

CHAPTER #3 THE TECHNIQUE

CHI KUNG LESSON SCHEDULE: WORKSHOP I.

HOW TO PRACTICE INSTRUCTIONS: This is basically a 6 Week Training Course. Each individual lesson should be practiced for one week without adding the next lesson. When you do add the next lesson, you should then practice them in their entirety, without deleting any details. All the material will be restructured in Lesson #5 (The Daily Practice Routine).

LESSON #1

- 1) PREPARATION WITH TAI CHI WITH DETAILS
- 2) CONDENSING BREATHING
- 3) BASIC PATH TRAINING
 - A. UPWARD AND DOWNWARD MEDITATION
 - B. INWARD AND OUTWARD MEDITATION
 - C. TAI CHI STANCE MEDITATION

LESSON #2

- 4) BREATHING TRAINING
 - A. OUTSIDE AIR
 - B. INSIDE AIR

LESSON #3

- 5) SITTING FORMS WITH THE MIND TRAINING
AKA - 6 FORMS AND 7 CIRCULATIONS™
- 6) PALMS ON KNEES MEDITATION

LESSON #4

- 7) THE MICRO COSMIC ORBIT / AKA - THE 10 STEP CYCLE™
- 8) CLOSING THE CIRCUIT

LESSON #5-#6-#7-#8 / CREATING "THE DAILY PRACTICE ROUTINE"

- 9) HEAVEN AND EARTH MEDITATION
- 10) CREATING YOUR DAILY AFFIRMATIONS
- 11) UNITING YOUR VISION WITH YOUR DAILY AFFIRMATIONS
- 12) PROJECTING YOUR WILL / IMPREGNATING THE UNIVERSE
- 13) LAYERED CONDENSING / CALLING YOUR ENERGY BACK

THE CHI KUNG TECHNIQUE

LESSON #1

The purpose of this text is to teach my readers the Chinese internal art of Chi Kung (Energy Work). This text has been written to teach you Chi Kung as taught in Gary J. Clyman's PERSONAL POWER TRAINING™. Your Daily Chi Kung practice can enrich all aspects of your life. Regular practice will lead to regular results. Remember "Masters are made in the beginning, not in the end." This means, if you pay attention to all your details, from the very beginning, you will become GREAT almost automatically. This text may not be duplicated under any conditions and is protected under copyright by the creator of Gary J. Clyman's PERSONAL POWER TRAINING™.

The format of PERSONAL POWER TRAINING™ is structured in a sequence of individual lessons. Each portion of "the technique" is formatted in a priority fashion that makes it necessary to learn each individual part of the technique in the proper order. The first 4 lessons should be learned one at a time.

After completion of the first 4 lessons, all the lessons are then restructured in what is called "The Daily Practice Routine," which is the end result and finished product of learning Chi Kung in PERSONAL POWER TRAINING™.

When learning Chi Kung from this book, the details should be learned and applied as if each detail is an addition to each last detail. This process of piling or layering information is called "stacking details." This form of detail organization will be practiced throughout your entire Chi Kung education.

RULES AND SUGGESTIONS YOU SHOULD REMEMBER, PRIOR TO LEARNING "THE TECHNIQUE"

All breathing is done through the nose regardless of the technique.

As the breathing is performed, INHALE to the right, EXHALE to the left, for purpose of simplicity.

Your mind should remain in "Tan Tien" at all times regardless of what other technique you are practicing.

You should never lock your elbows, except in "Preparation."

Your elbows should always be dropped down, never raised up.

Your spine should always be extended up as if trying to reach for the sky or as if you are pushing a hook up toward the ceiling, but can barely reach.

Your sacrum (base of spine) should always be tucked under your torso, regardless of the posture or technique.

Keep your chin gently tucked with your neck straight.

Don't close your eyes unless specifically instructed, keep them half opened and half closed.

Don't eat before practicing.

It will be helpful to use a mirror to check your postures regularly.

REPEATED NOTE: When you change from one technique to the next, your changes should be abrupt and clean, not gradual and sloppy. This stands true throughout your entire Chi Kung practice.

WARNING - DO NOT GET BOGGED DOWN IN PHYSICAL DETAILS. The internal details relating to the circulations are much more important. You can do all the physical details wrong and if you are doing the circulations correctly, you will be O.K. "Preparation" is not important compared to everything else in Lesson #1. "Preparation" is important for the purpose of relaxation and to help develop an awareness of the body, and can be discontinued after learning "The Daily Practice Routine."

LESSON #1 - Preparation from Tai Chi with Details (See Illustration #2)

Preparation - The Warm-Up Exercises

Hang by a string from the top of your head. Keep your tongue up, teeth together, lips together, eyes half open, half closed.

Keep your feet 2-1/2 to 3 feet apart with your toes turned in slightly. Gently, let your shoulders drop, relax your chest, and breathe through your nose.

Keep your mind in Tan Tien, which is 3 inches below your naval and 2 inches in.

Let your thumb and first finger touch near the seam of your pants.

Turn the back of your hands forward. Keep your feet flat, your knees pulled apart, and concentrate on Tan Tien. Gaze into infinity. Don't stare or day dream. Try to remain as relaxed as possible.

Keep your tongue up, this will enable you to breathe through your nose more easily.

We will now do each individual part of the body in Preparation.

Turn your neck to the right, 90 degrees to the front as you INHALE

Turn your neck from the right, EXHALE all the way past the center to the left side, 90 degrees from the front.

Every time you move, coordinate your movement with your breath.

Do not close your eyes or tense up your shoulders. Remain as relaxed as possible.

Continue to push up as if you are hanging by a string at the top of your head, also keeping your chin gently tucked so it doesn't stick out. Each part of preparation should be done until you feel very comfortable. Stop in the center, facing the front.

Right shoulder

INHALE as you rotate your right shoulder up and toward the back.

EXHALE down making large oval.

Make sure each movement is performed evenly coordinated with the breathing.

Keep your mind on Tan Tien which is 3 inches below your navel and 2 inches inside.

Right shoulder INHALE up, EXHALE down.

Now you are about to change shoulders.

Left shoulder

INHALE as you rotate your left shoulder up and toward the back.

EXHALE down making large oval.

Be sure you are relaxed.

Do not close your eyes.

INHALE

Relax your hands

EXHALE

Keep your spine as straight as you can without becoming rigid.

INHALE Tuck your pelvis under your torso.

EXHALE

INHALE

Each time you inhale you should be moving up.

EXHALE

Each time you exhale you should be sinking down.

You are about to change direction on the **Left Shoulder**

INHALE change direction.

Now, rotate your left shoulder up and toward the back

EXHALE roll your left shoulder down.

INHALE

EXHALE

Don't forget to remain as relaxed as possible.

INHALE

All the movements are circular

EXHALE

Take your time on each movement.

INHALE

EXHALE

We are about to change back to the **right shoulder**.

INHALE bring your **right shoulder** up and toward the back.

EXHALE rotate it down.

INHALE

EXHALE

You want your body to feel very heavy but not tense.

INHALE

The heavier it feels, the more you are using your mind and not just performing a physical movement

EXHALE

INHALE

Remember to stay as relaxed as possible, still keeping your feet flat, still holding your pelvis tucked and under your body.

EXHALE

INHALE

Keep your head erect. Do not look down. Do not close your eyes.

EXHALE

Still hang by the string at the top of your head. We are about to change to **Both Shoulders**.

INHALE

Rotate both shoulders up towards the front

EXHALE

Rotate both shoulders down.

Stay as relaxed as you can.

INHALE up.

Make the your movements circular.

EXHALE down.

INHALE up. At the top you are going to change directions for the last time.

EXHALE down. Now go down toward the back.

INHALE up

EXHALE Do not close your eyes.

INHALE

EXHALE

Stop in the center.

We are going to do **The Waist**.

INHALE as you turn the waist to the right at a 90 degree angle to the front

EXHALE as you turn to the left.

Each movement must be connected with the breath.

INHALE

The amount of time it takes you to breathe should be the amount of time it takes you to do the movement.

EXHALE to the left

INHALE

In Tai Chi, the hips are very, very important. If you have tight hips, your Tai Chi will be very tight so that is why we are doing preparation for each individual part of the body.

The Waste, Hips, Spine, and Neck. Turn as far as you can.

This time on the inhale, INHALE all the way around. Turn as far as you can to your right.

EXHALE all the way around to the opposite side. That includes the neck, all the way, but still stay erect and reach for the sky with the top of your head. Remember to keep your chin dropped.

INHALE Don't lean. Do not close your eyes. Keep your mind in Tan Tien.

EXHALE Keep your feet flat on the floor, relax your arms

INHALE

EXHALE We will now switch to the **Knees Only**

INHALE Push up keeping the feet flat, and your pelvis under, and your knees pulled

apart.

EXHALE

Knees Only

Keep your feet flat on the floor

INHALE Rise slightly.

EXHALE Sink slightly. (Repeat)

INHALE

EXHALE

Stretch Your Forearm Muscles

The last part is **Stretching Your Forearm Muscles**. You may do that on your own. Keep your **Palms Facing Out**. Push against your fingers, with your elbow parallel with the ground.

INHALE

EXHALE

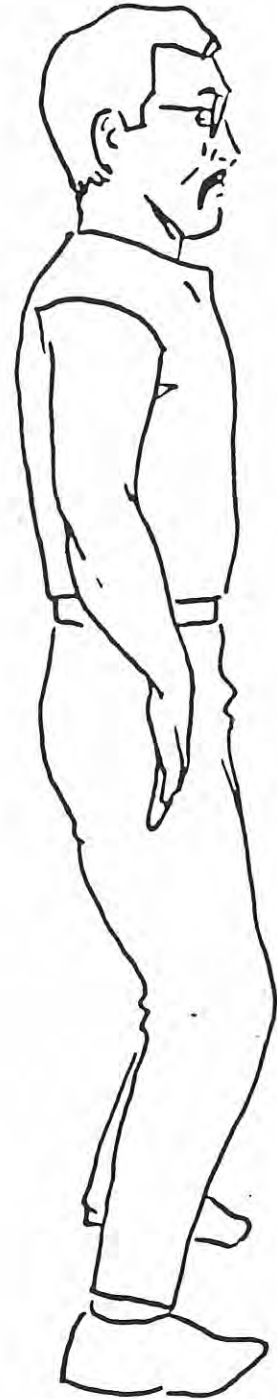
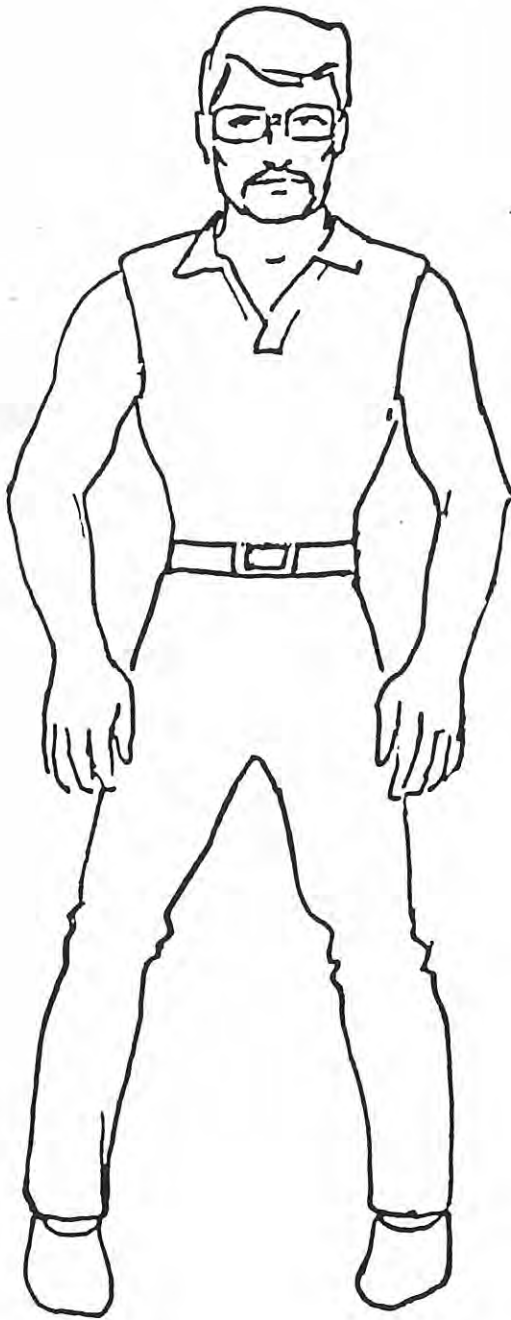
End of Preparation.

Preparation in Review.

Hang by a string from at the top of your head, tongue up, teeth together lips together, eyes half opened, half closed. Keep your feet 2-1/2 to 3 foot widths apart (slightly less than shoulder width).

Keep your toes turned in slightly and pelvis tucked under. Turn the back of your hands facing forward, gently touching your leg where the seam of your pants is with your thumb and first finger of both hands. Keep your mind on Tan Tien.

**PREPARATION FORM
(ILLUSTRATION #2)**



LESSON #1, TECHNIQUE #1 (See Illustrations #3A & 3B)

We will now learn **CONDENSING BREATHING**.

Condensing Breathing in Tai Chi is the single most important factor. Condensing Breathing squeezes 18 inches of movement into 1 inch of space.

In Chi Kung the way I teach it, **Condensing Breathing** is the beginning, the basis for all the energy cultivation work. When you practice Condensing Breathing, it has effects on all things in your environment.

First of all, it makes you "the most important single factor in your environment." People don't understand that they are more important than everything around them.

Second of all, when you practice **Condensing Breathing**, first you are drawing energy into your body in a gross fashion. After you have been practicing Condensing Breathing for a relatively short time, the technique becomes more and more specific. (See Chi Kung In A Nutshell)

We will now start **Condensing Breathing**. (See Illustration #3A)

Take a posture with your feet about three feet apart, about a shoulder width and a half. This is wider than in the distance used in Preparation. Tuck your pelvis under.

Hold your arms slightly in front of you and totally relaxed.

Gently sink your chest.

Drop your shoulders.

Hold your head erect and keep your tongue up on the roof of your mouth.

Keep your mind at what is called Tan Tien 3" below your naval and 2" inside your body.

Make sure your pelvis stays tucked under and you are relaxed.

Step 1 of Condensing Breathing (See Illustrations 3A & 3B)

Hold your arms slightly forward but not tense. We will now start **Condensing Breathing** - Perform Each Series At Least 4 Times.

With your **right hand** on the inhale **touch your left arm**.

INHALE Touch the surface of the skin on your left arm.

EXHALE Take your hand away.

INHALE Touch the surface of the skin on your left arm.

EXHALE Take your hand away, etc.

We are now going to switch sides. On the inhale take your **left hand** and **touch your right arm**.

INHALE Touch the surface of the skin on your right arm.

EXHALE Take your hand away.

INHALE Touch the surface of the skin on your right arm.
EXHALE Take your hand away. Etc.

Always touch very gently

We will now do the legs.

Stop doing the arms.

INHALE Touch both legs at the same time. While keeping your torso erect, bend your knees.

INHALE Touch both your legs at the same time.

EXHALE Take your hands away.

Your pelvis must remain tucked under at all times. Don't tense up.

INHALE Touch both your legs at the same time.

EXHALE Take your hands away.

Stop doing the legs.

We will now **touch the torso.**

INHALE Gently touch the torso with your fingertips.

EXHALE Take your hands away.

INHALE Gently touch the torso with your fingertips.

EXHALE Take your hands away.

Now **add the face and head with the torso.**

INHALE Gently touch the torso, head and face, on the inhale.

EXHALE Take your hands away.

INHALE Gently touch the torso, head and face, on the inhale.

EXHALE Take your hands away. Stop

Step #2 of Condensing Breathing (See Illustration #3A)

Do the arms again, except this time, on the **INHALE** draw into your arms with your mind, in from all 4 directions at the same time.

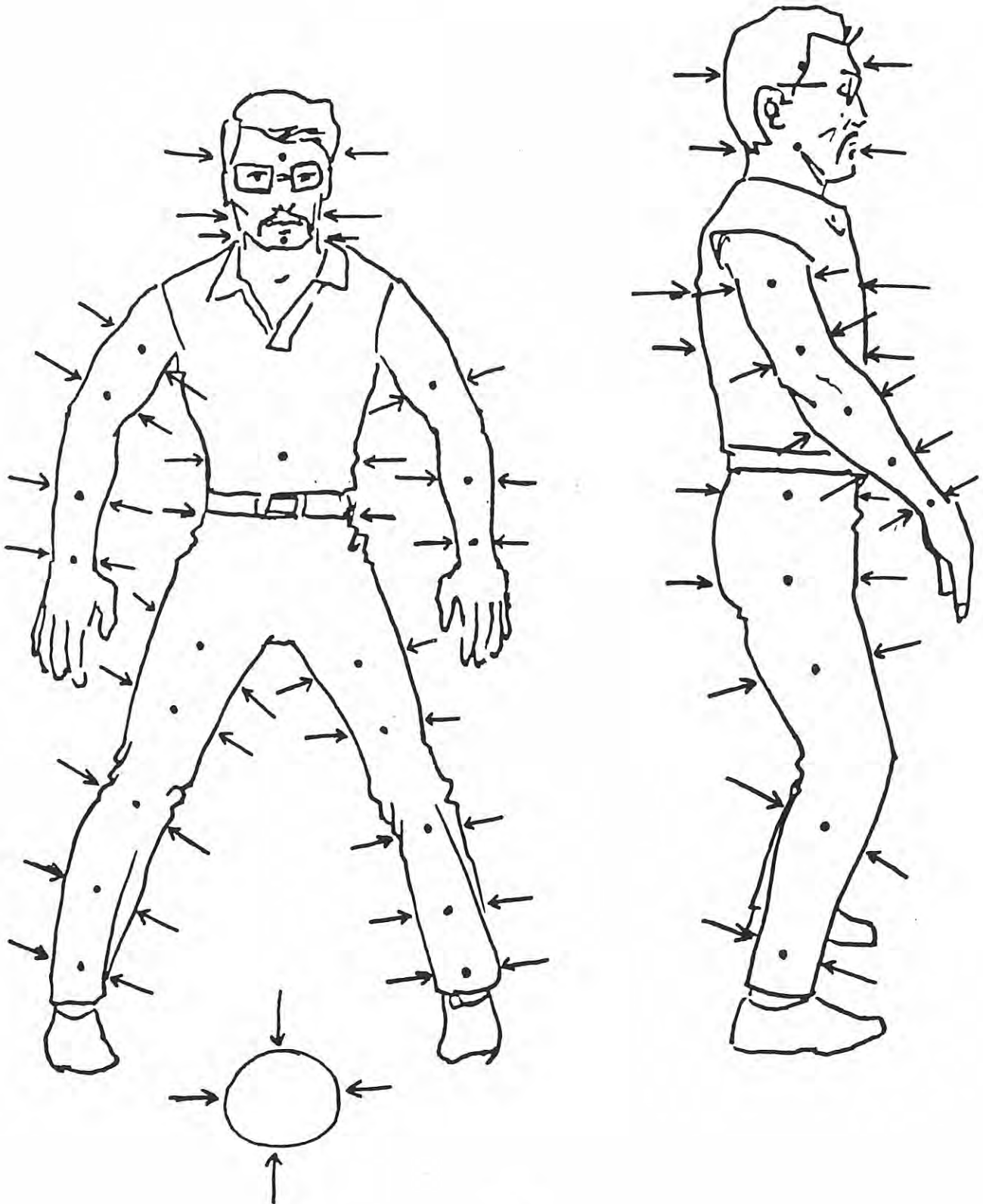
INHALE Draw in with your mind.

EXHALE Relax

INHALE Draw in with your mind.

EXHALE Relax

CONDENSING BREATHING
(ILLUSTRATION #3A)



BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

Step #3 of Condensing Breathing (See Illustration #3B) This time do both arms at the same time. As you draw into your arms, **imagine a line running down the center of both arms**, draw into that center line on the inhale. On the exhale just relax and do not be concerned about what to do on the exhale.

INHALE Draw into the center line on both arms at the same time from all 4 directions.

EXHALE Relax.

INHALE Draw into the center line on both arms at the same time from all 4 directions.

EXHALE Relax.

Stop doing the arms.

We will now do **the legs**. (See Illustration #3B)

INHALE Draw into both legs at the same time, in from all 4 directions at the same time. Imagine a center line running down the center of the legs.

INHALE Draw in.

EXHALE Relax.

You're not touching your arms now. You are not touching your legs only. Just draw into your legs.

INHALE Draw in.

EXHALE Relax.

Stop doing the legs.

We will now do **the torso only**. (See Illustration #3B)

INHALE Draw into the center of the torso as if you have a single line running down the center.

EXHALE Relax.

INHALE Draw into the center line of the torso, in from all 4 directions at the same time.

EXHALE Relax.

INHALE Draw into the center line of the torso, in from all 4 directions at the same time.

EXHALE Relax.

You are not touching with your hands on this part.

Now add the head and face to the torso centerline.

(See Illustration #3B)

INHALE Draw into the head, the face, and the torso center line running through them all.

INHALE Draw in.

EXHALE Relax. REPEAT

Don't close your eyes or daydream.

EXHALE Remember to keep your mind 3" below your naval and 2 " in. Keep your

tongue up at the roof of your mouth at all times.

INHALE Draw into the center line in the torso, head and face.

EXHALE Relax.

Stop doing the torso, head and face centerline.

Step #4 of Condensing Breathing - THE STICKMAN

On the inhale, you are going to imagine **The Stickman** inside your arms, legs, torso, head and face. (See Illustration #3B)

INHALE Suck into the centerline of each and all body parts, in from all 4 directions at the same time.

EXHALE Don't do anything, just relax.

INHALE Suck in, contract your urinary and anal sphincter muscles. Condense in from all 4 directions at the same time.

EXHALE Relax. You should never condense on the exhales, ever.

We are doing the whole body at the same time in **The Stickman**.

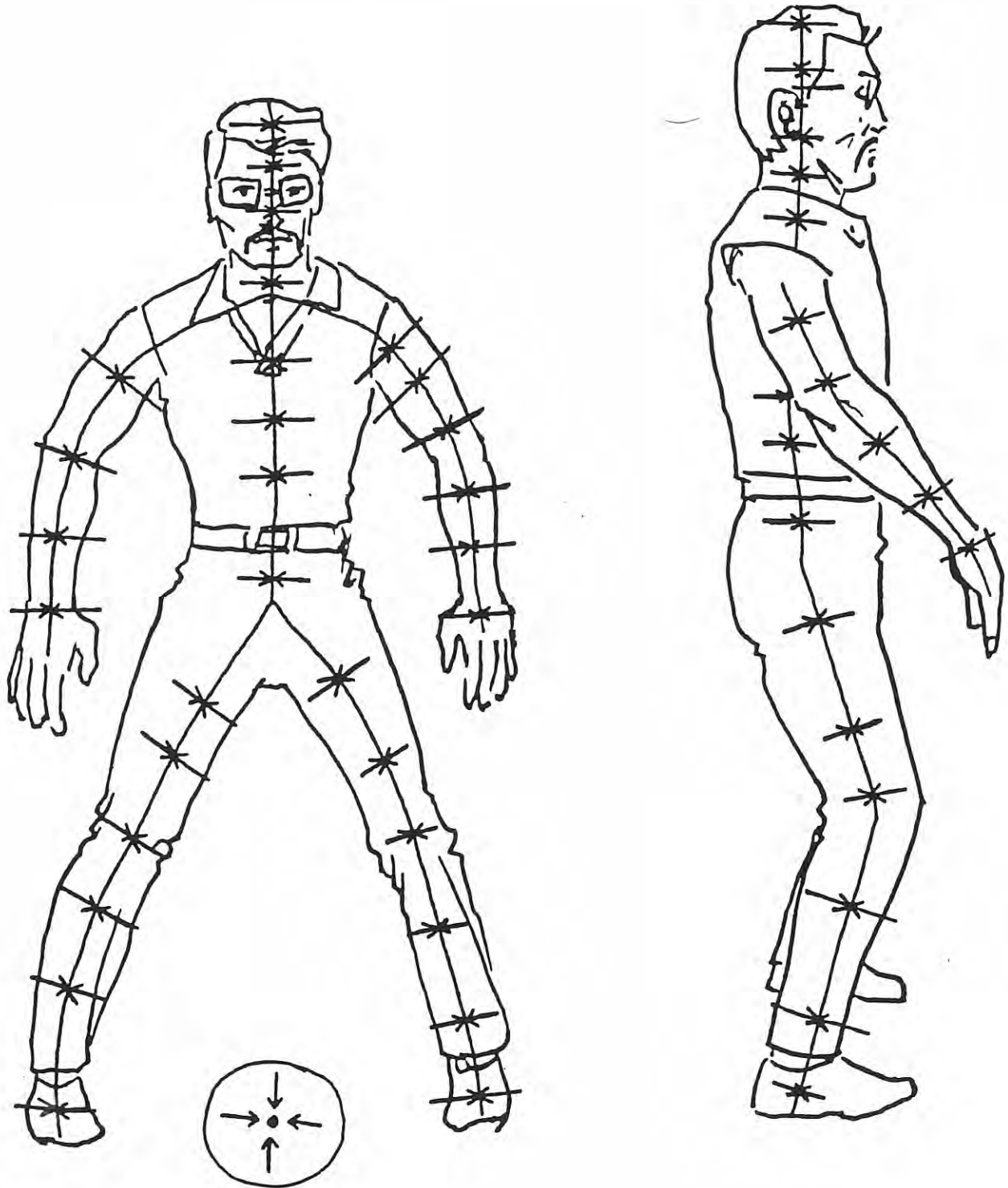
INHALE Draw into **The Stickman** inside your body, arms, legs torso, head and face.

EXHALE Relax. Do not close your eyes or daydream.

INHALE Draw into **The Stickman** inside your body, arms, legs torso, head and face.

EXHALE Relax. You may spend as much time as you would like practicing The Stickman. You will practice Step #4 forever, as a single practice.

