

Chi Power Plus

Chi Power Chart of the Internal Organs

1. Thyroid
2. Thymus
3. Heart
4. Lungs
5. Liver
6. Spleen
7. Stomach
8. Pancreas
9. Gallbladder
10. Adrenals
11. Kidneys
12. Small Intestine
13. Large Intestine
14. Bladder



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Before beginning to read this very proprietary information, you need to understand that this information was obtained by many years of blood, sweat and tears, as well as intense searching for the secrets this book contains.

You will need to read and then re-read this manuscript over and over again to get the full meaning of each exercise, concept and technique...

Also, we have left several elements out, to encourage you to set up a mentoring relationship with our organization and pursue the possibility of becoming a certified Chi Power Practitioner...

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.

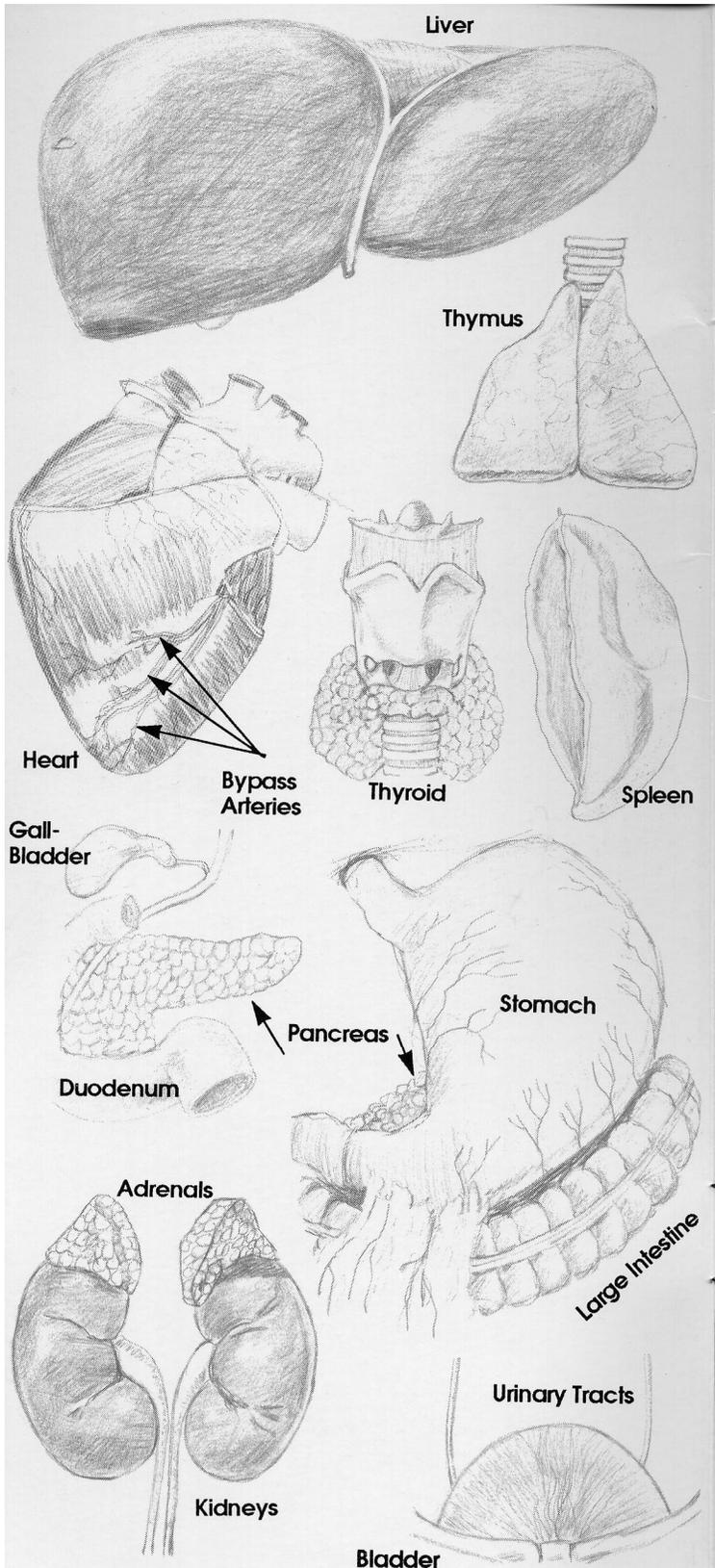
- **Move objects without touching them**
- **Move an object with your eyes only**
- **Extinguish a candle flame with your eyes**
- **Learn how you can make select breaks**
- **Control animals, birds, fish, with Chi o**
- **Move faster than a cat with Chi Power**
- **Try to lift a bowl of water with Chi o**
- **Ring the chimes with a Chi throw**

This book is the "tip of the iceberg" of all of the concepts you will be discovering with our [Advanced Chi Power Training](#). Keep in mind this is the first Phase of many, that will allow you to increase your abilities exponentially over the next several years...

