

Introduction To The Direction To The Greatness Of The Ki Powers

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Acknologment

Writing a book is a journey that requires the contributions, support, and inspiration of many individuals. As the author of "The Power of Ki: Unveiling the Energy Within," I am grateful for the invaluable assistance and encouragement that I received throughout this creative endeavor.

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Thank you.

[Michael Emmanuel Taiwo]

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What is The Ki Power And It`s Energy.

Ki, also known as Qi or Chi, is a concept that originates from Chinese culture and traditional Chinese medicine. It is often described as a vital life force or energy that flows through all living things. The concept of Ki is not limited to Chinese culture; similar concepts exist in various other cultures and belief systems, such as Prana in Hinduism and Buddhism.

Ki power refers to the harnessing and manipulation of this vital energy for various purposes, including physical and spiritual well-being. It is believed that by cultivating and directing Ki energy, individuals can achieve balance, harmony, and enhanced vitality in their lives.

Key aspects of Ki power and its energy include:

- 1. **Vital Life Force:**** Ki is considered the fundamental energy that sustains life. It flows through channels known as meridians and is believed to be responsible for maintaining the body's health and equilibrium.
- 2. **Balance and Harmony:**** The proper flow of Ki is associated with a state of balance and harmony within the body and mind. Imbalances or blockages in the flow of Ki are thought to lead to physical and emotional ailments.
- 3. **Mind-Body Connection:**** Ki power emphasizes the interconnectedness of the mind and body. It is believed that the state of one's mind can influence the flow of Ki and vice versa.
- 4. **Healing and Wellness:**** Practices such as acupuncture, acupressure, tai chi, and qigong are designed to balance the flow of Ki and promote healing and overall well-being.
- 5. **Martial Arts and Self-Defense:**** In martial arts traditions, Ki is often cultivated and utilized to enhance strength, focus, and effectiveness in combat techniques.
- 6. **Spiritual Growth:**** Ki power is also associated with spiritual growth and self-awareness. Cultivating Ki energy can be a means of achieving higher states of consciousness and enlightenment.
- 7. **Mindful Breathing and Meditation:**** Techniques such as mindful breathing and meditation are used to enhance the awareness and circulation of Ki energy.

It's important to note that while Ki power and its energy are deeply rooted in traditional beliefs and practices, they are also subject to varying interpretations and perspectives. Some view it through a more spiritual or metaphysical lens, while others may approach it from a more scientific or physiological standpoint. Regardless of the perspective, the concept of Ki power remains an integral part of

many holistic and alternative approaches to health, wellness, and personal development.

8. Energetic Essence:

Ki power is often described as the subtle life force that animates all living things. In traditional Chinese medicine, it is believed that the body's health and vitality depend on the free and balanced flow of Ki throughout the meridian system. This energy is thought to be responsible for processes such as metabolism, growth, and healing.

9. Channels and Meridians:

In the context of traditional Chinese medicine, Ki flows through a network of channels or meridians that traverse the body. These channels are interconnected and correspond to specific organs and bodily functions. Acupuncture and acupressure are practices that focus on manipulating the flow of Ki by stimulating specific points along these meridians.

10. Manifestations and Cultivation:

Ki power can manifest in various ways, both within the body and in the external environment. In martial arts, practitioners learn to harness Ki for techniques that require strength, focus, and precision. In healing practices, individuals may use Ki to facilitate the body's natural ability to recover from illness or injury. Meditation, breathing exercises, and movement practices like tai chi and qigong are often employed to cultivate and direct Ki energy.

11. Mind-Body Integration:

Ki power underscores the interconnection between the mind and body. It emphasizes that mental and emotional states can influence the quality and flow of Ki, and conversely, that the harmonious flow of Ki can contribute to mental and emotional well-being. This integration forms the basis for holistic approaches to health that address the whole person, rather than treating isolated symptoms.

12. Cultural and Philosophical Context:

Ki power is deeply embedded in cultural and philosophical traditions. In addition to Chinese culture, similar concepts exist in Japanese, Korean, and other East

Asian traditions. These concepts often intertwine with broader philosophical notions, such as the balance of Yin and Yang, the Five Elements, and the Dao (Tao) – the underlying principle of harmony and nature.

13. Modern Interpretations:

In modern times, Ki power has drawn interest beyond its traditional contexts. Some individuals explore it through a more scientific lens, relating it to concepts like bioelectricity or the body's electromagnetic fields. Others perceive it as a metaphorical representation of vitality, akin to the vitality or life force discussed in various spiritual and metaphysical teachings.

14. Exploration and Controversy:

Ki power is a subject of ongoing exploration, study, and debate. While many individuals find value in its practices and principles, there is also skepticism and criticism, particularly when claims verge into pseudoscience or magical thinking. As with any concept rooted in cultural and metaphysical traditions, interpretations vary widely.

In summary, Ki power and its energy encompass a multifaceted concept that bridges traditional beliefs, holistic health practices, philosophical frameworks, and modern interpretations. It invites individuals to explore the interconnectedness of their inner selves, their bodies, and the world around them, fostering a deeper understanding of the intricate relationship between energy, well-being, and personal growth.

Ki Power And Where It Comes From.

The origin of Ki power and its source is a subject of philosophical, cultural, and metaphysical interpretation. Different belief systems and traditions provide varying perspectives on where Ki energy comes from. Here are some ways Ki power is understood in terms of its origin:

- 1. Universal Life Force:** In many Eastern spiritual and philosophical traditions, Ki is seen as a universal life force that permeates everything in existence. This perspective suggests that Ki is an inherent aspect of the cosmos and is present in all living beings, connecting them to the greater whole. It's often associated with the concept of "Qi" in Chinese philosophy.
- 2. Energy Flow:** According to this viewpoint, Ki power is generated and sustained through the continuous flow of energy within the body and the environment. Practices such as meditation, breathwork, and movement are believed to facilitate the smooth circulation of energy, enhancing overall well-being.
- 3. Connection to Nature:** Some traditions emphasize the connection between Ki power and the natural world. Ki is thought to be drawn from the elements, the Earth, and the universe itself. Practitioners may engage in activities outdoors to align themselves with these sources of energy.
- 4. Balance and Harmony:** Ki power is said to be sourced from a state of balance and harmony within oneself and with the surroundings. When an individual achieves equilibrium between their mind, body, and emotions, the flow of Ki is enhanced, leading to enhanced vitality and well-being.
- 5. Inner Alchemy:** Inner alchemical practices, common in various spiritual traditions, involve transforming one's inner energy through self-cultivation. Practitioners believe that by refining their thoughts, emotions, and behaviors, they can elevate the quality and potency of their Ki energy.
- 6. Breath and Intent:** Some practices emphasize the role of breath and intention in accessing and directing Ki power. Breathwork techniques are thought to infuse the body with vital energy, while focused intention guides the flow of Ki towards specific purposes.

