

EMOTIONAL LIPOSUCTION™ IS THE CURE FOR MAD HUMAN DISEASE!

**Gary J. Clyman interview by Dr. David J. Zeiger D.O.
(Final v2 Version)**

The Introduction: Won't you let me be your "Change Agent?" How strange a question. Let me explain! You have a real estate agent when you buy or sell your house. You use a literary agent when you want a book published. Hell, we all know what a travel agent used to do. Even a secret agent has his importance. So what is a "Change Agent?" That's me.

When you want more out of life and don't know how to make it happen... When you deserve a better job, position, income, relationship, body, self-image, or even a better future, you need to work with me. I create change faster than anyone in America. The change happens inside and then shows up outside. If you need something new to happen to you, READ ON! I am The Energy Man!
Gary J. Clyman

Dr. Zeiger: Can you describe what Chi Kung and Nei Kung are and how they complement Traditional Chinese Medicine, Acupuncture, and the other branches of Alternative/Complementary Medicine?

Gary: All right, if you ask a Chinese guy: "What's Chi Kung"? he'll say: Energy Work. If you ask that same guy: "What's Nei Kung"? He'll say internal work. And if you try to get him to explain the difference, you couldn't even beat it out of him.

When I created my Chi Kung system in 1983, I purposely decided it had to be simple, thorough, effective, and most importantly SHORT. It's step-by-step and easy enough so everyone can do it, and not just ten people. I wanted thousands of people capable of practicing it. All they have to do is just follow directions.

Since 1983, everybody that has learned my Chi Kung follows exactly the same format. I got it right when I created it, and if it's not broke, don't fix it.

CONDENSING BREATHING: SUCK, STORE AND CIRCULATE

Dr. Z: What makes your system different?

Gary: First of all, it is a system and not just a bunch of fragmented, unrelated techniques. The first technique I teach is called "Condensing Breathing."

Dr. Z: What does that mean?

Gary: Well, you suck energy in. You store it.

Dr. Z: Is it energy that is taken from food?

Gary: No. It's an electro-chemical energy that's inside the body. It's like turning on a vacuum. It is completely chaotic and disorganized in everybody until they begin learning my practices.

I teach people how to suck energy into their core, store it, circulate it and then finally, project it. It's very exciting. This is not some boring "let's all calm down and go to a librarian convention" type of practice.

This is very exciting. If Chi Kung means you're going to be full of life and vitality, doesn't that seem like what you're supposed to have from all this is VITALITY?

Dr. Z: So there seems to be no apparent difference between Chi Kung and Nei Kung?

Gary: Yeah there is! The way I created it.

Dr. Z: How did you determine the difference?

TIDAL WAVE CHI KUNG

G: When I created Tidal Wave™ Chi Kung I wanted it small, manageable, and I wanted it to fit into a ½ hour a day so everybody, regardless of what they do for a living, whether they were sick or healthy, commodity traders, Chiropractors, doctors, or mailmen, could do it.

Everybody has a ½ an hour a day. But, I did that in '83 and I recorded on video and now on DVD, in '93, and I haven't taught it since, I recorded it because I got it right! I'm not going to go back and fix it if it isn't broke – I got it right the first time. If it isn't broke, don't fix it!

However, for 15 years I was getting phone calls and eventually e-mails from people requesting bigger, harder, longer, more, and different. I kept saying "no" until 1999. Then inspiration hit me like a bolt of lightning.

I decided to create my next seminar named Mind Light™ Nei Kung.

MIND LIGHT NEI KUNG = SUPER HUMAN VITALITY

Now, what is Chi Kung vs. Nei Kung? I do have an answer...

My Chi Kung system is small. My Nei Kung program contains all the important internal practices from Temple Style Tai Chi System. I created it in a very specific step-by-step order, as a way of learning the internal practices to cultivate internal energy in a huge way – not just improve your health, not just have a little more vitality, but become almost like a SUPER human with VITALITY. It does not have to take 20 years to learn.

What I teach is to suck energy in and shoot it through your body like lightning. These are called "chi circulations." That's what it's like learning Nei Kung from me. My Nei Kung program takes about 3-4 months to complete. My Chi Kung takes 5 weeks. So one's small, one's large, and yes, size does matter. Tidal Wave™ Chi Kung is the precursor to Mind Light™ Nei Kung.