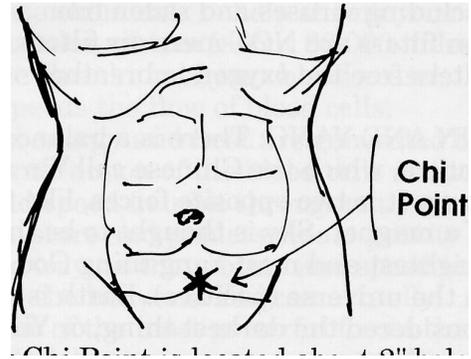
BREATHING WITH CHI POWER

Often when new practitioners begin to practice SPC'USA Chi Power, they will overlook the most vital information in the Chi Plus Book: how to breathe correctly. They will then begin to question if this is another hoax. So please, read the entire book first. Follow all of the instructions. Everything works! And it will probably work much better than you expect. We are still getting calls offeats that someone does that surprise us. After you have fully read the book, and listened to the Tape, make your own recording. You can't learn the art of focus without it! Deep-breathing, called Chi Gung, increases the energy level in the body. It adds body chemicals from your glands, as well as more fully oxygenating the blood, giving the muscles an extra measure of power. By directing the enhanced blood to the tips of your fingers, your kinetic or electrical energy (Chi, pronounced Chee) can be forcefully expelled outside your body. Note: Chi is often called Ki, Qi, Ji, Chy, or Kee, but it is all the same thing.

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Your Chi Point is located about 2"



below your navel (belly button). Draw your breath in slowly thru your nose, downward thru your lungs and intestines to your Chi Point. Your actual breath extends only to the bottom of your lungs (see #4 on Poster). But the electrical energy force (Chi) can be directed to any part of your body. The location of your Chi Point is so your Chi will pass thru the massive blood supply in your abdominal area. During relaxed breathing, your abdominal muscles should expand. Do not attempt to regulate your breath by counting. It causes great confusion to the art of learning to focus your mind thru developed reflex action. Chi Gung should be practiced at your natural breath rhythm as if you are deep-sleeping. Exhaling the waste products, which your blood has carried to your lungs, is as important as inhaling the oxygen. Chi Power practice should be performed in an oxygen-rich atmosphere with few air pollutants. If you are indoors, you should have live plants in the room (especially the sleeping room) because the plants produce oxygen. Air purifiers, such as electronic ionizers, are now available for home, office, or automobile. They emit negative ions which attach

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themselves to air pollutants and remove them from the air, thus freeing the oxygen molecules. They are highly recommended for use where practicing Chi Gung. A good one can be purchased for \$50 and up, and will clean microscopic particles, including viruses and radon from a room. Ion filters are NOT mere air filters. Ion filters free the oxygen to breathe.

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

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of the most powerful forces that God created, because you were created in His Image, not the image of an animal! Animals do not have your powers.

THE OBJECT OF CHI POWER PRACTICE IS TO

(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

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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.

CHI POWER & SPC-USA ACUPRESSURE

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.

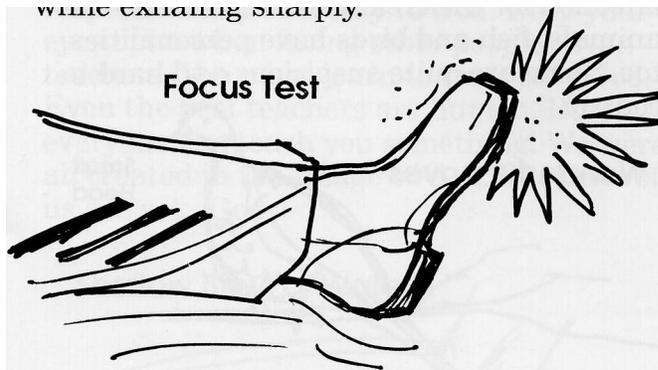
Currently in China, it is reported a Chi Power practitioner is using Chi Power with Acupressure to cause paralysis to disappear. He has had much success. The patients are those whom the Medical Doctors have declared hopeless! Anyone can develop Chi Power. If you are infirm (physically unable to stand 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 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

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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.

