

**ACHIEVE YOUR  
ULTIMATE PERFORMANCE  
THROUGH**

**PERSONAL POWER  
TRAINING™**

**by Gary J. Clyman**

**"With the nature of water and the effectiveness of modern laser technology, Personal Power Training™ will help you create positive and permanent life changes, the way you want them, when you want them, NOW!" -Gary J. Clyman**

## **YOU CAN CHANGE YOUR LIFE THROUGH PERSONAL POWER TRAINING™**

The purpose of Personal Power Training™ is to give people the structure that supports achieving 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.

Personal Power Training™ is a fast paced course designed to quickly release and eliminate the Negative Underlying Belief Systems that limit your personal and professional growth. We teach you to cultivate the energy you need to reach your new goals. We help you stay sharply in focus while working towards achieving the personal and professional horizons you set. Self-esteem is usually greatly increased in the participants of this course.

Our techniques are a concentrated, yet concise, form of methods found at the core of many of the world's most potent mental disciplines. We present them in a new form to meet the needs of professionals who want to change NOW.

Personal Power Training™ will, in an amazingly short time, help you to release and eliminate negative habits, attitudes, and beliefs that place lifelong limitations on your personal, professional, and financial growth.

Once your limitations have been examined and clarified, a two stage reprogramming process begins. The achievement of any goal demands an abundance of energy: Mental energy for concise, clear thought; physical energy for stamina. Therefore this second stage of Personal Power Training™ is Energy Cultivation. You will learn to generate internal physical energy on command.

The final thrust of Personal Power Training™ is Focus. You will learn how to focus energy on any goal in a forceful new way. Survival habits: eating, sleeping, sexual drive, etc., are the strongest instincts we possess. Our Personal Power Focus technique brings to "non-survival" characteristics (self-esteem, self-confidence, concentration) the same level of intensity as your strongest survival instinct.

Personal Power Training™ not only inspects your illusions and belief systems,

but replaces them with more applicable concepts that work and bring immediate and long lasting results.

### **WHAT DOES EVERYBODY WANT?**

Everybody wants the same out of life... MORE! More money, better sex, more confidence, greater joy, more power... MORE. You can have it all. You deserve it all. And through Personal Power Training™, a Western discipline based on the ancient Chinese teachings of Chi Kung, you can achieve it all.

Chi Kung, meaning "energy work", is a technique designed to cultivate internal power and so improve our lives sexually, professionally, and personally. It is the source of power and focus behind the Chinese internal martial arts, and without which the movements are only empty gymnastics. Yet precisely because of this power, Chi Kung, has been kept a well guarded secret. One that the devout student might eventually discover, but only after years of intense and grueling physical practice.

After many years of 6-10 hours of daily practice, I was taught the secrets of Chi Kung, extracted their truth, injected a dose of positive mental attitude, and developed a program for personal transformation that Western society can be taught in a matter of hours. I have already done the work for you so you don't have to.

Like acupuncture without needles, I have developed a technique that releases blocked energy centers in the body through what I call "Hands On, Transfer of Power". By stimulating areas of the body associated with long-held, unresolved issues, I draw out the negative conditioning and replace it with positive, healing energy. I teaches my clients to change their lives by visualizing their goals as if they were already fact. Negative thoughts can still occur even after Personal Power Training™, but the difference is they have no place to land.

The benefits are seen immediately and continue to develop over time. As a result of this teaching, clients have stopped seeing psychiatrists; traders have cut their losses; physicians have felt more self-confident in patient diagnosis; attorneys have created positive outcomes from negative courtroom situations.

The achievement of financial prosperity,

better sex, improved relationships, increased self-confidence, and stronger WILL power is everyone's goal. Personal Power Training™ makes it a reality!

There are many types of personal growth seminars on the market place today. Most are psychological and rarely can you find a physical method designed to help people change their lives. Personal Power Training™ takes a unique approach to helping you become all you can be. Some people say "we contain all we need to be all we can become". I do not agree. I implement a different approach. From my extensive background in the Chinese arts of Tai Chi Chuan and Chi Kung, I have created a new way to stimulate dramatic changes in nearly every ones life. After 15 years of personal practice, I have devised what what I consider the best way to help others change their lives. The results I help my clients produce sound amazing, and they are, but by speaking to some of my clients, one will find they are not only satisfied, but ecstatic.

My approach was developed in 1983 after nearly 10 years of extensive study and practice. I was inspired to create a new method of teaching ancient, but potent internal energy cultivation techniques to every day people that would enable you to experience positive and dramatic life changes. I decided to teach techniques that had taken me years to reach through my traditional Tai Chi training.