CONDENSING BREATHING
(ILLUSTRATION #3B)



Step #5 of Condensing Breathing - Sensitizing Your Spine
(No Illustration Needed)

With the thumb from either hand, and gently touch your spine, behind you, on the inhale. Move your hand away on the exhale. Only touch your spine on the inhales.

EXHALE Take your hand away.

INHALE Gently touch your spine.

EXHALE Take your hand away.

Don't close your eyes or daydream.

Don't lose your posture and always keep your mind 3" below your naval.

We have now completed the first level of details in Condensing Breathing.

Commentary: A question that many students ask is, "What do you do on the exhale? Do you imagine energy going out? What do you do?" The answer is: It is very important to understand that in the beginning stages of doing Chi Kung or Tai Chi for that matter, you **are not concerned about what do you do on the exhale**. Do this or that. It makes no difference as long as you don't condense or squeeze your sphincter muscles on the exhale. What's important in the beginning, is that you spend most of your time drawing energy into the body, condensing energy into the body. On the exhale, it makes no difference. The exhale is not important while practicing Condensing Breathing. NEVER CONDENSE ON THE EXHALE.

IMPORTANT MUSCLES YOU'VE NEVER EXERCISED

How to squeeze your urinary and anal sphincter muscles is very important. A small percentage of the people I work with do not know how to contract these muscles. In order to contract your urinary sphincter muscle, imagine you are urinating and it's time to stop and you don't want to "wet in your pants." To contract your anal sphincter muscle is as if you ate Mexican food for lunch and your going back to work in a very crowded elevator and you don't want to embarrass yourself or the people with you. Physically squeeze both sphincter muscles, don't just do it with your mind.

Another question commonly asked by beginners in Chi Kung and Tai Chi is "how do you keep your mind on Tan Tien while you are practicing everything else?" The answers to this question is quite simple. First of all, no one promised you it was going to be easy. Second, keeping your mind on Tan Tien is of utmost importance. It is difficult in the beginning. So what. It would help if you were to touch gently 3" below your naval periodically to remind yourself to keep your mind down there.

We will now run through **Basic Path Training**. It is very important to understand that **Basic Path Training** is something you learn in about three years of Tai Chi into the system. Basic Path Training is combining basic Tai Chi postures and adding in **The Mind Training**. The percentage of physical to mind training in Basic Path Training is 80% mind training and 20% physical.

The physical postures, whether they are correct or incorrect, are unimportant and insignificant. **The Mind Training** in these postures is really important.

Don't get distracted about whether you are doing it right or not. It makes no difference.

LESSON #1, TECHNIQUE #2

We are now going to learn **Upward and Downward Meditation**.
(See Illustrations #4A & 4B)

Take a posture with your feet about three feet apart, about a shoulder width and a half. Tuck your pelvis under, pull your knees out, hang by a string from the top of your head. Keep your tongue up, always breathe through your nose.

Reach forward, directly in front of you. Create two, 45 degree angles with your arms. Hold your arms gently in front of you as if you are reaching for something. (See Illustrations #4A & 4B)

INHALE Suck in through your palms and forearms, like a vacuum hose.
(See Illustration #4A)

EXHALE Expel out through your fingertips on both hands.
(See Illustration #4B)

INHALE Suck in through your palms and forearms, like a vacuum hose.
(See Illustration #4A)

EXHALE Expel out through your fingertips on both hands.
(See Illustration #4B)

Keep your posture, keep your tongue up.

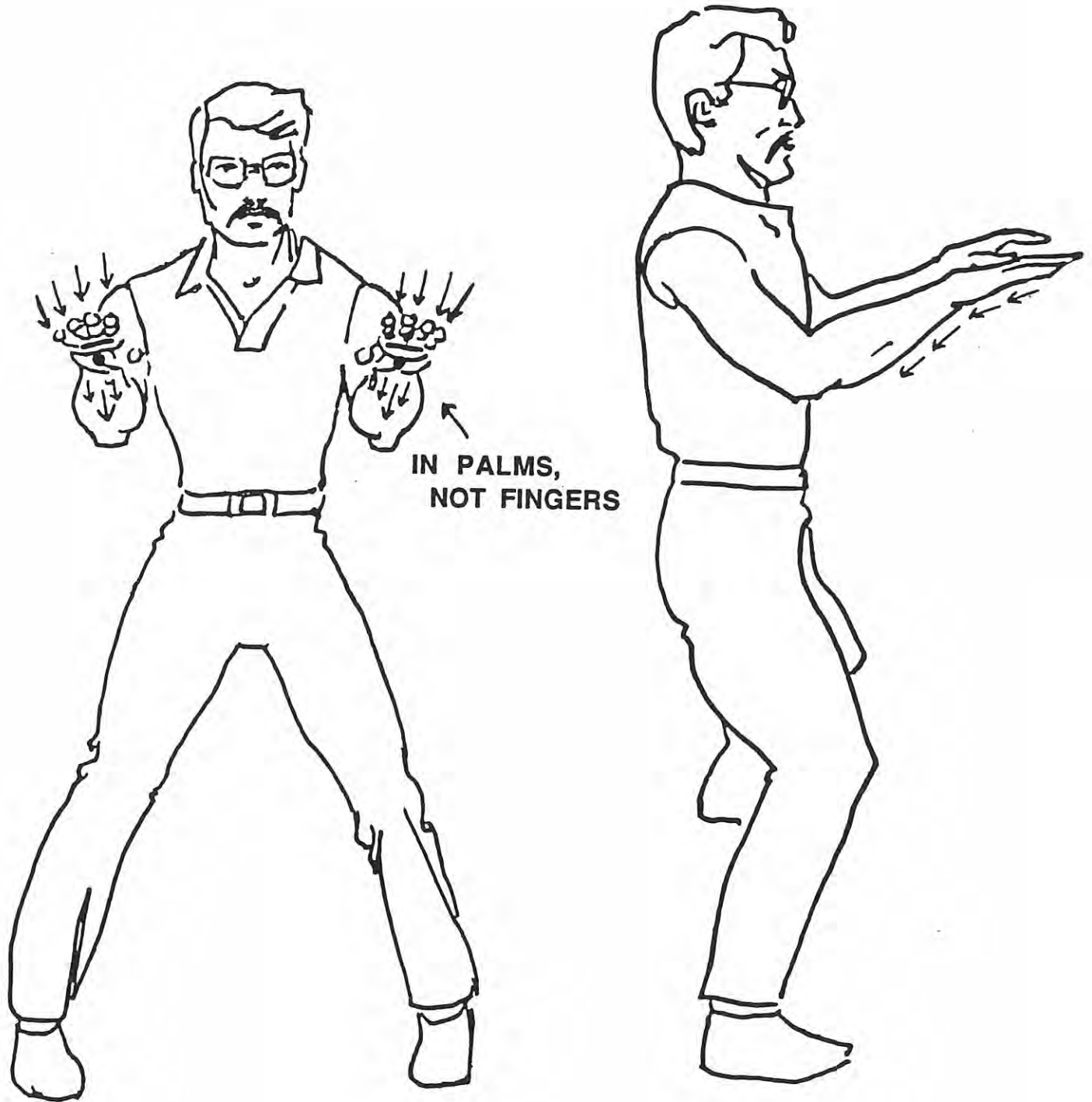
INHALE Suck in through your palms and forearms, remember to keep your elbows dropped gently at 45 degree angles, gently reaching in front of you.

Keep your pelvis tucked under your torso. Keep your mind 3" below your naval.

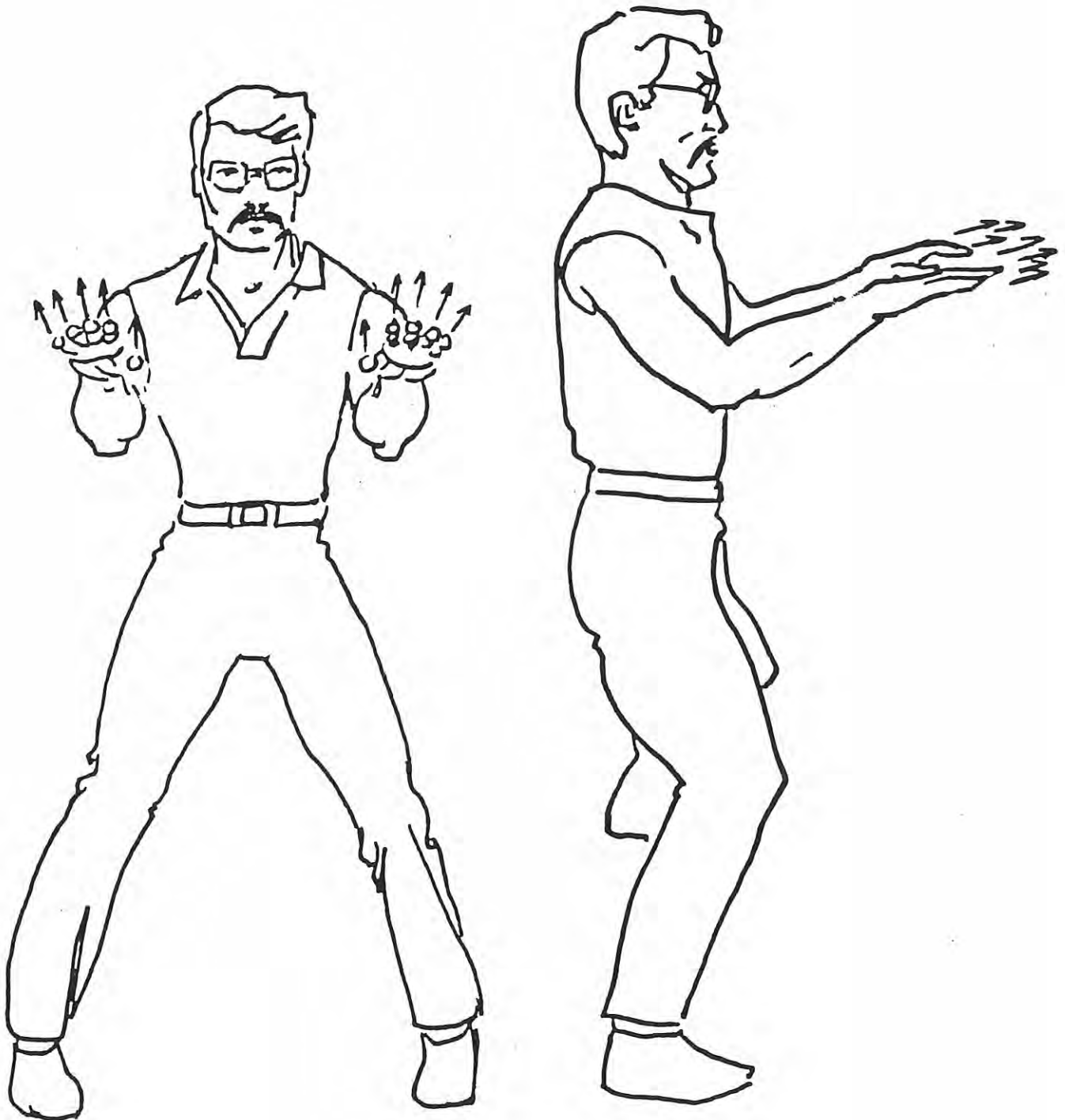
EXHALE Out your fingertips

We have now completed **Upward and Downward Meditation**.

UPWARD AND DOWNWARD MEDITATION
(ILLUSTRATION #4A = INHALE)



UPWARD AND DOWNWARD MEDITATION
(ILLUSTRATION #4B = EXHALE)



LESSON #1, TECHNIQUE #3 (See Illustrations #5A & 5B)

We are now going to learn **Inward and Outward Meditation**.

Again, gently hold your arms out about 45 degrees from the center, down and out, with your elbows slightly bent. With your palms slightly facing the ground. This is called **Inward and Outward Meditation**.

INHALE Suck in through your palms and forearms. (See Illustration #5A) This is very similar to Upward and Downward Meditation but slightly different.

EXHALE Expel out through your fingertips. (See Illustration #5B)

INHALE Suck in through your palms and forearms, like the vacuum cleaner. (See Illustration #5A)

EXHALE Expel out your fingertips. (See Illustration #5B)

INHALE Suck in through your palms and forearms, like the vacuum cleaner. (See Illustration #5A)

EXHALE Expel out your fingertips. (See Illustration #5B)

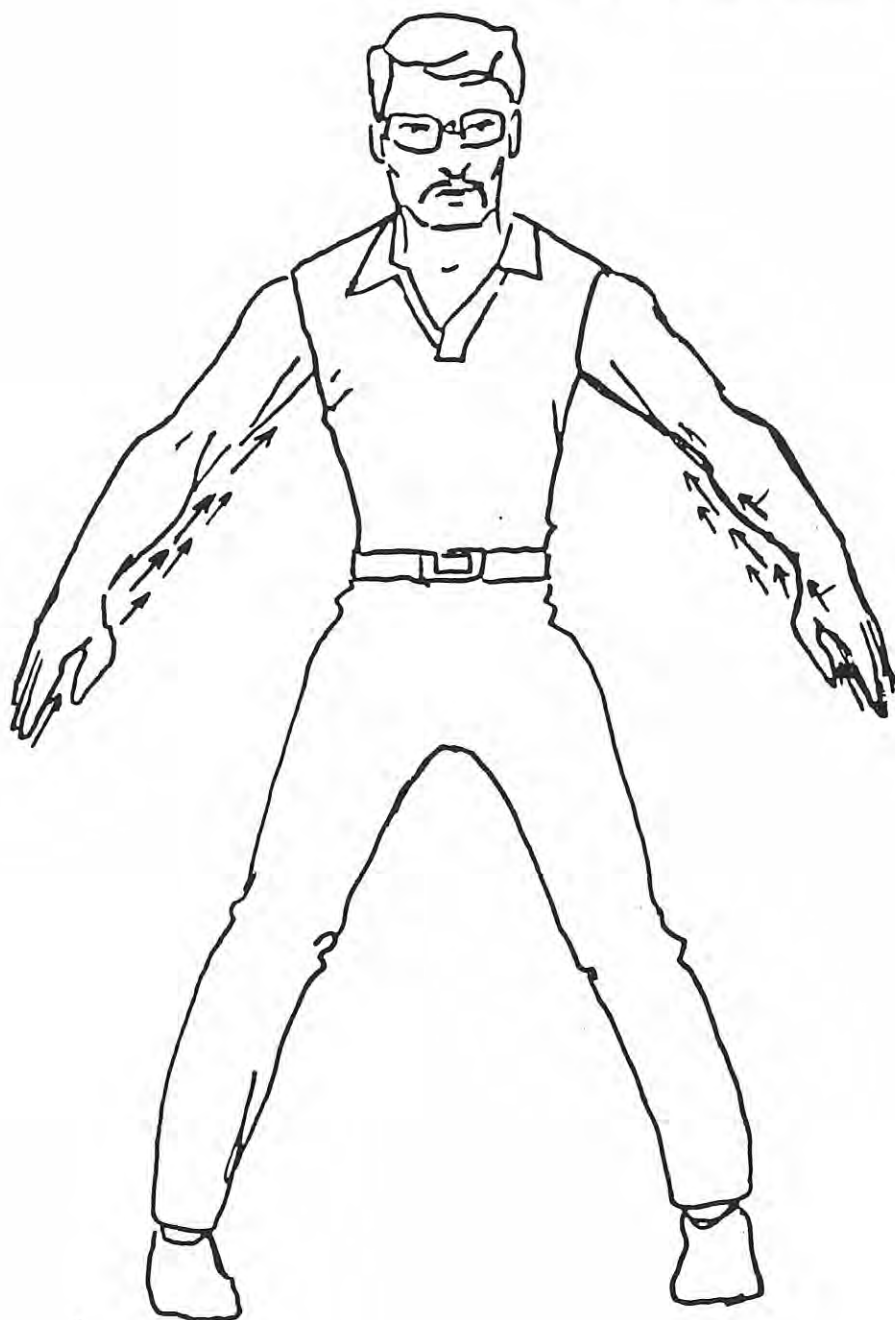
Relax, drop your shoulders, keep your body erect and continue to keep your mind 3" below your naval.

Remember your arms are about 45 degrees out from the center line

We have now completed **Inward and Outward Meditation**.

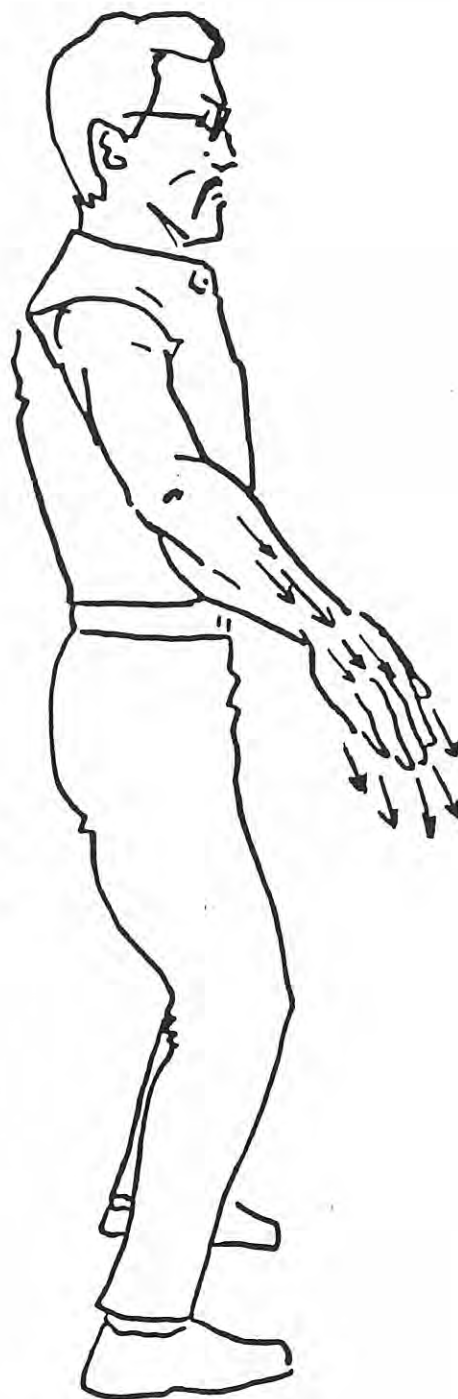
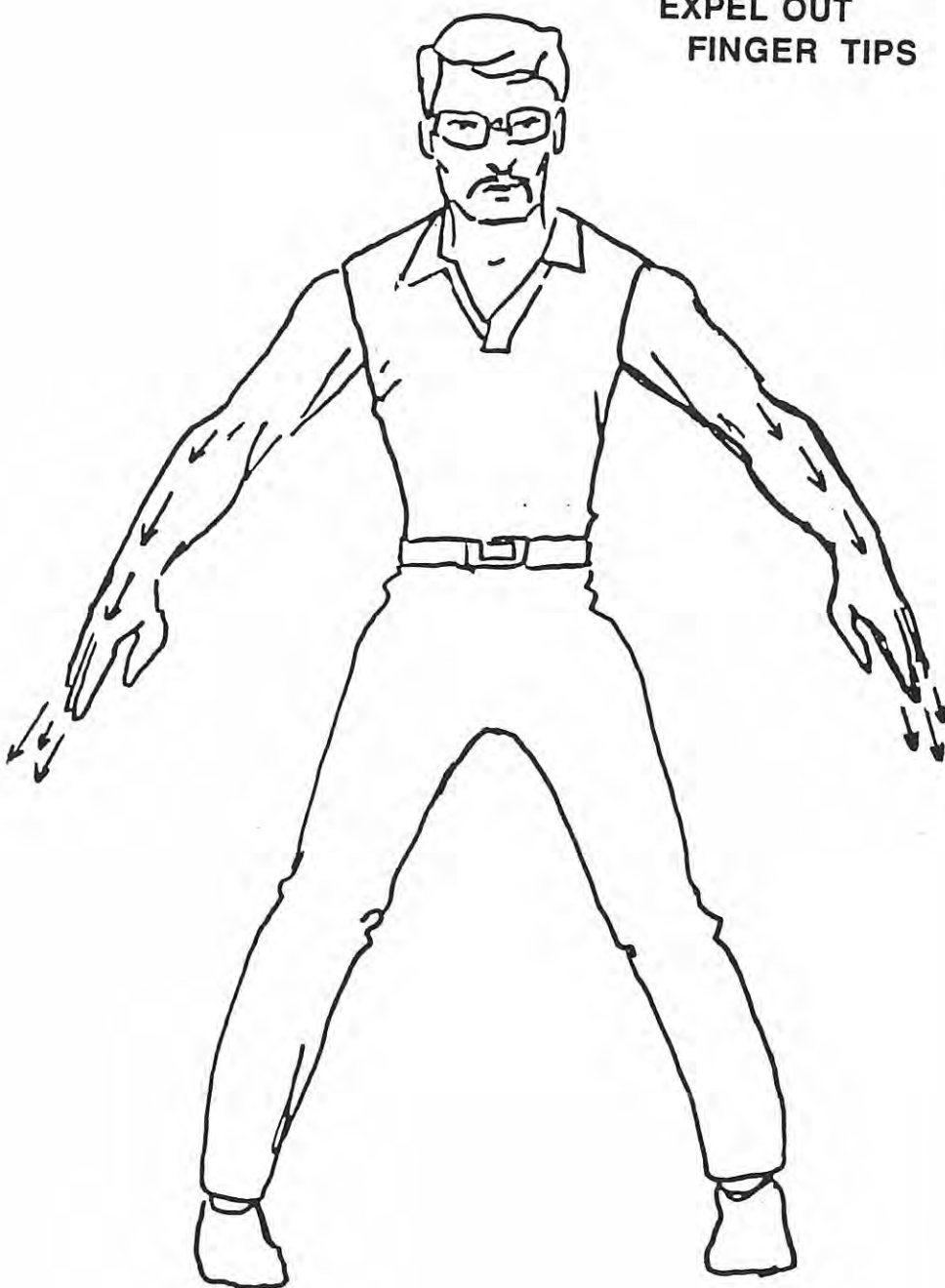
**INWARD AND OUTWARD MEDITATION
(ILLUSTRATION #5A = INHALE)**

**SUCK IN
PALMS & FOREARMS**



**INWARD AND OUTWARD MEDITATION
(ILLUSTRATION #5B = EXHALE)**

**EXPEL OUT
FINGER TIPS**



LESSON #1, TECHNIQUE #4 (See Illustrations #6A & 6B)

We will now learn **Tai Chi Stance Meditation**.

(See Illustrations #6A & 6B)

This is the final meditation in what I have named **Basic Path Training**.

Take a posture with your feet about three feet apart, about a shoulder width and a half. Tuck your pelvis under, pull your knees out, hang by a string from the top of your head. Keep your tongue up, always breathe through your nose.

Hold your torso upright. Hold your arms gently in front of you at about shoulder height. Imagine your arms around a barrel or a "hula-hoop" with your fingers are pointing toward each other. Your thumbs are gently relaxed. Your arms are about shoulder height. Drop your shoulders, make sure you are relaxed.

INHALE With your mind, start from your right palm. Draw the energy in and circulate, from your right palm to your right elbow, to your right shoulder, across your chest, to your left shoulder, to your left elbow, and to your left palm. (Inhale as in Illustration #6A)

EXHALE Reverse, go back around. Back to the right palm, to the right shoulder, across your chest, to your right shoulder, and back to your right palm. (Exhale as in Illustration #6B)

INHALE Circulate from the right palm, all the way around the arms across the chest to the other arm, to the left palm, again. (Inhale as in Illustration #6A)

EXHALE Reverse. Do not cross the center line between your finger tips. (Exhale as in Illustration #6B)

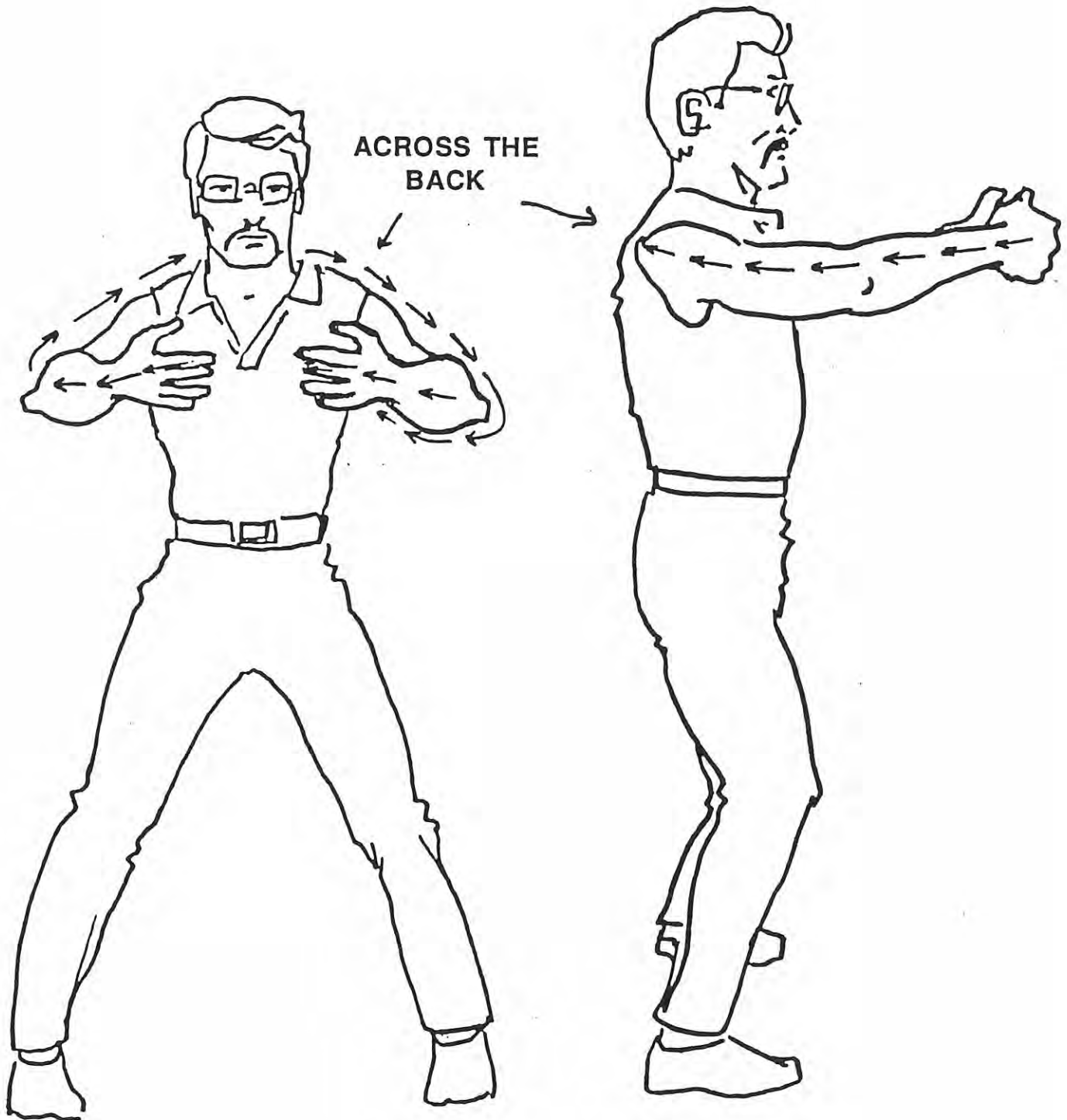
INHALE Repeat.