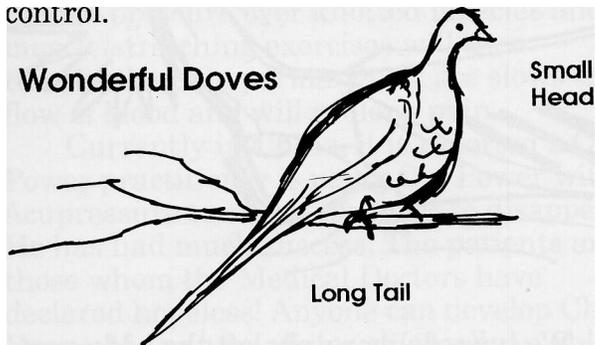
(C) When throwing a punch: You would direct the Chi to the open palm. Then slightly twist your hand with fingers tightly together to build Chi and to harden your hand for your own protection. (See your Martial Arts instructor for specific directions of how to protect your fingers when using an open hand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

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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.

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.

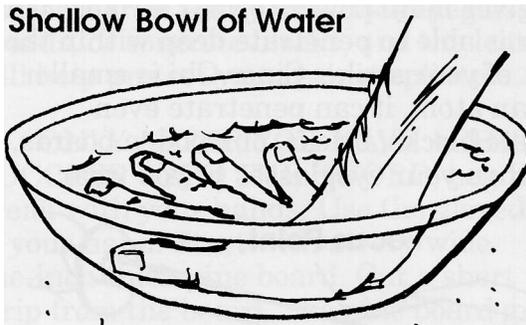
REPEL DIRTY BIRDS, such as starlings, greckles, pigeons, or other pest-type birds, by placing your hands together in the praying position at chest level. Direct your Chi to your hands until your hands are warm. Tighten your gut, then push hands together hard, while focusing your eyes on the bird. Then 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 A BOWL OF WATER WITH CHI POWER

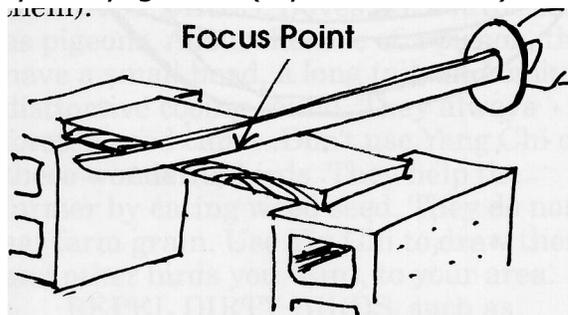


Use a shallow bowl and partly fill it with water. After building your Chi, place your hand under the water in the bowl. With each of your fingers extended, touch the lower sides of the bowl.

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.

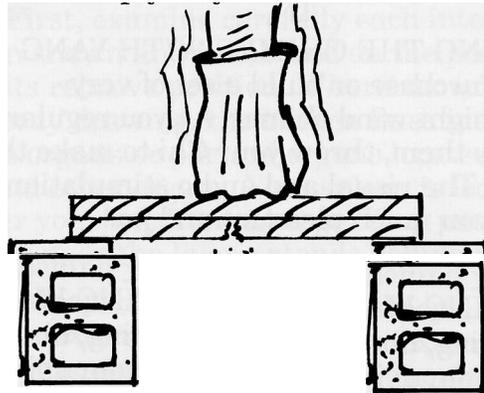
ONLY AFTER YOU HAVE ACHIEVED SUCCESS WITH THE SWORD, begin to break with your hands. Use the gloved fist of your hand. Start with a very wide one-inch thick pine board. Cut a short wide strip from the board. The pine board grain (lines of growth) should be placed so that when you strike, you will strike 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 stopping your level.

from a stacked pile, by Yang Chi at that selected

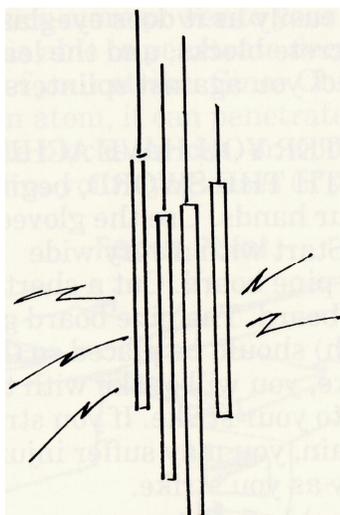
Yang Chi Fist



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.

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RINGING 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

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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

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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.

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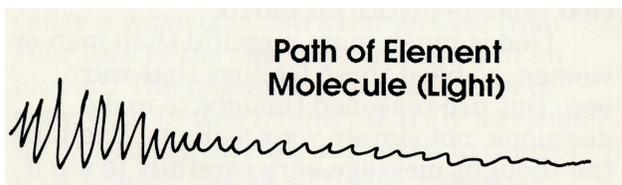
TIME CONTROL

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

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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. (SPC -USA's Prolepsis History of Chi Power booklet explains more about created anti-light (darkness), and anti-sound. Contact us at www.chipower.com if you have not already read this thought provoking manuscript.

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.