When learning Nei Kung, it is advised to complete Chi Kung straight through in 3 hours, non-stop.

When I created my Chi Kung program, I wanted it small and manageable... not so big that only 10 people in the country could do it. Nei Kung is hard, intense and FUN. I did not make it easy to do. It's perfect and serious people love it.

Dr. Z: So Gary, briefly, what is Chi Kung and what is Nei Kung?

FLEXING THE MUSCLE OF YOUR WILL

Gary: My Chi Kung is small, takes 5 weeks to do and you end up with a 28 minute daily practice routine. It includes sucking energy in, storing energy, moving it around, and then projecting it out. The name of my Chi Kung video is "Flexing The Muscle Of Your WILL." My Nei Kung is larger and you end up with 4 different practice routines.

Dr. Z: So you're talking about organizing the energy. It seems like you are collecting it in a center. Where is that center?

G: The center I use for collecting energy is called Tan Tien and it's located 3 inches below the navel and 2 inches in. It is the central focus in ALL my practices. All the "chi circulations" are tied into Tan Tien. In my system, it is the most important energy center of the body. Chi circulations move inside the body at the speed of light.

The chi circulations run through many body parts. They have different openings and exits, pathways in the body. They are NOT acupuncture related, like other teachers say. Other authors add acupuncture to fatten their Chi Kung books.

Dr. Z: What brings most people to you?

G: Emotional Liposuction!

G: People that want to make major changes in their life, their health status, their marriage, their business, their physical body, or for removing pain. They're not coming to me because they're dying. They're coming to me because they don't want to get sick. I'm "preventative."

So this is the practice to prevent having chronic degenerative disease... period! Personal Power Training™ is the name of my workshop. That's what most people come to me for to learn how to focus and create dramatic change. Chi Kung is included.

Dr. Z: So again, Chi Kung and Nei Kung are ways of revving up energy; then getting to direct and focus it in other ways.

PERSONAL POWER TRAINING

(Delete this line)

G: Absolutely. This all started with me getting inspired and deciding to teach Chi Kung in 1983 and it quickly became what's called 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.

EMOTIONAL LIPOSUCTION

There are 3 parts to Personal Power Training™. The first part is called: "Emotional Liposuction™."

The first part is the reason for the interview: "Emotional Liposuction", what I used to call Hands On, Transfer of Power™. The Hands On, Transfer of Power™ was where I remove Anger, Bitterness, Fear, Guilt, Rage, Anguish, Sorrow and Abandonment from people who came to my workshop. People were talking and getting ready for something dramatic to happen and it did.

The second part is called: "Harnessing Your Vehicle." I listen to your story, to what you want done, to what you want to have happen, and how you want to change.

The third part is the Chi Kung practice, which is linked to Harnessing Your Vehicle. The Chi Kung practice gives you the energy to be able to enable yourself to create these changes even though you're 60 years old and never did. It doesn't matter. Just because you didn't before, doesn't mean you won't. My Chi Kung will empower you!

In the workshop, no stimuli were available to push them off the fence into the change. I started experimenting a long time ago and found anger, rage, fear, guilt, and abandonment. It started with those 5 emotions.

"What's the difference between rage and anger?" Everybody asks that question and considering 90% of the population is walking around with either rage or anger or both, rage is boiled anger. That doesn't mean you're mad at your boss. It means you've been mad your whole life.

I've got the maddest practice on the planet. Everybody I treat is pissed off. Everybody!!! I call it Mad Human Disease. Negative underlying belief systems are at the cause of emotional excesses that lead to physical pain, marital problems, and business difficulties.

TREATMENT REMOVES NEGATIVE EMOTIONS

When I work with a client or a patient, I take the emotions out of them that are stored at these points. In 1985, I had a girlfriend who was a

psychotherapist. She wanted me to give her that "special treatment," which meant I would put her face down on the table and rub her liver area. She was very controlling so she'd make a little squeaky noise and say: "OK. I've had enough." A few months later, she'd want me to do it again.

Two years later I was teaching my first Personal Power Training™ Weekend in Portland, Oregon when everybody volunteered for an experiment and that's where I found those first emotions.