EXHALE Repeat.

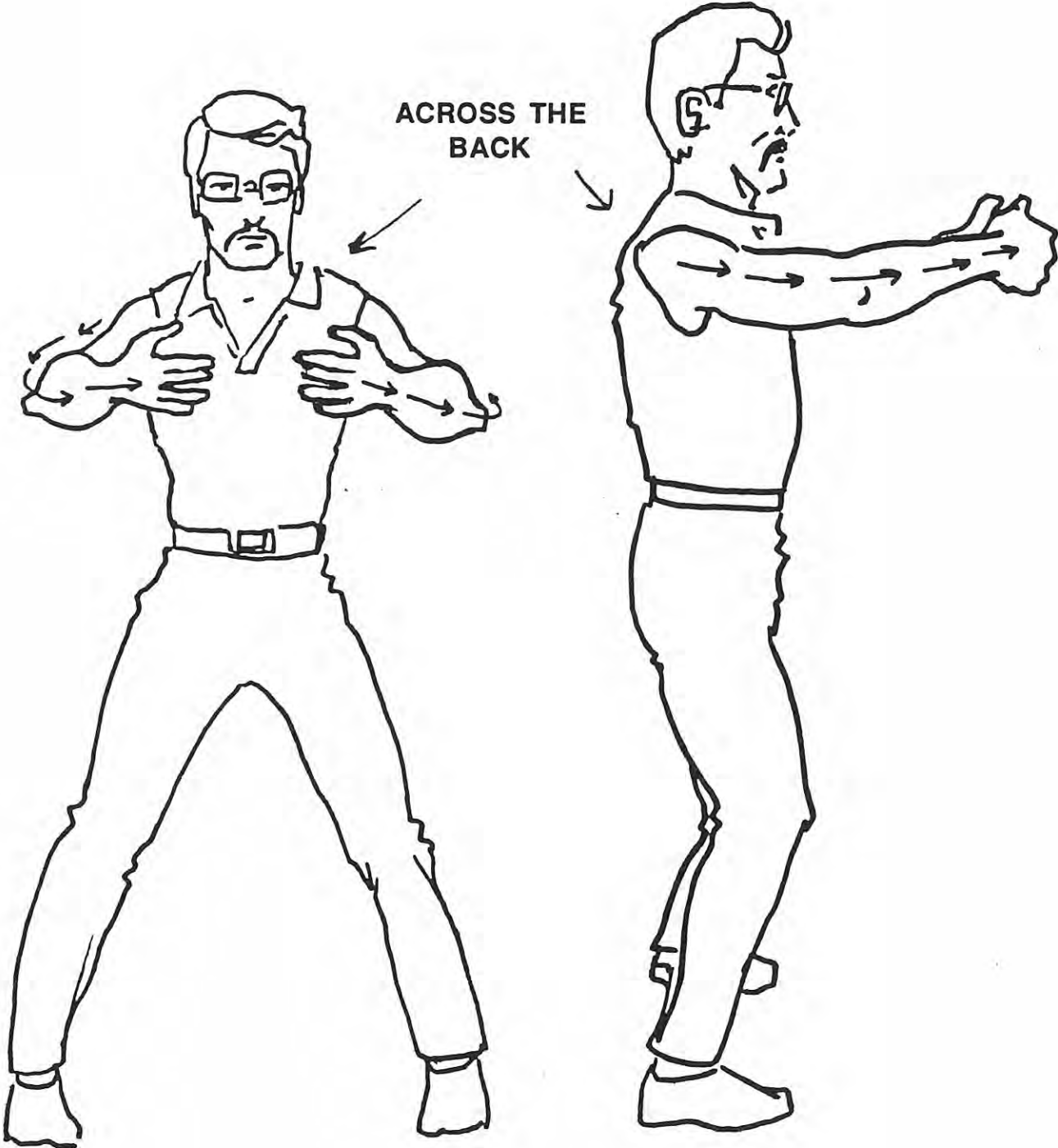
This is called **Tai Chi Stance Meditation**. (See Illustrations #6A & 6B)

Tai Chi Stance Meditation was the final meditation in what is called **Basic Path Training**.

TAI CHI STANCE MEDITATION
(ILLUSTRATION #6A = INHALE)



TAI CHI STANCE MEDITATION
(ILLUSTRATION #6B = EXHALE)



BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

We will now do a **Calming Down Exercise** so when you go back out into the world, you are not hyper or wild, and you are under control.

This posture is what I have named **The Lock Off Position**.

(See Illustration #7) I have chosen the name **The Lock Off Position** to signify the conscious action of forgetting you have arms and forgetting you have legs.

Have a seat on a chair or mediation cushion. Sit down and gently cross your ankles. Place your left palm facing up on your lap. Put your right hand inside your left palm facing up also. Gently, hold your left thumb in your right palm. Forget your got arms and legs. This is called Locking Off.

The body is not important, but what you are going to do with your mind, that is.

INHALE Silently say to yourself, "where am I coming from?"

EXHALE Silently say to yourself "where am I going to?" Repeat

INHALE Silently say to yourself, "where am I coming from?"

EXHALE Silently say to yourself "where am I going to?" Repeat

Relax as much as you can. Practicing this will help reduce your accumulated anger and help you keep control of yourself.

It is very important to understand that this is only the first time running through Lesson #1. Later on in the tape series, I will add more details to what you just learned.

Remember not to get "hung up" on "having to do it right" because you have to do it wrong many times before you can do it right.

****END OF LESSON #1****

**THE LOCK OFF POSITION
(ILLUSTRATION #7)**



A BRIEF OUTLINE IN REVIEW

- 1) PREPARATION WITH TAI CHI DETAILS (See Illustration #2)
- 2) CONDENSING BREATHING IN A HORSE STANCE (See Illustration #3A)
 - A. FEEL THE SURFACE OF YOUR SKIN. Touch in the following order: Arms, Legs, Torso, Head, and Face. TOUCH ON THE INHALE ONLY! (See Illustration #3A)
 - B. DRAW INTO EACH BODY PART. Condense in from all 4 directions with your mind and any other visualizations you can use. (See Illustration #3B)
 - C. DRAW INTO EACH BODY PART again but this time create a single line running down the center of each body part: Arms, Legs, Torso, Head, and Face. (See Illustration #3B)
 - D. DRAW INTO EACH BODY PARTS AT THE SAME TIME: Arms, Legs, Torso, Head, and Face. This will be called "The Stickman." Don't forget to always keep your mind at Tan Tien. (See Illustration #3B)
 - E. DRAW INTO YOUR SPINE FROM ALL 4 DIRECTIONS while tapping your spine with you thumb on the inhale only. (See Illustration #3C)
- 3) BASIC PATH TRAINING USING TAI CHI STANDING MEDITATIONS
 - A. UPWARD AND DOWNWARD MEDITATION
(See Illustrations #4A & 4B)
Suck in the palms and forearms on the inhale (Inhale as in Illustration #4A); expel out the finger tips on the exhale. (Exhale as in Illustration #4B) Squeeze your sphincter muscles on the inhale only.
 - B. INWARD AND OUTWARD MEDITATION
(See Illustrations #5A & 5B)
Such in the palms and forearms on the inhale (Inhale as in Illustration #5A). Expel out the finger tips on the exhale (Exhale as in Illustration #5B). Squeeze your sphincter muscles on the inhale only.
 - C. TAI CHI STANCE MEDITATION
(See Illustrations #6A & 6B)
Circulate around in each direction, inhale one way and exhale the other. (Inhale as in Illustration #6A). (Exhale as in Illustration #6B). Do not cross the center space between your hands. You may switch directions when you choose. **Squeeze your sphincter muscles on the inhale only.**

- 4) CALMING DOWN EXERCISE - This is to be used only if necessary. This should be practiced in "The Lock Off Position." (See Illustration #7)
 - A. "Where am I coming from? (Inhale)
 - B. "Where am I going to? (Exhale)

LESSON #2

This is practiced in a sitting position called **The Lock Off Position**. All 4 sets of details should be learned separately and practiced together. Add each level of details to each existing level. (See Illustration #7)

What we are going to do first in Lesson #2 is what is called **Outside Air**.

Leave your hands right where they were at the end of Lesson #1. Lesson #2 is practiced in **The Lock Off Position**. With your legs or your ankles crossed gently, depending on what you are sitting on, your left palm should be facing up with your right hand inside holding onto your right thumb.

Forget you have arms and legs. They do not matter and are unimportant during the duration of Lesson #2.

INHALE Let your lower abdominal area expand as you breathe. When practicing **Inside Air**, we are only concerned with the air that goes in your nose. Relax as much as you can. Don't fall asleep. Keep your eyes opened. Sit up straight, reach for the ceiling with the top of your head.

EXHALE Stay relaxed.

INHALE Breathe all the way down to your lower abdominal area. Fill up your abdominal area like a sack of rice, filling at the bottom first, gently filling up to the top.

EXHALE Stay relaxed.

REPEAT

EXHALE Let the air out - deflate your abdominal area.

Remember, **Outside Air** is not important. The only reason I am teaching you **Outside Air** is to use for comparison purposes. You don't have to practice this technique.

**OUTSIDE AIR - IN THE LOCK OFF POSITION
NOT IMPORTANT
(ILLUSTRATION #7)**



BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

We are going to learn Inside Air. **Inside Air** is very important. **Inside Air** is equivalent to pulling the cord on a lawn mower to get the motor started. Begin in **The Lock Off Position**. (See Illustration #7)

Inside Air is equivalent to priming the pump to get the pump started. It is very important to practice **Inside Air** specifically because later on in Lesson 4, when you have learned The Micro Cosmic Orbit, which is an internal circulation, inside the torso. **Inside Air** is a pre-requisite and is very important to practice before The Micro Cosmic Orbit. So, now we are going to learn **Inside Air**.

On the inhale, you are going to take a short inhale, followed by a long inhale. Remember you are still in the posture that you were at **the end of Lesson #1**.

INHALE Snort in, short inhale followed by a long inhale.

EXHALE Snort out, short exhale, followed by a long exhale.

INHALE Short inhale followed by a long inhale.

EXHALE Short exhale followed by a long exhale. This is very important.

REPEAT

INHALE Short inhale, followed by a long inhale.

EXHALE Short exhale, followed by a long exhale.

INHALE Short inhale, followed by a long inhale.

EXHALE Short exhale, followed by a long exhale. Remember the body does not matter while practicing **Inside Air**.

We have now completed Detail #1 of **Inside Air**.

We will now learn Detail #2 of **Inside Air**.

On the INHALE your mind goes up through the ceiling.

On the EXHALE your mind goes down through the floor.

Remember, you are still practicing Detail #1 which is short inhale followed by a long inhale, short exhale, followed by a long exhale.

So INHALE as your mind goes up through the ceiling.

EXHALE your mind goes down through the floor.

REPEAT

Review Detail #1 and Detail #2 one more time together.

INHALE Short inhale followed by a long inhale, your mind goes up through the ceiling.

EXHALE Short exhale followed by a long exhale, your mind goes down through the floor.

We have now completed Detail #1 and Detail #2 we will now add Detail #3

to what we have just learned.

I will now explain Detail #3.

On the INHALE, pull your diaphragm up, like a guitar string and you let go on the short inhale only. INHALE Perform Detail #1, which is on the inhale, short inhale followed by a long inhale, short exhale followed by a long exhale.

Detail #2 is on the inhale, direct your mind goes up through the ceiling, on the exhale your mind goes down through the floor. Detail #3 is, on the inhale, pull your diaphragm like a guitar string. EXHALE and relax.

Perform Details #1, #2 and #3, all at the same time.

We have now completed Details #1, #2 and #3 of **Inside Air**. We will now add Detail #4.

Detail #4 is on the inhale contract or squeeze your urinary and anal sphincter muscles on the inhale only. Remember, whenever squeezing your urinary and anal sphincter muscles, always squeeze on the inhales only.

We will now do **Inside Air** combining all 4 sets of details.

INHALE Short inhale followed by a long inhale, your mind goes up through the ceiling, you pull your diaphragm like a guitar string, and you squeeze your urinary and anal sphincter muscles, on the inhale.

EXHALE Short exhale followed by a long exhale, your mind goes down through the floor, there is no diaphragm attention and you release your urinary and anal sphincter muscles.

We have now completed **Inside Air**.

A commonly asked question at this point is: how do you pull the diaphragm like a guitar string? It is very important to understand that you only pull the diaphragm in the beginning of the inhale and immediately let go. Do not hold it in until you exhale. So on the inhale, you pull the diaphragm and you let go immediately independent of what you are doing with the breath. This is very important.

Detail #1 - On the INHALE, short inhale followed by a long inhale.

On the EXHALE, short exhale followed by a long exhale.

Detail #2 - On the INHALE, your mind goes up through the ceiling, on the EXHALE your mind goes down through the floor.

Detail #3 - On the INHALE, pull your diaphragm like a guitar string and let go immediately. There is some abdominal tension or contraction of the muscles but only momentarily.

Detail #4 - On the INHALE, condense your urinary and anal sphincter muscles and hold them the whole time of the inhale, on the exhale release them. Not forcefully, gently, remain relaxed.

These are all 4 Sets of Details for Inside Air.

Lesson Commentary: **Inside Air** is of utmost importance when practicing Chi Kung because it is a direct priority that you practice this prior to learning The Micro Cosmic Orbit.

That is the only purpose for it. We have now completed Lesson #2 . Do not go further in the system unless you have already fully absorbed Lessons #1 & #2.

NOTE: SQUEEZE YOUR SPHINCTER MUSCLES ON THE INHALES ONLY. NEVER SQUEEZE YOUR SPHINCTER MUSCLES ON THE EXHALE. IMPROPER MUSCLES CONTRACTIONS MAY CAUSE WET DREAMS.

Lesson Commentary: When projecting your mind up through the ceiling, it starts on the short inhale and continues the whole time you are doing the long inhale. When projecting your mind down through the floor, it starts on the short exhale and continues the whole time of the long exhale.

**INSIDE AIR - IN THE LOCK OFF POSITION
VERY IMPORTANT
(ILLUSTRATION #7)**



LESSON #3

SITTING FORMS WITH THE MIND TRAINING (AKA - 6 FORMS AND 7 CIRCULATIONS)

This is called **The Sitting Forms with the Mind Training** or "**The Sitting Forms**" for short. I have given these moves practical names for your convenience. There are no hidden meanings, just names. It is very important to understand that the way you move your body when you are practicing **The Chi Circulations** or "**The Sitting Forms**" is not important. Don't waste a lot of energy worrying about whether you're doing them correctly or not. Don't get frustrated or upset. Don't act like you can't remember how to do the moves. It makes no difference. The important part here is the mind training. This section of your Chi Kung practice begins in **The Lock Off Position** (See Illustration #7).

Bow Fists: Begin in **The Lock Off Position**. Draw in through the knees on the inhale and expel out through the right fist on the exhale. (See Illustration #8)

Sit on a chair, a couch, or on a meditation cushion, in **The Lock Off Position**, with your legs gently crossed. Expand your arms to form **Bow Fists Position** (See Illustration #8). Your right fist will be gently closed with your left hand very close to touching but not touching; over your right fist. Make sure the outer part of your right fist is facing out. That means your thumb of your right hand is facing towards your sternum, which is the center of your chest. Keep your elbows dropped at all times. Don't close your eyes, keep your posture upright.

INHALE Let your arms open while opening your right fist.

EXHALE Gently bring your arms and hands close together, gently closing your right fist and almost covering your right fist with your left open hand, but not touching.

INHALE Let your arms gently go around again.

EXHALE Gently close your right fist while your left hand nearly covers your right hand.

Remember, the physical movement is not important. What is more important is **The Chi Circulation**.

INHALE Let your arms go around on the inhale,

EXHALE Gently let your hands come closer together with your right hand gently forming a loose fist, covering your right fist, with your left hand.

The Chi Circulation in Bow Fists Form.

INHALE Expand your arms, draw in, suck in through both knees, and squeeze your urinary and anal sphincter muscles.

EXHALE Expel out through the heel of your right fist as its facing out with your thumb facing toward your sternum.

BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

INHALE Suck in through your knees, let your arms go around and expand.

EXHALE Expel out through the heel of your right fist.

INHALE Suck in through your knees, both knees at the same time.

EXHALE Expel out through the right heel of your hand.

Remember, the physical movement is not important. **The Chi Circulation** is much more important. **Now ends Bow Fists - Form #1, Circulation #1.**

BOW FISTS
Form #1, Circulation #1
(ILLUSTRATION #8)



Tai Chi Ball Meditation. (See Illustration #9)

Hold your arms slightly down at an angle with your right arm slightly inside your left arm.

INHALE let the ball expand, but don't use your shoulders.

EXHALE Contract the ball. Keep your right arm always inside, your fingers are pointed slightly downward.

INHALE Expand the ball.

EXHALE Contract the ball. Keep it simple.

INHALE Expand the ball, remember the physical movement is not important.

EXHALE Contract. I don't care what it looks like when you are doing it.

The Chi Circulation in Tai Chi Ball Meditation.

INHALE Draw in through your knees as the ball expands.

EXHALE Contract and project your energy into your spine.

INHALE Draw in through your knees as you let the ball expand.

EXHALE Project into the spine, in from all 4 directions, into your spine on the exhale.

INHALE Expand the ball suck in through your knees

EXHALE Project into your spine as the ball contracts.

That is the first circulation of **Tai Chi Ball** sitting form.

The second Circulation of **Tai Chi Ball Meditation** is physically exactly the same but **The Chi Circulation** is different.

(See Illustration #9)

INHALE Suck in through your knees as the ball expands.

EXHALE Expel out through "your third eye" (spot between your eyebrows).

INHALE Let the ball expand, suck in through your knees.

EXHALE Let the ball contract, expel out through "your third eye."

INHALE Let the ball expand, at the same time, suck in through your knees and squeeze your urinary and anal sphincter muscles.

EXHALE Let the ball contract. Expel out through your third eye.

Now ends Tai Chi Ball Meditation - Form #2, Circulations #2-3. At this point many of you are wondering, how does the energy get from the knees, to other parts of the body? How does the energy get from the knees into the spine? How does the energy get from the knees and out "your third eye?" Don't worry it doesn't make any difference. The important thing to do is just practice and not worry about other details.

TAI CHI BALL MEDITATION
Form #2, Circulations #2-3
(ILLUSTRATION #9)



Sideways Fan Through Back: Begin with your fingers facing up and both palms facing toward each other, in front of your sternum with thumbs facing toward your chest. Start in **Prayer Hands Position** (See Illustration #10A). Don't worry, this is not religious. From **Prayer Hands Position**, take your right palm, gently face it 90 degrees to the front, straight out towards your side. Turning your head to the right side, let your right hand "push out" to the right side.

Pull your hand back to the center **Prayer Hands Position**, with both palms facing toward each other fingertips facing up and your thumbs facing toward the chest.

Now we are going to do the left side. Push your Left palm out 90 degrees to the front, straight out to your left side as you turn your head to the left. Now pull your hand back gently to **Prayer Hands Position** with both hands facing toward each other, fingertips facing up with your thumbs facing toward your chest.

Always turn your head in the direction of your move.

INHALE Pull your hands toward each other to **Prayer Hands Position**. **EXHALE** Push your right palm out to the right side, your head turns toward the right side and you extend your right palm. Keep your elbow slightly bent.

INHALE Pull your right hand back in to **Prayer Hands Position**.

EXHALE Push your left hand out to the left side, turn your head towards to the left side.

INHALE Pull your left hand back to the center to **Prayer Hands Position**.

The physical posture in all of these movements are not important. What is important is what you are doing with your mind.

Start with both hands in front of your chest, fingers facing up, thumbs facing your chest, palms facing each other, **Prayer Hands Position**.

(See Illustration #10A)

The Chi Circulation in Sideways Fan Through Back.

INHALE Suck in through both knees at the same time.

EXHALE Expel out through your right palm.

INHALE Pull your right hand back to **Prayer Hands Position**.

EXHALE Push your left hand out to the left side as you turn your head to the left.

INHALE Pull your left hand back to **Prayer Hands Position**.

Note: **The Palm Exit** is where you exhale out through.
Exhale Only. (See Illustration #10B)

A brief review of Sideways Fan Through Back.

EXHALE The right arm goes out, the right hand goes out, 90 degrees to the front, to the right side, as you exhale out the heel of your right palm. (See Illustration #11R)

INHALE Your right hand comes back to form **Prayer Hands Position**, suck in through your knees.

EXHALE Your left hand goes out, 90 degrees to the front, to the left side, you exhale out the heel of your hand on the left palm. (See Illustration #11L)

INHALE Bring your left hand back to **Prayer Hands Position**, as you suck in through both knees.

EXHALE Push your right hand out, 90 degrees to the front, to the right side. Make sure you don't straighten your elbow.

EXHALE Your energy goes out the heel of your right hand.

INHALE Bring your right hand back to **Prayer Hands Position**. Suck in through your knees.

EXHALE out the left palm to the left side turning your head, the energy goes out the heel of your left palm, facing out to the side.

INHALE as your left hand is coming back toward **Prayer Hands Position**, Suck in through your knees.

Lesson Commentary: The physical movements are not important. **The Chi Circulations** are extremely important. **The Chi Circulations** have been ignored or purposely left out, in every other Chi Kung book I've ever seen.

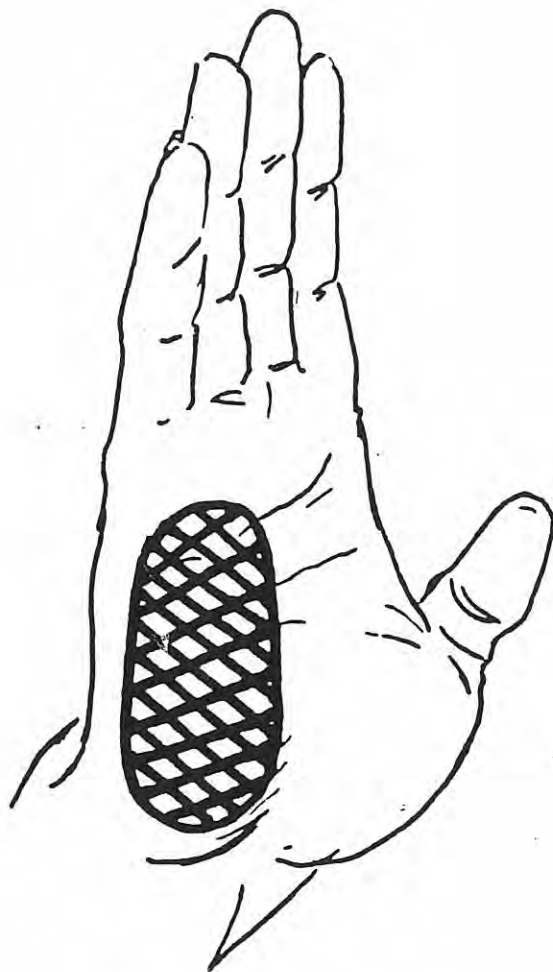
REVIEWING THE CHI CIRCULATION - Such in through your knees, expel out through the heel of your right and left **Palm Exit** (See Illustration #10B). **The Palm Exit** is the location on your hands where you expel your energy out from. This same principle is used in all **The Moving Forms**.

Now ends Sideways Fan Through Back - Form #3, Circulation #4.