7. Chakras and Energy Centers: In systems like yoga and Ayurveda, Ki power is associated with energy centers or chakras located along the body's central axis. These centers are considered gateways through which cosmic energy enters and interacts with the individual.

8. Transcendental Sources: Certain spiritual traditions suggest that Ki power originates from transcendent or divine sources. It's often linked to the essence of life itself and the underlying creative force that brings existence into being. It's important to recognize that interpretations of Ki power's source can vary widely based on cultural, philosophical, and personal perspectives. Whether seen as a metaphysical force, a physiological phenomenon, or a combination of both, the understanding of Ki power's origin

9. Spiritual Essence:

Many spiritual and mystical traditions view Ki power as an essence that transcends the physical realm. It's seen as a manifestation of the divine or a higher consciousness that gives life its vitality and purpose.

10. Mindful Awareness:

Some teachings propose that Ki power is accessible through heightened states of awareness and mindfulness. By cultivating present-moment awareness, individuals can tap into the subtle energies that permeate their existence.

11. Emotional and Mental States:

Emotions and thoughts are believed to influence the quality and flow of Ki power. Positive emotions, such as love and compassion, are thought to enhance the vibrancy of Ki, while negative emotions can lead to blockages.

12. Cosmic Energy:

Certain spiritual traditions posit that Ki power originates from the cosmos itself. This cosmic energy is channeled through living beings and can be harnessed for healing, spiritual growth, and creative endeavors.

13. Meditation and Inner Journey:

Meditation practices are often employed to connect with the source of Ki power within oneself. Through inner exploration and introspection, individuals can access deeper layers of consciousness and energy.

14. Cultural Myths and Legends:

Different cultures have their own myths and legends that explain the origins of Ki power. These stories often blend elements of nature, spirituality, and human experience to provide insight into the nature of energy.

15. Subtle Anatomy:**

Systems like Ayurveda and traditional Chinese medicine describe the human body as having intricate energy channels and centers. Ki power is considered to flow through these channels, influencing health and vitality.

16. Quantum Field:

In modern interpretations, some draw parallels between Ki power and concepts from quantum physics. The idea is that Ki energy might correspond to the subtle vibrations or fields that underlie physical reality.

17. Personal Transformation:

From a psychological perspective, Ki power can be seen as emerging from personal transformation. As individuals engage in practices that enhance self-awareness and personal growth, they tap into their innate energetic potential.

18. Connection with Source:

Ki power is sometimes described as a connection to a greater source of existence. It's not just an individual energy but a thread that links all living beings to the fabric of the universe.

19. Intent and Belief:

Some believe that the source of Ki power is closely tied to one's intentions and beliefs. Through focused intention and belief in its existence, individuals can access and amplify their Ki energy.

20. Beyond Explanation:

For some, the source of Ki power remains an enigma that transcends intellectual understanding. It's viewed as a phenomenon that defies conventional explanations and can only be experienced firsthand.

In the end, the source of Ki power is a deeply personal and multifaceted concept that invites exploration, contemplation, and individual interpretation. It serves as a foundation for a variety of practices aimed at enhancing well-being, personal growth, and a deeper connection to the mysteries of life.

What You Can Use Ki To Do .

Many of the concepts and methods will at first seem simple, but they are far from simple and are concepts that you must practice with great diligence to become a master of these hidden treasures...Here are just a few of the many wonderful things you will learn in The Chi Power Plus Book.

- 1. Move objects without touching them**
- 2. Move an object with your eyes only**
- 3. Extinguish a candle flame with your eyes**
- 4. Learn how you can make select breaks**
- 5. Control animals, birds, fish, with Chi o**
- 6. Move faster than a cat with Chi Power**

7. Try to lift a bowl of water with Chi o

8. Ring the chimes with a Chi throw

Spirits And Angels Guarding The Ki Power.

YIN AND YANG

There is a balance in nature, which the Chinese call Yin and Yang. It is two opposite forces, like the poles of a magnet. Sky is thought to be the brightest and most Yang thing God created in the universe (positive). Earth is considered the darkest thing, or Yin (negative).

GRAVITY AND ANTIGRAVITY

Your body is powered by electrical energy, called Chi. Yin Chi (negative ions) attracts or will draw an object to you. It is a force of gravity. Yang Chi (positive ions) pushes objects away. It is a force of antigravity. Yang Chi is the ion shield that protects your body, and powers your strikes in battle.

NEGATIVE ION FORCE

This should be your usual state while relaxed deep-breathing. The ion pulling force (Yin Chi) will draw objects toward you. You will more easily feel the Chi energy of others and increase your mental awareness. Even with your eyes closed, you should feel the movement of others. This will be especially true if they intend you harm. They will be creating a Yang Chi force you can actually feel at a distance. As the Yang Chi force gets very near you, you can be shocked awake even if you're asleep.

POSITIVE ION FORCE

It is very important to have your body so well-trained that you can instantly focus to any part of your body. The positive ion force (Yang Chi) will act as your

shield. Forced, vocal, deep breaths, along with strongly tensing your muscles in a wave from your toes up thru your entire body, can build your protective shield, and power your strikes in battle. Tensing your muscles begins the blood vessel shrinking process. Your glands then will release chemicals to help shrink your entire vascular system (about 60,000 miles long). The shrinking of your blood vessels greatly speeds the flow of blood cells. Electrical energy and heat are generated by the dynamic action of the blood cells as they rotate and speed in orbit throughout your body. The stars and planets create gravity this same way, as they rotate and speed in orbit thru the heavens. You can actually control one of the most powerful forces that God created, because you were created in His

(1) Build your breathing into a natural deep-breathing habit. The number of breaths you normally take per minute should decrease.

(2) Keep your internal organs in a constant state of balance.

(3) Increase the size of your blood vessels. Your ability to greatly enlarge and shrink your blood vessels, naturally and without drugs, is the key to great Chi Power.

(4) Increase proportionally, the volume of blood your body will hold. This requires traditional type exercise, as well as Chi Power practice. It is the secret of endurance and great strength.

(5) Teach you to focus your thoughts instantly to any spot on or in your body, for the purpose of tensing or relaxing your muscles. This combination will greatly increase your mental and physical awareness. God commands us to rest, as well as to labor. By your continual affirmation to trust God, He will forewarn you of danger, expose untruths, better your life quality in every manner, and increase your lifespan. Speak out for God, and God will reward you. Test Him! That's His Written Promise!

