

# THE NEI KUNG BIBLE

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## **IKF Condensing Breathing Article v.2.3**

A few years ago, when Dave Cater asked me to write an article entitled, TEN MINUTES A DAY THAT WILL CHANGE YOUR LIFE, I was not prepared. A lot has happened since then...

For the last 10 years, my student, who is a Master of Photo Shop and my Tai Chi student since 1986, Larry M. has been collecting details and personally compiling his notes to collect all my instruction into one self-contained field manual.

This compilation of Larry's notes from my teachings became recently available, THE Nei Kung Bible!

Two years ago, he took the photos. For the last year has not gone to sleep before 2AM. Compiling the details has become an obsession and after 6-7 generations of detailed corrections, the work is now complete.

I started learning Temple Style Tai Chi in 1974. I was taught Chi Kung a year after my teacher's school closed, in his living room in 1978. I practiced hard and alone for 5 years. I experimented and formatted my Chi Kung system the way I wished I could have been taught.

I began teaching my Tidal Wave Chi Kung system in 1983. I've had thousands of students from all walks of life. It was concise, simple, organized, powerful, and step-by-step. It worked miracles for those that worked with it.

People with NO previous experience were able to quickly cultivate their chi and create their "Internal Vacuum." The Daily Practice Routine only took 28 minutes to perform when followed via video.

Everyone told me I was wrong to teach non-Tai Chi experts Chi Kung. They even insisted that personal attention was needed. In fact, they said, "It could and should not be done." They were wrong, which I have proven thousands of times.

I did not create my Chi Kung system for 5 or 6 masters only. I created it for everyone, regardless of previous experience. At the time, many Chi Kung seminars and books were out there, but most turned out to be a waste of time.

After many requests for more, bigger, and different additional materials, in 1999, I created and began teaching my Mind Light Nei Kung Program. My programs have always been available on video, DVD, and via private instruction and group workshops.

Something new was waiting to come out! It took 10 years since I created my Mind Light Nei Kung Program and finally THE Nei Kung Bible is available.

Condensing Breathing is The First and most important Technique in my system. The Chi Kung system should be completed before beginning the Nei Kung system. In fact, I believe Condensing Breathing is the MOST important single practice in all of Internal Kung Fu!

Activating your internal vibration and your internal vacuum is quite simple and doesn't take very long to develop. It doesn't take months or years. It is based on the intensity of your practice. In some cases, it can actually take only a few hours.

If you practice like your clothes are on fire, it can actually take only a few hours. If you take your time and take it slow and practice like you have the rest of your life to accomplish something, it will.

If circulating chi and cultivating internal power is so important, how come nobody ever writes about it, talks about it or teaches it? That's because most of the internal martial artists are confused about the concepts and the steps to becoming "internal."

This article will be the most important internal kung fu practice of all relating to your internal vacuum.

It goes by the name Condensing Breathing, The Stickman, and it effects everything from raising your core temperature, increasing your metabolism, modulating your immune system, curing back pain, ending depression even in raising your DESERVINGNESS.

My specialty in my workshop is in raising your deservingness, which is your self-esteem. When you practice Condensing Breathing, your whole world will change in a very short time.

If there is something you wanted and never got, it's because you didn't want it bad enough. When you practice Condensing Breathing, your whole world will change in a very, very, very short time.

Everyday can be a great day when you start your day with Condensing Breathing. Intensity and intention are two important factors in the internal equation.