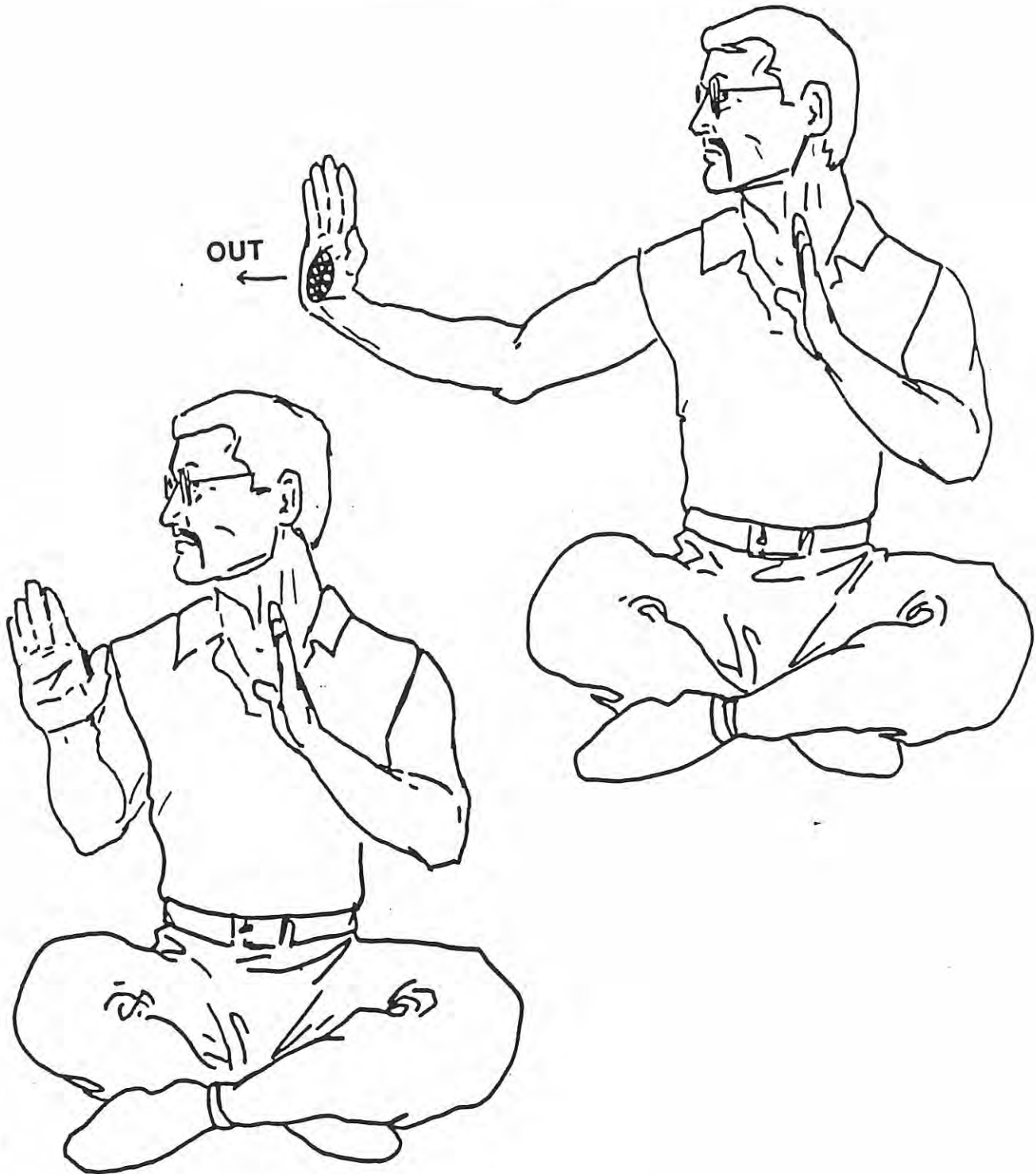
PRAYER HANDS POSTURE
(ILLUSTRATION #10A)



**THE PALM EXIT
(ILLUSTRATION #10B)**



SIDEWAYS FAN THROUGH BACK
Form #3, Circulation #4
(ILLUSTRATION #11R)



PRAYER HANDS POSTURE
(ILLUSTRATION #10A)



SIDWAYS FAN THROUGH BACK
Form #3, Circulation #4
(ILLUSTRATIONS #11L)



PRAYER HANDS POSTURE
(ILLUSTRATION #10A)



Forward Fan Through Back: Begin with one hand in front of your chest while the other hand extend out toward the front, with the heel of your palm facing forward. Inhale in as you draw your hand in toward your center, exhale out as you go away from the body. Inhale in through the knees, and exhale out through the heel of your outgoing hand. (See Illustrations #12R & 12L)

Note: **The Palm Exit** is where you exhale out through.
(See Illustration #10B)

We will do **Forward Fan Through Back**.

INHALE Suck in through your knees.

EXHALE Expel out through your right palm as it goes straight out toward the front with your fingers facing the ceiling and your thumb pulled back toward your chest.

INHALE Let your right hand come back to the **Prayer Hands Position**.

EXHALE Let your left palm go straight out in front of you with your fingertips on your left hand facing up, with the left thumb facing back toward your chest.

INHALE Go back to the **Prayer Hands Position**, with both palms facing each other, fingertips facing up, and thumbs facing toward your chest.

We will now insert the mind training in **Forward Fan Through Back** as the right hand goes out toward the center, you exhale out through the palm of your right hand.

INHALE as your right hand comes back toward the **Prayer Hands Position**, you suck in through your knees.

Left side, Forward Fan Through Back

EXHALE with your left hand straight toward the center and forward

EXHALE the energy is going to go out the heel of your left palm, straight forward.

INHALE bring your left hand back, sucking in through your knees back to the center **prayer position**. The right hand now goes out. The energy goes out the heel of your right hand, toward the center.

Right side, Forward Fan Through Back

EXHALE with your right hand straight toward the center, forward

EXHALE the energy is going to go out the right heel of the right palm, straight forward.

INHALE bring your right hand back, sucking in through your knees back to the center **prayer position**. The left hand now goes out. The energy goes out the heel of your left hand, toward the center.

Remember your left or right forward hand is still directly in front of your sternum, fingertips pointing up, thumb pointing toward your chest. (See Illustration #10A)

INHALE your right palm comes back to the center **prayer position**, as you suck and draw in through both knees. Now we are going to let the left hand go forward.

BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

This is called **Forward Fan Through Back**. The energy goes out through the palm of the left hand with the fingers pointing up, thumb pointing toward you, keep your elbow bent, don't straighten it.

INHALE let your left hand come back to the center prayer position as you suck in through your knees.

EXHALE out the right palm going out, keep your elbow dropped, the energy travels out through the right palm.

INHALE pull your right hand back to the center prayer position, sucking in through both knees.

EXHALE the left hand goes straight toward the front. Remember the right hand is still in the prayer position, fingertips facing straight up, thumb facing straight toward your chest and upright.

INHALE your left hand comes back to the center prayer position, sucking in through your knees.

Now ends Forward Fan Through Back - Form #4, Circulation #5.

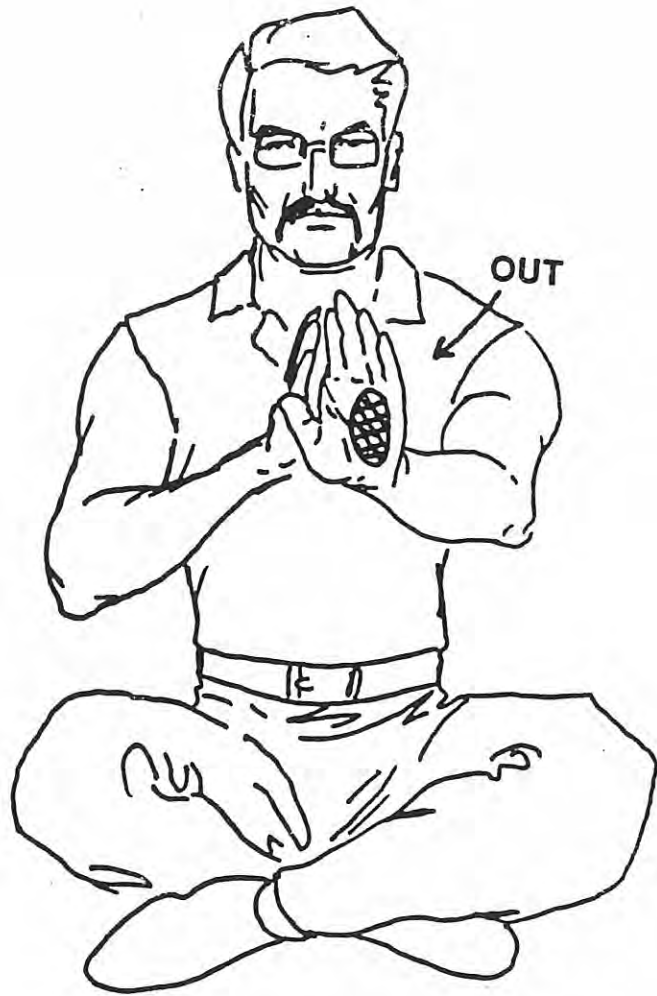
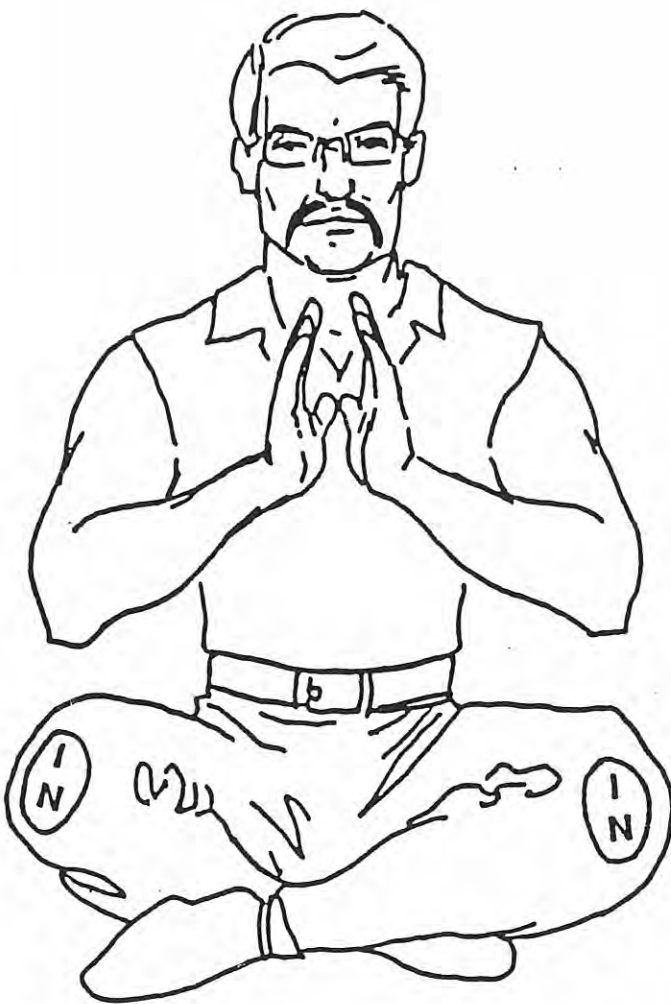
FORWARD FAN THROUGH BACK
Form #4, Circulation #5
(ILLUSTRATION #12R)



PRAYER HANDS POSTURE w/ PALM EXIT
(ILLUSTRATIONS #10A & 10B)



FORWARD FAN THROUGH BACK
Form #4, Circulation #5
(ILLUSTRATION #12L)



Double Hands, Down and Out: Begin by drawing in through your palms and knee-caps simultaneously on the inhale. Expel out through your palms as your hands go "down and out" at your sides, as you exhale. (See Illustrations #13A, 13B, 13C & 13D)

We will now do **Form #5, Circulation #6** which is called **Double Hands, Down and Out**.

This is done in the sitting posture with your legs gently crossed. Remember it doesn't matter what the physical body is doing, however, it matters a little. You got to do it relatively O.K. but don't worry about specific details. First we are going to build the physical part of **Double Hands, Down and Out** which is the 5th of **The Sitting Forms with The Mind Training**.

Begin in **prayer hands** with both hands facing each other in front of your, fingertips pointing up, thumbs facing toward your sternum. This will be easier than some of the previous moves.

INHALE don't worry.

EXHALE gently turn your wrists around toward the outside and you are going to do Down and Out 45 degrees to the center with your palms facing down and fingertips pulled up.

INHALE let your hands gently rise up, keep your elbows dropped. Do not worry about the specifics with the physical details.

EXHALE down and out 45 degrees to the front. Not straight sideways, not straight forward, down 45 degrees.

INHALE as you draw in.

EXHALE down and out 45 degrees down toward the floor. Make sure you are pulling your fingertips back and your palms are forward, forward toward the floor.

We will now add **The Mind Training to Double Hands, Down and Out**.

INHALE suck in through your knees and through both palms at the same time.

EXHALE expel out through the palms of your hands with your fingertips being pulled back and your palms facing down 45 degrees to the ground. INHALE suck in through your knees and both palms at the same time. EXHALE out both palms at the same time. Not out through your knees, never out through your knees.

INHALE suck in through your knees and both palms. Do not worry about the physical details, just get **The Chi Circulation** correct.

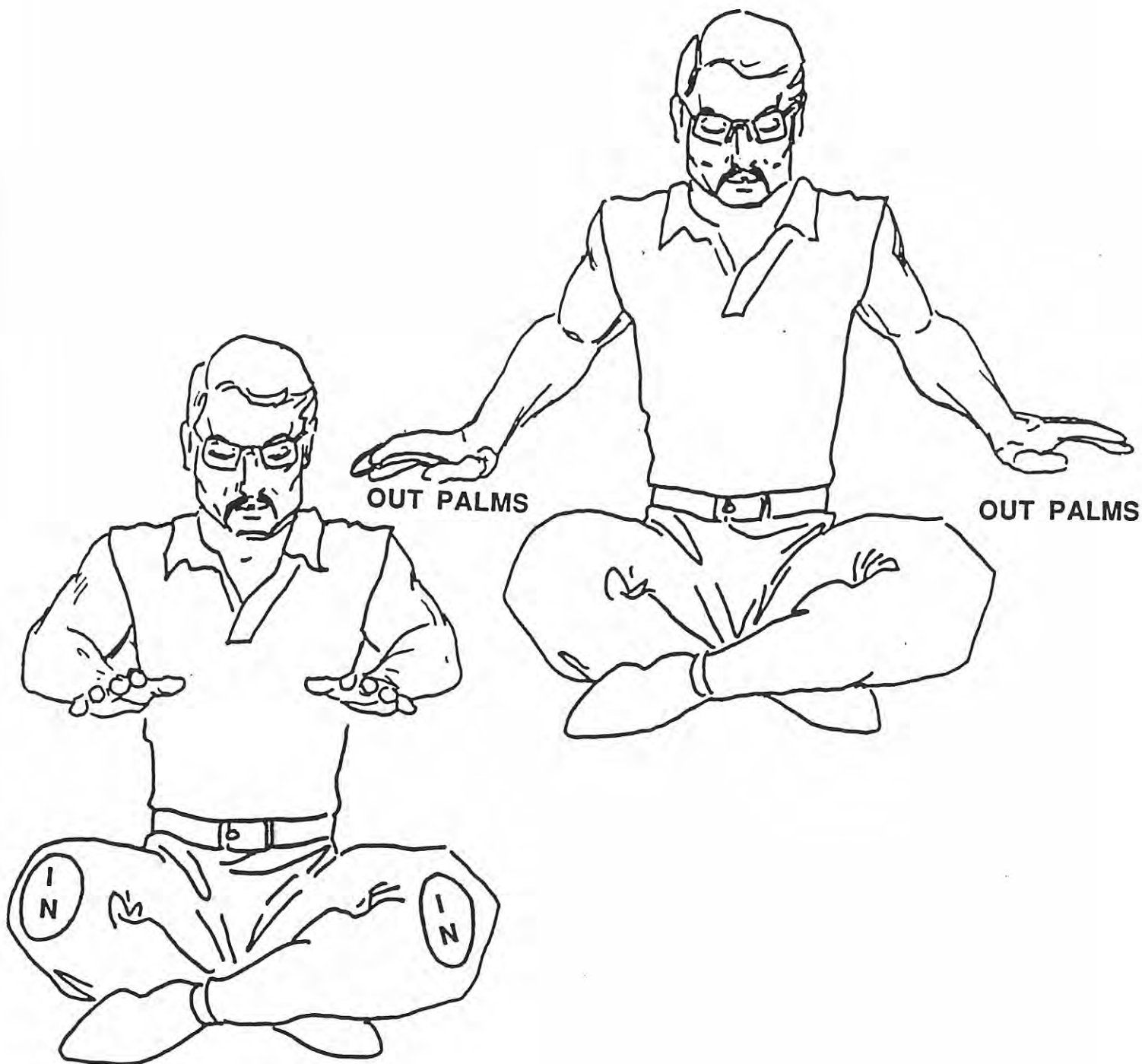
EXHALE out your palms. Remember to pull your fingertips up. I want a little bit of attention at your wrists.

INHALE let your arms gently float up as you suck in through your knees, suck in through your palms on both hands.

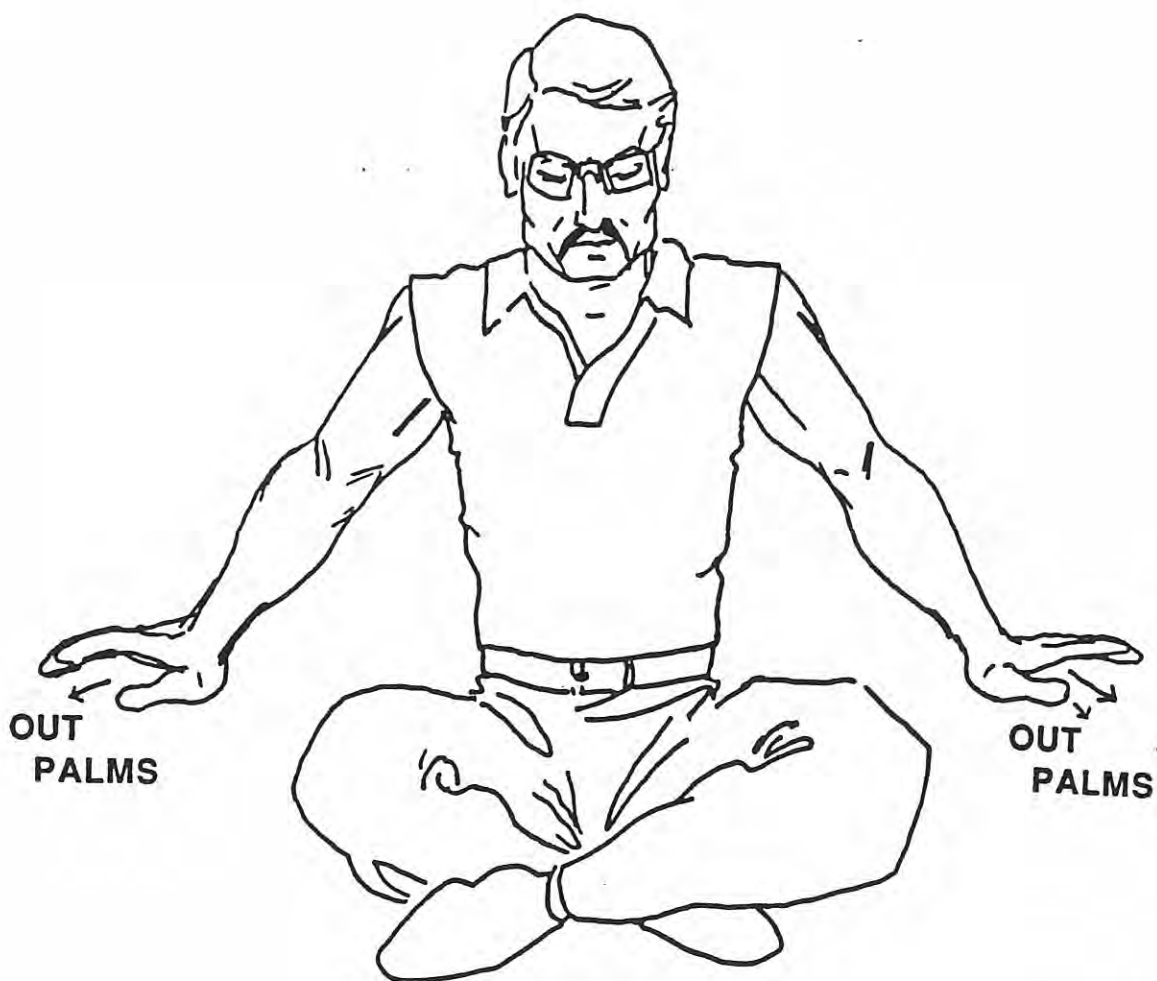
EXHALE down and out 45 degrees. Now ends **Double Hands, Down and Out - Form #5, Circulation #6**.

TRANSITION TO DOUBLE HANDS, DOWN AND OUT

**Form #5, Circulation #6
INHALE ON TRANSITION
(ILLUSTRATION #13A & 13B)**



DOUBLE HANDS, DOWN AND OUT
Use whole palms for exhale, not Palm Exits
(ILLUSTRATION #13C)

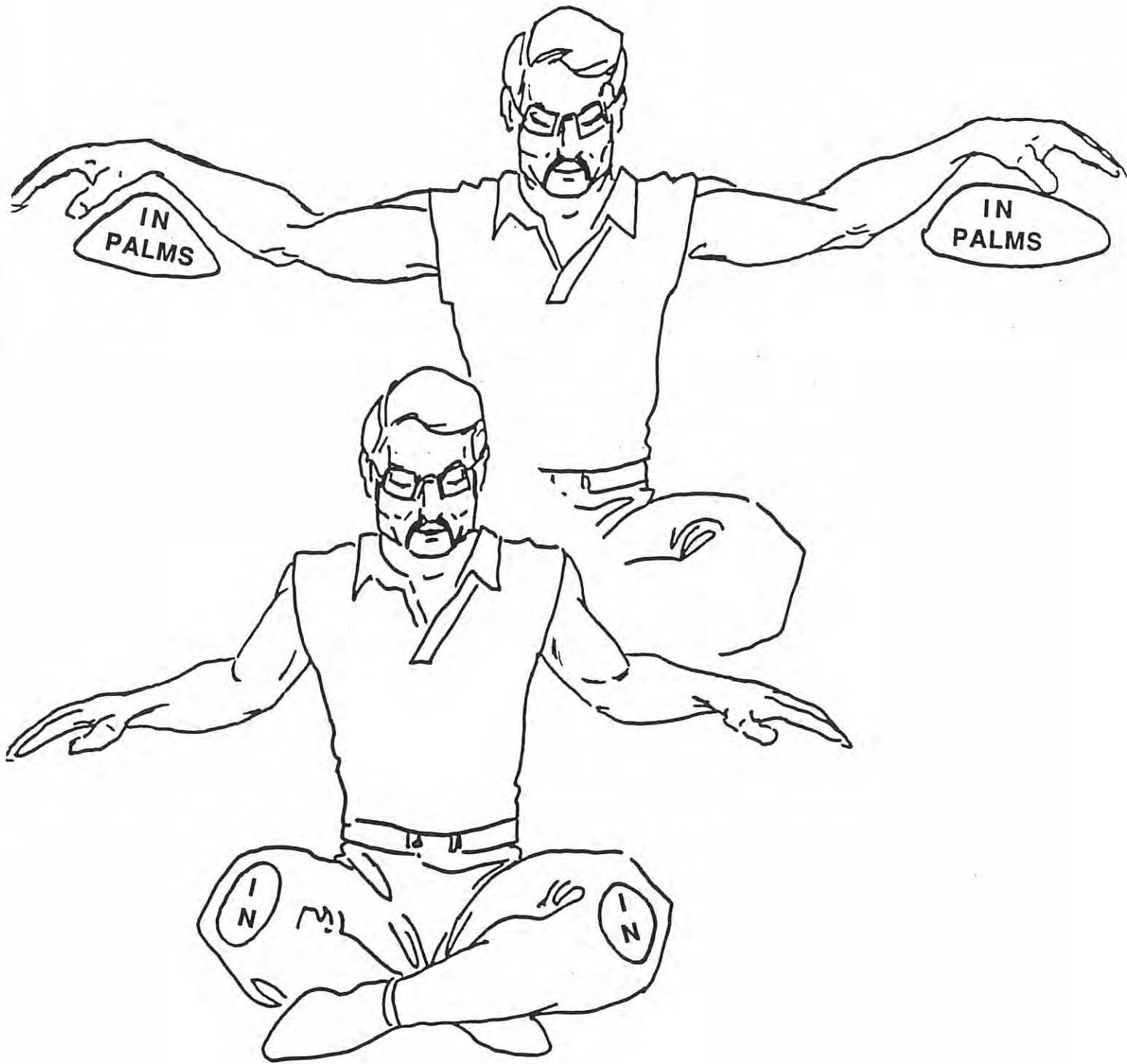


TRANSITION TO DOUBLE HANDS, UP AND OUT

Form #6, Circulation #7

INHALE ON TRANSITION

(ILLUSTRATIONS #13D & 14A)



Double Hands, Up and Out: Begin by drawing in through your palms and kneecaps simultaneously on the inhale. Expel out through your finger tips as your hands go up and out at your sides. (See Illustrations #14A, 14B & 14C)

We will now do **Double Hands, Up and Out, Form #6, Circulation #7.**

Start from **prayer hands** in front of you.

INHALE don't worry about anything yet.

EXHALE gently let your palms face 45 degrees to the ceiling. Not straight up, yet not straight out, 45 degrees. (See Illustration #13A)

INHALE drop your elbows and gently pull your fingertips back so you're slightly flexing your wrists. (See Illustration #13B, 13C, & 13D) Now remember it is 45 degrees out to the side, it's not forward. This is one of the most complicated to do correctly, but if all you are doing wrong are the physical details, don't worry about it.

EXHALE out the palms, gently pull your fingertips back. You want a little tension at the wrists.

We are now going to do **The Chi Circulation.**

This is called **Double Hands, Up and Out.**

INHALE bring your arms in, suck in through your palms, pull your wrists back slightly, suck in through your knees at the same time.

EXHALE still keeping your fingertips pulled back slightly, expel out through the palms of both hands.

INHALE suck in through your knees, suck in through both palms, while gently pulling your fingertips back.

EXHALE out through the palms while still pulling your fingertips back. INHALE suck in through your knees, suck in through your palms.

EXHALE out through the palms of your hands.

INHALE remember, your arms are out 45 degrees to the side and up. EXHALE out through the palms of your hands.

We will now do **The Second Version of Double Hands, Up and Out.** This time the only difference is we are going to lead on the exhale with our fingertips facing out 45 degrees to the ceiling (No Illustration Needed). This time we are not pulling our wrists back.

INHALE pull your wrists back on the inhale, suck in through your palms, suck in through your knees at the same time.

EXHALE gently out through your fingertips, not out through your palms.

This is **The Second Version of Double Hands, Up and Out.**

INHALE pull your wrists back, suck in through your knees and your palms at the same time.

EXHALE Expel out through your fingertips. Relax as much as you can as you exhale.

INHALE suck in through your palms and in through your knees while gently pulling your fingers back.