My clientele is comprised of commodity traders, physicians, attorneys, psychotherapists, and entrepreneurs. I choose to work with a high profile clientele because they can afford to implement the suggestions that I make. Personal Power Training™ is not for the meek at heart, it will unleash the tiger within you.

My specialty is teaching commodity traders what I call "internal discipline". "Internal Discipline" is the ability to start your day where you left off the day before. They can use my program to improve their trading performance immediately and many will start to see noticeable improvements within 3 to 5 weeks. This does seem incredible, but I have a client list as long as your arm to back me up. The reason I chose to work primarily with commodity traders is the fact they can use my tools, many times a day. Doctors, lawyers, and other business people absolutely can use these tools, but not as frequently.

Because of my work with traders, I have

developed the ability to help everyone create positive and dramatic changes in their lives also. Imagine what professional athletes could do with such valuable tools. This could make the difference between coming in first or last.

If I had only a few sentences to explain what I do I would have to say, "I concentrate mainly on 3 widespread, yet specific issues that effect all people. They are self-esteem, confidence, and discipline". Or to put it more simply, "I inspire people that are not inspired."

Many people are not clear about the difference between self-esteem and self-confidence. To put it simply, self-esteem is your level of deservingness while self-confidence is your ability to perform.

The one thing that separates me from all the other self-improvement workshops out there is that I perform a what I have termed "Hands On, Transfer of Power." When I perform "Hands On, Transfer of Power," I use my internal energy to remove old original emotional incidents that hold people back. When these "original incidents" are removed, people also give up the negative underlying belief systems that are responsible for creating many ongoing problems.

The reason I can actually remove these emotional incidents and energy problems, is because of my own internal energy reserves. These "original incidents" are related to a handful of specific emotions that are stored in specific locations of our bodies. These emotions are anger, abandonment, guilt, bitterness, and fear. Anger and abandonment are the most prevalent, followed by guilt and bitterness, with fear surprisingly least widespread. Most people believe they have fear, but in reality, it is many times a mix of anger and abandonment. Performing "Hands On, Transfer of Power" takes about 10 to 30 minutes and is like nothing you have ever experienced, except of course, for the original incidents. This is a true and total healing. Once it's done once, that specific emotion is not a problem ever again. I'm not saying you won't experience anger again, I just saying you won't be reacting because of something that happened 30 years ago.

Life is a lot easier to live when you can be in the present. This excess baggage we carry is responsible for us limiting ourselves and not living up to our full potential.

In Personal Power Training™ Weekend

Workshop I deal with the underlying negative belief systems that prevent people from achieving their goals and being truly happy. I believe most people live in a chronic condition I describe in misery and trouble. I teach the complete Chi Kung system during the weekend and associated the internal energy exercises to the participants specific needs. My groups bond together almost immediately and by the middle of the first day, it is obvious that something serious is going to happen. I keep my groups relatively small to insure nobody falls through the cracks and does not get what they want from the workshop.

The groups consist of 10-12 people from diverse backgrounds and ages. I perform "Hands On, Transfer of Power" on everyone who asks for it and each experience different emotions, just as I described. When I finished each participant, it is clear something is different. Usually each participant experiences about 5 days of emptiness. It takes this long for each person to clearly understand and appreciate their new selves and what has been removed. The absence of old emotional blocks becomes more and more obvious with time.

I have recently begun working with two very experienced training associates. Gunther Weil Ph.D. and his wife, Rylin Malone Ed.M., are both have formidable therapists and trainer/consultants in private practice as well as teaching their seminar entitled The Passion, Power, and Intimacy Workshop. In their seminar, they teach Chi Kung techniques as a tool to improve communication and enhance sexual performance and fulfillment.

Dr. Weil, when asked, said "Hands On, Transfer of Power is probably the most powerful experience of the psychological catharsis that I've ever experienced. Although I do not consider it a tool that everyone should or could use, it is an extremely important and helpful way of releasing accumulated negative emotions, limiting patterns, and psychological blocks. Performed in conjunction with Clyman's Chi Kung practice, it has proven to be a highly effective method for creating personal change." Dr. Gunther Weil, Psychologist.

My book entitled, MASTERING PERSONAL POWER by Gary J. Clyman is now available through myself only. It contains the entire Chi Kung system from beginning to end as well as much of my success and prosperity approach to life. I am currently looking for a major publisher to get it in

every book store in the country. I have received tremendous reactions from readers that have read my book thus far. People are actually able to learn and apply my material directly from the book, easily. If you would like to obtain my book, contact me immediately.