LEVELS OF EXISTENCE

Fall within the dimension called time. They can and do overlap each other. Prophets, often called Seers, can and do see events in historic perspective. The Christian Book of Revelations was seen as a vision by John, the Apostle of Christ. John saw the entire history of Earth, from its first creation by God, thru the birth of God from the Holy Spirit's conception into a woman, to Earth's final conclusion as the completed Garden. Because many religions can't believe God could or would become flesh and sacrifice Himself for the forgiveness of sin for anyone who believes in His Grace, there is still much division in the world. Many wars have been fought to retain political power within a religious group.

Nationalities and races must merge. This is why God directs sons and daughters to leave their parents. There are many good reasons why incest or family intermarrying are illegal. God wishes for the world to be repopulated with people who are not Atheists, but believers in One God. The completion of the Earth Garden must be done by people who have mastered the powers that God gave to every human, but not to animals. God is very patient. He will give Atheists all the time they need to determine His existence. Some of it will not be very pleasant. It has been said, there are few Atheists in foxholes!

WHEN YOU HAVE READ THE ENTIRE BOOK, AND LISTENED TO THE TAPE, YOU ARE READY TO MAKE YOUR RECORDING.

You need to see a clock with a second hand or a stopwatch while recording, so that you leave the actual number of seconds on the tape. In PART I, use a light weight, big enough to see rise and fall. (Later on, as your strength increases, add more weight and length of time. Your Chi Power will also increase.) In PART II, your practice hanging object can be simple wind chimes or an elaborate work of mobile art. You should be far enough away that the object is moved by Chi Power and not wind. Speak every word of the instructions, except the words that are in parentheses, into the recorder. After you have your recording made, you'll play it back while you do what you say. **AUDIO TAPE RECORD YOUR OWN VOICE (BEGIN SPEAKING INTO THE RECORDER):**

PART 1. First, lie on the floor on your back. Place a weight on your abdominal muscles, gut or tummy. When you breathe in, your abdomen should rise. When you breathe out, your abdomen should fall. Your breath rate should be as if deep-sleeping.

(ADD 3 MINUTES TO TAPE)...30 seconds...1 minute...1 minute,30 seconds... 2 minutes...2 minutes,30 seconds...3 minutes.

Chi Power Plus

PART II. 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.

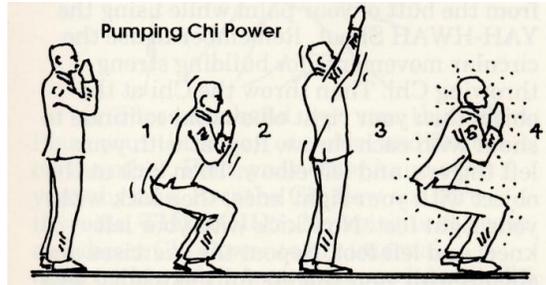
Now direct your thoughts to your right big toe. Feel its bottom; then top. Contract it the same way. Breathe Chi Rhythm. Now focus your attention back to the toes of your left foot. Place them in a state of tension, by strongly contracting them. Grasp the floor, and even deeper, with them. Hold the tension. 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.

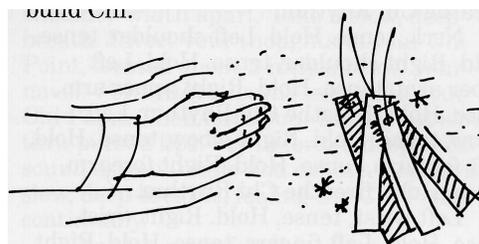
Chi Power Plus



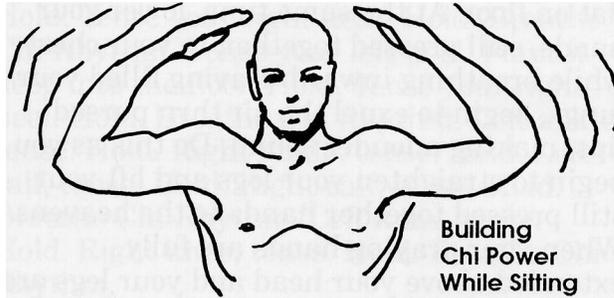
NOW PLACE YOUR HANDS FIRMLY TOGETHER AT EYE LEVEL, fingers tightly together, pointing upward as in praying. Exert pressure, one hand against the other. Continue the pressure as you bend your knees in a half-kneebend, feet flat on floor. At the same time, lower your hands, still pressed together, to your 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 bloodflow thru your joints. It also keeps you ready to defend yourself when necessary.

