddish bumps on my bottom, knee caps and elbows, is this related to this training? Should I be concerned as it doesn't hurt or anything, it's just not attractive?
- Is there a difference between chi and the kundalini?
- One day I was moving my chi wheel w/my eyes by staring at the image thru the mirror, instead of the usual looking at it

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directly, how was that possible that I could still get it to move?

- Recently, I was moving around my chi spinner, trying to move it with as much power as I could and as fast as I could and suddenly a drawer opened up next to me w/o me touching it. Is it possible I could have done that or was it something else?
- My body usually gets very cold during and after the chi exercises and lasts for quite awhile after my workout. Is this a safe way to do these exercises? Is it okay to do the exercises in the cold the whole time or would it lead to bad side effects?
- On the Vol-2 Circle exercise, are you making the circles go around your entire body or just in front of the body? I can do it better if I'm the middle of the circle, is that okay? Is he showing the circles in front of him, at least that's what his arms are doing?
- I'm still a little skeptical yet, though I really am feeling a pickup of energy and these feeling of an electrical sensation, so I can see there is something to it. My question is how are you really gong to get us in touch with our spirits? I've been learning things from everywhere I can and nothing has worked yet, what are you doing that is different then the rest?
- I know it can vary as far as time, but I would like to know how long the normal person takes in order to feel their spirit for the first time?
- Sometimes, when I'm doing the fast blood washing exercise, after I'm finished and sitting there relaxing, I can feel this swirling sensation coming from different areas of my body. The funny thing is sometimes they go in the way you are teaching us, but sometimes they go the other way (counterclockwise) is this normal or am I doing the exercises wrong?

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Q & A Session 8

- From listening to the Danger Zone MP3, I found out I was yanging, so I'm taking off a couple days like you suggested. My question is would it still be okay to listen to the MP3s on the Inner Circle website?
- Before I understood how bad it was to talk down to myself, I did it all the time. But now that I know better from the chi training you teach, I was wondering how I could see myself in a better way, so I don't do it so much. Any suggestions?
- I enjoyed the MP3 on Natural Killer Cells, so does this mean we should continue on with the energy packing & organ balancing exercises, as I want to keep my NK cells in great shape?
- I was wanting to get good at moving things like Sifu Andrei does and I was wondering if I put in an hour a day at trying to move something would I be able to do it quicker?
- I think I might have overloaded my organs, as I feel a slight pain pulsing from my kidneys and my spleen. It doesn't really hurt much, so I was wondering if I can still train? The pain isn't extreme like you're talking about.
- I'm coming in from a traditional yang style of chi gung and we did a lot of tightening exercises. The last few MP3s have made me re-think my views and I want to get on this yin side you're talking about. My question is how do I stop tightening up all the time as it just seems so natural to do it now?
- Concerning the pheromone MP3, I was wondering if someone is mad at you and triggers your hormones to get aggressive, how do you stop it from happening? I would think this is important, since your natural killer cells would be affected?
- I've heard from a bunch of sources now about the importance of protein, I thought they built muscles, is this something we

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should include in our diet? Does it matter which kind it is, either soy or whey, which is better?

- So, are you saying all we have to do is tell someone to turn their NK cells on in order for you to turn them on? Is it really that easy, as this doesn't seem like it could work?
- Does the moderate use of alcohol or any other type drugs inhibit significantly your chi training?
- Are you using the term nerve fibers to mean the same thing as the meridians that the Chinese refer to when speaking of the chi pathways?
- I really like the circle exercise and was wondering if we could do it longer than you show on Vol-2? Also is it alright to do the circles in the lying down meditation as I find I can do it very easily while doing it in that position? Is this a good way of doing the affirmations at night?
- A couple days ago, I was sitting up and relaxing, when I started to feel like I was vibrating (like a sphere), I went with the feeling for awhile, then when I opened my eyes the whole room was also vibrating like it had a breath or heartbeat to it. It lasted for several minutes. What's going on with that?
- Are you guys going to teach sparring with other chi persons using only pressure points and chi power without physically touching them?
- I know of a woman, who has severe health problems, issues with her heart and the only way she survives is by vampiring off other people's energies. Is this affecting those people like in the same way, when we get vampired on by those things that go bump in the night? What kind of energy does she absorb in order not to have a heart transplant?