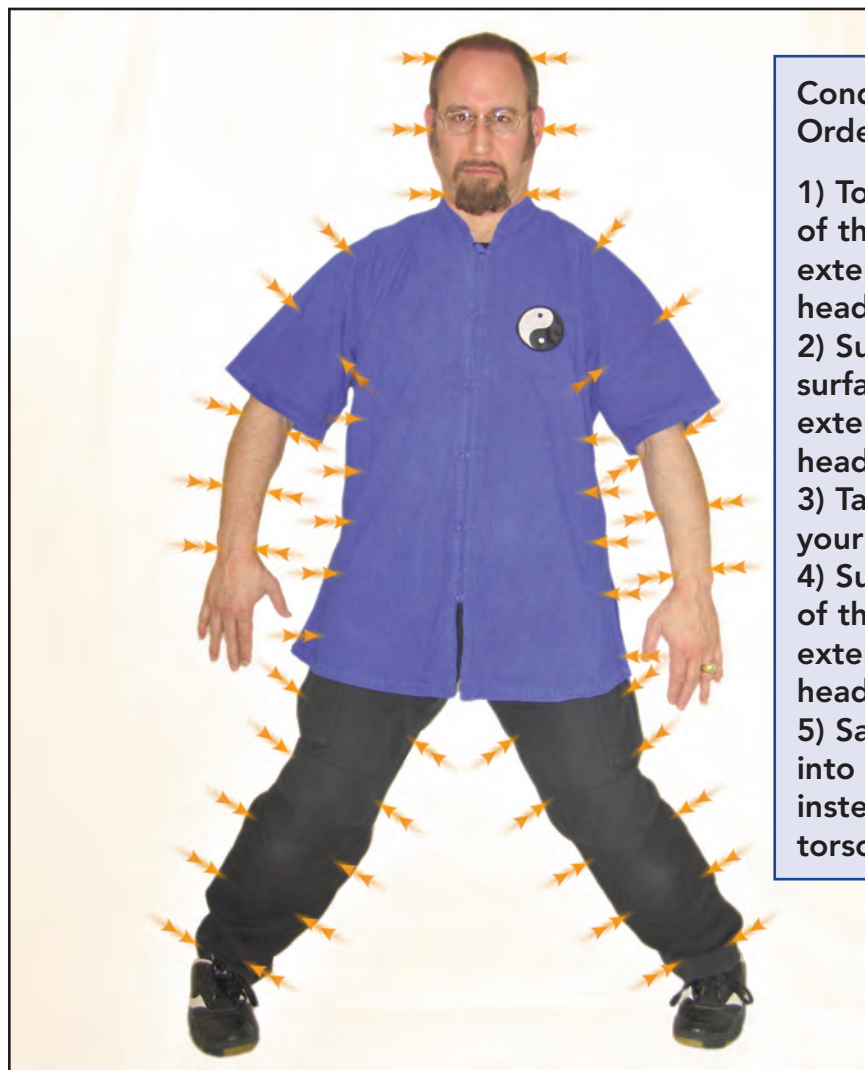
If a picture is worth a thousand words, these pictures are worth a trillion words.