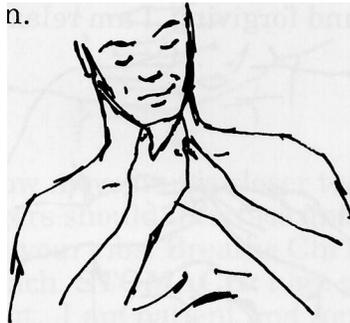


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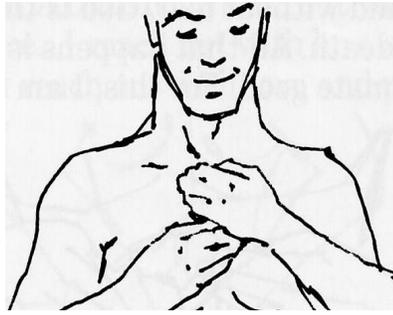
PART III

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.



(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. **THYROIDS:** 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.

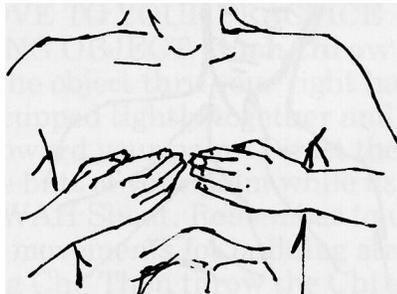
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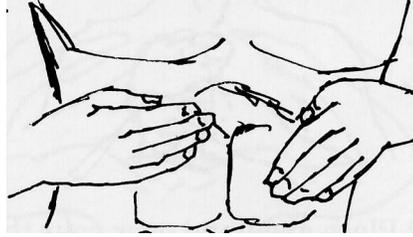
(2) Place one hand over your thymus, the other just below it over your heart. Breathe Chi flow out thru thymus.

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.



Chi Power Plus



(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.



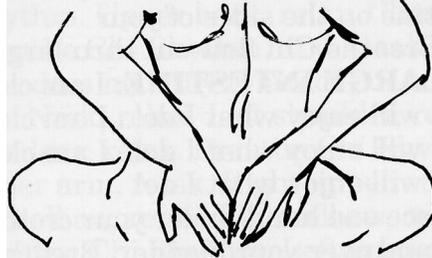
(7) Now move hands closer to each other, fingers should interface and touch, just below your ribs. Breathe Chi flow out thru stomach. **STOMACH:** I am patient and content.. .I am patient and content...I am patient and content.

(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.

Chi Power Plus

(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.

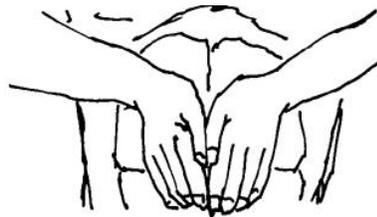


(10) Move both hands to your back, with the heels of your palms just touching your back ribcage, and fingers pointing downward on each side of your spine.

Breathe Chi flow out thru adrenals. **ADRENAL GLANDS:** I am trustworthy and loyal. I am trustworthy and loyal. I am trustworthy and loyal.

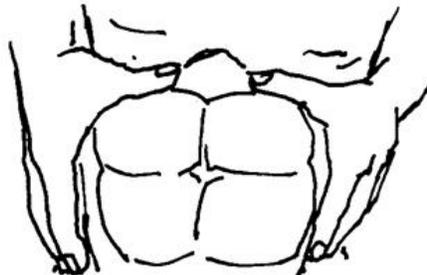
(11) Keep hands in same position. Breathe Chi flow out thru kidneys.

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.



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(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

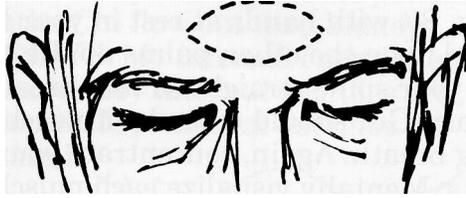
NOW GENTLY BEGIN TO RELAX YOUR BODY. Breathe as if deep sleeping. Sit with hands at rest in your lap, one hand upon the other, palms up. Be sure to keep your spine straight so that breathing is easy. Gut should extend with each inhaling breath. Again, concentrate your thoughts. Mentally visualize each 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.

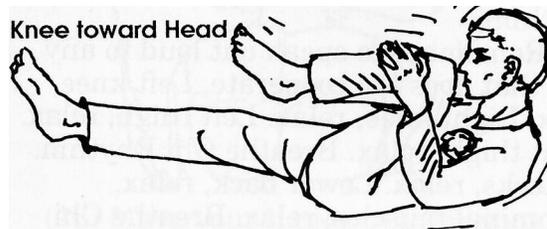
Neck, relax. Left shoulder, relax. Right shoulder, relax. Breathe Chi Rhythm. Left upper arm, relax. Right upper arm, relax. Left elbow, relax. Right elbow, relax. Breathe Chi Rhythm. Left forearm, relax. Right forearm, relax. Left wrist, relax. Right wrist, relax. Left fingers, relax. Right fingers, 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.