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Q & A Session 9

- Since you say it takes years, even for you guys, 2-3 yrs to get in touch with our spirit, will we be able to reach that point if we don't continue in the system past the first year? Do we have to be in the closed system part to learn this process?
- Is getting into the closed part of the system going to be an automatic process? Will there be other requirements?
- On using the chi stick, how do you know which way is up?
- Do you have any other tips on how to handle the sexual energy build up, as it seems to build in me to unreal levels no matter which way I do it, any suggestions?
- I work on new people everyday (from 1-3 daily) and I was wondering what I should do when one of those people walk in all yanged out, as it has a tendency right now to be very draining and adversely affecting me?
- Could you explain in a little more detail how you put the good feeling energy into the blob of energy we move around? I feel the blob of energy, but don't get how to make it (the blob itself) feel good?
- Can you explain about the seven vortexes a little more, as I think I activated one in my chi point area? That whole area will just spontaneously start spinning sometime during my workout, making me feel the weirdest sensations, is this suppose to feel this way? Sometimes I feel it, and I'm not even working out.
- I was wondering what is happening with me lately, It started out by me feeling these waves of energy coming thru my body as I listened to the 8th month video on affirmations, but now when I listen to any of the mp3s (even by other certified

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instructors) this wave feeling continues to happen. Is that a normal thing?

- If I wanted to manifest something with a training partner would it still work okay, even though he's moving away to a different state? Does the distance matter?
- Do we as Inner Circle Members, need to purchase a Chi Stick? It's kind of expensive, so if we don't need it, I just soon not have to buy it.
- I have a question concerning magnets. Does the use of magnets benefit your training that much? I'm curious, as I see them advertised a lot of places and notice you occasionally sell them. If they are worth the money I'll get them, but would like your opinion first.
- You have mentioned the term inflows and outflows a couple times now, but I still don't know what this means. Are you talking about using the breaths or is this that body breathing you're talking about?
- I have studied about how to do a Dim Mak technique for 10- yrs now and was wondering if I got your Dim Mak course, if it would give me the missing pieces of the puzzle I seem to be missing? Will your course really teach me to do a death touch?
- Can you explain to me how to give someone an autosuggestion that would work, even though they may be across the country away?

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Interviews with Certified Instructors

The “Interviews with the Certified Instructors” are some of the most valuable nuggets of information within the Inner Circle. Here you will find very candid discussions between Master Instructors Sifu Jones and Sifu Perhaps, and the Certified Instructors they have trained over the years. The conversations are real; the atmosphere is open and; although somewhat fantastic, the statements made regarding each of their personal journeys and experiences with the chi are the acme of truth.

Members of the Inner Circle have the opportunity to listen to these Interviews at their leisure, as often as they like, and even ask questions to the Master Instructors for additional insight so as to maximize their personal training. The opportunities to avoid pitfalls and accentuate that which is euphoric are the takeaways of each Interview; and each Instructor brings a perspective and experience that is diverse as the Inner Circle itself. There is something (lots of things) for everyone.

Sifu Michael Allen

Sifu Michael Allen began training with Sifu Jones in 1995. His martial arts background was mixed: traditional karate; ju jutsu; judo; hapkido; and Chinese boxing with Sifu Jones.

Like most of us, Michael Allen looked for chi training his entire life, and as he tells the Inner Circle of the few instances he found people who could demonstrate various levels of psi related abilities, none offered an approach like that found within Chi Power, as taught by Sifu Jones.