Take this gift and use it well. "Practice as if your skin is on fire."  
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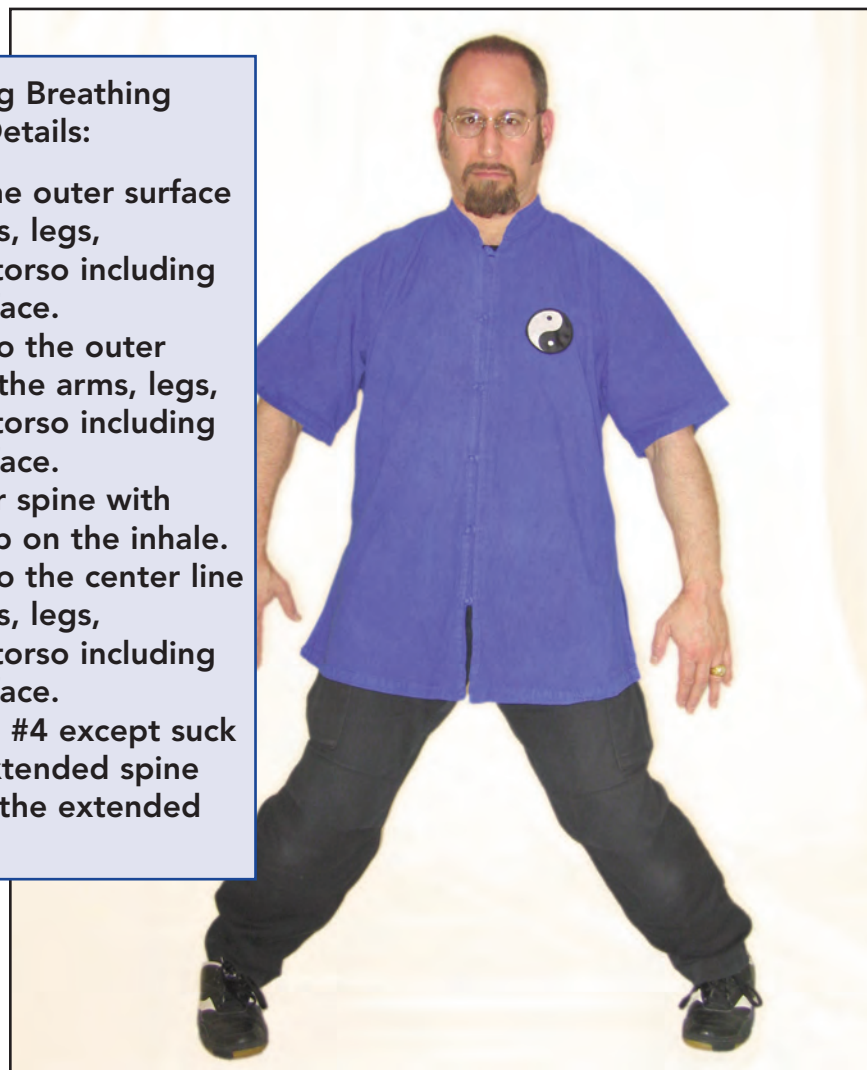
## Chi Kung Daily Practice Routine; Condensing Breathing

*Lower stance, toes in, knees out, pelvis under, reach for sky with top of head, pull cheek bones back, tuck in chin.*



### Condensing Breathing Order of Details:

- 1) Touch the outer surface of the arms, legs, extended torso including head and face.
- 2) Suck into the outer surface of the arms, legs, extended torso including head and face.
- 3) Tap your spine with your thumb on the inhale.
- 4) Suck into the center line of the arms, legs, extended torso including head and face.
- 5) Same as #4 except suck into the extended spine instead of the extended torso.



**Inhale:** Follow the order of details while **KEEPING** Tan Tien and **SQUEEZING** your sphincters.

**Exhale:** Take your hands away and relax.

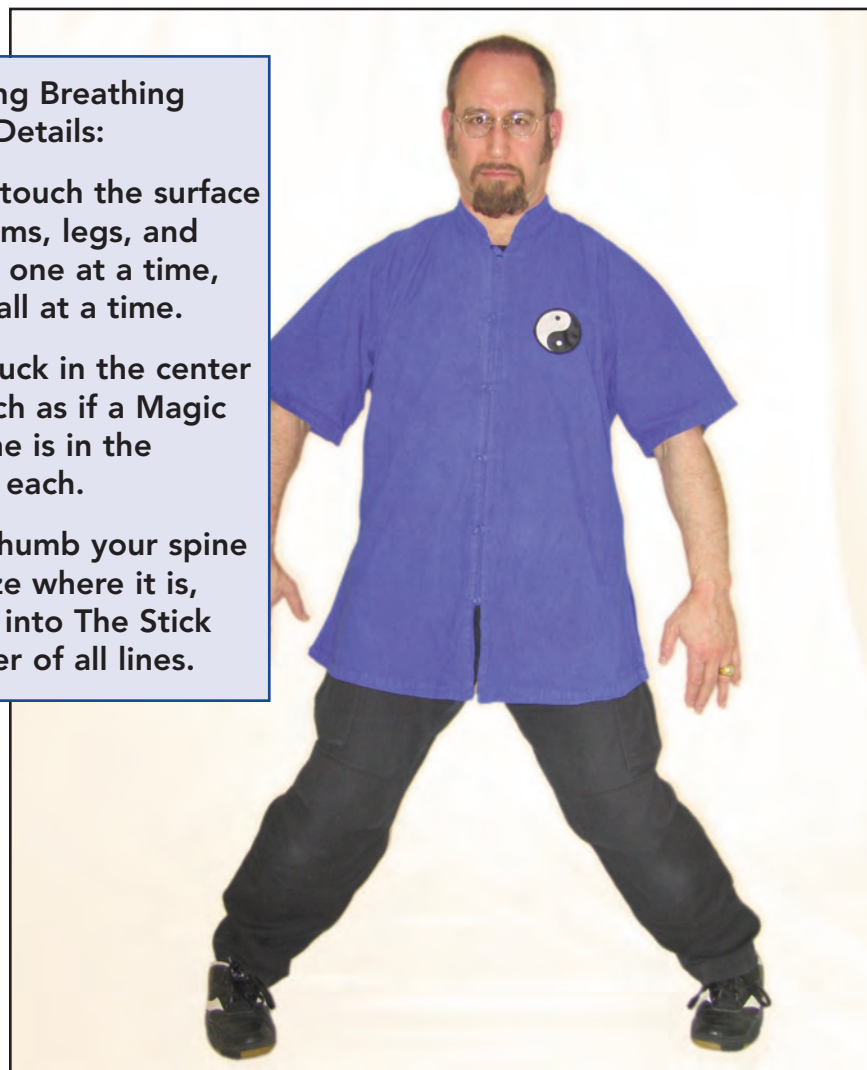
## Chi Kung Daily Practice Routine; Condensing Breathing