BALANCE Yin/Yang balance is essential for good health. Yin/Yang muscle control (tensing and relaxing). Yin/Yang breathing. People inhale oxygen and exhale carbon dioxide. Plants "inhale" carbon dioxide and "exhale" oxygen. Certain foods are Yang foods, that will raise the body temperature. Yin foods will lower the body temperature. The pharmaceutical companies have exploited this knowledge, to develop chemicals which offer cures for nearly every disease. But many people now rely solely upon these chemicals and become addicted. This throws the natural healing force of the body out of balance. All medicine is simply an aid to the natural healing powers in your own body, and should be treated as such. The Spirit of God is not even considered by many physicians. But that Spirit is essential for healing and keeping healthy both body and mind. Your body is considered the temple of the Spirit. God, Who humbled Himself to become flesh, took away the corruptible spirit of mankind and replaced it with His Holy Spirit, remaking us into Image Beings, so that we may have power to resist temptation of those things that are hurtful to the flesh. This Holy Spirit is known as the Comforter to those who believe in the Savior. There will always be a way to escape temptation! To please God, giving part of one's time for exercise in order to properly care for this fleshly temple is essential. Moderation in exercise, eating, drinking, and work, is required. Both the quality and quantity of food should be carefully considered, in order for the temple to be useful. It is not the same for everyone. The air that you breathe should be reasonably free of pollutants and filled with oxygen. In a city atmosphere, oxygen can be added with live leafy plants in your practice area.

YIN/YANG BALANCE AND YOUR DIET

Your ancestors helped form your body by what they ate and drank. You have the obligation to eat foods that are nutritionally balanced. Scriptures forbid the eating of fat or blood. Your body will often develop allergies to foods for your own protection. You should choose foods, even though they may be higher priced, that are fresh and good in all aspects. Better to go a bit hungry than to suffer the many viruses caused by spoiled food. Be sure to thoroughly wash meat, poultry, fish, fresh fruits and vegetables, just before eating them, to

remove harmful germs or chemicals.

The injured person should Chi Gung breathe to ease the pain. Before using acupressure, first rub your hands together for friction warmth. Then place them in the chest level praying position and draw Chi heat into your hands. The heat from your hands can penetrate deeper to quickly relax the constricted muscles.

The muscle constriction causes pain by constricting the blood flow into the injured area, thus causing a muscular spasm in that area. The result of the muscle spasm is pain that ranges in intensity from mild to severe. Simple pressure over knotted muscles and muscle-stretching exercises will then remove the pain permanently. Ice slows the flow of blood and will prolong pain.

Currently in China, it is reported a Chi Power practitioner is using Chi Power with Acupressure to cause paralysis to disappear. He has had much success. The patients are those whom the Medical Doctors have declared hopeless! Anyone can develop Chi Power. If you are infirm (physically unable to stand on your feet), lie flat on your back, and follow the directions. Mentally direct all your strength to that end. Also get help from someone who will use Acupressure. It is easier to develop Chi Power with an empty stomach and pure concentrated thought. Chi Practice is best performed after a night's sleep, and before eating (food digestion requires a large amount of your blood).

If you have trouble sleeping, practice the Chi before retiring for the night. This is an individual or private family practice, so the voice of most authority should should not be used in a school atmosphere. The sharp command discipline of an instructor may prevent communication with your Creator. You need to record the directions on an audio cassette, or have someone else read them to you while you go thru it; so that you can more fully concentrate on what you are doing. Your powers of concentration and focus will build with regular practice.

FOCUS TEST

(1) Breathe Chi Gung rhythmically.

(2) Direct your thoughts to a portion of your body. You choose the part.

(3) Feel that body part with your senses.

(4)Tense it. Imagine that part to be as hard as stone. Then with a quick twist, you are able to direct your Chi outward from that spot, while exhaling sharply.

We have deliberately left the body part for the user's discretion. Examples:

(A) In order to kick with more force and provide maximum protection for your foot, you would direct the Chi with concentrated thought to a small part of your kicking foot.

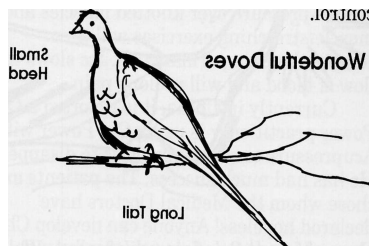
(B) If in danger of receiving an injury to your leg, you would flex the muscle while slightly twisting and direct the Chi to the specific part being attacked, to minimize the damage.

(C) When throwing a punch: You would direct the Chi to the open palm. Then slightly twist your hand with fingers tightly together to build Chi and to harden your hand for your own protection. (See your Martial Arts instructor for specific directions of how to protect your fingers when using an open hand punch.)

ANIMAL CONTROL

Creatures understand your thoughts and intent. You are their master or their foe. Choose now to be their master. Don't abuse them, but cultivate them. Build your Yin Chi (warm praying hands at chest level, relaxed Chi Breathing) and you may be able to draw an animal, fish, or bird, to rest near you, or in your hand. Concentrate on your Yin (inward) breath. You may even be able to cause the animal or bird to sleep, by directing your Chi from your eyes and hand, to its heat-sensitive point (head, between its eyes). You must learn to convey a deep affection for the creatures. Remember, the animals, fish and birds have personalities, too. Some are quite suspicious and hard to control.

ATTRACT BIRDS Doves are not the same as pigeons. About the size of a pigeon, they have a small head, a long



tail, and make a distinctive cooing sound. They

always foretell good times. Don't use Yang Chi on these wonderful birds. They help the farmer by eating weed seed. They do not eat farm grain. Use Yin Chi to draw them, and other birds you want, to your area. REPEL DIRTY BIRDS, such as starlings, greckles, pigeons, or other pest-type birds, by placing your hands together in the praying position at chest level. Direct your Chi to your hands until your hands are warm. Tighten your gut, then push hands together hard, while focusing your eyes on the bird. Then sharply exhale your breath. This same Yang Chi technique should work on animals of any size, and cause them to move away if stationary, or alter their course away from you. Larger animals may require the use of your Chi Voice and the *Joshua Jericho Shout 'YAH-HWAH" (on Tape) while throwing your Chi to repel them. Remember, you must learn to build strong Chi Power first, or it may not be effective.

*Joshua 6:20 in the Bible

THE MARTIAL ARTS BOW

The chest level praying position, with eyes directed at other people, can now have a much different intention! Give respect to those who deserve respect. Really bow only to God. Keep your eyes open when facing other people. Even teachers. You must learn to trust only God. Even the best teachers are human. But, everyone can teach you something. We were all created in the Image of God. But none of us are yet...Gods!

LIFTING ABOWL OF WATER WITH CHI POWER

Use a shallow bowl and partly fill it with water. After building your Chi, place your hand under the water in the bowl. With each of your fingers extended, touch the lower sides of the bowl.

Your fingertips can press against the sides of the bowl with enough pressure so that you can then lift the bowl. Begin with a lightweight bowl that won't break if dropped. Be prepared to clean up water spills. This is a very difficult test. Only

the strongest Chi Power practitioners can perform it.