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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.

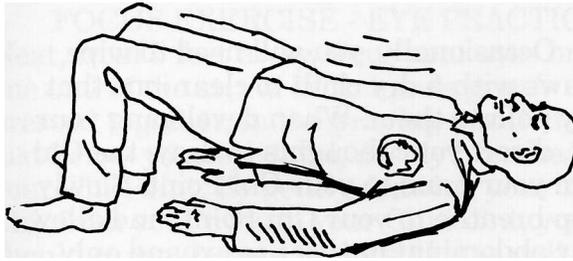
The light may now form into a shape or shapes. Some people see "visions" thru the "third eye". Don't force the vision. Allow it to open naturally. Take your time. God may show you things meant for your understanding. You may not fully comprehend the things you will see, but be patient. As time passes,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

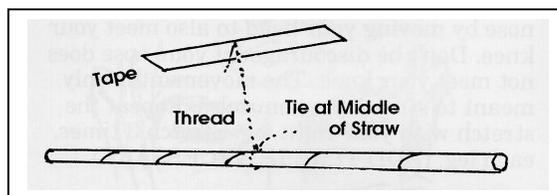
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Then, with your knees bent, lift your buttocks as high as you can, and tighten your rectal orifice. Hold for 30 seconds. (ADD 30 SECONDS)...15 seconds..-30 seconds. Now stand on your feet. To improve your balance, stand on your left foot, while holding your right foot next to your groin. Try it. You can do it! (ADD 30 SECONDS)...15 seconds...30 seconds. Repeat, standing on your right foot, and holding your left foot to your groin. (ADD 30 SECONDS)...15 seconds...30 seconds. Devise your own balance exercises and length of time in training; but don't "test" God by taking foolish risks. Ask for courage and He will give you His! (You will need a focus device for each person doing the practice. We recommend that you add all the focus exercises to your tape.)

FOCUS EXERCISE - MOVE STRAW

A soft drink straw suspended with a thread makes an excellent Chi Focus exercise device. Simply tie one end of a long thread around the middle of the straw to a level balance. Use a thumbtack, or tape, to attach the other end of the thread to the bottom side of a surface that permits the straw to freely float in the air, without friction, at your eye level.



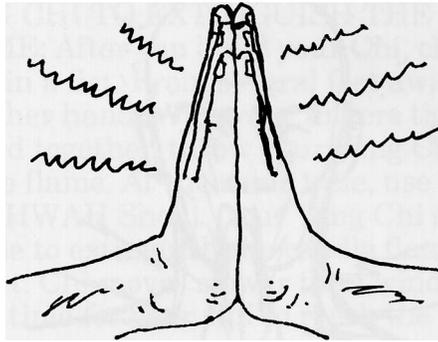
Occasionally, you will need to wipe straws with a dry cloth to clear ions that may pollute them. When developing your Chi, direct your thoughts to draw the Chi from your hand to your Chi Point.

Slowly deep-breathe to your Chi Point, and allow your abdominal muscles to expand only slightly. Do not hold your breath while concentrating. You must

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continue to breathe deeply and slowly (Chi Gung). With your hand about 12 inches away from the straw, and arm outstretched, gently tense your hand and arm muscles. Direct your thoughts to draw the Chi from your hand to your Chi Point. Emphasize your inward breath.

Gently beckon one end of the straw with your forefinger. The end of the straw should move toward you. You are using Yin Chi. Be sure you do not inhale or exhale directly at the straw, and that it is not being moved by any air currents in the room. You must move the straw with your Yin Chi Power only. This requires mental concentration. Now strongly tense your forefinger, and point it at one end of the straw. Push the straw with your Yang Chi, by mentally reversing your Chi flow. This takes a small mental effort. And watch the payoff! This practice makes a great game to play with a friend, to see who has the stronger Chi.



FOCUS EXERCISE - EYE PRACTICE

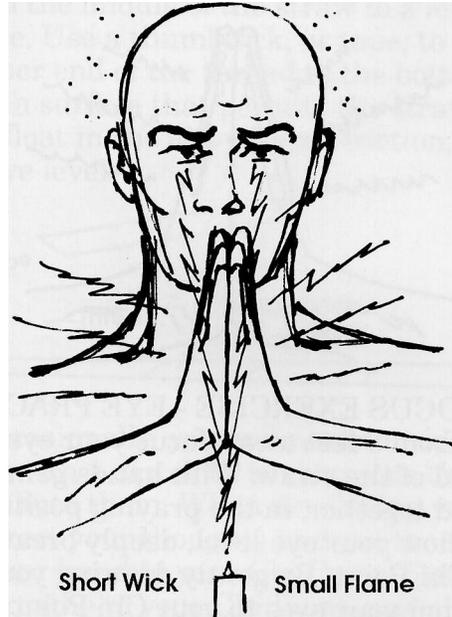
Next, from 3 feet away, focus your eyes on one end of the straw. With hands gently pressed together, in the praying position, just below your eye level, deeply breathe to your Chi Point. By gently drawing your Yin Chi from your eyes to your Chi Point, you should cause the end of the straw to pull toward you. Again, emphasize your inward breathing.