Michael’s background was atypically “yang”. He admits he and his entire family were all “tough guys”, and fisticuffs were the norm. A natural to chi, he tells the Inner Circle of how his own ion shield protected him from a conflagration when a wood-burning stove erupted inches from his face. In fact, many of Michael Allen’s experiences are hard to comprehend, but as many of us know from firsthand experience, fact is far more fantastic than fiction.

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Michael warns the Inner Circle of the hazards that come with over training. In fact, he is one of the few Chi Power practitioners to get negative side effects (read painful energy spikes resulting in organ pain) from doing the yin exercises too long; he would spend anywhere between 18 to 36 hours mastering deep meditation techniques that would lead to bizarre Out of Body Experiences you have to listen for yourself to fully grasp. In his own words, they were often “very disconcerting”.

He warns the members of the Inner Circle to follow the curriculum, and most importantly, trust and listen to the instructions set forth by Sifu Jones and Sifu Perhacs, as the goal is to assist our chi progression without having to go thru the physical pain he (Michael Allen) experienced.

Sifu Benjamin Richardson

Benjamin Richardson began his training with Sifu Jones in 1997. He is one of the “original mavericks”, taking the concept of “yang” to new levels.

Sifu Richardson’s background is wrought with chi gung exploration. Having studied *Wing Chun* in his youth, he used his time in the Navy to travel the world looking for masters to teach him the secrets of chi.

Sifu Richardson details his experiences, the good and the bad, to assist the members of the Inner Circle along their individual path. He conveys his personal challenges and the telltale signs of “yanging” are conveyed with a stunning contrast of how wonderful his life has become since he embraced Sifu Jones’ concept of being *yin*.

Sifu Richardson shares with us the various esoteric styles of breathing techniques and some of the more unusual training practices he encountered. Members of the Inner Circle who listen to Sifu Richardson’s even, cool, very calm and euphoric tones will know that he is providing a roadmap to help those new to this method avoid unnecessary pitfalls and very, very real pains.

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Sifu Andrei Biesinger

Andrei Biesinger has been training with Sifu Jones and Sifu Perhacs in the year 2004. His background is that of a natural healer, and has a mind that is without bounds.

Andrei's energy and enthusiasm is the kind that "gets the party started". He does not mince words, nor does he hold back. His experiences are truly amazing: from healing his own broken ankle and walking on it later the same night to using his chi to find his ideal house, Andrei takes the lofty, enigmatic concepts of chi and applies them in very concrete ways which he demonstrates personally.

Featured in several videos, Andrei demonstrates his uncanny sensitivity and chi manipulation in ways that boggle the mind. From bending spoons to sensing [different] objects to sharing with us his experiences with chi, Andrei gives members of the Inner Circle a glimpse into the possibilities of their own future.

Sifu Charles Dragoo

Sifu Charles Dragoo began training with Sifu Jones in 1989. Like many others, he was a "yang" maverick, and actually blended the SPC USA Chi Power Method with the practices of other chi gung practitioners. Members of the Inner Circle will find his extremely painful experiences of great interest and significant importance, knowing the results of said practices and avoiding it completely.

Sifu Dragoo has had the distinct opportunity to train with some very well known chi gung practitioners over his lifetime, and shares with us his experiences with Jane Hallander and others.

Charles also details the limitations and painful (and sometimes odd) side effects of the "Lin Kung Jing" (empty force). From setting off alarms in stores; causing windows to slam shut as he walked past; to accidentally hurting his own [Wing Chun] students, Sifu Charles Dragoo has truly experienced the yang "roller coaster" ride and is more than pleased now that he has found the euphoria of *yin* training.

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Sifu Don Brown

Don Brown began his training with Sifu Jones and Sifu Perhacs in 1998. His background is an amalgam of intellectual curiosity, stemming from his introduction to the concept of chi in martial arts [tai chi] and similarities between the two.

Don is featured on a number of Interviews with Master Instructors, Sifu Jones and Sifu Perhacs regarding scientific discoveries and chi. Don's scientific curiosity, background in Engineering (Masters of Science in Information Sciences) and [admitted] skeptical nature make him a perfect research assistant for the Inner Circle.