STRIKING WITH YANG CHI POWER

Do this only when you have learned the art of focus thru much practice using the SPC-USA Chi Power Chart. Your mind must learn to focus automatically to each muscle. Repetition) along with the deep-breathing, is very necessary to learn the art of focus. Without regular practice, your body will not respond in a predictable manner; and should you attempt these break tests, serious personal injury could be the result. We strongly advise against the break tests until you have complete confidence in your mental focus abilities. When you strike with Yang Chi Power, you take with the strike electrical energy, that gives more power to your strikes. This power is able to penetrate deep within the object of your strike. Since Chi is smaller than an atom, it can penetrate even concrete blocks, bricks, or wooden boards, even thru your eyeglasses (if you wear them).

FOCUSED YANG CHI FOR BREAK TEST

Use a wooden sword to break a one-inch thick board. (1) Prop each end of a board on a block. Focus your eyes on the center of the board. (2) Build your Chi. (3) Inhale to your Chi Point and hold. (4) Exhale sharply, as you direct your Chi to the point of impact against your sword. The board should break. The sword should stop exactly thru the thickness of the object of strike. Not a fraction more nor less!

We do not recommend toughening hands, except by finger pushup exercise. Your Chi should be sufficient to protect you. We believe you can keep your hands very sensitive, to feel others' Chi or even flowing air. Destruction of your surface blood vessels and nerve system can cause arthritic crippling to your hands. You would not think of toughening your elbow or forehead, would you? If you choose to break with your hands, be very sure of your focused Chi Power first. That is why we recommend a wooden sword as a first practice instrument. We recommend that you practice finger pushups, to harden the muscles of your hands. Then wear leather gloves for hand breaks. For head breaks, wear a cloth or leather headband. The Chi will pass thru the leather as easily as it does eyeglasses, boards, or concrete blocks, and the leather will help protect you against splinters.

ONLY AFTER YOU HAVE ACHIEVED SUCCESS WITH THE SWORD,
begin

to break with your hands. Use the gloved fist of your hand. Start with a very wide one-inch thick pine board. Cut a short wide strip from the board. The pine board grain (lines of growth) should be placed so that when you strike, you will strike with the grain parallel to your strike. If you strike against the grain, you may suffer injury. Exhale sharply as you strike.

SELECTIVE BREAKS WITH YANG CHI

Use two boards. Try to break the bottom board, but not the top. Your strike should stop exactly at the bottom depth of your top board. Your Chi will then continue to the exact depth of the selected board and cause it to break. This takes concentration and practice. Add boards and focus your Chi to break a specific board

from a stacked pile, by

stopping your

Yang Chi at that selected

level.

Yang Chi Fist

Strike

You may wish to graduate to shallow cement slabs or bricks. Try putting stress on the object you wish to selectively break with a pro-strike. This is a dangerous practice, even for highly trained Chi Power practitioners; but well worth learning, because you learn to exactly control your Chi Power. Again, use a glove to protect your very valuable hands.

TING THE CHIMES WITH YANG CHI

Purchase or build a set of very lightweight wind chimes. As you regularly pass by them, throw your Chi to make them chime. The visual and audio stimulation can cause you much pleasure and joy!

KEEPING WARM

While Chi Gung breathing, direct the Chi thru your nose and down your spine, which contains major nerves. A heat build up should occur and you can actually

feel the heat as it passes down your spine. Then breathe outwardly up from your Chi Point slowly thru pursed lips. Blood-vessel-shrinking chemicals can be drawn from any and all of your glands, from the pituitary near your brain to gonad glands for giving life

.

KEEPING COOL

In this case, by cool, we mean keeping your temper. Forcefully direct your Yang Chi breath from your Chi point out the top of your head. The Chi will excite the pituitary gland located at the back center of your skull. This works also to calm your anxieties, or lessen your grief. This technique can also help you to sleep. Another technique is to hold the top of your ear between your forefinger and thumb for a few moments. This will usually cause a yawn. Asthma patients can stop the muscle spasm that prevents normal breathing by pushing the skin with a finger over and under the collarbone joint (sternum) at the base of the neck

VISUALIZATION OF INTERNAL ORGANS

The purpose of the Chi Power Poster and the detailed drawings is to help you visualize the location and shape of your internal organs, in order for you to direct your Chi to that location. The visualization methods described are for the purpose of restoring the natural chemical action within your internal organs. First, examine carefully each internal organ shown and numbered on the poster, and its relative position. Where shown on the body drawing, the broken lines indicate those organs or parts of organs located behind other organs. Your spleen is located under your left front ribcage. Your pancreas begins near the liver, extends behind your stomach and in front of your kidneys. Your gallbladder is behind your liver, extending above and to the right of your pancreas.

Beginning under your back ribs, your adrenal glands are located on top of each kidney. Your kidneys are on each side of your backbone.

The thymus, once thought to be of little use, is important in building additional energy, as well as keeping your immune system functioning properly. Your liver and spleen perform similar functions to filter your blood. You're probably already familiar with the functions of the other organs.

Then, study the drawings of the positions of the hands that appear within the

recording instructions. This Chi Power exercise should be performed while sitting, preferably in the cross-legged position, with back straight for easy breathing. Place your hand over each organ as the name is mentioned. Force the Chi into each organ, to open the blood flow to the organ. By the forced deep-breathing, you also force oxygen into the blood vessels that feed your internal organs. Then direct the Chi flow out thru each organ.

USING CHI POWER FOR PROTECTION

Simply by breathing Chi Gung and progressively tensing the muscles of your body, you can increase and direct the blood and Chi flow to any part of your body that you choose. Muscular flex (contraction), along with the pumping movement of legs and arms, will increase the Chi and bloodflow. The rest of your body can be relaxed, while you progressively flex your muscles in a particular part. Look at the inside of your left wrist. By flexing your left forearm and hand, making a fist and opening it, and pumping your arm, you can increase the size of the blood vessels in your left wrist to be visibly larger than the vessels of your right wrist which is still at rest. Using this type of Chi Gung breathing, flexing, and pumping action, you can direct Chi Power to any part of your body: your hand, foot, elbow, etc. You control the thought as well as the power. Direct it where you will, but use caution.

Your Chi Power can be far more forceful than you may imagine. You are able to flex your muscles to become as hard as stone. This requires mentally directed thought to a degree that is self-hypnotic. But unlike hypnosis that is directed by another, YOU control the thought. Everyone is in a hypnotic state, while being fully conscious, as they ride a bicycle or even watch television. The hypnotic thoughts will affect you. Choose very carefully what you see or hear. Repeating meaningless phrases or sounds (such as mantras) can do you harm by wasting valuable focus practice.

Your mind, like unexercised muscles, will lose strength. An unexercised mind loses its flexibility of thought. It can continually return to an unhealthy thought to destroy your mind and body. A visitor to a mental hospital spoke to the administrator on the way out. The visitor said, "All the patients seemed very normal to me. Many of them were highly intelligent." "Yes", said the

administrator, "they may seem normal, but all of their conversation is about themselves. That is what brought them here. They could only think of themselves." Looking inward leads to self-pity and insanity.