**FROM THE BOOK...**

### **TAI CHI VS. CHI KUNG: WHAT'S THE DIFFERENCE?**

The practice of Chi Kung is physical in that it involves and takes place in the physical body. It is not a mind thought or a thought process, but neither is Chi Kung physical like Tai Chi. Tai Chi concentrates primarily on changing your physical structure, improving your posture, taking off your weight, strengthening your lower body, improving your breathing and many other physical benefits. Chi Kung focuses more on what the mind is doing and not so much on "physical details," at least in my system.

Chi Kung concentrates more on cultivating your WILL. These two arts are clearly different. Chi Kung is not physical in nature but it's not mental either. Training your mind is quite different than "being mental" or learning new ways to think. It is not learning new belief systems, it is breaking old belief systems and becoming free, that's more important.

If practicing Chi Kung can help you realize and break you personal limits, so that your limits have less control over you, that's more important than giving you some new way of thinking. Keeping the old limits and using a new way of thinking means you're still stuck. Learning and practicing Chi Kung is totally different than going to "therapy" where the therapist is usually passive and just a professional listener. My Chi Kung approach is very, very aggressive, but not physically aggressive.

### **CHI KUNG MOVES ENERGY "WITH YOUR MIND"**

What is it if it isn't physical and it isn't mental? It is directing energy with your mind. An example is trying to move a golf ball with your mind, under your skin or to use a vacuum cleaner to pick up something that travels through the hose. That is easier to understand. The idea of moving the golf ball under your skin is like a mouse running under your skin, energetically speaking, of course.

At advanced stages, you can feel a person putting his mind at any point in his body by expanding any specific part of their body, at WILL. Some people can feel expanding and contracting with their mind. Many people can develop this ability but this is an impressive yet insignificant show of a mind training application compared to the big one, which is actually developing your WILL.

### **MORE ABOUT THE TAI CHI / CHI KUNG COMPARISON**

A common question that always comes up is "What is the difference between Tai Chi and Chi Kung?" The primary difference is that when practicing and learning Tai Chi you concentrate primarily on developing internal energy in relationship to your physical structure. That is, when you develop your internal power in Tai Chi, you are able to develop what is called "Transfer of Power" (Fah Jing), which allows you to release the energy that is stored in Tan Tien. "Condensing Breathing" is very important in this process.

What you are able to do is vibrate your skeletal system, direct the energy with your mind, and as you do this, you are able to move other people with your vibration. This takes a great deal of time to develop. Remember, Tai Chi concentrates primarily on restructuring the physical body.

Yes, in Tai Chi you will learn different ways of breathing, but they are not as specific as in Chi Kung. Tai Chi breathing techniques are much more general, such as learning how to "abdominal breathe" as opposed to the way most people breathe, with the upper third or half of their lungs.

When you learn Chi Kung, you will learn much more specific breathing techniques that are combined with very specific mind training, whether it's driving energy up through the sky and down through the earth, circulating energy throughout your arms and legs in relationship to your torso, or in The Sitting Forms with The Mind Training, doing a very simple movement repetitiously while the most important part is not the physical movement of the body, but what the mind is doing? It's much more important to direct your energy with your mind while doing The Sitting Forms with The Mind Training than to be concerned primarily with physical details.

### **IS CHI KUNG A MARTIAL ART?**

Tai Chi concentrates primarily on structure

and is practiced as a martial art. Chi Kung is not really considered a martial art. Since I've updated my system so that people don't need any previous experience or background, most people that come to me are not even slightly concerned or aware that Chi Kung is related to martial art.

The way Chi Kung is taught in my system is, you learn these mind training exercises which are very specific and in the long run Chi Kung can help your martial art. In the long run you will learn things about yourself through the feedback and the realizations that you'll have while you're practicing Chi Kung. Developing internal energy will have dramatic effects on your current martial art ability.

Generally speaking, Tai Chi is 80% physical and 20% mind training, compared to, Chi Kung being 80% mind training and only 20% physical. When I say mind training, I am not referring to philosophy or any specific way of thinking, I mean directing and moving energy to and from, in and out, and/or through very specific pathways with your mind. When I say "pathways," it is important for you to understand that these pathways are not already in existence, like the acupuncture meridians. You must create and burn through them.

### **THE THREE INGREDIENTS FOR CHANGE**

The first is — The Physical — JING.  
The second is — The Mind — CHI.  
The third is — Spiritual — SHEN.

To create anything, most people attempt the physical aspect first, then the mental. That is the hard way. A more effective and efficient way of going about creating change is to first have "The Spirit." Knowing it will happen and seeing the end result as it has already been accomplished or already exists in the world, even though it hasn't showed up yet is how you get what you want.