Don's interviews focus on the following subjects and how the latest scientific data correlate to chi, and more specifically, Chi Power: quantum physics; pheromones; natural killer cells; chi and the brain; emotional content and hormone. The information conveyed therein is backed with hours upon hours of research, and is explained in layman terms; Don and Sifu Jones take great strides in not "dumbing it down", but more importantly, step by step, educating you on the nuances of each topic, so that a complete and thorough understanding of the information can be shared by the Inner Circle, and incorporated into our daily lives.

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Chapter 6: The Closed Door

In his book Entangled Minds, Dean Radin provides a very accurate view into the nature and necessity of the secrecy involved within the Closed Door System. It is a *welcome* that contains within a caution:

“In a society that seeks out and cultivates people with natural psi talent, and cares for their special sensitivities, it’s conceivable that groups with refined psi abilities could prosper. Such groups might prove to be extremely useful to society. Unfortunately, it’s also likely that the existence of such groups would introduce intense fear and resentment in those who were less gifted, and it isn’t clear that such a group could be controlled for very long by *outsiders*. Thus, if such a group *were* formed, they’d have to be established under conditions of extreme secrecy.”

Behind the Closed Door

Members of the Inner Circle who take the lessons and instruction provided by Master Instructors Sifu Jones and Sifu Perhacs can look forward to an invitation to the Closed Door System.

Whereas the Chi Power System is akin to traditional chi gung on steroids, the exercises and techniques taught in the Closed Door System are exponentially more intense. The margin for error decreases significantly as the throughput of the energy increases at an alarming rate.

Although inklings of the power within began to manifest during the 1st year of the Inner Circle, here behind the Closed Door, select students will have the opportunity to master these abilities and techniques, and perform not only at a higher level at all times, but more importantly: with control, and on demand.

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Two 6 Month Intensive Training Systems

The Closed Door System is comprised of a two 6-month intensive training system, comprised of (1) one module per month. Accompanying each module is an online forum, moderated by Certified Instructors as well as Master Instructors Sifu Jones and Sifu Perhacs, where students can discuss side effects, experiences and ask questions not only of the Sifus, but of each other.

Within these modules are the specific techniques that teach the extreme abilities that draw upon many of our fancies: levitation; moving objects without touching them; out of body experiences and astral projection, to name a few.

The 1st 6 Months (Form Chi)

The 1st 6 Month System of the Closed Door System, introduces the Chi Power practitioner to static/formed chi via the Volume 3 Advanced DVD: How to Form Static Chi.

These exercises cause an exponential increase in the *density* of the chi, making it so physically tangible that it can be formed into specific shapes by the mind and hold said shapes for use in very advanced techniques.

Please note: during this phase of training, the importance of keeping the energy cool and euphoric cannot be stressed enough; it is during this phase of the training that many of the Certified Instructors encountered amplified organ pain and terrors of “yanging out”.

Closed Door: Module One (Release of Advanced Chi DVD Volume 3)

The first module opens with the **Volume 3 Advanced DVD**. Accompanying the Volume 3 DVD is a manual which provides additional training instructions and information on how the process of forming static chi is achieved.

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Also provided is a detailed .mp3 that walks the trainee thru the process, step-by-step, ensuring proper form and desired results.

A [web-based] forum will be available for the Closed System members, giving them an opportunity to discuss their training amongst their peers. This forum also serves as a vehicle for the Sifus to provide additional information between monthly topics.

Closed Door: Module Two (Body Breathing)

During the second module, **“Body Breathing Part-2”** is introduced. The body breathing method is explained in detail, how this process will occur. This one method is so secretive and is rarely taught to outsiders in most Closed Systems.

Closed Door: Module Three (Advanced OBE)

During the third module, **Advanced Training on OBEs** begins. This process will allow the practitioner to learn how to control the OBE process. In the past the OBE’s are more a “pop out” sequence with less control. In this training, you will begin to merge even more of the Mind, Body and Spirit.