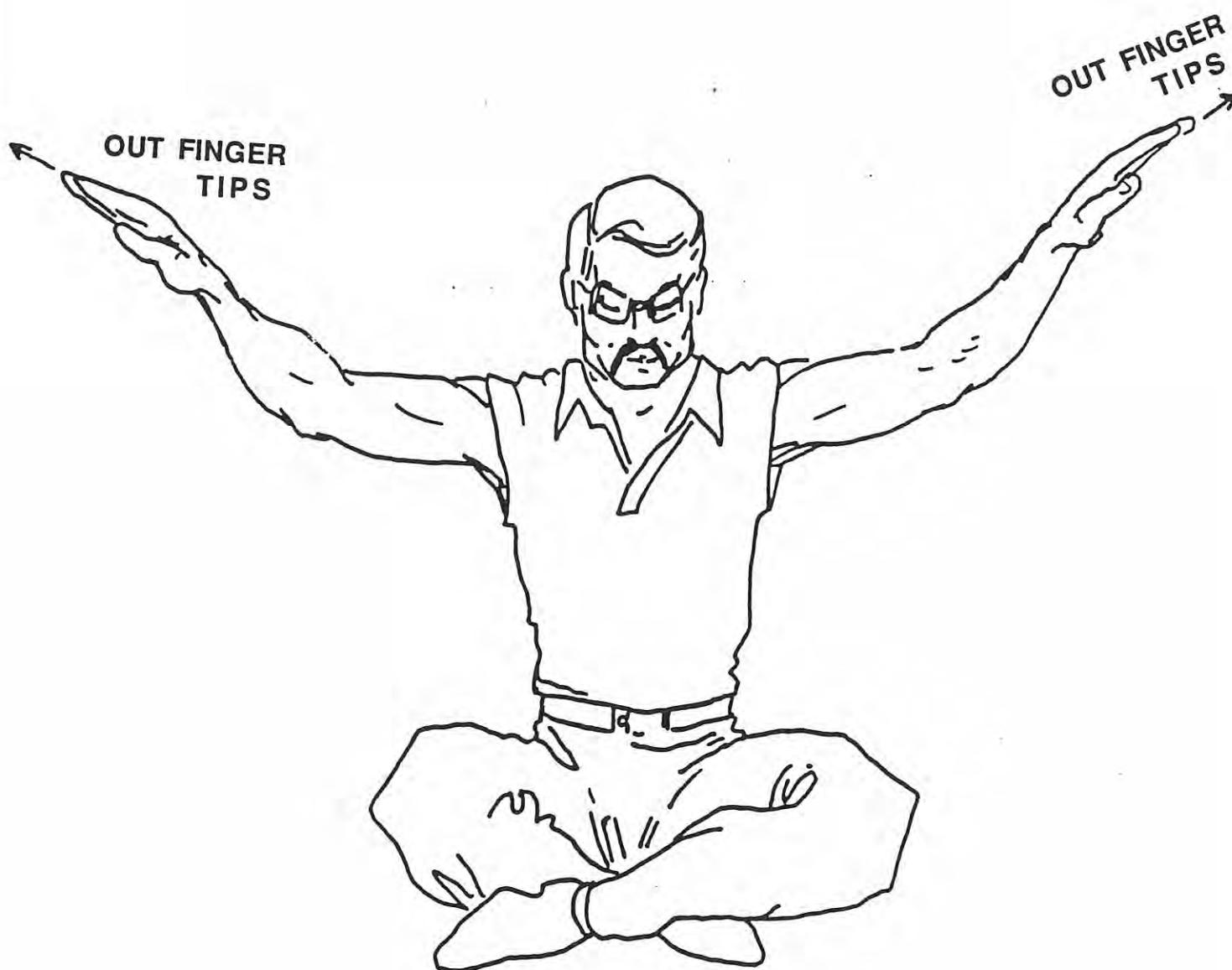
EXHALE Expel out through your fingertips, keeping your hands 45 degrees to the ceiling, 45 degrees to the side, fingers pointing up toward the ceiling. (No Illustration Needed)

We have now completed **Form #6, Circulation #7** of **The Sitting Forms with The Mind Training**. This is the hardest part of the training because it relies on physical form, but don't be frustrated and depressed over whether you are performing the movements correctly or not, they don't matter. **The Chi Circulations** in these forms are much more important than what you are doing with your physical body.

DOUBLE HANDS, UP AND OUT
Form #6, Circulation #7
"ON THE INHALE"
(ILLUSTRATION #14B)



DOUBLE HANDS, UP AND OUT
Form #6, Circulation #7
Use Finger Tips for exhale, not Palm Exits
(ILLUSTRATION #14C)



PALMS ON KNEES WITH CHI CIRCULATION

As you sit in **The Lock Off Position**, on a chair or cushion, gently place the palms of your hands on your kneecaps

INHALE draw in through your knees.

EXHALE expel out through the palms of your hands.

Keep your palms on your knees at all times.

Practice this as "a closed circuit." (See Illustration #15)

PALMS ON KNEES MEDITATION
(ILLUSTRATION #15)



LESSON #4

THE MICRO COSMIC ORBIT Performed in The Lock Off Position (See Illustrations #7 & 16A-16P)

Begin in **The Lock Off Position**. Put your left hand down by Tan Tien on your lap, palm facing up. Next, put your right hand inside your left hand, holding on to your left thumb in your right palm, and cover your left thumb with your right. Again, we are "Locking Off" your arms and your legs intentionally, forgetting we even have arms and legs. **The Micro Cosmic Orbit** is a very essential and important part of your Chi Kung practice. **The Micro Cosmic Orbit** is developing and refining the energy that circulates inside the torso. Prior to learning and practicing **The Micro Cosmic Orbit**, a student in my Chi Kung system has to perfect **Inside Air**. **Inside Air**, as I have mentioned before, is absolutely essential prerequisite and it's already set in order, in a priority fashion.

If you don't know how to do "Inside Air,"
do not attempt to practice The Micro Cosmic Orbit.

We will now learn **The Micro Cosmic Orbit**.

The term **Ten Step Cycle™** is my own idea. The reason I chose the **Ten Step Cycle™** is because there is 10 steps we are going to be doing, each individually and most in succession.

Take **The Lock Off Position**, your sitting posture. Cross your legs, and "lock off" your arms and legs. Keep your tongue up against the roof of your mouth. Do not close your eyes. Gently and slightly sink your chest. Drop your shoulders. Take your pelvis (sacrum) and gently tuck it underneath your body. What you are doing is pushing your lumbar region of your spine or the low back outward by tucking your pelvis under.

Step #1 at Point #1: With your mind, go from your nostrils to the tip of your sternum (breast bone) Xyphoid process. So with your mind, you are going to draw a line from your nose (nostrils), down to the tip of your breast bone. (See Illustration #16A) Do that now.

INHALE, draw from your nose, down past your lips, past your chin, down past your neck, to the tip of your sternum, on the inhale.

EXHALE, with your mind, come back up. Back out your nose. Do not be concerned if you are circulating your breath or you are circulating what? What is important is your mind, not the breathing. However the breathing should be in conjunction with the motion of your mind, but don't worry about the actual breath. Back down again.

INHALE, from your nose, breathe down to the tip of your sternum. Gently, keep your eyes open, do not daydream.

EXHALE, back up.

INHALE, down from your nose to the tip of your sternum.

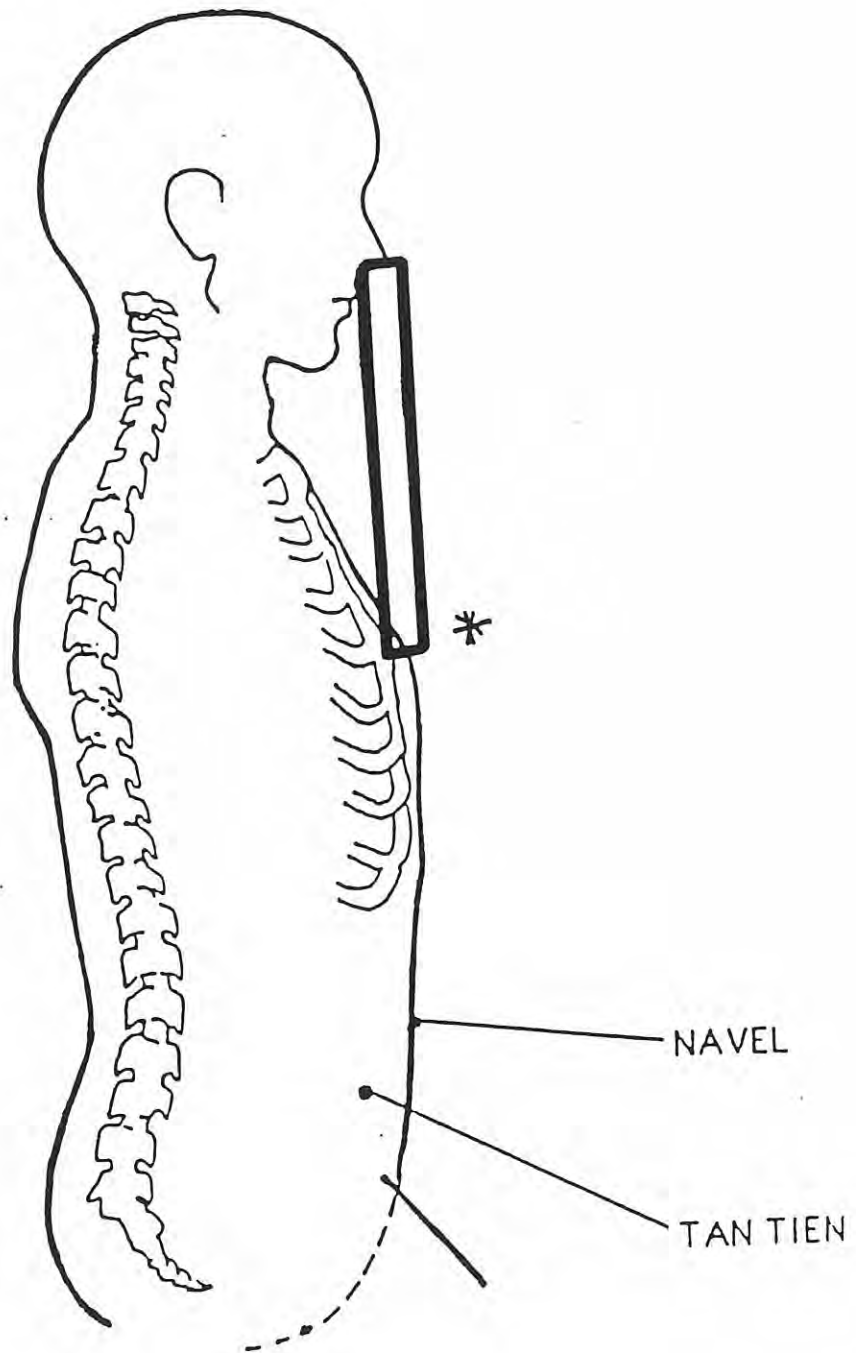
EXHALE, back up past your nostrils. Practice this step on your own a few times until you can do it smoothly, with no distractions.

INHALE down, tip of the sternum. EXHALE, back up. We've just completed **Step #1 at Point #1**.

**THE LOCK OFF POSITION
(ILLUSTRATION #7)**



THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-A)
Step #1 at Point #1



Now we are going to go to **Step #2 at Point #2**. With your mind on the inhale, go down to the point between your anus and your genitals (point #2). This point is in the same area in men and women. However, anatomically it is slightly and insignificantly different.

INHALE, starting at your nostrils., with your mind, go down, pass Point #1, past your abdominals, all the way down to the point between your genitals and your anus. That's on your way down.

On the way up, you're going to go back up and out your nostrils.

INHALE, bring your mind all the way down, pass everything to the floor of your torso, on the inhale.

EXHALE, bring it back up to your nostrils.

INHALE, bring it down from your nostrils, all the way down to the floor of your torso.

EXHALE, bring your mind, back up to your nostrils.

**It is very important to do each individual point in order.
Don't skip any steps while learning The Micro Cosmic Orbit.**

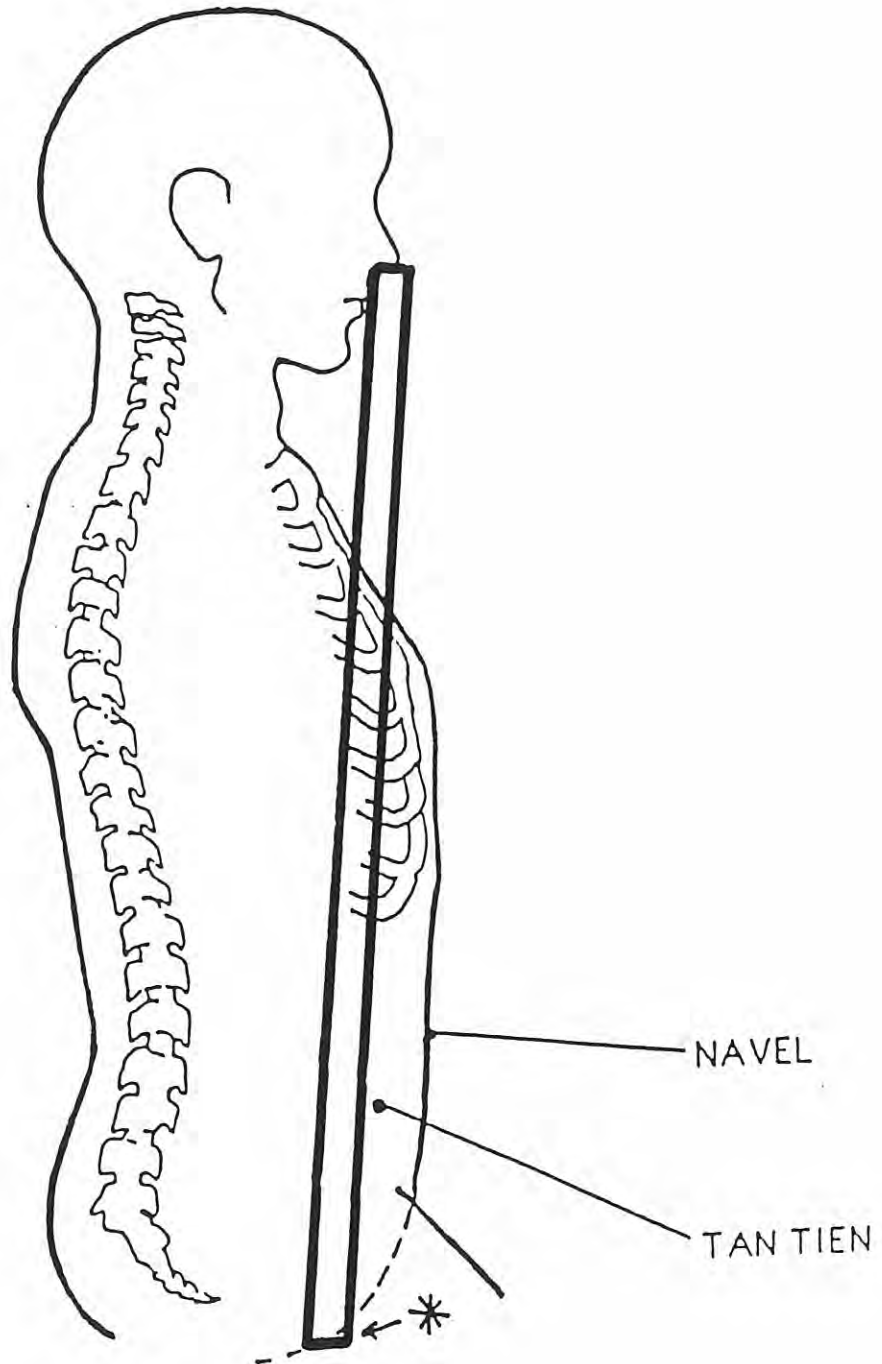
INHALE, go down, exhale, back up.

EXHALE, go back up to your nostrils.

Practice this step on your own a few times until you can do it smoothly, with no distractions.

For references purposes we are going to use point #2 for Step #2, Step #3, Step #4, and Step #5. The location of the Steps #3-5, is exactly in the same place. However, the distinctions between Step #2, #3, #4 and #5 are, you are going to do totally different things with your mind at this particular location.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-B)
Step #2 at Point #2



Step #3 at Point #2: With your mind, go from your nostrils, all the way down as fast as you can get there, to the bottom (point #2). When you get to the bottom of your torso, on the inhale, continue the inhale and squeeze your urinary and anal sphincter muscles. Focus your mind on the spot between your anus and genitals.

INHALE, suck and go down, squeeze, hold, contract, hold, contract as you move to Point #2.

EXHALE, relax and go back up to your nostrils.

INHALE, direct your mind down to Point #2 as fast as you can. Squeeze on the way getting there. At Point #2, squeeze your urinary and anal sphincter muscles and concentrate your mind at the point between your genitals and your anus.

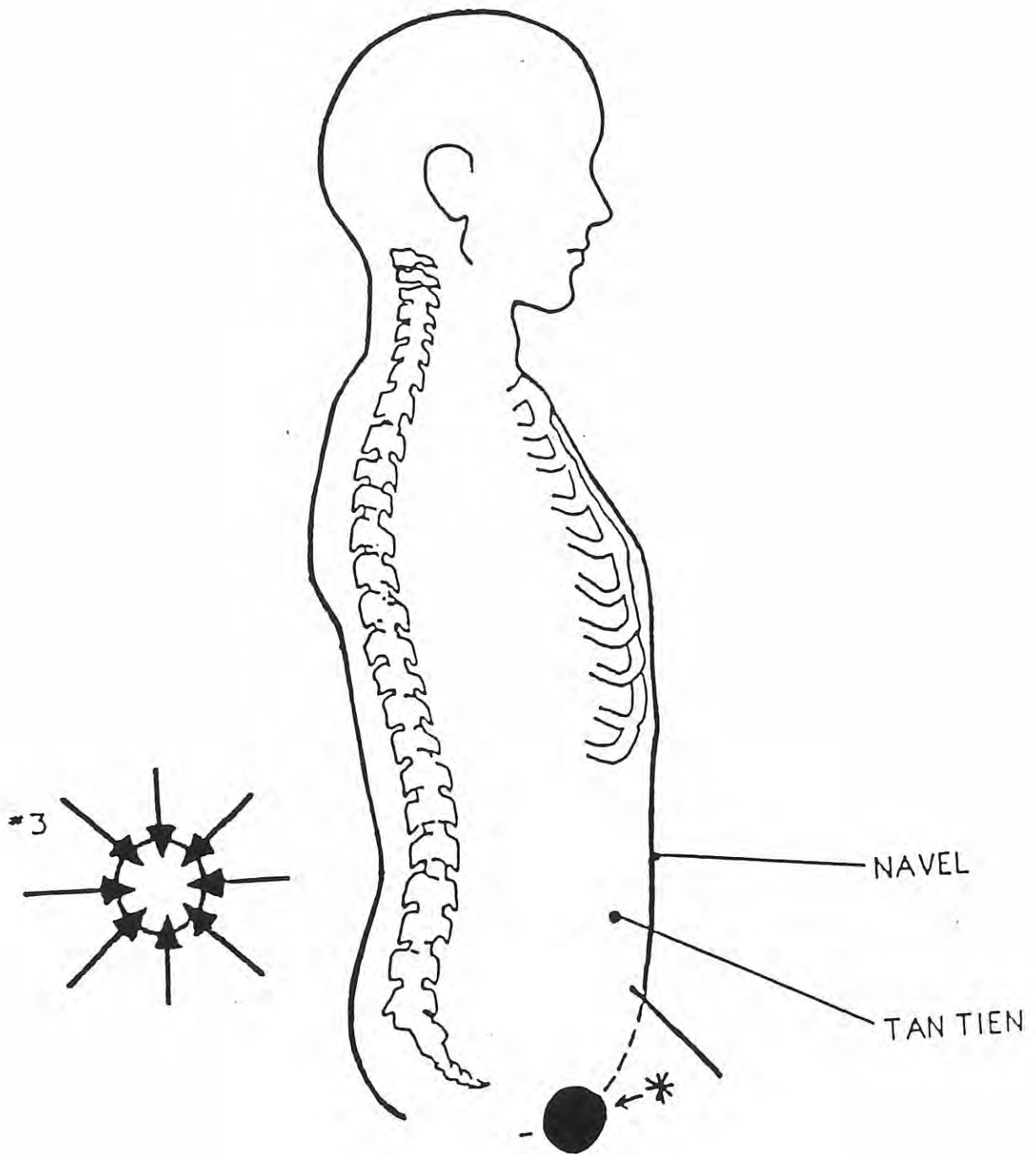
INHALE squeeze.

EXHALE relax. On Step #3, do not be concerned with bring your mind back up to your nostrils. This is not important. This means there is nothing to do on the exhale with Step #3.

INHALE, direct your mind back down to Point #2, as fast as you can. Squeeze your urinary and anal sphincter muscles on the inhales. **Focus your mind between your anus and genitals.**

EXHALE, relax. That is **Step #3 at Point #2**. Practice this step on your own a few times until you can do it smoothly, with no distractions.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-C)
Step #3 at Point #2



Step #4 at Point #2: With your mind, go down to Point #2, as fast as you can. Squeeze on Step #3. It's as if you're doing Step #2 and Step #3 at exactly the same time. INHALE, direct your mind, down to Point #2, squeeze on Step #3.

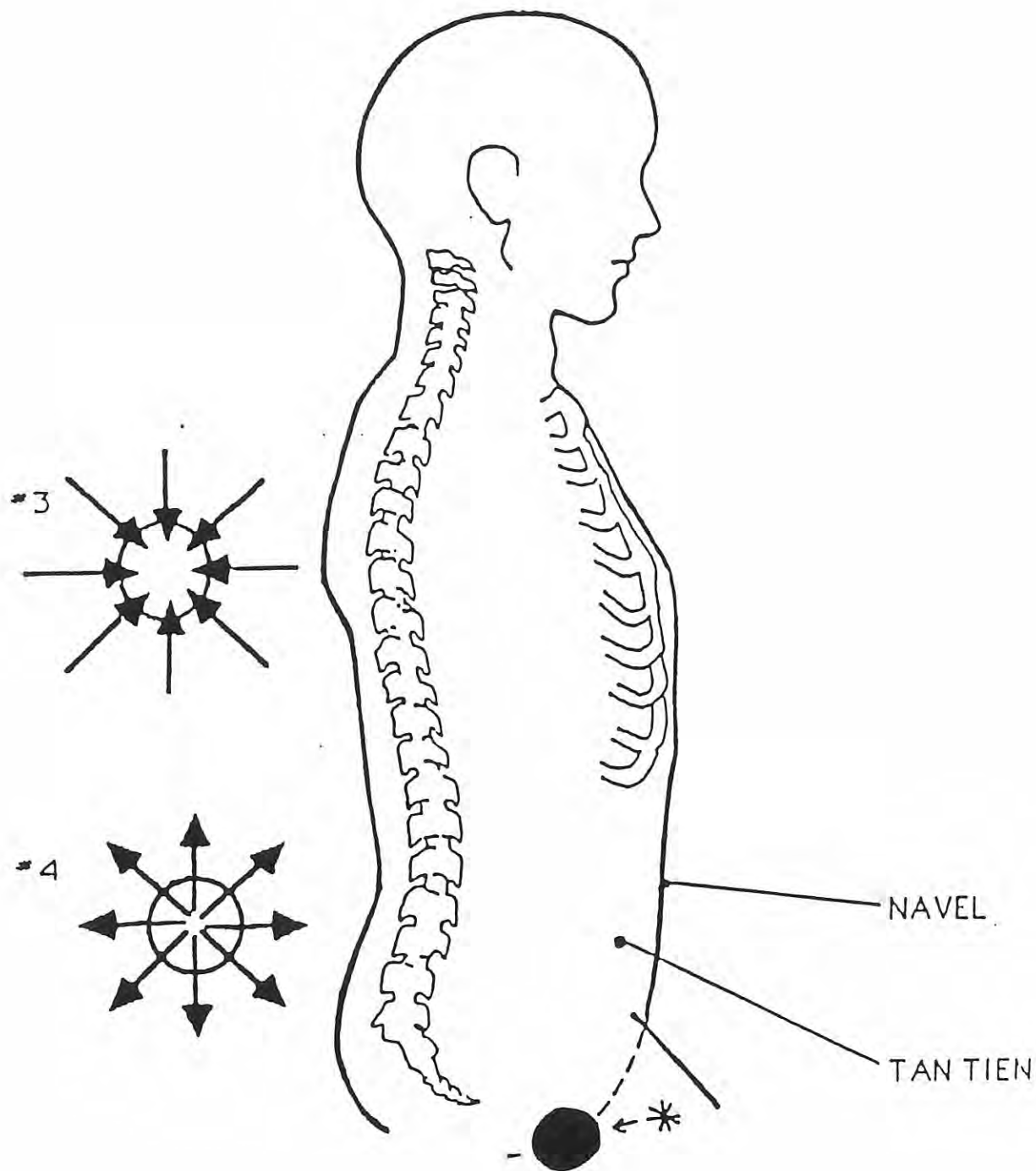
Everything is exactly the same as Step #3. However, in Step #4 you explode on the exhale. By the way, don't have any physiological accidents.

INHALE down to Point #2, squeeze on Step #3 while you contract your urinary and anal sphincter muscles. Focus your mind between your anus and genitals (Point #2). EXHALE, explode at Point 2. Don't worry about how to bring your mind back up. It is not important. What's important is the explosion. Do Step #4 again.

INHALE, drop your mind down to the floor of your torso as fast as you can get to Point #2. Squeeze on Step #3. On Step #4, when you are almost fully inhaled, **EXPLODE** with your mind in all directions, but don't explode or snort the breath out. That's not important. **The Mind Explosion** is important, not the breath explosion. Do it one more time.

INHALE, go down to Point #2, squeeze on Step #3. On Step #4, **Explode!**

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-D)
Step #4 at Point #2



Step #5 at Point #2:

INHALE, with your mind go down to Point 2 as fast as you can. Squeeze on Step #3, skip Step #4, and on Step #5, it's as if you're holding everything in place, spin like a small roller-skate wheel or a drill bit, in place at Point #2. You're not going anywhere but you are "rotating in position" at Point #2. **THE DIRECTION THAT YOU ROTATE IS ABSOLUTELY IMPORTANT.**

When rotating you are going to rotate as if you're turning down toward the front and up the back. (See Illustration #16-P) So it's down, toward the back, up the spine and then forward again, rotating. I can't say clockwise or counterclockwise because we're not facing right or left. You are rotating over the top and down the front, over the top and down the front. If you have already learned this from me, this will be "no problem" to understand. If you don't understand it, read it over again until you do.