*Lower stance, toes in, knees out, pelvis under, reach for sky with top of head, pull cheek bones back, tuck in chin.*



### Condensing Breathing Order of Details:

- 1) Gently touch the surface of your arms, legs, and torso first one at a time, and then all at a time.
- 2) Next, suck in the center line of each as if a Magic Marker line is in the middle of each.
- 3) Next, thumb your spine to sensitize where it is, then suck into The Stick Man center of all lines.



**Inhale:** Follow the order of details while **KEEPING** Tan Tien and **SQUEEZING** your sphincters.

**Exhale:** Take your hands away and relax.

## Chi Kung Daily Practice Routine; Condensing Breathing

*Lower stance, toes in, knees out, pelvis under, reach for sky with top of head, pull cheek bones back, tuck in chin.*



**Inhale:** Suck in from all directions.



**Exhale:** Do nothing.  
Note: Only "the suck" matters.



## FROM A KUNG FU MASTER

Clyman's Mind Light™ Nei Kung is the most sophisticated and advanced system there is, and guess what? It's easy to learn and practice! You don't even have to be a martial artist let alone a Tai-Chi master as most people would have you believe.

I know this because I have spent most of my life studying, practicing, and teaching Chinese kung-fu and Tai-chi. I have learned from the best in the world and no one else has ever made this mind blowing information available let alone accessible to the average person. You can go from knowing nothing to doing Mind/Energy exercises that most masters don't know and couldn't even dream of doing themselves.

All you need is the information and some time to follow easy step-by-step instructions. It's the Nei Kung Secrets that make it all happen, not hard work, or thirty five years experience.

**Master Matt Mollica**

**6th degree black belt, Shuai-chiao**

**9th level black sash(2nd Grandmaster) Shaolin-Tiger Kung Fu**

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## FROM A NOVICE WITH NO PREVIOUS EXPERIENCE

I was introduced to Mind Light™ Nei Kung three years ago when I started practicing with my husband who is an acupuncturist. With no background in the practice of Tai Chi or martial arts, I had no idea of the magnitude of this challenge.

The series of organized practice routines taught in this book began to rapidly produce profound changes in my life. They have helped me work through limitations I had unconsciously accepted and lived with for years.

Discovering the ability to train one's mind, changes everything and puts you in control. Because this is taught in a purely practical way using clear visual directions, you can quickly and easily grasp the details of Mind Light™ Nei Kung Training. I look forward to my daily practice and find it compliments every aspect of my life, professionally, personally and spiritually.

**Jenny Goit**