Closed Door: Module Four (Wall to Wall Exercise)

During the fourth module, students are taught the **“Wall to Wall Exercise”**, where they learn to use their chi forms in very specific and advanced ways.

Closed Door: Module Five (Advanced Circle Training)

The fifth module introduces **Advanced Circle Exercises**, where the student learns how incorporate forms in conjunction to their circles. Although this is generally done with a chi-stick, instruction will be provided for those without chi-sticks to help them get the same results as those who use the chi-stick.

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Closed Door: Module Six (Levitation 101)

The sixth month offers the instruction for which many have been waiting: Levitation 101. This is also the student's introduction to the upper echelon of the Water Stage, where the beginning aspects of fasting are taught as it directly impacts this level training.

The 2nd 6 Months Closed Door System (Super Set Training)

The 2nd 6 Months of the Closed Door System introduces "*super sets*" via the **Advanced Chi Power DVD Volume 4 Vol-4: The Super Sets**. This set of exercises guide the practitioner thru the next part of learning to form chi and create enough speed to create vortexes.

Like the First 6 months, there will also be a forum where students can interact with one another via the web, to share experiences and the like.

These forums are deliberately separate from one another; it is important that only those who are mentally, physically, and emotionally ready for the second module of the Closed Door System to share and interact at that level. Exposure to this training and information too soon adversely affects the adept's progress.

Closed Door: Module Seven (Effective Control Methods)

During the seventh module, an .mp3 on "**How to get an effective control over these new exercises and what to expect next from the training**" becomes available. The instructions therein provide guidance concerning the best ways to do the *super sets* for maximum results.

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Closed Door: Module Eight (Liquid Chi)

Module Eight introduces the concept of and provides instructions on how to create *liquid chi*.

An .mp3 on how this new set of exercises changes the way chi interacts with the fabric of reality, as well as the time-space distortions (and other pleasantly strange side effects) our Certified Instructions candidly shared during Inner Circle interviews.

Closed Door: Module Nine (Hypnotic Devices Training)

The Ninth Module begins the incorporation of hypnotic devices which, in turn, amplify the chi via engaging the student's mind that much deeper.

With an even greater, deliberate focus, members of the Closed Door System learn to build chi at an alarming rate: just five minutes a time. Welcome to "Poster Training".

Closed Door: Module Ten (Super Set Variations)

The tenth module introduces variations of the Super Sets and provides the cues as when to change the exercises in order to keep moving forward; this enables members of the Closed Door System to bypass the plateau that so many others reach early in their chi training.

Closed Door: Module Eleven (Fractal Images)

During Module Eleven of the Closed Door System, Fractal Images are introduced. Beyond the geometric mathematical concepts, their significance to chi and how they are used is explained in great detail.

Many of the extreme psi-related abilities are a result of properly using fractal images in conjunction with formed chi and vortexes.

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Closed Door: Module Twelve (Integration of All Techniques)

The Twelveth Module of the Closed Door System provides a means for students to receive their Black Belt in our Circular Yin Style. The requirements are made known via an .mp3 and video.

Please understand: although the curriculum of the Closed Door System is safe, the practice of the techniques therein is very similar to the nature of the traditional martial arts dojo.

Within traditional martial arts, from karate to kung fu, the student actively participates in an atmosphere of *controlled violence*. An alert and focused mind on the part of everyone within the dojo is that which allows the student to safely walk that fine line of “training” as opposed to sustaining life-debilitating injuries.

So is it with the Closed Door System. Increased monitoring of the students’ psychological and physical well-being requires greater interaction with the Certified Instructors as well as greater vigilance from the Master Instructors and, most importantly: a commitment to excellence from each and every student!

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All of our products are of the highest quality and contain methods not found elsewhere... These courses will provide a foundation to getting into the CHI POWER INNER CIRCLE.

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Hypnosis, Self Hypnosis, Covert Persuasion (Closed Door Hypnosis Files)

http://mindforcesecrets.com/closed_door.php