You have the ability to have what you want, and knowing that is already half the battle. That's Shen or Spirit. Now how do you get to the end result? That is the million dollar question. It is a lot easier to get to the end result when you have a clear picture of what the end result looks like. If you are vague or have no idea, then you are trying to "bang" your way through it.

So, then the mind comes in. For all practical purposes we will call this aspect of

change Chi. With the mind, you structure the steps to achieve the end result, regardless of what it is. Then after you first have "the Spirit" and "the steps to achievement" or the Chi of the mind, then you incorporate the physical aspects to your change.

This is contrary to the way most people work. They just physically do and they're lucky if they ever get what they're looking for or want.

If you set up in advance what you already want, you stand a much better chance of getting it. You must know and have faith that the picture you have created is going to happen, otherwise, you are only shooting in the dark. Even if you have no physical evidence to prove you are right, faith in yourself is more than enough to see it through.

If you know where you want to go, you'll probably get there. If you have no idea where you want to go, you will probably never get there, wherever "there" is.

If you don't have vision about what you want, you're not going to have what you want. It's as simple as that. Most people go through their entire lives physically trying to create changes, which is the stupid way of doing things. Some think that they're going to be a little smarter and they're going to know the steps before they move. That's how most people do it who are smart. But what I'm talking about is seeing the end result in advance and then figuring out how to get there. What we're talking about here is "Visualization of the Change."

### **THE THREE TREASURES: CHI, JING, AND SHEN**

Your first goal is to accumulate and cultivate Chi, and convert our Chi to Jing (cultivated sexual energy). If you ejaculate, it is like making a huge cash withdrawal on a very small savings account. What is the sense in that? So first we develop Jing. After you have cultivated Jing, you go through a similar process of converting Jing into Chi. Chi is more of a mental energy, with a much faster vibration. Remember, Jing has a more physical and noticeable vibration because it is vibrating more slowly. That is why it is heavier and more physical. On the other hand, Chi is much faster so the body does not have a chance to respond to its movement by physically vibrating.

What comes next after transforming Jing to

Chi, is a very commonly asked question. This question was on my own mind for many years. I never got a satisfactory answer, and I'm sure you haven't either. I will give you my answer. In the Chi Kung article in Inside Kung Fu Magazine 1987, we defined Shen as "Your level of assertiveness in the World." This definition comes about as close as you will probably ever get to making sense of this word. What good does all your energy do you, without a vehicle to utilize it? That's where Shen comes in.

### **CONVERTING CHI TO JING**

So when some people say they "feel their Chi" or they "feel their Jing," they don't feel their Chi, they feel their Jing. The word "Chi" has become too generic a term. Too many meanings and associations have been tied to the word "Chi." Even when people feel tingling in their fingers or shaking in their legs, this is not "Jing." I am talking about "Cultivated Sexual Energy," not just some muscular contractions and shaking.

I feel my Chi and Jing, you feel my Jing only. My Jing can be measured by my ability to make you feel it, Chi is my own, you can't feel my Chi at all. Jing can be expressed out of my body, Chi can not.

When Chi is converted to Jing, this is the same as converting your internal energy (Chi) into your internal power (Jing). Internal power can also be thought of as "explosive energy." Your internal energy you feel, your internal power has the quality of being able to be transmitted and expressed outside of your own body. When a Tai Chi Master touches someone and makes them fly into a wall with what looks like "no effort," this is a demonstration of using his JING, or his cultivated sexual energy. Internal power must be stored in the body and cannot be converted when needed. It must already be present.

In my own experience, I feel the same all the time, and cannot detect any change in my internal energy or power reserves. This has been this way in me since I can remember having "my energy awakening" in 1977. Since then, I have never been the same as before. This can also happen to you, if you practice the right material, the right way.

Jing is cultivated sexual energy, Chi is the energy of the mind that cannot be felt or expressed to another person, and Shen is spirit, not "spiritual" like some "New Age"

people associate with the word "Spirit." Shen is "The Size of Your Balls in The World."

### **CREATING RESULTS: IMPREGNATING YOUR UNIVERSE**

If you are having trouble with getting a result, you must realize there are 3 steps in getting something to happen. I have explained this in another section of my book under "The 3 Ingredients of Change." This is an important principle so I will repeat it again. The first level is physical, the second is the mind, and the third is spiritual. Impregnating the Universe uses what I call "Shen" or spiritual change. That means you already know what the end result is going to be. Then when you use the mind, you're going through the steps that create the change, the second level. Then when the change is finally completed.