THE SPIRITUAL MESSAGE

It is the most important to strengthen your mind as well as your internal organs. This Chi Practice is to establish and keep a right relationship with your Creator. With practice, you also learn the art of focus. You should be able to focus your mind instantly where you wish. Along with the focus of your mind goes the living energy called Chi. Learn to direct the Chi to any object as an extension of your arms or eyes. You will be amazed at your new accuracy. God then directs your aim.

CHI POWER AWARENESS

Chi can help you improve your awareness of what may be impending danger. Begin practicing awareness: Close your eyes, close one hand into a fist and hold out your other open hand. Move it slowly back and forth to see if you can feel (without touching them) solid objects that are a few inches, then a few feet distant from you. Concentrate. You should feel a temperature change in the tips of your fingers. If you do not feel a change, build your Chi Power and try it again.

Practice Relaxed Chi Breathing continually and you will also feel the presences of other people and their movements. Try it: Sit relaxed with your back to another. As the person moves, you will feel a temperature change on your head, ears, or back of your neck. With Chi Power awareness, there are no surprise attacks!

Even if you sleep and a hostile intruder bumps your Chi, you will suddenly waken. Remember to think of the Chi Relaxation, as well as the Chi Buildup, for self-defense. When you become adept at both, you will often find it easier to relax a muscle away from impending danger than to tense it against it.

With regular SPC USASA Chi Power practice, your mind can develop enough focus of muscular constriction that you can cause a wave of constriction to flow from your toes to the tips of your fingers in an instant. The potential power that can be generated in this manner is truly awesome! Be extremely careful, and learn to control your temper. Speak softly because your voice is also filled with

Chi Power. This Chi Power from your voice can cause illness. People have been reported to knock a bird from the air with voice!

ANGELS, YIN AND YANG

The ion shield is only partly protecting you. Even though light is considered Yang, the light causes a Yin Chi attraction. A Yin Angel of Light can shield you from injury. But Yang Angels of Deception try to trick you. They conduct "sting" operations to cause you to do hurtful things to yourself and others. God permits this because we are given freewill choices. But there is always a terrible price to pay, so that you will correct your behavior. The Yang Angels are often called demons. They are in spirit form.

Often, the spirits will have invaded the body of a human being. An example is found in the New Testament account of Jesus casting out demons from the man called Legion. Satan was a serpent. He wanted to be like an Image Being, such as we are, but God said NO! Satan still pretends he is a man or woman, because he is able to invade the thoughts of people. But God said that we humans are His Image Beings, and we are to become Partners with God.

Yin Angels of Protection are led by God's Holy Spirit to warn you of Yang deception and danger. The Yin Angels are able to choose both the time and the place for "accidents" to happen to you. The accidents are not by chance. This is the way God renders justice on Earth. God is much more merciful than men or women, so heed those feelings that warn you. But use reasoned thought to make decisions, not simply your feelings. Examine the thought message very carefully to see if it is from Yin or Yang. Let your conscience help guide you. Faith is trusting God and not yourself. You can be an easy target for Yang deception if you trust in just your own abilities. With God, all things are possible. God wishes you good continually. To know God is to love Him.

TIME CONTROL

While in the Chi Power state of generating a positive ion force, you will see things moving in slow motion. The strength of the Yang Chi force that you create will slow the movement of time for you. Often in a near death experience, you will see an actual time reversal. Many people report seeing their entire life flash before their eyes.

This gives the Chi Practitioner a very great advantage. To others, you will seem

to move with blinding speed. The late scientist Albert Einstein, in his Speed of Light Theory, stated that time stops when a moving mass reaches the speed of light. Light speed is also a force of gravity (Yang Chi). Other scientists proved the time theory is true by using a jet airplane and two atomic clocks. Time on the speeding jet greatly slowed, in comparison to the stationary clock on Earth. A person who practices Chi Power sees this scientific principle in practical application.

CREATED LIGHT, DARKNESS, TIME, AND SPEED

The speed of light is thought to be about 186,000 miles per second. But this is a flawed theory. (That is the speed of some reflected light, measured from the Moon.) When an atomic molecule leaves a burning mass, such as the Sun, it is in a high state of agitation (see drawing below).

Then as the molecule loses heat,
its state of agitation slows; and
the light that was caused by the
agitated molecule begins to dim.

It also begins to slow in speed. So the speed of light is a variable speed. The molecule will eventually cool and float as a gas molecule in space, and will be affected by gravitational forces.

As an example, though extremely lightweight, the molecule of light can be diverted to a very erratic path by forces of gravity from celestial bodies as it travels thru space. The cold molecules will fuse to form a 'wall' at the edge of a star's gravitational field. The wall is held in place just as the Earth is held in place by the mutual pull of gravity between the Sun and the Earth.

A cold fusion of molecular gas is formed like water in a cloud of gas. With the fusion, heat is created. The heat causes movement of other free-floating molecular bodies which in turn cool to form even more complex molecules (minerals) to form mass. This mass forms a layered wall at the edge of the celestial equator of a star system. A similar wall is formed around the planets in our Solar System, as well as our Milky Way Galaxy.

The most famous of these walls are the rings around the Planet Saturn and around the "Sombrero Galaxy". Because of its huge size, the wall around a star system or a galaxy is called a "Ring World". A molecular mass of any size acts the same way. All create both a Yin and a Yang force of gravity. The smallest

mineral is hydrogen. When hydrogen fuses with another hydrogen molecule it becomes helium. As the molecule becomes more complex thru fusion, it takes on new character.

Iron is 26 molecules of hydrogen fused together. Uranium has 92 molecules of hydrogen fused together. Uranium is very unstable (comes apart easily).

Uranium is used in fission (separation of molecular or atomic mass) that also creates heat. Our current atomic power electric generators are creating energy by a fission reaction. The fission creates radio activity that can harm or help people, depending upon its use. In a bomb it is destructive. But in small amounts it can help the growth of plant life, or kill cancerous cells within a living body.

Our future atomic power electric generators will be fusion generators. The only known byproducts effusion are heat and minerals. These minerals will usually be water or gas. Some of the gas formed could be quite poisonous. Unless carefully controlled, any type of energy created by Yin and Yang gravity forces has the potential for harm. This includes your personal use of it!

The so-called "Light Year of Time" is as fictional as the speed of light. However, the forces of gravity can increase or slow time to give the illusion of speed.

"Time" and "speed" are both illusions of the mind used by God to create levels of existence. God sees light, darkness, and time, as created forces to be controlled and used for heavenly purposes.

CHI POWER IN THE DIMENSION OF TIME

Other planets and other star systems are for human expansion. And, they are so numerous they are beyond our ability to count. There are billions of stars in just our own small Milky Way Galaxy. And the number of galaxies are beyond counting. The astronomers are astounded by the order within the universe, and the spacing between galaxies.