Step #5 at Point #2: With your mind go from your nose, down to Point #2, squeeze on Step #3, skip Step #4, and on Step #5, **EXPLODE** in a rotating fashion and hold it in place at Point #2. Don't worry about how to get back up to your nose, it is not important. Repeat.

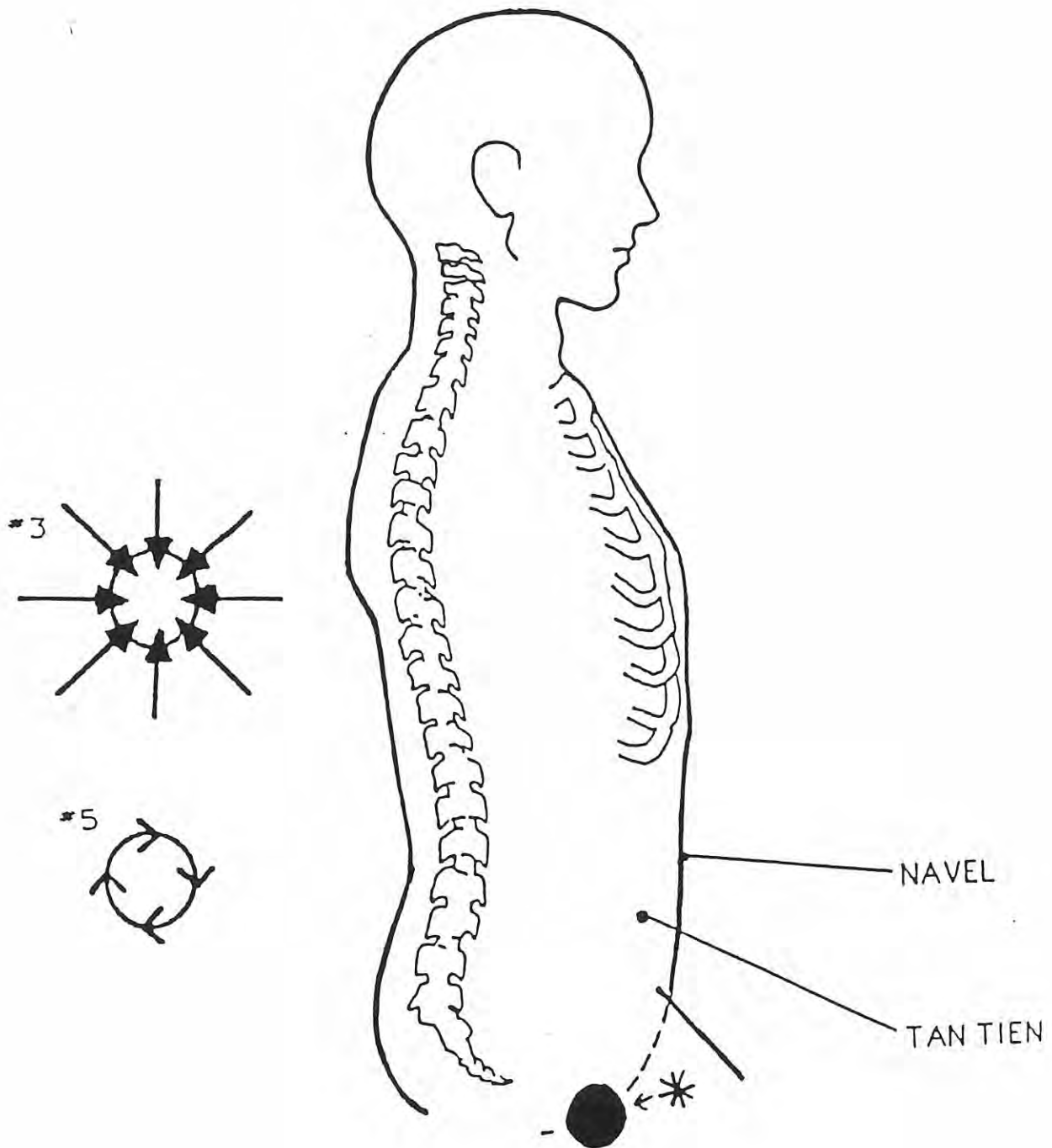
INHALE, direct your mind to Point #2, squeeze on Step #3, skip Step #4, rotate on Step #5, in place as fast as your mind can turn.

INHALE, down to Step #2, squeeze on Step #3, skip Step #4, rotate Point #5. It is very important to realize at this time that anytime from now on that you are going to be doing any of the points, including Point 2, you're going to squeeze your urinary and anal sphincter muscles. That's an unsaid law which I just said. A further visualization or explanation of Step #5, which is done at Point #2 is: "imagine a drill bit coming in from your side and turning in the direction of, down the front, up the back. Down the front, up the back; down the front, up the back." Or another picture is a tiny, tiny gear or a roller-skate wheel standing up, turning down the front, up the back, down the front, up the back, down the front, up the back, in the location of Point #2.

ABSOLUTE RULE: Never at anytime, whether you are doing Step #5 or the complete circuit, turn in the other direction.

We have now completed **Step #5 at Point #2.**

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-E)
Step #5 at Point #2



Step #6 at Point #3: This step is totally different from Steps #2, 3, 4 and 5.

INHALE, with your mind go from your nostrils, down past Point #2, turn the corner with your mind and visualize the image of an umbrella handle going up to the tip of your tail bone (coccyx). Touch the tip of your tailbone with your finger to be able to direct your mind to that spot.

EXHALE, return back down and around up the curve, to your nostrils. INHALE, go down, turn the corner, go to the tip of the tailbone on the inhale.

EXHALE, go down and around, back out to your nostrils.

I would also like to remind you on the inhale when you are going down, you are still squeezing your sphincter muscles, you're still going to be focusing your mind down at Point #2, etc.

INHALE, go down past Point #2, turn the corner up to the tip of the tailbone.

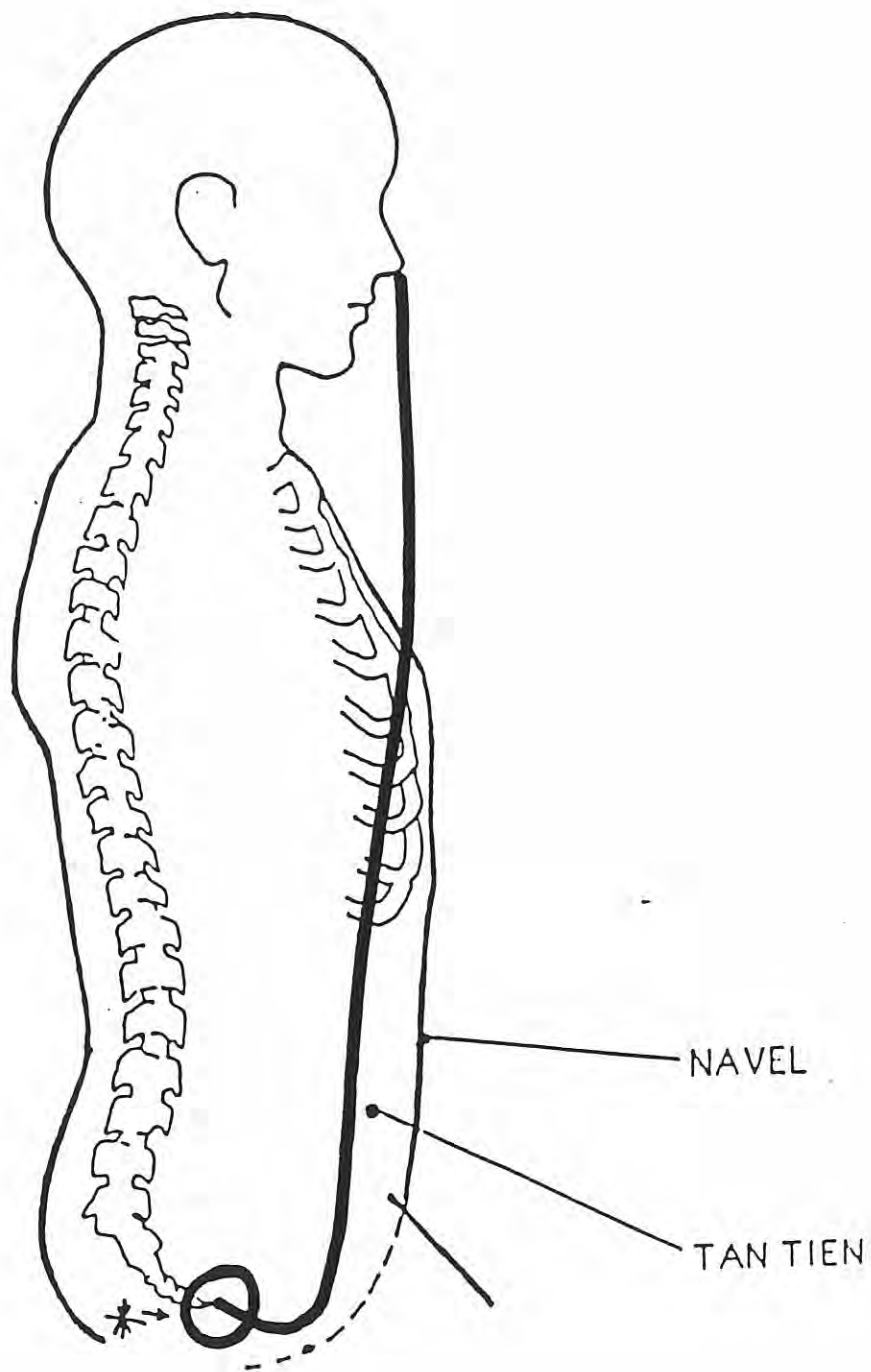
EXHALE, back down and around and out. An important way to help yourself direct your mind to your tail bone is to touch it with your hand.

INHALE, go down past Point #2, turn the corner up to the tip of the tailbone on the inhale.

EXHALE, relax your sphincter muscles, relax your mind, let your mind go down and around and back up and out to your nostrils.

Practice this step on your own a few times until you can do it smoothly, with no distractions.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-F)
Step #6 at Point #3



Step #7 at Point #4: With your mind go from your nose as you inhale, down and around, down to Point #2. Turn the corner and pass your tailbone. Go to an area on your lumbar spine even with your navel (Approx. L2) on the spine. That's Point #7. INHALE, Drop down past Point #2 and turn the corner and go past your tailbone all the way to around to even with your navel level on your spine. EXHALE, go back down around the umbrella handle, turn the corner, go back and up to your nostrils.

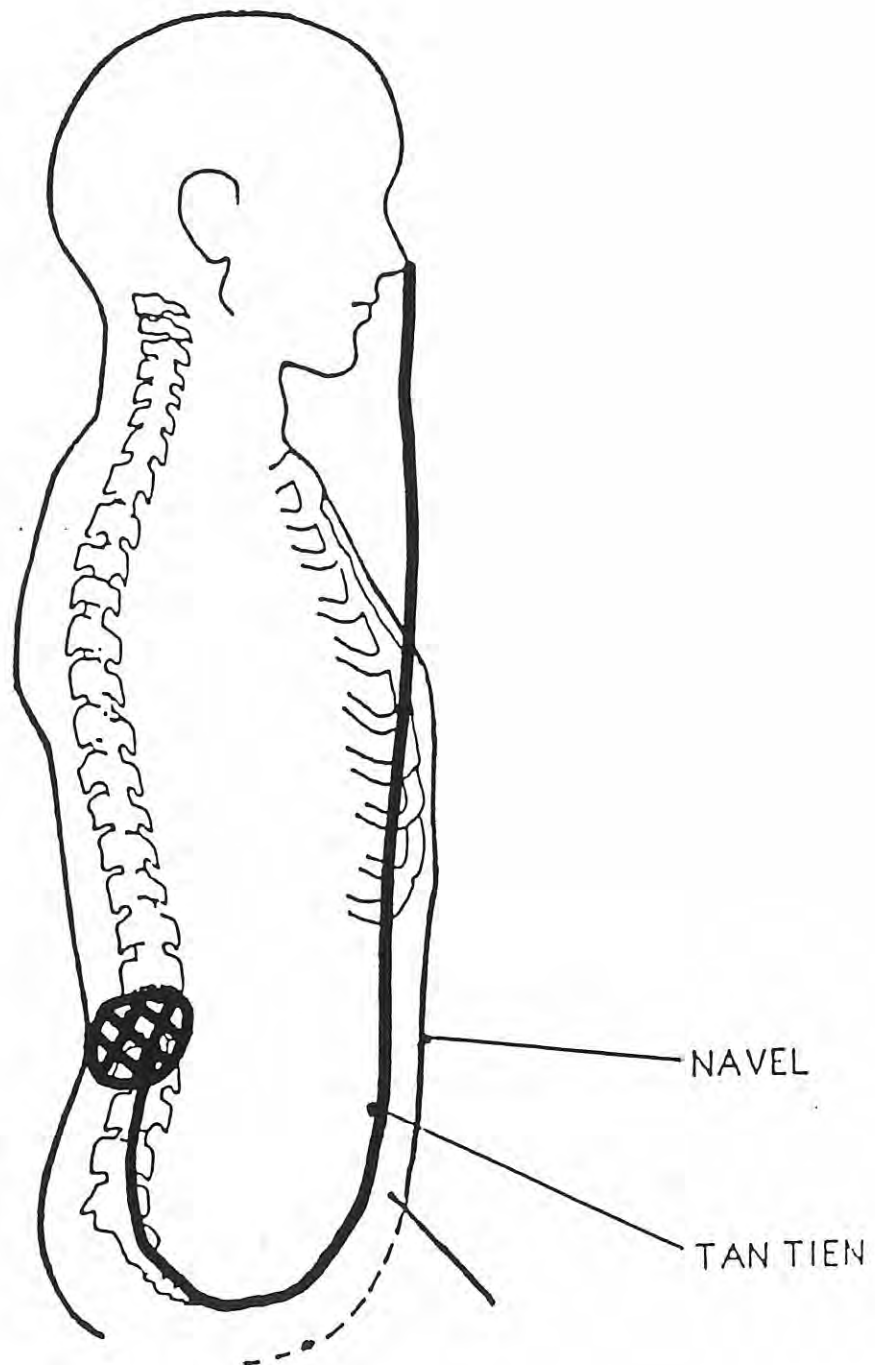
Repeat **Step #7 at Point #4** one more time.

INHALE, with your mind, start at your nostrils go down to Point #2. Turn the corner without hesitation, pass Point #6, and go up to Point #7 which is even with your navel on your lumbar spine.

EXHALE, go down and around and back out up to your nostrils, with your mind.

NOTE: What you want to do is you want to travel with your mind as fast as you humanly can. We're not trying to stop anywhere except for the destination. We are not "sightseeing" when we practice this. We are passing right through the whole circuit to the point of destination and we're going back down and around in return.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-G)
Step #7 at Point #4

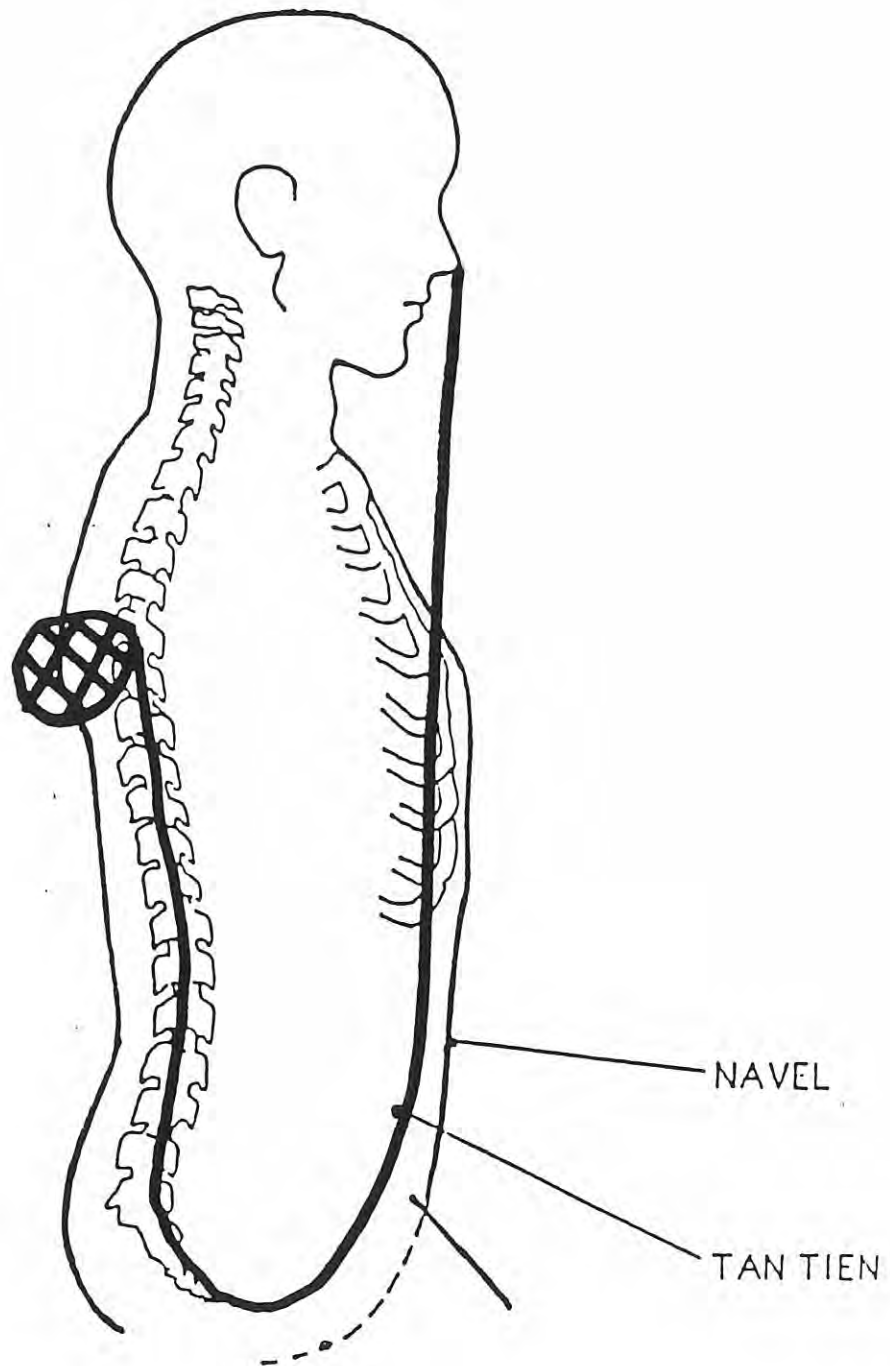


Permanent Step #8 at Point #5: The reason I am putting Temporary Step #8 in here is only for practice purposes. In my experience as a teacher over the many years, I have found that people sometimes have trouble "closing the circuit" from Point #7 up to **Permanent Point #8 at Point #5**. I'm giving you an "interim point." Take your finger and touch the Xyphoid process which is the lower tip of your breast bone. Imagine sticking your hand straight through your body all the way to your spine, at the level of your Xyphoid process. That is **Temporary Step #8 at Point #5**. Use exactly the same principles we've been using.

INHALE, direct your mind down from your nostrils, down to Point #2. Turn the corner, pass Point #6 and pass Point #7 which is even with your naval on your lumbar spine. Go up to the Xyphoid process level on your back. If you need help, you can take your thumb and gently touch your spine, even with the tip of your sternum.

EXHALE, go back down, around and out. Repeat. After you've practiced this a few times, you never have to do this again, except for "review purposes."

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-I)
Temporary Step #8 at Point #5



Permanent Step #8 at Point #6: Direct your energy with your mind starting at your nostrils. Go down to Point #2, turn the corner, pass your tailbone, pass even with your naval, and pass the center of your back. Go all the way up to 7th Cervical Vertebrae, which is the largest bump at the base of your neck. It's also the largest Cervical Vertebrae.

INHALE, with your mind go all the way to C7.

EXHALE, go down and around and back out. This is exactly the same principle, this is not complicated, if you think this is hard, start over again from the last step you understood.

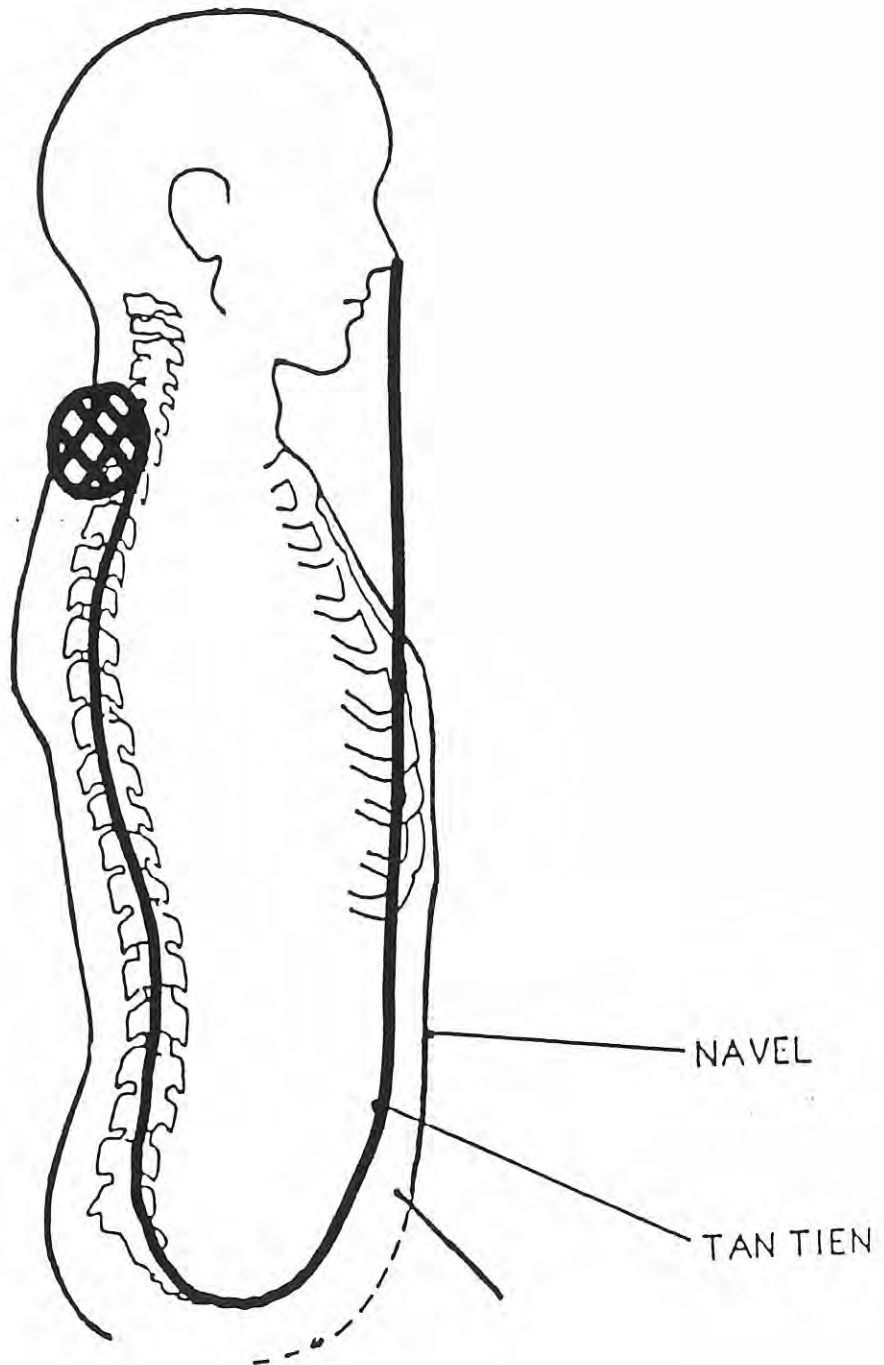
INHALE, with your mind go from your nostrils, down and around, turn the corner. Go all the way up to the base of your neck, your 7th Cervical Vertebrae, on the inhale.

EXHALE, drop down with your mind, turn the corner, go back out to your nostrils. We will repeat this one more time.

INHALE, go down, squeezing the sphincter muscles as I explained to you before. Turn the corner at Point #2 and go all the way up your 7th Cervical Vertebrae, at the base of your neck.