Next, forcefully press your hands together, and reverse the Chi from your Chi Point out your eyes, and cause the Yang Chi to push the straw away. Emphasize your outward breath, but do not breathe directly at the straw. Try the eye practice from various distances. Push or pull the straw with your eyes, by reversing your Chi flow.

This, too, takes a small mental effort. This is NOT black magic. This power is a gift from the Creator of the Universe and given to people who are created in His Image. It is NOT given to any other creature. It proves you are NOT an animal.

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Give God the thanks! (Note: Many first-time users fear the next exercise will cause harm to them. It will not! It is a vital exercise to practice if you are to control animals or birds. The highest medical authorities flatly state it causes no harm. The difficulty may be so great that you think you will become unconscious. Do it anyway! **You must master this exercise!**)



**FOCUS
EXTINGUISH**

YOUR EYES

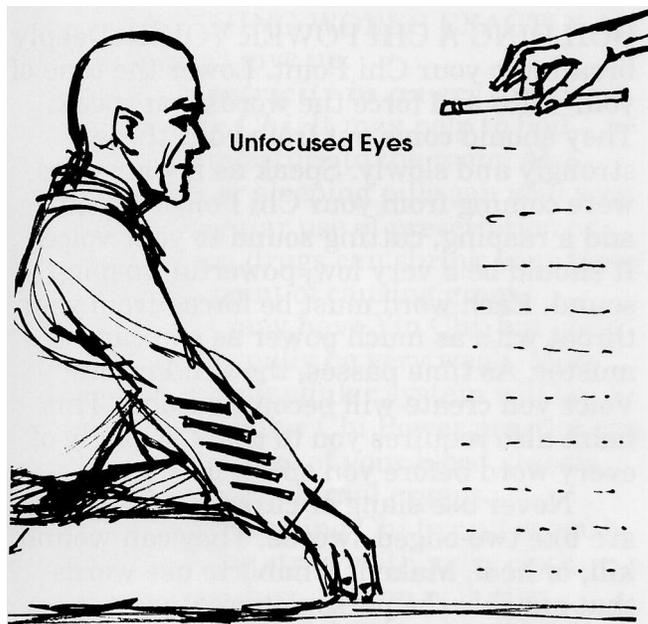
**EXERCISE -
A CANDLE WITH**

As in PART II, fast tense your muscles in a wave from toes to fingertips, while standing. Again pump-build your Chi Power with hands tightly together in praying position. Use a standard household emergency candle. Birthday candles burn too quickly and will not be extinguished. Place the candle, with a very short wick and small flame, before you. Clip the wick to shorten it. Focus your eyes on the flame. Now place your hands in the praying position at chest level, and press together very hard, while forcing the Yang Chi out of your eyes. Keep your gut very tight, while you slowly force-breathe into and out from your Chi Point. Don't breathe at the candle. Direct your outgoing breath toward your tensed gut. Your head may break out in a sweat. Watch the candle flame slowly die. With each of your Yang Chi, outgoing breaths, the flame becomes smaller until it goes out. This takes much effort and endurance. Beginners may wish to place the candle inside a pot lying on its side. DONT GIVE UP! (PRESS PAUSE BUTTON).

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FOCUS EXERCISE - THROW YOUR YANG CHI TO EXTINGUISH THE FLAME

After you build your Chi, close one hand in a fist. From several feet away, open the other hand. With your fingers tightly cupped together, throw your Yang Chi at the candle flame. At the same time, use the YAH-HWAH Shout. Your Yang Chi should be able to extinguish the candle flame on impact. Chi moves slower than wind, so allow time for your Chi to reach the flame.



FOCUS EXERCISE - TIME CONTROL

Do not build your Chi. Sit cross-legged on the floor, hands at rest on your knees. Have a friend drop a pen or pencil at your arm's length away from you and at your eye level. Try to catch the object before it hits the ground or floor. Now build your Chi, by force-breathing to and from your Chi Point, while your hands are pressed together in the praying position at your chest level and your gut is tight. Direct your Yang Chi to your hands. Your hands should become very warm. Then place your warm hands at rest on your knees again.