. Now, stand with your hands to your side in rest. Feet should be shoulder-width apart. Take a slow, deep breath. Direct your thoughts to your Chi Point, located about 2 inches below your navel. Forcefully breathe inward to your CM Point. Then force your breath out slowly thru pursed lips. Try to form a deep vocal sound as you inhale and exhale. Repeat the slow, deep breaths, feeling the Chi Point continually. Develop a comfortable, slow, deep, breath rhythm, to and

from the Chi Point. Your abdomen should expand with each inhalation. You will be reminded about the breathing, so you can concentrate on fully tensing each set of muscles, to build your Chi. Begin with the big toe on your left foot. Direct your thoughts to that toe. Mentally feel its bottom; then top. Then contract it, by grabbing the floor with it. Breathe Chi Rhythm.

Now direct your thoughts to your right big toe. Feel its bottom; then top.

Contract it the same way. Breathe Chi Rhythm. Now focus your attention back to the toes of your left foot. Place them in a state of tension, by strongly contracting them. Grasp the floor, and even deeper, with them. Hold the tension. Breathe Chi Rhythm. Now tense the toes of your right foot the same way. Hold the tension. Breathe Chi Rhythm.

Now tense the arch of your left foot. Hold. Tense your right arch. Hold. Breathe Chi Rhythm. Tense your left heel. Plant it deep into the floor. Hold. Tense your right heel. Hold. Breathe Chi Rhythm. Left ankle, tense. Hold. Right ankle, tense. Hold. Left calf, tense. Hold. Right calf, tense. Hold. Breathe Chi Rhythm. Left knee, tense. Hold. Right knee, tense. Hold. Breathe Chi Rhythm.

Left thigh, tense. Hold. Right thigh, tense. Hold. Buttocks, tense. Hold. Breathe Chi Rhythm. Lower back, tense. Hold. Abdominal muscles, tense. Hold. Upper back, tense. Hold. Chest, tense. Hold. Breathe Chi Rhythm.

Neck, tense. Hold. Left shoulder, tense. Hold. Right shoulder, tense. Hold. Left upper arm, tense. Hold. Right upper arm, tense. Hold. Breathe Chi Rhythm. Left elbow, tense. Hold. Right elbow, tense. Hold. Left forearm, tense. Hold. Right forearm, tense. Hold. Breathe Chi Rhythm. Left wrist, tense. Hold. Right wrist, tense. Hold. Left fingers, tense. Hold. Right fingers, tense. Hold. Left thumb, tense. Hold. Right thumb, tense. Hold. Breathe Chi Rhythm. Your entire body should now be in a state of tension. Hold that tension! Continue to breathe Chi Rhythm.

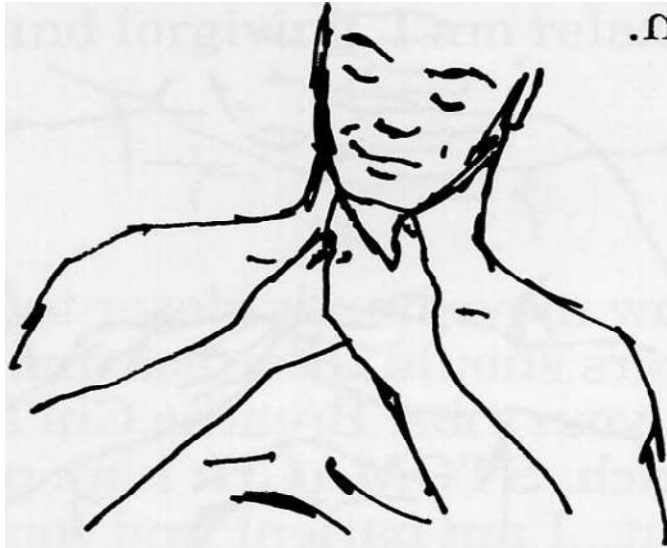
NOW PLACE YOUR HANDS FIRMLY TOGETHER AT EYE LEVEL, fingers tightly together, pointing upward as in praying. Exert pressure, one hand against the other. Continue the pressure as you bend your knees in a half knee bend, feet flat on floor. At the same time, lower your hands, still pressed together, to your chest while breathing inward. Having filled your lungs, begin to expel the air thru pursed lips, making a louder sound. Do this as you begin to straighten your

legs and lift your still pressed together hands to the heavens. When your praying hands are fully extended above your head and your legs are straight, you should have expelled all the air in your lungs. Then as you slowly breathe inward, lower your hands and knees again to the previous position to fill your lungs. Repeat this pumping action to build Chi.

MOVE TO YOUR PRACTICE HANGING OBJECT

Push-throw your Chi at the object thru your right hand, fingers cupped tightly together and thumb folded toward your palm. Direct the Chi out from the butt of your palm while using the YAH-HWAH Shout. Remember to use the circular movements for building strong throwing Chi. Then throw the Chi at the object thru your right elbow and continue to shout with each throw. Repeat with your left fingers, and left elbow. Then kick at the object with your right knee, then kick with your right foot. Now kick with your left knee; and left foot. Repeat the exercises and shouts with your fingers fully extended as a knife. Alternate and repeat several times. The object of this Practice is to throw additional blood flow through your joints. It also keeps you ready to defend yourself when necessary. Now look at the Chi Power Poster for the locations of the organs (ADD TIME IF NECESSARY). Sit cross-legged on the floor. Now draw the Chi to your hands in praying position. Remember your inhaling should cause your tightened gut to extend slightly against the tension. To help you remember, make a deep noise when inhaling and exhaling. Direct your Chi flow, along with the statements, into and out thru your internal organs, by firmly placing your hands over the organs. Close your eyes. As you visualize and feel each internal organ, forcefully breathe Chi into and out thru each organ.

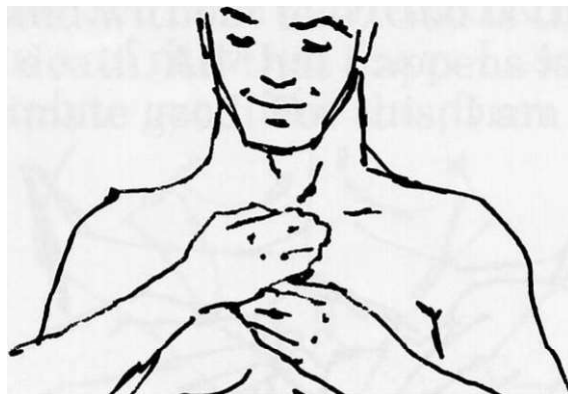
The Practice Of Chi Power



(1) Place one hand over your thyroids. Place your thumb on one side, and fingers on the other. Place your other hand over your thymus. Breathe Chi flow out thru thyroids.

THYROIDES

:: My spirit is at peace, as I direct Chi Power to my internal organs...My spirit is at peace, as I direct Chi Power to my internal organs...My spirit is at peace, as I direct Chi Power to my internal organs.



