

LOCAL SPOTLIGHT —

The Cure for Mad Human Disease

By Gary J. Clyman, L.Ac.

You have a real estate agent when you buy or sell your house. You use a literary agent when you want a book published. We all know what a travel agent used to do. Even a secret agent has his importance. Each of these is a “change agent,” someone who facilitates change for another by providing what the other cannot provide for herself or himself.

People who want to make major changes in their life—their health status, their marriage, their business, their physical body, and even removing pain—need personal power. When you want more out of life and you don’t know how to make it happen, you need assistance to get focused and change.

I developed a system called Personal Power Training™ which gives people the structure to achieve their specific goals and objectives. Personal Power Training is designed to give people the ability to focus on a problem, visualize the solution, and go in a direct line to bring about the necessary change.

Remove Stored Negative Emotions

Most people are walking around emotionally tied up in knots because unconsciously they’ve been mad ever since they were born. It’s not unusual to find people in their 80s who are still upset about what happened to them during their childhood. The results are anger, bitterness, fear, guilt, rage, anguish, sorrow and abandonment. Practically all people have at least one of these emotions buried inside them, and oftentimes many more. When they come in seeking help to change some aspect of their life, I listen to their story and get an idea of how to approach their situation.

The first step in Personal Power Training is “Emotional Liposuction,” where stored negative emotions are removed. The process is simple and straightforward. I first use my Chi, which is internal energy that I have trained myself to control, to activate emotional points on the body. My clients don’t just walk in with a particular pain, for instance in their right rib over their liver. My hand directs my Chi to activate their emotional points. When I then touch these points, they may have excruciating pain.


These stored excess emotions are then “sucked out” using my Jing. Jing is your ability to transform and transmit


the internal energy that you have cultivated and use the energy outside on somebody else. I use my Jing to begin extracting the emotions like a puddle sucker connected to a vacuum pump. I suck the emotions out until they are gone.


Reactions to Emotional Liposuction

People yell, growl, cry, scream, and gasp while receiving the healing treatment, but when it is done, they feel lighter, empty, peaceful, and happy. It happens quickly, but it is very intense. When they are finished, they feel great, like a truck has just been driven off of them instead of over them. Many times

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back pain, neck pain, shoulder pain, knee pain, jaw pain, etc. simply disappear because they were emotionally based. This treatment works like magic, and people fly in from all over the world to “get fixed.”

Once these underlying emotions are removed, it is time to work on the second part of Personal Power Training, called “Harnessing Your Vehicle.” Listening to the client’s story is key, and to what they want to have happen, and how they want to change. My specialty is connecting my client’s wants, needs, dreams, and wishes to their personal Chi Kung practice. Everybody practices the same routine, but for their own specific reasons and with their own goals in mind. The personalization of the Chi Kung system is amazing. With over 3,000 students, there are also over 3,000 stories.

Chi Kung Practice—Power for Personal Change

The third part of Personal Power Training is the Chi Kung practice, which is linked to Harnessing Your Vehicle. The Chi Kung practice gives you the energy to enable yourself to create these dramatic changes no matter what age or situation you are in. Just because you have never done this before doesn’t mean you can’t. Chi

Kung empowers you and the system is simple and easy to learn. An easy step-by-step process enables people to learn the Chi Kung and Nei Kung systems. It is designed not just for the few, but for thousands of people to learn it and receive the life changing benefits.

The first step is a practice called “Condensed Breathing.” You learn to take in energy and store it, as an electro-chemical energy inside the body. Everyone’s energy is completely chaotic and disorganized until they begin learning these practices. People learn how to take energy into their core, store it, circulate it and then finally, project it. It’s very exciting, and not some boring “let’s all calm down and go to a librarian convention” type of practice.

The next step is to learn my system of Chi Kung, which is called Tidal Wave™ Chi Kung. I kept it small and manageable, to make it fit into a half hour a day so everybody can do it, regardless of what you do for a living, or whether you are sick or healthy. Everybody has a half an hour a day.

Nei Kung—Super Human Vitality

The Tidal Wave Chi Kung system is small and takes only five weeks. The Mind Light™ Nei Kung program is large and contains all the important

internal practices from Temple Style Tai Chi System which I began learning in 1974. It is taught in a specific step-by-step order, as a way of learning the internal practices to cultivate internal energy, and eventually to cultivate internal power, not just to improve your health or to have more vitality, but to become a vital super human. It takes three months to complete, not twenty years, and is very possible to do.

By practicing Chi Kung you will begin to treat yourself better ... eating, sleeping, exercising, and more. You will be more alive than ever before! If you want to live to be over a 100 years old, prepare for it now. The longer you wait, the more problems you’ll have. Many people practice Chi Kung because they’re scared, tired, sick of being sick ... or because they want more out of life! More fun, more prosperity, more success, more happiness. That’s right, happiness! Come and get the eye of the tiger, get the edge, have an unfair advantage. Be the best you can be. Learn fit ten pounds of energy into a two pound bag. Get inspired and remember, masters are made in the beginning, not at the end. You can be great in Chi Kung and Nei Kung. All you have to do is follow directions.

“Deservingness” and Tidal Wave Chi Kung

“Deservingness” is a word I created to explain how to increase self-esteem. Deservingness is dramatically increased immediately upon beginning Tidal Wave Chi Kung. Students learn they deserve better *before* they work toward what they want. Your improvement starts from within, then manifests outside as positive change. I discovered this “deservingness concept” in 1983 during my first group workshop. Thousands of people are happy I did. Step up! It’s your turn. Aren’t you ready for dramatic changes to happen to you?

Master Gary J. Clyman is a Tai Chi and Chi Kung Master, Wholistic Health Practitioner and Licensed Acupuncturist with over thirty years of healing experience. To reach Gary J. Clyman, call 312-446-8218 or visit www.chikung.com.



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