Anger, bitterness, fear, guilt, rage, anguish, sorrow and abandonment is the complete list of emotions. I call this "Mad Human Disease." This sounds funny but that's exactly what everybody has. People are mad at their parents, their spouse, their boss, and at themselves. Everybody I treat is mad! This madness causes physical pain, high blood pressure, digestive disorders, sleep trouble, panic/anxiety disorders, depression, and other psychiatric symptoms.

You name it... most people are walking around wired because they've been mad ever since they were born. I've treated people in their 80's who are still upset about what happened to them during their childhood. It's everywhere!

All people have 1-3 of these emotions. I activate these points by touching them with my "Chi Kung hand." Diagnosing which emotions a person has is simple... If it hurts, you have it. If it doesn't, you don't.

I created my treatment method in 1987 and named it "EMOTIONAL LIPOSUCTION." That is exactly what I do. I suck these stored excess emotions out of people.

REACTIONS TO EMOTIONAL LIPOSUCTION

Dr. Z: How do people react to Emotional Liposuction? Are they aware that they carry these emotions and what should a client expect from the Emotional Liposuction treatment?

G: PAIN! I don't disguise it. If they have them, they hurt when I touch the points. I then begin to extract the emotions, like a puddle sucker connected to a vacuum pump. I suck it out until it's gone.

People yell, growl, cry, scream, and breathe, but when I'm done, they feel lighter, empty, peaceful, and happy. It happens quickly but is

very intense. I've helped thousands and people fly in from all over the world.

They either have a few minutes of pain from me or a lifetime of pain from themselves. When they come in, I listen to their story, and start poking around depending on what their story is. They tell me they hate their boss, hate their spouse, even hate themselves. I start with anguish; not too many people have anguish. Sorrow; a lot of people have sorrow but sorrow disappears very quickly compared to rage, anger, or bitterness.

They're sitting in a chair. I'm leaning forward and just using my finger on these points. Remember, I have the vibration from practicing my Chi Kung, Nei Kung and cultivating my Jing (Internal Power). They didn't walk in with a pain in their right rib over their liver, but when I touch it, oh, it may tickle for 5 seconds but after that, the tickling is over. I actually put a washcloth in their mouth so they can growl, scream, and screech this emotion out as I remove it.

They feel like a truck had been driven OFF of them instead of over them. Many times their back pain, neck pain, jaw pain, whatever,... is gone because it was emotionally based. All right so when I take these things out of people I use my personal energy, my personal vibration that I've cultivated for 30 years on them. I use my Jing (internal power) to remove these emotions.

EMOTIONAL "HOT SPOTS" ON BODY

Dr. Z: Do people sense what emotional points they have?

G: No. It's not like they're walking around with this pain on their sternum and they think they have abandonment. It doesn't work that way. When I touch somebody, all of a sudden they have this terrible pain in the center of their chest. That's because my personal vibration from my Chi Kung practice activates these emotional points on their body. If I touch a point in the center of the chest and it doesn't hurt, they don't have abandonment. Even if I'm pressing very hard, if there's no reaction, they simply don't have it. My website has the Emotional Liposuction Point Chart. (www.ChiKung.com/hands_on.pdf)

However, just looking at the point chart isn't going to help anybody determine what emotional excesses they have. Anger, bitterness, fear, guilt, rage, anguish, sorrow and abandonment, and they're all different.

Everybody I've checked has at least one, two, or three of these emotions. This is very exciting. People see me like they would see a chiropractor. They come in, their hip is killing them, their knees hurt, their neck is stiff, whatever. They have muscular-skeletal trouble. Sometimes I don't treat the body stuff at all. I just do Emotional Liposuction™ and that fixes it all by itself.

CHI KUNG AND EMOTIONAL LIPOSUCTION

Dr. Z: How does a person obtain treatments from you?

G: I usually sell a 6-pack of treatments. I've discovered when somebody is paying per session, they hurt too much between treatments. So when I sell a 6-pack and fix somebody in 3 or 4 treatments, they have a couple sessions in reserve for if they need them. There is a second part of the Emotional Liposuction™ process that is practicing Chi Kung.

If they practice Tidal Wave™ Chi Kung, they will be enabled to manage better than by just getting mad at work and having it accumulate all over again. Don't forget part of the Chi Kung practice is projecting and taking this stuff that you accumulate, the bad stuff, and being able to shoot it out and get rid of it.