The 3 levels are: the physical, the mind, and the spirit. These are the 3 things that go into creating any change. You begin with spirit and it becomes physical. You go with spirit, then you figure out the steps, which is mind, then you end up with the result which is physical. The problem that most people have is they don't do any preplanning anywhere, in the spirit or mind. They don't even have an idea of what they are trying to do. They are just physical, they just "bang" their way through it, which is stupid. That's how most people live. It's like smashing your head against the wall. Imagine how much easier your life would be if you knew what the end result of your work looked like before you even started.

So the difference and what you learn from me is how to set it up in advance and then get it. This principle is not only true but important in every endeavor whether it be starting a new business, writing a book, starting a relationship or marriage, losing weight, learning something new, or starting a new exercise program.

### **THE ENERGY CRISIS OF THE 1990'S**

Our country is suffering from a National Energy Crisis. Practicing Chi Kung can solve your Personal Energy Crisis.

Many people have conversations with me during their initial consultation concerning what I call "The Commodity of Energy" or ENERGY FOR LIFE™. Many of my clients have many of the worldly things that seem to make many people happy. However, after careful investigation into their lives,

personalities, spirituality, and all these other aspects, it turns out that having these worldly things does not actually bring them happiness.

Now, I'm not saying that they must give up worldly things to attain happiness. I think that's a bunch of hogwash. "Having" is a lot more fun than "not having." "Having" is a lot easier on your system than "not having" and "having" is definitely better than "not having." If you are wealthy and have a lot of worldly goods but you don't have "wealth of self" or this commodity I call ENERGY FOR LIFE™, what's the point? So, I teach you how to develop "The Commodity of Energy... ENERGY FOR LIFE™." This is independent of your financial status and other important material things in your world.

### **ENERGY STABILITY IS POSSIBLE**

One of the things you'll want to do as you begin to practice Chi Kung is to try to stabilize yourself which means to keep your energy levels above a certain point. In order to do this, you must do your daily practice in the morning and all day long continue to practice, a little bit here and a little bit there, to stay stable. Depending on your maturity in Chi Kung and the amount of years you are able to do this, you will derive many benefits in the long run for the rest of your life.

### **CHI KUNG HEALING: THE WHOLE PIE**

If there was such a thing as a Chi Kung doctor, I would have been one a long time ago, but there is no recognition for this particular ability, just the need. Many people I have met have a need for someone to either correct their personal meditation or teach them a better way so they can practice unencumbered, on their own.

Nowadays people go around saying they are healers. Many new healing systems have surfaced in the last 10-15 years. Chi Kung is the best because of it's direct use of accumulated personalized energy. From my perspective, many of these other healing systems are only fractions of what Chi Kung is and has to offer. If these other practitioners would learn Chi Kung, first it would help them perform their healing duties better and more efficiently and they would immediately see what is missing in their own system. The use of energy in Chi Kung is like no other system. "The storage factor" is what makes Chi Kung better than all the rest. You must heal yourself before you can heal anybody else, and that's

exactly what you will do. This is the unique and distinctive difference.

### **THE INVISIBLE GAP: THE BODY/MIND SEPARATION**

This work, Chi Kung as I teach it in Personal Power Training™ is bridging the gap between body and mind which is an artificial gap in the first place. Our Western culture, over the last 300 years teaches us that the body is separate from the mind. This separation or gap is responsible for many modern day psychological problems. These 2 parts of our being are actually united and you do not have to treat them as separate entities.

The merging of these 2 parts, the body and the mind, will reduce your fragmentation and pain which manifests on both the physical and mental plains. This principle, "the merging" not only has been absent from our western culture, but has been magnified as much as possible. If you look at religion, psychology, medicine, exercise, diet and nutrition, interpersonal relationships, or any other subjects, you can see the results of this separation.

Just look at the treatment of modern chronic degenerative diseases and you will see evidence of the fragmentation.

### **EGO VS. SELF-CONFIDENCE**

Concerning the defense mechanism of the ego to defend itself: I rarely get any clients that come to me with the traditional Zen attitude of the uselessness or the fruitlessness of the ego (fruitlessness can be changed to a different word). What this means is, the ego takes an "all important control" of the personality, thus not allowing the person to change specific and important characteristics because of the relationship the ego has with these characteristics. This rarely comes up, but every once in a while, I run across somebody who comes in and thinks the ego is bad. This is usually a person with very low self-confidence levels who believes, and has been told for many years that he has "an ego problem."

By careful analysis of what the ego really has to do with the whole person, many times the ego can be retained, if there is in fact an ego. This is related to a self-confidence/arrogance vs. ego relationship. A good ego is an important and necessary attribute to have in this world. However, when the ego is just an image of self and not truly self-confidence, this is a serious prob-

lem. As I said before, very few of my clients actually have ego problems, but every once in a while I run across one.