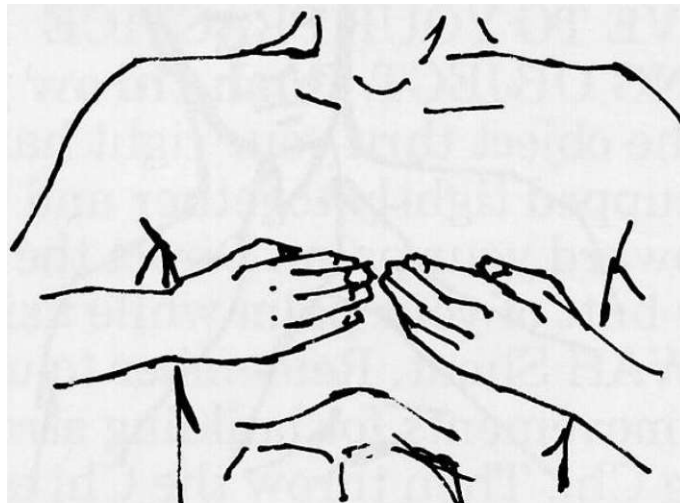
(2) Place one hand over your thymus, the other just below it over your heart. Breathe Chi flow out thru thymus.

THYMUS:

I am strong and courageous ...I am strong and courageous...I am strong and courageous. Now tap on the sternum, over the thymus, like Tarzan beating his chest. Tap three times with each fist. This helps to strengthen the immune system and enlarge the thymus. (3) Keep your hands in same position. Breathe Chi flow out thru heart.

HEART

: I forget the bad. I remember the good. I am generous and forgiving. I am relaxed...I forget the bad. I remember the good. I am generous and forgiving. I am relaxed...I forget the bad. I remember the good. I am generous and forgiving. I am relaxed.



(4) Lower your hands to both sides of your ribs. Breathe Chi flow out thru lungs.

LUNGS

: I am reverent, and without fear. God is the giver of life and death. All that happens is meant for my ultimate good. For this, I am thankful...I am

reverent, and without fear. God is the giver of life and death. All that happens is meant for my ultimate good. For this, I am thankful...I am reverent, and without fear. God is the giver of life and death. All that happens is meant for my ultimate good. For this, I am thankful.

(5) Lower your hands; right hand over your liver, left hand over your spleen.

Breathe Chi flow out thru liver.

LIVER

:: I am happy. I am cheerful. I am

kind. ..I am happy. I am cheerful. I am kind. ..I am happy. I am cheerful.

I am kind.

(6) Keep hands in same position. Breathe Chi flow out thru spleen.

SPLEEN

::

I am filled with faith and confidence. I expect only good. ..I am filled with faith and confidence. I expect only good...I am filled with faith and confidence. I expect only good.

(7) Now move hands closer to each other, fingers should interface and touch, just below your ribs. Breathe Chi flow out thru stomach..

STOMACH

:: I am

patient and content.. .I am patient and content...I am patient and content.

(8) Keep hands in same position. Breathe Chi flow out thru pancreas.

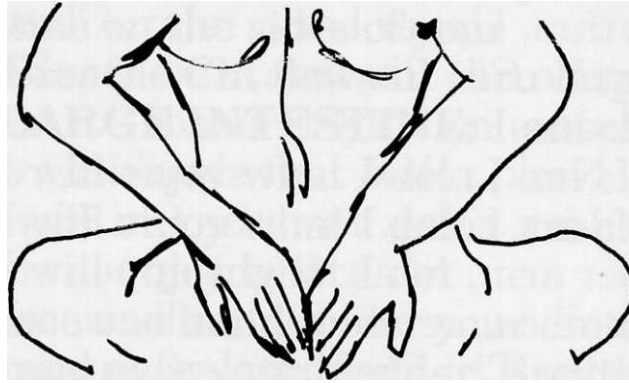
PANCREAS

:: I look for the best in myself and others...I look for the best in myself and others...I look for the best in myself and others.

(9) Keep hands in same position. Breathe Chi flow out thru gallbladder.

GALLBLADDER

:: I reach out with love and peace ...I reach out with love and peace ...I reach out with love and peace.



(10) Move both hands to your back, with the heels of your palms just touching your back ribcage, and fingers pointing downward on each side of your spine.

Breathe Chi flow out thru adrenals. ADRENAL GLANDS

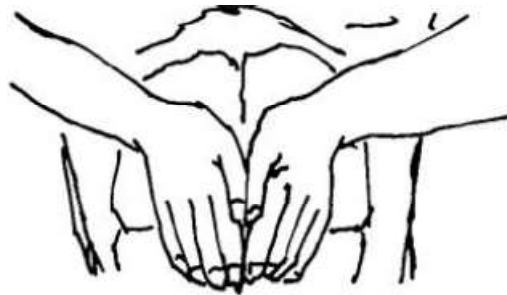
: I am trustworthy

and loyal. I am trustworthy and loyal. I am trustworthy and loyal.

(11) Keep hands in same position. Breathe Chi flow out thru kidneys..

KIDNEYS

:: My internal energies are balanced .My internal energies are balanced. My internal energies are balanced.



(12) Now move your hands to front of body, over small intestine. Fingers should be pointing down, with sides of hands touching each other. Breathe Chi flow out thru small intestine. SMALL INTESTINE

: I am joyful, and filled with

strength .. I am joyful, and filled with strength .. I am joyful, and filled with strength.



(13) Move your hands to cover your large intestine on the sides of your abdomen. Breathe Chi flow out thru large intestine. LARGE INTESTINE

::

I am clean and good. I will enjoy what I doL . . I am clean and good. I will enjoy what I doL . . I am clean and good. I will enjoy what I do!

(14) Place one hand under your crotch, the other hand over your bladder. Breathe Chi flow out thru bladder.

BLADDER

:: I am balanced and in harmony with my Creator. I am happy!. . I am balanced and in harmony with my Creator. I am happy!. . I am balanced and in harmony with my Creator. I am happy!

PART IV

NOW GENTLY BEGIN TO RELAX YOUR BODY. Breathe as if deep sleeping. Sit with hands at rest in your lap, one hand upon the other, palms up. Be sure to keep your spine straight so that breathing is easy. Gut should extend with each inhaling breath. Again, concentrate your thoughts. Mentally visualize each muscle as you relax it. Breathe to your Chi Point in a slow, relaxed Chi Rhythm. Do not force your breath. Breathe to continually feel your Chi Point, rhythmically, as if sleeping. You now know how each muscle feels when tense. Now you are going to teach it the opposite. Each muscle will now learn to relax.