Now you don't just get madder and madder and madder and madder until you stroke out. You need to self-manage yourself and my Chi Kung system is perfect for that because the Daily Practice Routine only takes 28 minutes per day. It's never going to get harder, it's never going to be longer, I'm never going to revise it and come up with a better one because if it's not broke, don't fix it.

SHOOTING METEORS IN THE BODY

Dr. Z: Describe your personal practice? How do you develop that? How do you use it in a situation?

G: Don't forget, my Chi Kung and Nei Kung are internal practices which means "the energy is cultivated inside the body." It's not just doing forms. Everybody else that's doing Chi Kung is just holding their body in a certain position, WITHOUT the chi circulations. This is all related to shooting meteors inside your body; consciously moving the juice around big time, not just holding positions and letting things happen.

Other Chi Kung teachers always tell you “wait and see what happens.” Well nobody wants to do that; that’s from the 70’s. No you don’t wait and see what happens. You follow directions and you end up with a very specific thing that happens to you. When you’re practicing Chi Kung, you’re sucking energy in. The first thing you do is “plug the leaks.” The leaks are responsible for you getting sick all the time, having a weak immune system, feeling tired, having pain, poor posture, etc. When you practice in the beginning, you do Condensing Breathing to reverse the energy flow toward your center.

This is a very important part of the practice for sucking energy in and storing it. You’re sucking in 10 and letting out 1 and 2. You’re sucking in 10, and you’re letting out 1 or 2. Eventually you have stored 100, then 1,000.

METABOLISM TURNS UP IMMEDIATELY

Well all of a sudden your hormone system starts working better, and your metabolism turns up immediately. You get better and better and better. You feel more and more alive. The reason people are sick is they just don’t have enough energy to go around. Why burn kerosene when you can burn jet fuel. This creates VITALITY!

Dr. Z: Have you ever seen any patients that have not responded to your Emotional Liposuction?

G: It’s rare. And I’ll tell you why... Because I interview everyone on the phone BEFORE I make an appointment. I don’t book everyone that calls me. I’m not going to waste my time spinning my wheels arguing with somebody. If they don’t believe what I’m saying is possible, why should they come to me? Let them go elsewhere. I do about 8,000 minutes per month on my cell phone, so if somebody calls, I talk to them. The reason my results are so incredibly high is because I’m relatively selective in whom I treat and what I treat.

MEASURING A PATIENT’S PROGRESS

Dr. Z: So how do you gauge a patient’s success?

G: I don’t measure it, they do. I get phone calls every week, I get e-mails; People are treated. In fact I have one string of referring patients about 7 people long. One guy I treated a couple of years ago sent me his friend, I fixed him; he sent me his friend; I fixed him, he

sent me his friend; it just goes on and on and on. I am relatively selective of who I treat but you know I'm sort of over the edge when it comes to my presentation style because I'm so aggressive about wanting people to get better.

People call me up and say, you know, I hate my wife, my back hurts. Some people that call tell me they are O.K. until they go to work and all of a sudden, they have neck pain, they're exhausted, or depressed. Well it's not postural necessarily. They might hate their job, hate their boss, hate the fact that they're not paid what they're worth.

In Personal Power Training™, I raise peoples' "deservingness." No matter what they come to me for, they come because their marriage isn't working, they have relationship issues, they have hip or some other physical pain. I fix it. It's a terrible thing to see people self-destructing. I mean nobody hurt them; they weren't in a car accident. They don't even have any real muscular-skeletal reason for all the pain they're in other than they have a negative underlying belief system and it could be all the way from birth, or the way they were raised, or something somebody said to them. One day the pain just showed up.

Dr. Z: Are there any side effects from this therapy?

G: Sure.

Dr. Z: What are the side effects?

G: Lots of people bruise. A bruise over your liver anger, farther back for gall bladder rage, maybe irritation in the center of your chest when they had abandonment. But the good part is when I've worked on these points, the emotion that is associated with the reaction to somebody wanting to chew my arm off when I'm taking the rage out, goes away so they still might have a bruise for a couple of days.

In the middle of the sternum, I treat abandonment by using one finger. I rub on it. If you have abandonment and I rub that spot, if it hurts, you have it. If it doesn't hurt, you don't have it. It's as simple as that.