EXHALE, go down, around, and back out.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-J)
Permanent Step #8 at Point #6



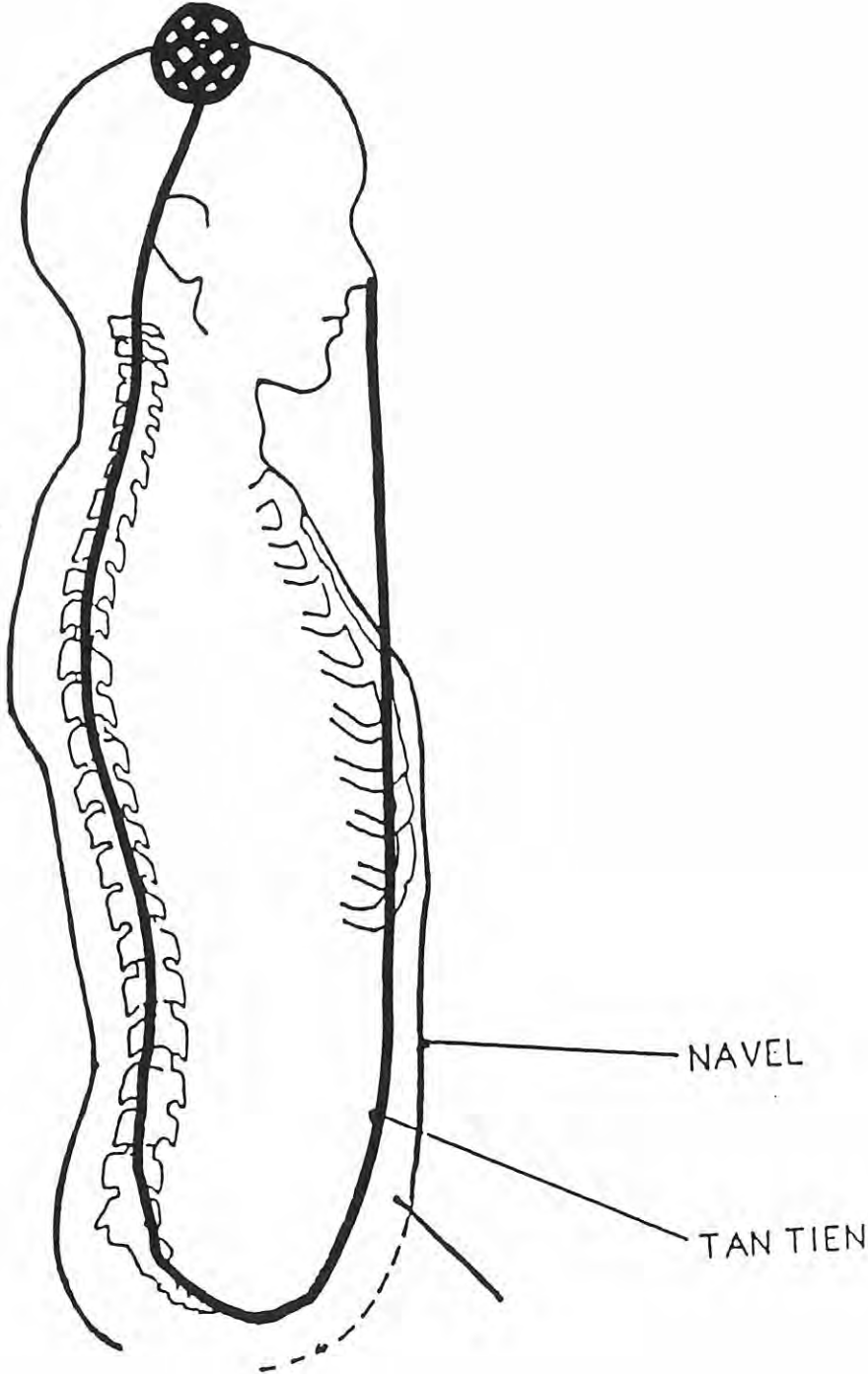
Step #9 at Point #7: This point is at the crown point which is exactly at the highest point on the top of your head. We will use exactly the same principles.

INHALE, with your mind go from your nostrils, down and around. Turn the corner at Point #2. Go all the way to the top of your head. If you have to, take your finger and gently touch/tap the top of your head.

EXHALE, with your mind go down and around in the direction you came and back up and out to your nostrils. This should be easy by now. Repeat. INHALE, with your mind go down and around, turn the corner, keep squeezing your sphincter muscles the whole way up to the top of your head.

EXHALE, go down, around, and back out.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-K)
Step #9 at Point #7



Step #10 at Point #8: This point is between your eyebrows, what is called "Your 3rd Eye."

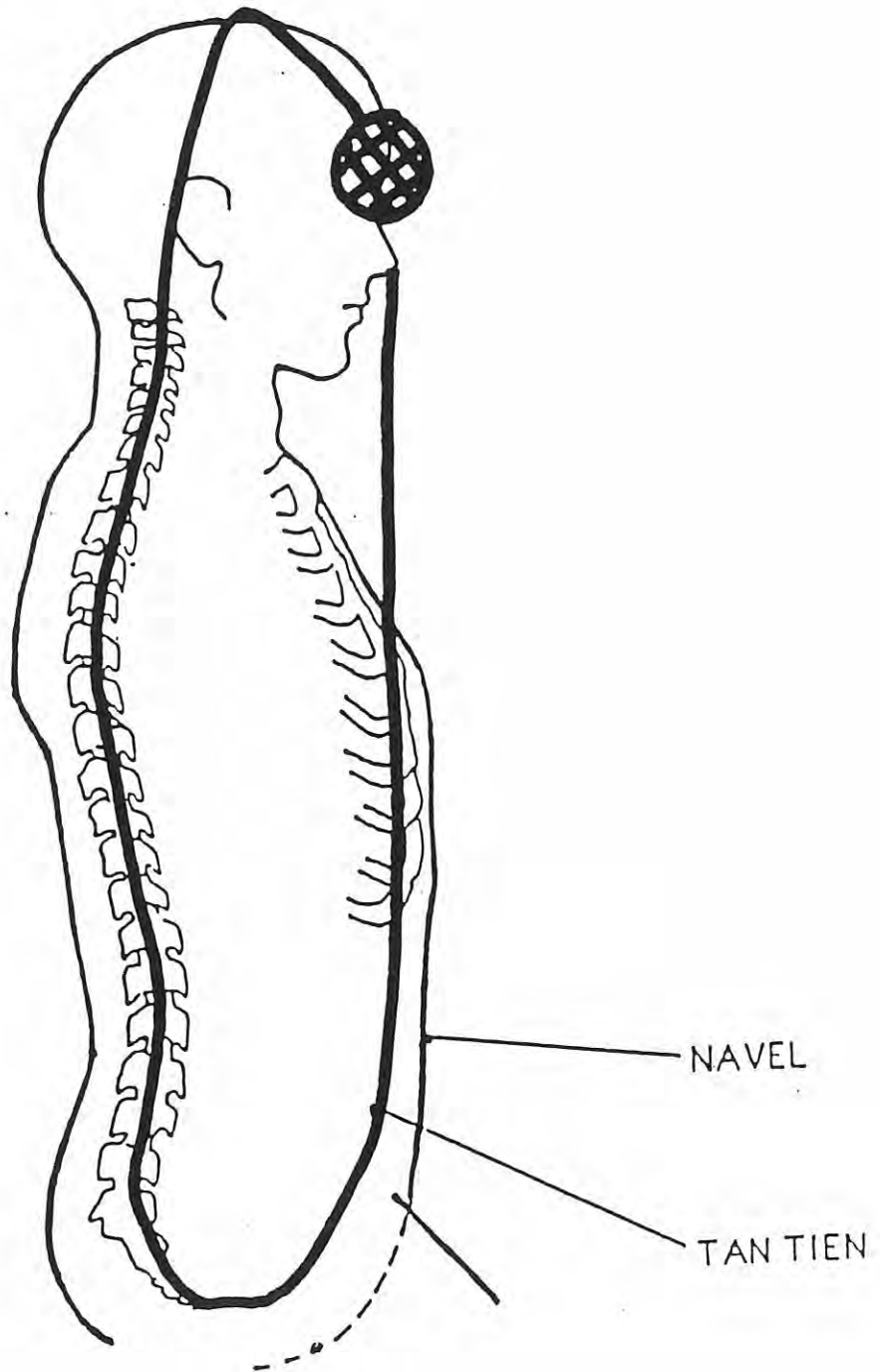
INHALE, with your mind go from your nostrils, down and around. Turn the corner, go all the way up your spine to the top of your head, turn the corner again and go to Point #8, between your eyebrows

EXHALE, reverse the direction and go back down the way you came.

INHALE, go from your nose, down, around, turn the corner, go all the way up to the top of your head, and turn the corner to your eyebrows.

EXHALE, reverse the direction, turn the corner, go down, around, and back out.

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-L)
Step #10 at Point #7



We have now finished the instructional part on **The Micro Cosmic Orbit**.

Now we are going to do **"Closing The Circuit."**

Closing The Circuit: With your mind, start at your nose.

INHALE, with your mind, go down and around squeezing your sphincter muscles all the way. Go all the way down past Point #2, past your tailbone, up your spine to the top of your head and finally turn the second corner to the point between your eyebrows.

EXHALE, with your mind, drop down the front this time. Down the front and back to Tan Tien (3 inches below your navel and 2 inches inside).

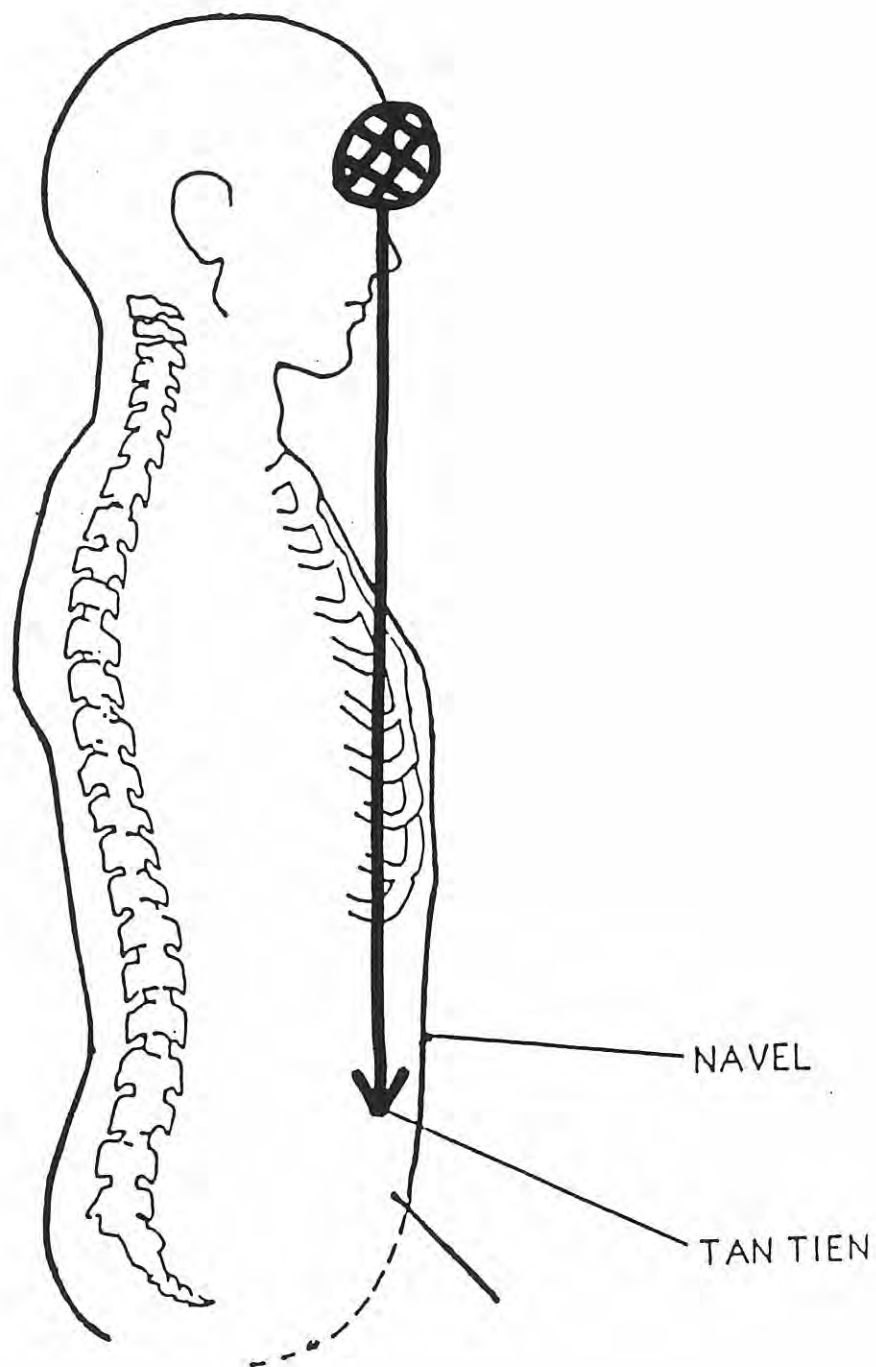
INHALE, starting at Tan Tien, drop down with your mind past Point #2 and turn the corner. Go up your spine to the top of your head to the spot between your eyebrows.

EXHALE, with your mind go down and around the front and back to Tan Tien (3 inches below your navel and 2 inches in).

INHALE, starting from Tan Tien, go to the tip of the tailbone, shoot straight up your spine to the top of your head, turn the corner to the point between your eyebrows.

EXHALE, with your mind, drop your energy down the front and back to Tan Tien. We have just practiced what I call **"Closing the Circuit."**

THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-M)
CLOSING THE CIRCUIT



Congratulations, you've successfully made it through **The Micro Cosmic Orbit**.

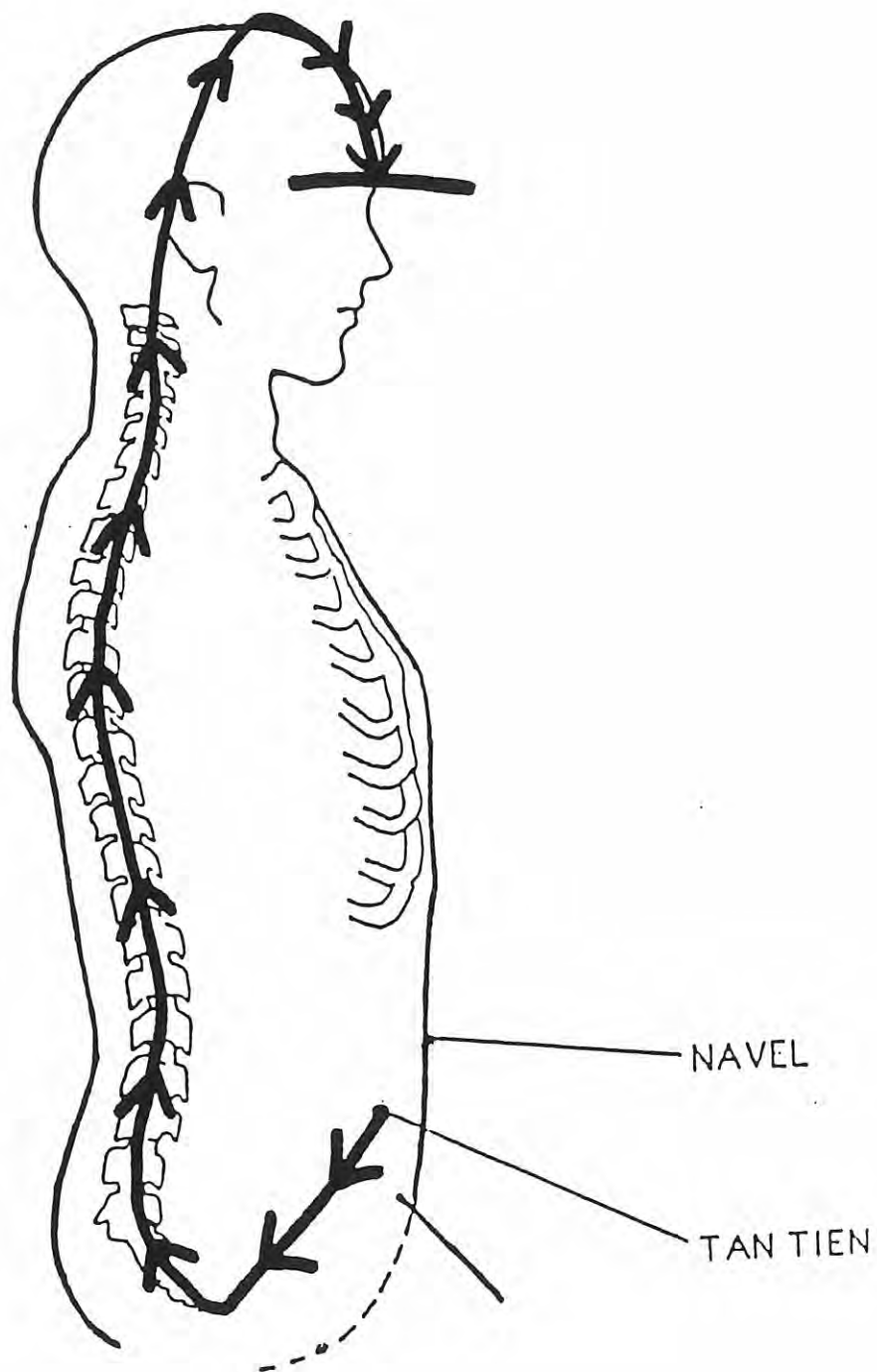
You will actually have **The Daily Practice Routine** timed perfectly and specifically for everything you need. **The Daily Practice Routine** is a self-contained daily practice unit.

Congratulations! You made it through the instruction. It's very important for you as a relative beginner in this practice of Chi Kung, to make sure you understand all your essentials. If you're not sure, go back and review.

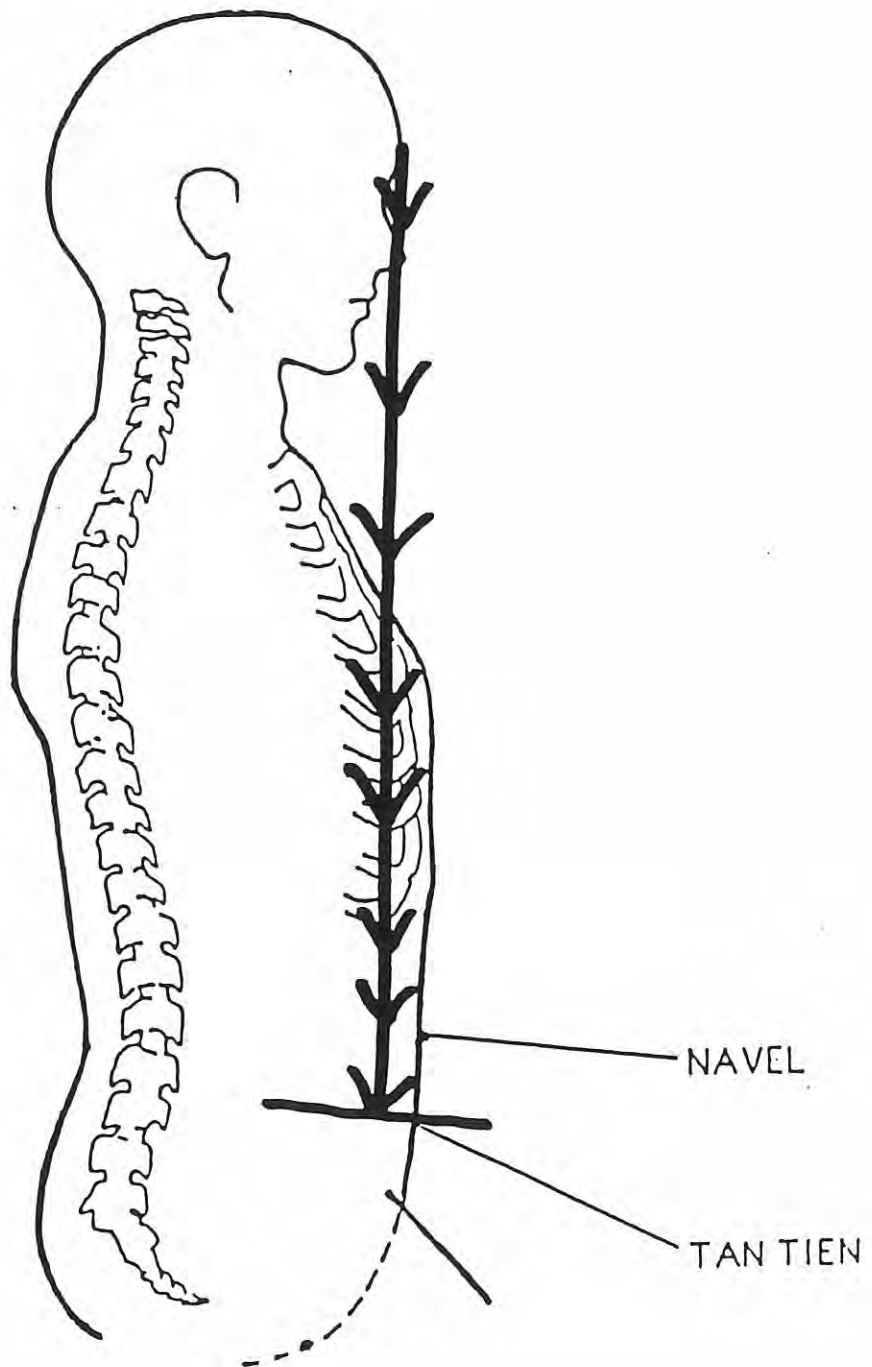
Heaven and Earth Meditation, Your Daily Affirmations, Your Visualizations, Projecting/Impregnating the Universe, and Layered Condensing are all performed at the tail end of **The Daily Practice Routine**. We have now completed Lessons #1, 2, 3, and 4. **The Daily Practice Routine** will combine the first 4 lessons into a simple, concise, and streamlined format.

Remember: Masters are made in the beginning, not in the end!

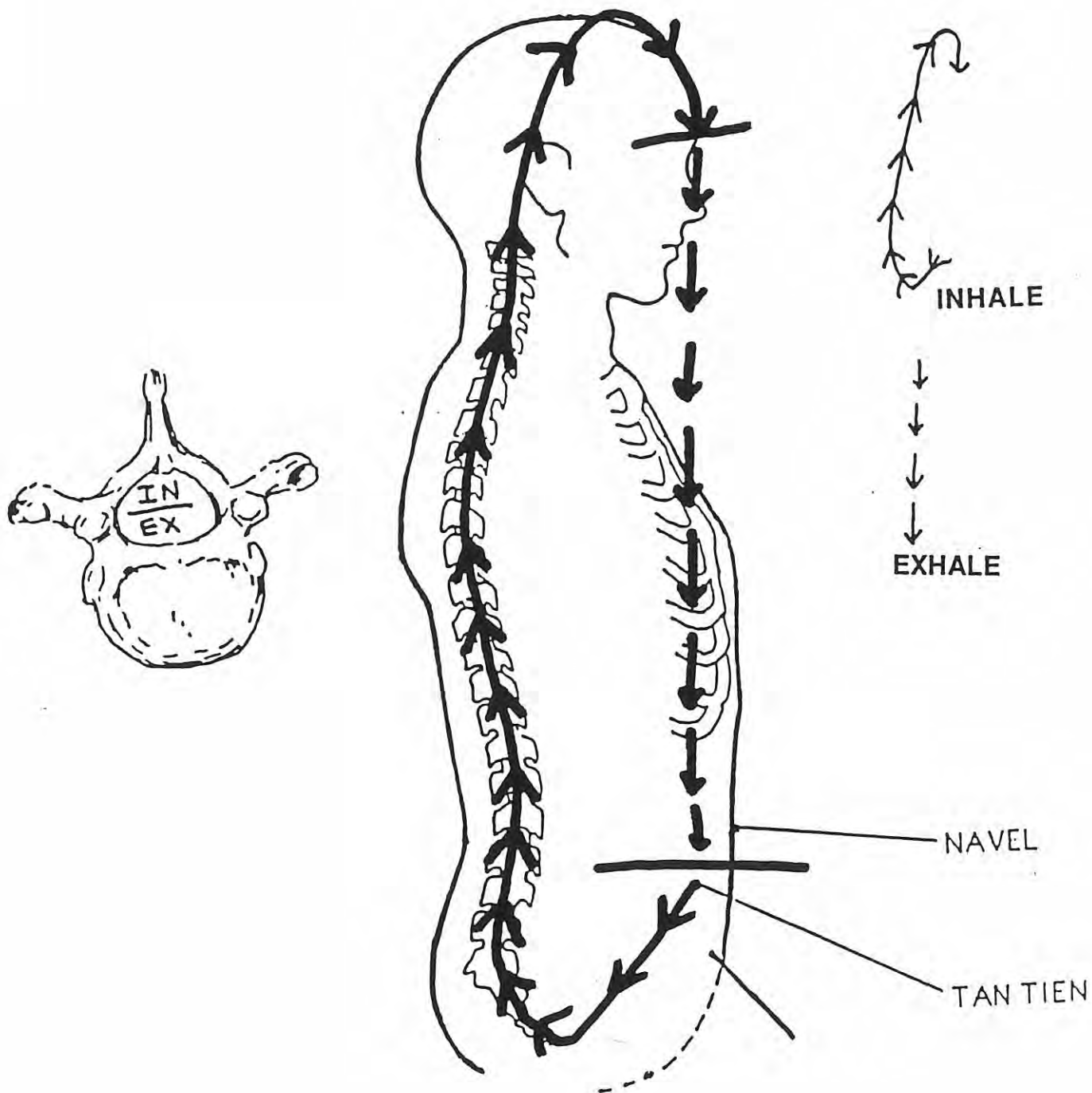
THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-N)
FINAL INHALE



THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-0)
FINAL EXHALE



THE MICRO COSMIC ORBIT
(ILLUSTRATION #16-P)
ALL FOLLOWING TOTAL CIRCULATIONS



LESSON #5

THE DAILY PRACTICE ROUTINE OUTLINE

The beginning and the first part of THE DAILY PRACTICE ROUTINE is done in a standing position.

Important note: Each new version of each technique replaces each old technique. Make sure you know each part well before you construct The Daily Practice Routine.

1) CONDENSING BREATHING - STANDING

Done in a horse stance. Draw into your Stickman from all 4 directions. Keep your mind in Tan Tien, 3 inches below your naval and 2 inches inside. (See Illustrations #3A & 3B)

2) BASIC PATH TRAINING - STANDING

A. Upward and Downward Meditation (See Illustrations #4A & 4B)

Draw in your palms and forearms on the inhale, expel out your fingertips on the exhale.

B. Inward and Outward Meditation (See Illustrations #5A & 5B)

Draw in your palms and forearms on the inhale, expel out your fingertips on the exhale.

C. Tai Chi Stance Meditation (See Illustrations #6A & 6B)

Hold your arms at shoulder height with your fingertips facing each other. Keep your palms facing your chest with your shoulders dropped and relaxed.

This is the second part of The Daily Practice Routine. It should be done in a sitting in The Lock Off Position, on a meditation cushion or a chair.

3) INSIDE AIR - SITTING (See Illustration #7) All 4 sets of details are listed. When practicing, add each level of details to each existing level.

Detail #1 - Short inhale followed by a long inhale. Short exhale followed by a long exhale.

Detail #2 - On the inhale, direct your mind, up through the ceiling. On the exhale, direct your mind, down through the floor.