Now, relax the big toe of your left foot. Speak to it, if necessary. Relax the big toe of your right foot. Breathe Chi Rhythm. Left toes, relax. Right toes, relax. Left arch, relax. Right arch, relax. Left heel, relax. Right heel, relax. Breathe Chi

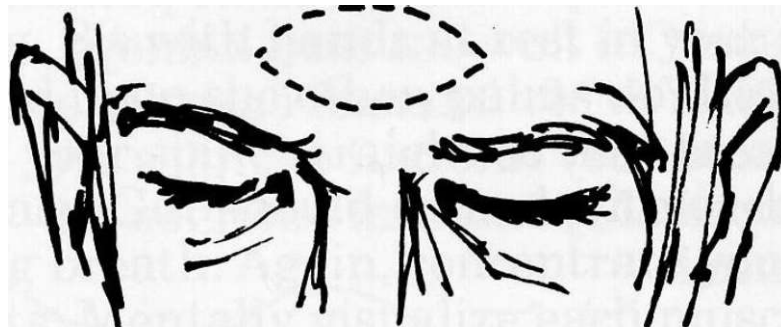
Rhythm. Left ankle, relax. Right ankle, relax. Left calf, relax. Right calf, relax.

Breathe Chi Rhythm.

Remember to speak out loud to any part that does not cooperate. Left knee, relax. Right knee, relax. Left thigh, relax. Right thigh, relax. Breathe Chi Rhythm.

Buttocks, relax. Lower back, relax. Abdominal muscles, relax. Breathe Chi Rhythm. Upper back, relax. Chest, relax. Breathe Chi Rhythm, and speak to any part that does not stay relaxed.

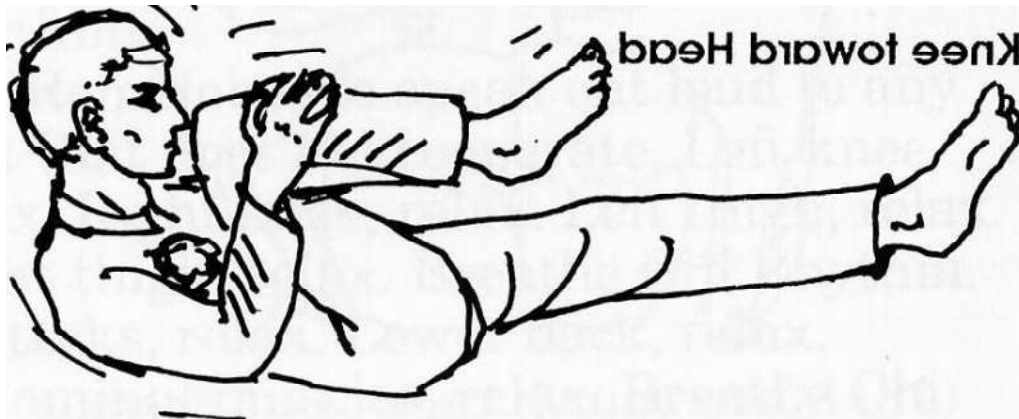
Neck, relax. Left shoulder, relax. Right shoulder, relax. Breathe Chi Rhythm. Left upper arm, relax. Right upper arm, relax. Left elbow, relax. Right elbow, relax. Breathe Chi Rhythm. Left forearm, relax. Right forearm, relax. Left wrist, relax. Right wrist, relax. Left fingers, relax. Right fingers, relax. Left thumb, relax. Right thumb, relax. Breathe Chi Rhythm. Your entire body should now be completely relaxed. Remember to speak to any part which may have tensed again.



Now, look to the spot on your forehead just above your nose, the "third eye". You should see light. The light will vary in color depending upon your physical and mental condition. If you are truly relaxed and at peace, the light should be white or golden in color.

The light may now form into a shape or shapes. Some people see "visions" through the "third eye". Don't force the vision. Allow it to open naturally. Take your time. God may show you things meant for your understanding. You may not fully comprehend the things you will see, but be patient. As time passes, God will

reveal the meaning of your vision. (ADD SILENCE)...30 seconds.



NOW DO THE STRETCHING EXERCISES

Gently begin to stretch. First, lift your chin high, to stretch your neck. Hold. Next, slowly push your chin down as far as you can toward your chest. Now very slowly roll your head to the left; then as far back as it will go; then very slowly to the right; and down toward your chest. Then reverse the process. (ADD 15 SECONDS). Next, lay on your back. Stretch your toes forward and backward as far as they will go. Relax and repeat three times. (ADD 15 SECONDS). Now, bend your left leg at the knee. With both hands, pull your knee toward your head. Try to touch your knee with your nose by moving your head to also meet your knee. Don't be discouraged if your nose does not meet your knee. The movement is only meant to stretch your muscles. Repeat the stretch with your right leg. Stretch 3 times, each leg. (ADD TIME IF NECESSARY)

****Conclusion: Embracing the Power Within****

As we conclude this journey into the realm of Ki power, we find ourselves standing at the crossroads of ancient wisdom and modern understanding. The path we've traveled has led us through the intricate channels of energy, the landscapes of the mind and spirit, and the profound interplay between the individual and the cosmos. The exploration of Ki power has not only deepened our awareness but has also unveiled the potential that resides within each one of us.

In the chapters that preceded, we delved into the nature of Ki power, its origins, and the ways in which it can be harnessed for various purposes. We discovered that Ki power is not confined to the realm of esoteric practices but has permeated the tapestry of cultures, philosophies, and healing traditions across the ages. From the vibrant hues of martial arts to the gentle flow of tai chi, from the art of meditation to the rhythm of breathwork, Ki power invites us to engage with life in its most profound and harmonious expression.

As we conclude our exploration, let us reflect on the interconnectedness that Ki power reveals. It speaks of the unity of mind, body, and spirit – a triad that dances in harmony when in balance. It reminds us that we are not isolated beings but integral threads woven into the fabric of existence. The energy that flows through us is the same energy

that courses through the rivers, rustles the leaves, and paints the skies.

Yet, while the exploration of Ki power has illuminated the possibilities, it also humbles us in the face of its mysteries. For in the tapestry of the universe, there are threads that elude our comprehension, energies that remain uncharted, and depths that call us to ever-deepening exploration.

In the closing of this chapter, let us recognize that the journey does not end here. The final page of this book marks the beginning of your personal journey with Ki power. As you step forward, remember that the practices you engage in, the insights you glean, and the moments of stillness you cultivate are not confined to these pages. They are the whispers of an ancient wisdom that continue to echo in the chambers of your heart.

May your path be guided by curiosity, reverence, and respect for the energies that flow within and around you. As you embrace the power within, remember that you are part of a timeless lineage that stretches across cultures, epochs, and dimensions. You are the custodian of the flame that burns with the energy of life itself.

With gratitude for your presence on this journey, we bid adieu for now. May the Ki power that you have encountered illuminate your path, enrich your experiences, and deepen your connection to the boundless tapestry of existence.

In harmony and unity,

[Your Name]

[Date]

Feel free to customize this conclusion to align with the themes, tone, and messages of your book.