### **SELF-RESPECT BEGINS WITH RESPECTING SELF**

Having self-respect is not the same as thinking and acting like "your shit don't stink." This second attitude does have negative connotations, but true self-respect can be one of your most valuable assets.

If you don't respect yourself, how can you expect anyone else to? This is a disturbing question to many people, especially since our society has put so much emphasis on "helping others" and "doing for others." Without an "inward focus," there can be no "true and permanent" self-improvement. I am not talking about "a bandaid or quick fix," I mean "real change." I believe our society has created so much "outward focus" that the "return home" has become almost impossible. Chi Kung, the way I teach it, will heal this wound.

Self-respect is something that everybody needs but very few people have. If you have self-respect, that is respect yourself, then the world will show you and treat you the way you deserve. Many people lack this valuable ingredient to happiness. All the seminars, therapy, and self-improvement work will not give you self-respect. However, by practicing Chi Kung you can obtain this important, missing personal trait. If you treat yourself like you are "worthless and undeserving," how can you expect anybody else to treat you better?

When your level of self-respect increases, the changes are very subtle and nearly hidden. You will notice that many people tend to regard you in higher view. This will be confusing when it first starts to show up, but it will show up, and it won't take very long. Sometimes within hours of beginning Chi Kung with me. That is because when you do Condensing Breathing and begin to become the center of your Universe, your Universe begins to respect you automatically. Many people are shocked when they first see people they were previously nervous around or even afraid of, treat them differently. Self-respect will show up in your relationships at work, your marriage and relationships with friends, and most importantly, in how you treat yourself. I guarantee it.

In the way you treat yourself applies also to making money and your attitudes about

prosperity. A common result of working with me is that your life becomes a better and happier place to be. This is primarily because of the "inward focus" derived from the practice of "Condensing Breathing." Carefully examine my logo. This exemplifies this "inward focus."

Self-respect is directly related to what I mentioned earlier as "commanding respect vs. demanding respect."

### **MORE CONCERNING SELF-ESTEEM**

Some people carry an automatic smile on their face at all times. This silly, retarded fake fixed smile shows up on people more than you would imagine. In fact, if you have one on your face, you might not even be aware of it being there. I have found this fake smile on people that have severe self-esteem problems, whether men or women. I have tracked this to childhood as an alternative to appearing severely depressed. Recognizing its presence, then finding a Chiropractor who knows what to do for this is the easiest remedy after releasing the emotional blocks associated with this symptom.

This fake or fixed smile is related to covering up your misery. Sometimes this smile is a sign of emotional unconsciousness. These strange facial expressions are related to wanting to look good, or responsive.

### **VISUALIZATIONS RELATING TO SELF-ESTEEM**

The way we speak and see ourselves makes all the difference in what kind of results we get. Here's where your Shen fits in.

Living a dream is something many people think about... Someday in the future. By applying the techniques and principles in my system, you can make your dream a reality. This is just a brief introduction to an ancient method, adapted for modern use.

### **CULTIVATING YOUR WILL**

What is this thing called WILL? Is it your ability to think? Is it your ability to reason or is it your ability to project your essence into the Universe in a substantial way that you can actually influence your environment? The 1990's will be the decade of the individual.

We have been taking it from everybody for so long that the backlash is about to hap-

pen. Many people have become frustrated with their current situations and environments and are desperately looking for tools that they can use to alter their lives and improve their situations. The secret to cultivating your WILL is first to develop internal energy. When I say internal energy I mean cultivating the commodity of energy which I have explained in this article.

But before you can ever think or consider projecting your WILL out into your immediate environment or your Universe, you must first be able to control it, cultivate it, and circulate it inside your own body. The tools I have developed and refined over the last 15 years are designed specifically for helping people to create immediate and long lasting changes in their lives. The question is not any longer, "What can I do for the other people around me? or What can I do to help humanity?" The question is now, "What can I do for myself?" Not in a selfish way, but utilizing the basic belief that, "If I can not help myself, I am incapable of helping anybody else anyway."

In projecting your WILL, accumulating and cultivating sexual energy is of utmost importance. Without developing cultivated sexual energy (Jing), the only tool you have is using your mind. Your mind is not enough. What you need is what I call ENERGY: THE COMMODITY, that can remain intact within your body and then after practice remain intact outside of the confines of the physical boundaries of your own body. In THE CHI KUNG TECHNIQUE IN A NUTSHELL, I have outlined various phases that lead to cultivating sexual energy.

Cultivating your WILL is directly related to developing higher levels of self-esteem, confidence, discipline, and self-mastery. These 4 ingredients when combined appropriately, will create positive, long lasting changes in your life.