Detail #3 - On the inhale, pull your diaphragm like a guitar string and let it go immediately. On the exhale, don't do it.

Detail #4 - On the inhale, squeeze your urinary and anal sphincter muscles. On the exhale, don't do anything. SQUEEZE ON THE INHALE ONLY.

4) SITTING FORMS WITH THE MIND TRAINING (CHI CIRCULATIONS)
(AKA - 6 FORMS AND 7 CIRCULATIONS™)

1. Bow Fists: Draw in through the knees on the inhale and expel out through the right fist on the exhale. (See Illustration #8)

2. Tai Chi Ball Meditation: 1) Draw in through the knees on the inhale, expel out, and into the spine on the exhale. 2) After you can do this well, expel out through "your third eye," the spot between your eyebrows. (See Illustration #9)

3. Sideways Fan Through Back: Begin in **The Prayer Hands Position** (See Illustration #10A). Keep one hand in front of your chest while the other hand extends out to the side with the heel of your palm facing out (See Illustrations #11R & 11L). In hale in as you draw your hand toward your center, exhale out as you go away from the body. Inhale in through the knees, and exhale out through the heel of your outgoing hand.

4. Forward Fan Through Back: (See Illustrations #12R & 12L) Begin in **The Prayer Hands Position** (See Illustration #10A). Keep one hand in front of your chest while the other hand extend out toward the front, with the heel of your palm facing forward. Inhale in as you draw your hand in toward your center, exhale out as you go away from the body. Inhale in through the knees, and exhale out through the heel of your outgoing hand.

5. Double Hands, Down and Out: (See Illustrations #13A, 13B, 13C & 13D) Draw in through your palms and kneecaps simultaneously on the inhale. Expel out through your palms as your hands go down and out at your sides, as you exhale.

6. Double Hands, Up and Out: (See Illustrations #14A, 14B, 14C) Draw in through your palms and kneecaps simultaneously on the inhale. Expel out through your finger tips as your hands go up and out at your sides.

5) PALMS ON KNEES WITH CHI CIRCULATION (See Illustration #15)
As you sit in the cross legged posture, gently place the palms of your hands on your kneecaps. On the Inhale, draw in through your knees. On the exhale, expel out through the palms of your hands. Keep your palms on your knees at all times. This should be practiced like "a closed circuit."

6) STILLNESS SITTING WITH CONDENSING

A. The Micro Cosmic Orbit: This is practiced in **The Lock Off Position** (See Illustration #7). Just practice **The Total Circulation**, not each step (See Illustrations #16A-P).

B. Heaven and Earth Meditation: (See Illustrations #17A & 17B)
(AKA - Twin Tornadoes, The Hour Glass, or Double Funnels Meditation). The is also

practiced in The Lock Off Position.

INHALE, draw in from the top funnel from Heaven while drawing in from the bottom funnel from Earth.

EXHALE, mix the two different energies and "blow out" the top and the bottom funnels. Spend as much time as you need.

HEAVEN AND EARTH MEDITATION
(ILLUSTRATION #17A)



C. Creating Your Daily Affirmations: This is also practiced in **The Lock Off Position** add while practicing Heaven and Earth Meditation. These will vary with each person. Use the affirmations that best suit your needs. Practice every day! This will become part of your Prosperity Training. Perform Your Daily Affirmations, both on the inhale and on the exhale. (See Illustrations #17A & 17B)

D. Creating Your Daily Visions: This is also practiced in **The Lock Off Position** add while practicing Heaven and Earth Meditation. This is extremely individualized to each persons needs. This is the place in Your Daily Practice Routine where you create and see your world exactly the way you want it. This is one of the most important steps in creating a constructive, permanent change. Your Vision Creation Practice will keep evolving as your practice grows. Perform Your Daily Visions, both on the inhale and on the exhale. (See Illustrations #17A & 17B)

E. Projecting Your WILL / Impregnating the Universe: This is a technique that combines Condensing Breathing, Heaven and Earth Meditation, Your Daily Affirmations, Your Visualizations, and a special releasing technique for helping to program your life, environment, and future. Continue doing Heaven and Earth Meditation, except now project out the top funnel only on the exhale. (See Illustration #18)

**HEAVEN AND EARTH MEDITATION
INHALE - Double Funnel
(ILLUSTRATION #17B)**

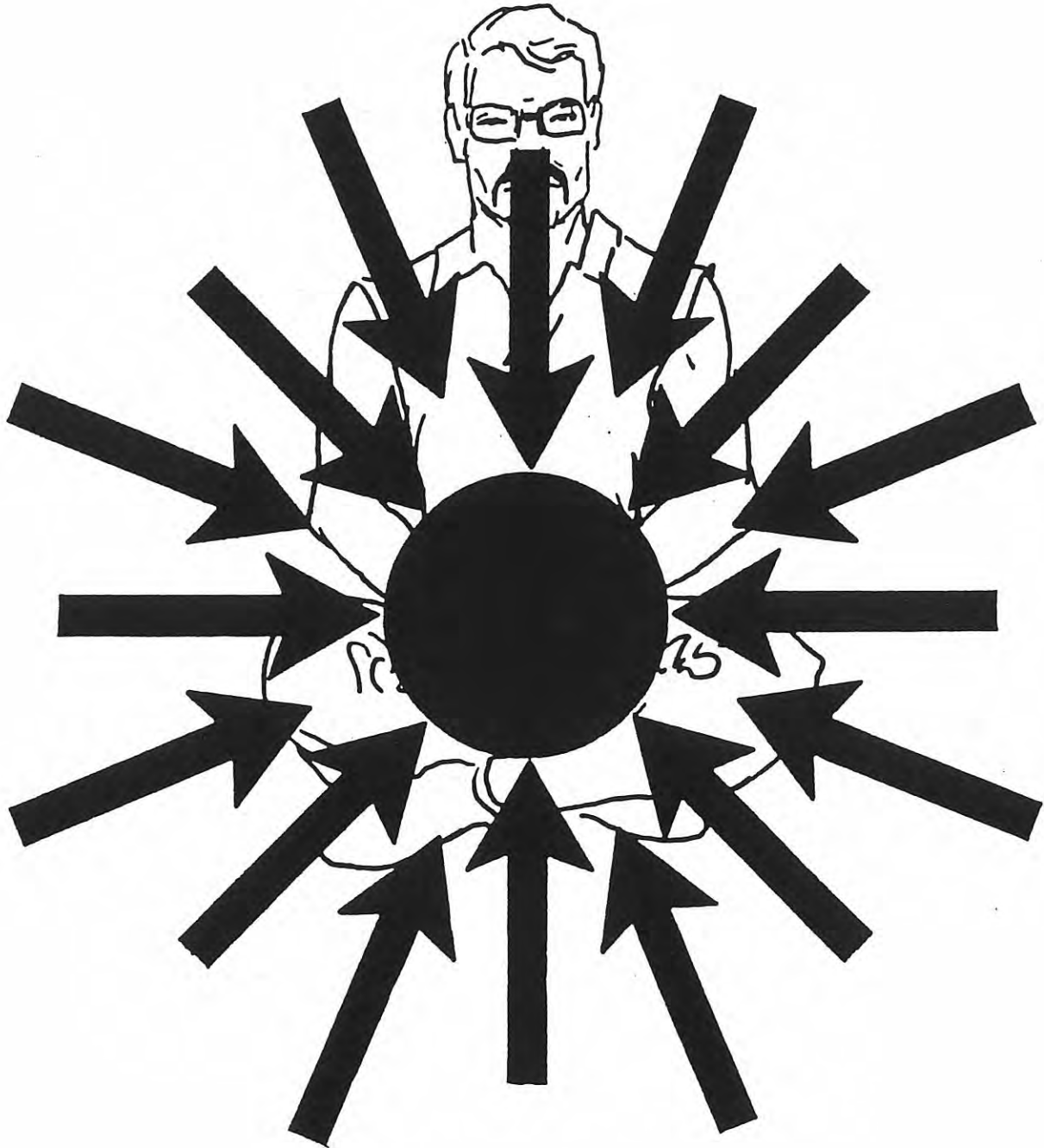


**PROJECTING INTO YOUR UNIVERSE
EXHALE- Single Funnel
(ILLUSTRATION #18)**



F. Layered Condensing: Re-calling your WILL. Regrouping your-self and your internal energy after Impregnating the Universe. Collecting your energy and yourself back into Tan Tien to complete. On the inhale, suck in from all directions at the same time. On the exhale, "blow out" in all directions at the same time, except for the last exhale. On the last exhale, only let the air out, not your energy or your WILL. (See Illustration #19)

LAYERED CONDENSING
-INHALE ONLY-
(ILLUSTRATION #19)



**LAYERED CONDENSING
-EXHALE ONLY-
(NO ILLUSTRATION IS NECESSARY)**

Important note:

On the exhales, explode out and fill the universe, except for on the last breath. On the last breath, let the air out, but retain your energy and WILL.

****THIS IS THE END OF THE DAILY PRACTICE ROUTINE****

The Daily Practice Routine: The purpose now is to teach you how to put together "the format" that you will in a very short time be practicing on a daily basis.

I am now going to organize Lessons #1, 2, 3, and 4 in a daily practice format for you. This is a very important and fun part of **The Clyman System™**. If you still do not understand what I am explaining here, that means that you don't get it. You should go back and review until you understand and can do all the individual parts. This is not where I am going to explain everything from scratch. I am using the attitude that "you already know the material." This is like shuffling the cards, not creating the deck.

Instruction in The Daily Practice Routine: You can do **Preparation** first if you wish. It's totally up to you. I am not attached to whether you do it or not. The reason I taught preparation in Lesson #1 is that most people who do "The Training" are so physically tense, that doing anything while being that tense is "worthless." You can't get anything done that way, so at this point you have been doing this for awhile. You know whether you have to do it or not. Some days you might do it and some days you might not. We are starting here with **Condensing Breathing**.

Remember, Condensing Breathing is the single most important factor in whether you are going to be good in Tai Chi or not. If some of you are not in Tai Chi and I am assuming most of my readers are not, **Condensing Breathing** has very important application to your daily life.

Condensing Breathing: Start by spreading your legs, 2-1/2 to 3 feet apart. That's almost double shoulder width. Tuck your pelvis under, gently let your elbows "bow out" just a little bit, but your fingertips are still pointing down to the ground, slightly in front of you. Do not touch your body with your fingertips. Keep your tongue up, breathe through your nose, reach to the ceiling with the top of your head and make sure your chin is tucked under. You don't want your chin going forward. Then you will get a stiff neck from practicing.

Condensing Breathing is what we're starting with. You're in the posture already. I will go through some important details. Remember, I told you touch all the different body parts. At this stage of The Training, you can discontinue that. You don't have to do that any more. The purpose I gave you that originally was so you can distinguish

what is you and what is your environment and start separating them. Forget that. Now you already know where your body is in relationship to your environment. Now we are going to go right into **Condensing Breathing**.

Condensing Breathing: INHALE, suck into The Stickman. Suck into the centerline of your arms, legs, torso, head and face. Immediately suck into the centerline of **The Stickman** inside of you.

INHALE, suck in from all 4 directions at the same time. INHALE - EXHALE. Don't worry about letting anything out. Just let the air out.

INHALE, suck in, don't forget to squeeze your sphincter muscles. Squeezing your sphincter muscles is very important. If you leave the sphincter muscles out of your practice, then you are almost "intellectualizing" the practice. You want this to become a physical practice.

INHALE, condense.

EXHALE, relax.

In the beginning of **Condensing Breathing** on a daily basis, the first thing you are going to do is suck into all 4 limbs and your torso in from all 4 directions. **Keep your mind In Tan Tien at all times.**

The next detail that you will do on a daily basis is after you have practiced the first line of details, suck in and take all the arms and the legs and the torso, the centerline and now center your attention 3" below your naval so that Tan Tien, which is 3" below your naval and 2 inches in. Suck into the center of all the lines that you are condensing.

INHALE, suck in all the lines and center all the lines 3" below your naval. EXHALE, relax. INHALE, suck in. EXHALE, relax. INHALE, suck in. EXHALE, relax. Do it one more time. INHALE. EXHALE. O.K., relax.

Shake your body for about 10 seconds just to relax it. Go back into the standing position that you were using for **Condensing Breathing**.

Basic Path Training:

Upward and Downward Meditation: If you are in my Tai Chi system, Temple Style, you'd be doing the Tai Chi forms and about 2-1/2 to 3 years before learning this set of **Standing Meditation**. After you have learned them you would then get **The Mind Training** that goes in on top of the physical Tai Chi forms. However, in **The Clyman System of Chi Kung**, I give you **The Mind Training** first, not last.

We are not going to spend any time practicing Tai Chi. You can do that later if you want to.

Upward and Downward Meditation: Your feet are still 2-1/2 to 3 ft. apart except this time reach forward with your fingertips almost like your elbows are straight and you are reaching forward. Form **Upward and Downward Meditation** by leaving from your elbows to your fingertips relatively straight but slightly sloped at the wrist. But sloped so that the wrist is actually higher than the elbow, not dropping your wrist, but raising your wrist so you're gently curved (See Illustrations #3A & 3B).

From this position, drop your elbows down to about a 45 degree angle to the ground. You should also have about a 45 degree angle from your elbow to your fingertips. Do not make it almost straight. I want it much more curved than you might think. Check the illustrations.

If you are viewing your body from the front view in a mirror, what you are going to be looking for is to make sure that your elbows are "no wider" than your wrists. That means you don't want your elbows lifted. You want to keep your elbows "dropped" at all times regardless of what form you are meditating in. So lower your posture more, sink more down, but do not fall forward. Keep your arms exactly where they are.

Remember this is not Tai Chi, this is Chi Kung so we are not concentrating on the physical movement. I don't care what it looks like as long as it is relatively O.K.

INHALE, suck in through your palms and your forearms. Suck in.

EXHALE, expel out through your fingertips. Remember this is **Upward and Downward Meditation**.

INHALE, suck in through your palms and forearms.

EXHALE, shoot it out through your fingertips.

INHALE, suck in.

EXHALE, shoot it out through your fingertips. Stay right in the position you are in.

INHALE, suck in and squeeze your sphincter muscles on all these meditations.

EXHALE shoot it out through your fingertips. If you feel a little tension when you first start this it's not a big deal. It's O.K. because as you practice more and more, it will get more and more relaxed. But you don't want to be standing up "sleeping." Do not close your eyes. Don't lose your posture. Don't rise up. Every time you notice you are rising up, push yourself down a little more.

INHALE, suck in.

EXHALE, shoot it out through your fingertips.

INHALE, suck in. Remember your arms are directly in front of you, with your elbows down at a 45 degree angle to the ground with your fingers up at a 45 degree angle to your elbows. Squeeze your sphincters on every inhale.

EXHALE shoot it out through your fingertips. You have just completed **Upward and Downward Meditation**.

Now we are going directly into **Inward and Outward Meditation**. Keep your body in exactly the same position as before. The only thing that is going to change is the position of the arms (See Illustrations #4A & 4B). So hold your arms out at a 45 degree to the front and a 45 degree to the side with your fingertips still pointing down toward the ground at a 45 degree angle. We are not pointing straight down and we are not pointing forward or to the side, we are down 45 degrees.

Gently sink your chest, keep your pelvis pulled under, keep your neck straight, reach for the sky with the top of your head, keep your tongue up, breathe only through your nose and do not close your eyes. Sink down a little.

INHALE, suck in through your palms and your forearms and both arms at the same time.

EXHALE, shoot it out through your fingertips, exactly the same as in Upward and Downward Meditation.

INHALE, suck in. Squeeze your sphincters on every inhale.

EXHALE, shoot it out through your fingertips.

INHALE, suck, squeeze, condense.

EXHALE. Repeat.

INHALE, suck, squeeze, condense in the palms and the forearms.

EXHALE shoot it out through your fingertips. We have just completed **Inward and Outward Meditation**.

TECHNICAL NOTES - AFTERTHOUGHTS

It always helps to hear it important details one more time.

Condensing Breathing / The Stickman

When sucking into the torso part of **The Stickman**, do not go down from the top and up from the bottom. Go in only from the 4 directions (in, out, back, & front).

The Stickman Extras: You can include an auxiliary exercise of standing in front of a wall from 2 inches away, with your mind in Tan Tien, with your eyes half opened, half closed, while **Condensing**. INHALE, expand your body and shrink your energy. EXHALE, shrink your body, and expand your energy. This is tricky but very important if you can do it.

Condensing Breathing: Your ability to explode is directly reliant and proportionately related to our ability to contract.

Basic Path Training - Tai Chi Stance Meditation: It doesn't really matter when you're doing **The Daily Practice Routine on Tai Chi Stance Meditation** where you begin, where you stop, or change direction of the circulation from one direction to the other. You can do it anywhere. It's easier to do when you can see it with your eyes, but it doesn't really make that much difference.

Basic Path Training - The Tai Chi Standing Meditation: After you know what you are doing with **The Standing Meditation**, you should practice for 3 sets to "leg tolerance." That means there is not real amount. Your ideal amount of repetitions per set will vary according to your levels of endurance on each particular standing meditation. These standing meditations are the hardest part of your Daily Practice Routine. Make them that way, the harder, the better.

The Sitting Forms with The Mind Training: You want to duplicate the standing postures, you don't want to break the consistency. This means you want to duplicate the Tai Chi forms while you are sitting, if you are a Tai Chi student.

Bow Fists: Start in **The Lock Off Position** with your ankles crossed, with your hands in place already.

INHALE open. EXHALE close. Gently form a fist with your right hand with the little finger side of your fist pointing out from the center of your chest. On the inhale open, your arms go apart. On the exhale, immediately, you start to close in.

The Chi Circulation is: INHALE, suck in through your knees, EXHALE, expel out through the heel of your right fist pointing out. INHALE in through your knees, squeeze your sphincter muscle. EXHALE project out the heel of your right fist and let go of your

sphincter muscles. Only squeeze on the inhale. It is also important to remember that the physical details of the move are not important; the mind training part of it is the important thing.

Tai Chi Ball Mediation: Now, drop your hands, open your hands almost touching your lap. INHALE open; EXHALE close. Make the movement gradual and smooth. Keep the right hand slightly inside at all times.

The Chi Circulation is: INHALE, suck in the knees, squeeze sphincters. EXHALE, suck into the spine from all directions. (Completely different from Condensing Breathing. In Condensing Breathing you are sucking into the spine or into The Stickman, on the inhale.) This is called "Projecting," not "Condensing." On the exhale, project into the spine. Keep your eyes open, sit forward on the edge of your chair in an anti-gravity position (leaning slightly forward). Reach for the sky with the top of your head, drop your chin, tip forward slightly with your whole torso.

When doing these moves you want to feel like your wrapped with strong duct tape, so on the inhale, your lower abdominals do not expand and on the exhale your lower abdominals do not contract. You're breathing internally, but your lungs, chest and stomach are not expanding and contracting, so it stays tight. I call this being "Wrapped." Continue doing same move...

INHALE in the knees, EXHALE project out through the third eye, between your eyebrows.

The Sitting Forms with The Mind Training - The Tai Chi Meditation, Circulation #2: Remember to project into the spine on the exhale. This is not considered Condensing Breathing. This is the only time you are actually "projecting into" anything, on the exhale. You always Condense on the inhale, this is the only time it's different.

Sideways Fan Through Back: INHALE suck in through your knees. This time on the exhale, your palms are pointing towards each other, finger tips pointing straight up, do not touch. Turn your head to the left or right, either side. Back to center to form **Prayer Hands Position.** INHALE move to the center. EXHALE push out to the opposite side. Alternate arms. Point fingers up toward the sky, elbows dropped, pull your thumb back toward your face, project out through the area between the second to the last finger and the little finger on your palm (See Illustration 10B).

Sideways Fan Through Back is a converted Tai Chi single form.

The Chi Circulation is: INHALE, squeeze your sphincter muscles. EXHALE, project out through the heel of the right or the left palm. Expand more and reach more.

Forward Fan Through Back: This is exactly the same as Sideways Fan Through Back except for the directions the arms move, that's all.

Forward Fan Through Back: INHALE in toward center to form **Prayer Hands Position**, while you suck in the knees. EXHALE switch to the other hand. Thumb pulled towards you, fingers up towards the sky and pulled back. Project out though "The Exit Door" part of hand, by the wrist (See Illustration #10A).

INHALE, pull in, EXHALE, push out. The movements are not important, but the circulations are. The movements can be improved later. It is important to keep your elbows dropped because you don't want to create an energy blockage in your structure.

Double Hands, Down and Out: INHALE, start in **Prayer Hands Position**. Now drop your palms to facing 45 degrees out and 45 degrees down, keep your elbows dropped. EXHALE, move your hands, down and out. INHALE when pulling your arms up, you don't want your arms to come past the center line. INHALE, pull up at that plane, palms facing down and out. EXHALE, make sure you have your wrists bent, with your fingers being pulled back toward your head. Keep shoulders dropped, relax as much as you can.

INHALE, suck in the knees, squeeze the sphincters, pull hands back. EXHALE push your palms, down and out. INHALE in the knees and in the palms. EXHALE, project out your palms.

The Chi Circulation is: Suck in the knees and your palms at the same time, but never project out the knees.

Double Hands, Up and Out: INHALE and let your wrists float up toward the ceiling, drop your elbows, point your fingers up and out, 45 degrees to the sky. EXHALE out your finger tips. Lead with your fingers.

The Chi Circulation Is: Suck in the palms and in the knees while squeezing your sphincter muscles. Project out your fingertips.

This is very simple yet very important. This set of exercises connects your whole body on a cellular level to each other cell.

Palms On Knees Meditation: With this meditation, end up with your palms on your knee caps. INHALE, suck in your knees, squeeze your sphincters. EXHALE out your palms. Go back to starting position which is the lock off position. When you do **Palms On Knees Meditation**, it is almost like you've got 2 circulations going on at the same time. You have a circulation that comes up the legs, up the side of body and down the arms. You don't have to be able to visualize or complete the circuit, if you just suck in your knees and blow out your palms, your energy knows how to get from one place to the other. You don't have to direct it with your mind.

Palms On Knees Meditation: When you pour water on a table top, you are not concerned about how the water will get to the floor, you just know it will. This should be the same attitude used while practicing this sitting meditation.

The Micro Cosmic Orbit: Remember, when you're doing step #1, Point #1 of **The Micro Cosmic Orbit**, how you get from your nostrils to the tip of Xyphoid process is not important. You can visualize the outline of the body or it doesn't even have to follow your body at all. Keep it as simple as possible.

When doing Step #2, Point #3 of **The Micro Cosmic Orbit**, how you go from your nose to the floor of the torso (perineum), is also not important. You can go at any pace you would like, whether it is sudden or in increments.

Step #2 at Point #2, the floor of the perineum, the floor of the torso, is one of the primary points in practicing **The Micro Cosmic Orbit**. So Steps #3, 4, & 5 are done at Point #2.

Step #3 is, go down to point #2, pass right through the sternum (Point #1), down to the floor of the perineum, on the inhale and squeeze your urinary and anal sphincter muscles. Notice all the air is going in from all directions in toward the center. This time "up and down" are included. Do not be concerned with "how to bring the energy up and out again." Right now, all that is important is going down the tube as fast as you can get there while contracting. Squeeze your urinary and sphincter muscles and contract into the floor of the perineum, the point between your genitals and your anus. Men and women contract into the same spot.

Special note: remember, you will never squeeze your urinary and sphincter muscles on the exhale.

The Micro Cosmic Orbit: The reason we don't exhale out of our mouth is because if we do that, our energy will go "out" as opposed to "down" into **The Micro Cosmic Orbit** and return to Tan Tien.

The Micro Cosmic Orbit: Going up the spine is natural. That we can do almost innately. What is not natural, but requires skill or learning is "running or dropping the energy down the front of the inside of the spinal cord." In Kundalini Yoga, they bring their energy up, but they never concentrate on moving it "down" again. In Chi Kung, we direct the energy up and direct the energy down also.

Layered Condensing - Fitting In More Than Will Fit: Everybody understands the concept of the onion and what "pulling off" one layer after another means. This principle is the reverse of **Layered Condensing**. This is as if, in the same amount of space, you can suck in more and more, but the actual size does not expand, only the density.

While practicing "Layered Condensing," you suck in as much as you can possibly suck into Tan Tien (3 inches below the navel and 2 inches in) and then you continue to suck in more and more and you continue to squeeze and pump your sphincter muscles until you're full. As "full" as you can possibly get. After you have filled your vessel, then you exhale and empty out and fill the whole universe.

BEYOND SELF-HELP: MASTERING PERSONAL POWER™ by Gary J. Clyman

Then suck more and more and more and more, all on the same inhale. It is a smooth inhale but you can "pump" your sphincter muscles, as a way of "rooting your mind in your body."

Then, on the last inhale, you suck and everything goes in. On the last exhale keep the energy in and only let out the air you're breathing. You don't expand, you just "leak your air out," and keep everything inside. Then you're done. **This is the final exhale.**

The Daily Practice Routine - 40 Minutes That Will Change Your Life:
Condensing Breathing - 3 minutes, Basic Path Training - 6 minutes, Inside Air - 1 minute, The Sitting Form with The Mind Training - 10 minutes, Palms on Knees Meditation - 2 minutes, The Micro Cosmic Orbit - 5 minutes, Heaven and Earth Meditation - 3 minutes, Your Daily Affirmations - 3 minutes, Projecting / Impregnating the Universe - 5 minutes, The Bone Marrow Exercises - 2 minutes (for stretching purposes), **TOTAL TIME = 40 MINUTES.**

ADVANCED TRAINING: WORKSHOP II.

- 1) CIRCULATION ACCELERATION
- 2) CHI IN VOICE AND ACTION
 - A. TAO MEDITATION (STANDING)
 - B. 4 DIRECTIONS (SITTING)
- 3) MOTHER MEDITATION
- 4) PULSE COORDINATION MEDITATION
- 5) TAOIST LONGEVITY EXERCISES
- 6) COMBINING HEAVEN AND EARTH MEDITATION
- 7) TAO KUNG, SITTING
- 8) FREE-STYLE CHI KUNG
- 9) NEI KUNG/STANDING