Do not focus your eyes on the object. Leave your eyes unfocused. You must continue to force-breathe to your Chi Point. Have your friend drop the object again. You should now easily catch the object. This test is not simply quickened re-flexes. This is using Yang Chi to slow time. You are made in the Image of God, Creator of Time. The proof is in the use of the aforementioned gravity forces and it can save your life! (End of Recording.)

BUILDING A CHI POWER VOICE

Deeply breathe to your Chi Point. Lower the tone of your voice and force the words you speak. They should come out from your throat strongly and slowly. Speak as if your voice were coming from your Chi Point. Try to add a rasping, cutting sound to your voice. It should be a very low, powerful, rasping sound. Each word must be forced from your throat with as much power as you can muster. As time passes, the Chi Power Voice you create will become a habit.

This habit also requires you to think strongly of every word before you speak it. Never use slang or curse words! Words are like two-edged swords. They can wound, kill, or heal. Make it a habit to use words that ennoble the person or creature to whom you speak. If you don't understand the exact meaning of words, use a dictionary to learn them. Almost all English words have several meanings. It is extremely important to know the exact meaning of the word you wish to speak or write.

There are small hand-size computer-type dictionaries with a thesaurus of words that have the same meaning. A dictionary should be your constant companion for quick reference. Voice communication is the most important skill you will ever learn. While you are learning the Chi Power Voice, you will be gaining self respect. It was by words that worlds were created and angels fell. Treat words with extreme respect, and respect will be given you by others that will humble you. Pride and learning are incompatible.

A proud person cannot learn. A humble person is willing to listen, and learns much. Again we caution you to use the Chi Power Voice with extreme care. Do not hurt others with it except under extreme provocation.

PROBLEM SOLVING

If you have trouble getting things to work, ask a friend to help you.

EVERYTHING WORKS EXACTLY AS STATED. Don't give up.

Static electricity in a very dry room can void your Chi. It may help to boil water, to add moisture to the room. Also, anxiety drugs or sleeping pills can void your Chi Power. Regular use of prescription or nonprescription drugs can shrink your blood vessels to the point of causing great weakness. You may have Yin Chi, but your Yang Chi will usually be very weak. More than that, your glandular system will be unbalanced. Regular Chi Power practice can help restore the size of your blood vessels, and balance your internal organs.

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If you are directing Chi to pull or push a straw, wipe the straw with a dry cloth first, to remove dust and ion pollution. Over breathing (too fast breathing) can cause hyperventilation, with undesirable symptoms. Simply hold your breath and run in place, or pump your arms, for the symptoms to disappear. (Or breathe into a bag.) Then correct your breathing by slowing the number of breaths per minute. You probably will have to repeat the tensing process.

WEIGHT-LIFTERS

Because you have very large blood vessels caused by every day practice, you may have a bit of difficulty when first trying to build your Chi. We suggest you limit your weight--lifting to three times per week.

SAMPLE CHI POWER PLUS PROGRAM

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

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

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

4. PROVIDED TAPE EXERCISES:

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

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

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

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

CHI POWER TIPS

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

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

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

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5 - 10 inch gap between your palms and the wall. Now do the Palm Test. You will find that you can feel the Chi energy go right through the wall.

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

REGARDING SIDE EFFECTS

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

NIGHT EXERCISES/YIN TIME

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

Additional Training to Maximize Your Abilities

Once you can complete the exercises and techniques in this manuscript, you should proceed to the next level. Here is a listing of our other curriculums and the skill sets you will learn with each.

Mind Portal: Mind Portal allows you to begin the process of dynamically building up a Yin Body through meditation. This course also goes into detail on Remote Viewing, Lucid Dreaming and other interesting topics. [Visit the Mind Portal page for more information.](#)

Internal Power Centers: Teaches specific techniques to get your mind, body and spirit under complete control. It also teaches methods to use your energy in spectacular ways. This program is also combined with our Advanced Chi DVD to complete Phase II training. [Visit the Internal Power Centers page for more details.](#)

Advanced Chi DVD: This video takes you through one of the most intense and energy producing workouts ever developed. When we created this video, it became the standard bearer for Chi Energy Development. This is clear not only in our minds, but those of our students and clients. [Visit the Advanced Chi DVD page for all the details.](#)

Dim Mak Pressure Points Charts & Instruction: Discover the methods to totally take apart an opponent or heal them with a touch of your hands. 3 detailed posters and instructions that will show you the secrets of the "double edged sword" of Dim Mak & Pressure Points. [Click Here for all the details.](#)

Advanced Chi Training Package: This package includes all of the products above as well as in-depth mentoring on how to get these concepts to work so well, you will be able to do techniques that will amaze yourself. If you have purchased any of our products, it can be applied to the purchase of the Advanced Chi Training Package. [Visit the Advanced Chi Training Page for more details.](#)

For additional information and training, visit www.advancedmindpower.com