#### FROM THE BOOK...

#### ENERGY: THE COMMODITY

The long term goal in Chi Kung is to accumulate, cultivate, circulate and direct energy with our mind, in that specific order. Energy cultivation starts scattered, with no particular pattern or apparent origin. The first step in achieving our goal and developing a relationship with our own energy is to first distinguish the boundaries of our physical bodies. This is the easiest part.

Regarding energy and Chi Kung as taught

in Personal Power Training™, the first step is to organize the energy that is scattered within the confines of the physical body. The next step in this system after organizing is collecting and preventing unnecessary energy leakages still remaining inside the physical body. A further step in this system is called adding to our energy accumulation.

#### PERSONALIZATION IS THE KEY

Practicing Chi Kung is in and of itself a system separate from the benefits that come from doing it. For instance, each person's list is important usually to that person only and is not important to anyone else. The technical system I teach in Personal Power Training™ is exactly the same for everyone I teach it to. I never alter it. I got it right the first time when I organized it and I just keep teaching the same way.

By learning the system this way, you get to apply each part of the technique to yourself in your own unique way. It's a very personalized system.

You must distinguish where your physical body is in relationship to your external environment. That's why many people invade another person's "personal space" without recognizing the other person's boundaries. Many people have trouble setting limits for themselves and respecting others. I call this invasion by another person. The antidote for this problem is what I call "Developing Personal Space."

#### MEDITATION: IT'S NOT WHAT YOU THINK

I have stated this previously, when I explain Chi Kung, I don't like using the word "meditation" because many people have preconceived ideas about what "meditation" is. What you, the reader, and I think of "meditation" are probably not the same. Most people think of "meditation" as some sort of scattering, dispersing, or perhaps even leaving your body, practice. That is not what Chi Kung Meditation is about at all.

#### YOU ARE THE CENTER OF YOUR UNIVERSE

Chi Kung helps you become present in your body by raising your level of physical presence and awareness to the point that you're not concerned about when you're going to meditate. Because you have a heightened awareness and physical presence, it's as if you are meditating 24 hours

a day. This practice is not "scattering" whatsoever. Just look at my logo. All the arrows are pointing and focusing inward, toward the center and the center is YOU.

A common complaint that I hear from other people that have read other ChiKungbooks already on the market, is that they don't know what to do with the material. My book will instruct you in what and how to practice exactly. I always tell my clients that no experience is better than bad experience.

If you only have 15 minutes to practice and you want to use your time most efficiently, this is what you should do. Understand that you are going to have to steal some time during your day, 5 minutes here, 5 minutes there, that's fine, it all adds up and that's what everybody else does. Start with Condensing Breathing (The Stickman), Upward & Downward Meditation, Inward & Outward Meditation, and Tai Chi Stance Meditation, then you go to work and start with Inside Air, The Micro Cosmic Orbit, you can save The Sitting Forms with The Mind Training for when you get home. Do another 10 minutes of these. You can break it up. That's why I tell people "you can practice my system all day long." It's especially easy to do this if you can close your office door and create some personal privacy.

#### HOW TO CHANGE YOUR WORLD

When you practice Chi Kung, it takes you from being "ordinary" to becoming "other than ordinary." You just won't be the same. "Won't be the same" could show up in almost any combination... being more motivated, more solid, etc. Whatever and however you decide you want to be.

Most people don't make decisions concerning what they want, so what do they get? Whatever falls in their path. This is not the most predictable way to live your life. This is equivalent to eating out of garbage cans, or having the waitress in the restaurant bring you what she decided to bring you. You wouldn't let the waitress make your decisions for what to eat, then why let fate make even more important decisions for you.

Sorry Charlie. When you start to practice Chi Kung, you begin to make decisions. That's why relationships and marriages change. That's why many of my clients change their professions. That's why if you decide you want to move to a different city, you just make the decision and do it.

beat, and torture yourself. Break your patterns. Enjoy the small accomplishments and you'll be better able to produce results on a larger scale.

**I COME FIRST, NOT LAST** - Visualize the outcome of any event, before it happens. See if it feels good or bad. If it feels bad don't do it, if it feels good, proceed.

**GUILT / DENIAL COMPLEX** - Depending on your background, you have certain characteristics. Feeling guilt about things you've done or haven't done? Quit re-thinking old choices. Live in the now. Avoid the could have, should have, would have syndrome. Haven't you denied enough? Personal Power Training™ is the answer.

### **MISCELLANEOUS CASE HISTORIES**

Due to the diversity and differences with each person that I work with, I have included many perspectives from many different kinds of people. These perspectives reflect some major portions of the population in the way people think, what they do for a living, and other attitudes. Some will apply to you directly, more directly than others. Some won't apply at all and some will be like it's yourself reading something that you wrote.