BITTERNESS AND SELF-HATRED REMOVED

Now let's use bitterness for instance. It's midway between the Xiphoid process and the navel. Now that's really deep. When I work on bitterness, it's very prevalent. I'm sticking my finger in their

stomach and they're growling and they can't breath. When I'm done, they've felt this huge release rush out of them and all of a sudden it doesn't hurt anymore. They're no longer mad at their mother, their wife, their husband, their boss, or at themselves anymore.

Bitterness I also call Self-hatred. Self-hatred causes all these terrible things that happen to people. You do it all to yourself. In fact, my friend Dr. Gary Whitley D.C. in Salt Lake City, Utah has been using my Chi Kung practices on his patients since 1987. I had him stick his elbow in my stomach between the Xyphoid process and the navel and I saw my Grandmother's face.

Dr. Whitely asked, "What does she represent?" It was obvious! BITTERNESS. So he took it out and it worked. Now did he get it out simply with the pressure he used? No, he was doing the suction just like I do because I teach people how to do this in my Treat With Jing Training Workshop which I teach every June.

All my magazine articles are on my website www.ChiKung.com which I've had since 1995.

JING AND CULTIVATING SEXUAL ENERGY

Dr. Z: Let's talk more about Jing.

G: Jing is cultivated sexual energy. In TCM and Acupuncture they talk about Jing, but it's complicated. It's not the same kind of Jing conversation that I have. When they talk about Chi it never really means anything. When they talk Shen, yeah it's Spirit. They usually refer to kidney essence when they refer to Jing. That's not what I'm referring to. I'm talking about developing a system inside your own body for moving energy around like having a subway inside of you, just shooting it around and around and around and it can leave you when you want it to. There's Tai Chi Fah Jing which I can touch somebody and send them flying and slamming in the wall.

My techniques are important, not just rubbing your ears like everybody else teaches, which is worthless. You move the energy inside of you and it's very vibrant and alive. You're full of juice and all of a sudden you're sleeping 4 hours a day instead of 8.

You treat yourself better. You eat better. You take your supplements better. You exercise more regularly. You make much better choices. Everything is different. You're alive! You know if we want to live to be

a 100 years old, we got to prepare for it now! You don't wait until you've got Cancer or heart disease. You practice in advance; you start when you're 20, but nobody will; you start when you're 30, some will; you start when you're 40 and more will, you start when you're 50 now you're starting to have chronic trouble; 60 now you've got more problems to erase. So people practice my Chi Kung because they're scared, because they're tired, because they're sick of being sick, or because they want MORE. They want more fun, they want more, more happiness. That's right, HAPPINESS! A bi-product of my practice is you become happier.

WHAT ARE "CHI" AND "JING" ENERGIES

Dr. Z: What's the difference between Chi and Jing?

G: Good question. Chi is the energy that you move around inside of yourself. Jing is your ability to transform and transmit the internal energy that you have cultivated into a manipulation of energy, outside of yourself. Jing is a vibration, a manifestation of this cultivated energy. You can use that energy that you've been accumulating, outside on somebody else.

You feel your Chi. Others feel your Jing. I don't use my Chi (internal energy) when treating. I use my Jing (internal power). When you talk to other healers, internally, they are no different than the people they treat. They're normal and ordinary.

When someone practices my Chi Kung and Nei Kung, they're not like the people they treat or know. They're different. They're alive, full of vitality and inspiration.

CULTIVATING INTERNAL POWER

Call it what you want... The eye of the tiger. Getting the edge. Having an unfair advantage. You can burn jet fuel! You can fit 10 pounds of energy into a 2 pound bag. You can get inspired. Learn my Chi Kung and Nei Kung System. Life is exciting and fun when you cultivate internal power! Visit my website for everything you will ever need to know about cultivating your internal power...

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.

Dr. David J. Zeiger D.O. is an Osteopathic Physician. His office healthWorks™ Integrative Medical Clinic is located at 1030 N. Clark St., Suite 301 in Chicago. To reach Dr. David J. Zeiger D.O. call (312) 255-9444 or visit www.healthworksimc.com.

Master Gary J. Clyman is a healer with 30 years and a Licensed Acupuncturist with 30 years of experience. To reach Gary J. Clyman call (312) 446-8218 or visit www.chikung.com.