#### **A CASE HISTORY BY GAYE LINCH**

We were delighted with the "hopes" of a second child, but when I first became pregnant, I knew from the very beginning that this pregnancy was "in trouble." It just didn't feel right. I was very ill, not like "morning sickness" but the kind of sick I had experienced with a miscarriage years ago. We tried everything possible to give it a chance, which included the better part of 4 months in bed and several hospital trips. Then at 4 months there was "no fetal heartbeat," but I didn't spontaneously miscarry. So I went under a general anesthetic for a D&C and what was to have been "a couple of hours" turned into a frightening overnight experience.

In spite of all the disappointment, illness, and fright, I came home knowing full well that I had been lucky and that things could have been a lot worse. A friend had just lost a pregnancy that was several months further along and another friend had just lost a full term baby several days after birth.

I felt that what I needed to do was to be as supportive of them as possible and simply get back with the program. What I didn't

expect was how tired I felt all the time and the apathy I was experiencing.

Gary was doing a workshop in town with Dr. Whitley as a participant. A mutual friend had to literally drive me to the workshop amid much protest because I simply didn't feel up to dealing with any of it.

Gary helped me understand and accept the denial and depression I was experiencing and then he and Dr. Whitley worked with me to balance the hormonal changes my body was going through. There was "Shock" as they began working and then I don't exactly remember the details about what followed. When they finished, I must have gone to sleep because I remember waking and experiencing "incredible physical sensitivity." We were several floors above ground level and I actually experienced pain when the building shook, as traffic came and went with the signals. I could not hear the traffic but I could feel it. At that time, I was taken home because I was so physically sensitive I could not handle being there.

By the next day, some of the "acute sensitivity" had passed and what I was experiencing was a feeling of "incredible well-being and happiness." When I went into the workshop, we talked about the hormonal changes involved in pregnancy and the physical confusion my body had been experiencing because I had not actually miscarried and on top of that was the anesthetic, disappointment, and stress.

What Gary and Dr. Whitley had done by balancing my hormones was to help me physically complete the birthing cycle and in so doing, to release both the physical and emotional imbalances that I had been trying to cope with.

I know that my entire outlook on life then changed. I felt wonderful, full of energy, at peace, and incredibly thankful for the support that I had been given!

A few months later we "tried again." I conceived easily, had a good pregnancy, and we now have a "wonderful little lady" who has joined our family. Gaye Linch, Portland, OR.

#### **A CASE HISTORY BY DOUG CARTER**

After spending 8 years as an instructor in a well known public speaking company, I have heard over 60,000 talks. Many of these talks have been extremely emotional,

and cathartic experiences for the participants. As the instructor, it is my responsibility to the class members to always be in enough "control" to respond to the class member in a very positive, supportive manner, and I was good at it. As time passed, I got to be an "expert" at controlling my emotions. I developed an "impassive facial mask" to hide my own emotions so I could always be in control when it came time to make a comment to an emotional class member. I was used to being the leader; the person who could objectively set the tone for meeting and seize control in an emergency. Still, I was pretty unhappy because "I felt like I was missing something."

When I first walked into the room for the Personal Power Training™ Workshop, Gary and I looked at one another and I realized that we would work together extremely well. I didn't realize how well until much later. As with every seminar it started with "who are you? what do you do? and, why are you here?" Naturally, "leader" that I was, I volunteered to go first. In my best "objective" style, I stated my name and my position in my current company. As I began to talk about why I was here, I heard this voice, Gary's voice, saying, "Stop, Stop, Stop... Stop!" I turned to him, he turned to the class and asked, "How many of you, has this guy already lost?" To my surprise, every hand went up! My most immediate thought was, "treachery! All these people have teamed up just to set me up!" I now realize that was "a typical reaction" I had to a lot of things.

I'll never forget Gary's comment, "Look at you! The only thing moving on your face is your lips!" I had become an "emotional robot!" And so, we began the process of breaking down some of those barriers. In the first exercise I really struggled. I struggled because besides freezing up my face, I'd managed to freeze up my hands, arms, feet, legs, head, neck, back, chest, lungs and anything else I could. Most importantly, I'd frozen up my heart. My heart and my freedom. As I began to free up different body parts and stretch them out, I began to free up my emotions and my feelings. You know something? It feels good to let go of all that garbage. Less than 6 hours later, I looked at myself in the mirror and could barely recognize myself. People like me hang onto things that won't hurt us and it's like having the tail of the tiger. What I now know is that "people can never be free from something if they won't let it go." Personal Power Training will help set you



