

# New Testimonials

(Updated 1.28.08A)

**(800) 782-4244 \* (312) 446-8218**

[www.ChiKung.com](http://www.ChiKung.com)

**These testimonials are new and I have not had time to separate them into categories (Treatments, PPT, Nei Kung, Chi Kung).**

After referring fitness clients to Gary for years, I sought the treatment for myself. I was shocked, after much dedication to many 'personal growth' courses and spiritual classes, I was loaded with rage and bitterness at self.

Within 10 minutes, which seemed longer, I have effortlessly conquered insomnia, lost weight, and believe it or not, got my "Midas Touch" back. Perhaps toxic emotion, unbeknownst to me, had something to do with my "losing streak."

I am grateful. I chose to do the personal power workshop to keep this new version of me alive. It was ripe with tough love, strength, support, straight talk, and honest practices to truly change yourself and your world. I don't even remember how I survived, because now I am rapidly growing and thriving. Kendra

.....

My friendship with Gary Clyman began in December of 2006 after I saw his advertisement in the wholistic magazine called Conscious Choice. This advertisement consisted of a newspaper article that chronicled a newspaper reporters "Emotional Liposuction" session with Gary. I was intrigued by the article and I decided to give Gary a call.

At that time, I had experienced life threatening set backs that had left me emotional and spiritually bankrupt, I was literally at the end of my rope. At the point that I contacted Gary drinking, ranting, raving, traditional therapy, holistic therapy, medication, meditation and nutritional counseling, had not helped resolve my issues.

Gary says most people only need one session to experience healing. Evidently, I was very unusual since I had to have six tortuous sessions in order to restore my energetic balance. When I asked Gary about this, he says, "If you've got a lot of internal shit, it takes a lot of shoveling to get rid of it. Even though I have a bigger shovel than you do it still takes time to move your Mount Everest of shit." Since I needed six excruciatingly brutal and painful sessions, I guess I had a truckload that had to be relocated. Well, Gary did it. He moved that mountain and saved my life.

You hear people talking about finding nirvana and achieving enlightenment,

well it is a true state of being that can be achieved here and now. Gary helped me breakthrough decades of crappy programming and twisted belief systems and achieve enlightenment. The negative situations of everyday life are powerless to enrage, disturb, or depress me. Gary has helped me live loudly in the world, to succeed in the world and remain untouched by hate, anger, fear, rage, abandonment, desire, guilt, sorrow, or depression.

If you want what the Dalai Lama has, see Gary. If you want serenity now, see Gary. If you want the ultimate edge against your competition, see Gary. If you want to live life out loud, see Gary. Ami Moore

.....

Gary your program is excellent and authentic. Bagua zhang and taiji are pretty much the same on the inside although the outer form may look different. I have gotten indoor teachings from other teachers in taiji-bagua combination forms. Other seekers of this body of internal knowledge should know, real indoor teachings are deceptively simple... so they tend to go over most people's heads who are searching.

They don't know what to look for. I especially got the nei kung program for the Gold Bell training. I picked up a few other gems as well. Your gold bell method of heng ha is better and more simplified than my previous methods. I tested it with real blows from a friend on my front and even one slipped onto the floating ribs... no problem. Being no stranger to violent dangerous people and situations I am not cocky or foolish. Neither am I fearful.

I have worked at 3 garbage companies doing Camden and Trenton areas also the past 7 years in west and north Philadelphia (kill-adelphia) doing deliveries and collecting the money.

More importantly than physical skills is your spirit. Your spirit is your true shield. Cultivating your vibration is crucial to this process. This is the stuff all the good ba gua and taiji masters knew. My advice is, if people out there are sincere daily practitioners and want true internal power, they should save their money and get your Nei Kung program.

Otherwise there is plenty of so-called masters who will take their money slowly and will give nothing but health chikung methods and endless empty forms and techniques or take you on the maze of meridian non-sense. I know no one who teaches what you do openly.

However it's basically the same as what every real master knows but will not teach for one reason or another. Thanks again, Gary. Michael Habingreither

.....

Gary Clyman is a superman teaching people how to have super powers.

I've been doing his original Tidal Wave Chi Kung system every morning for six months now. I learned it from his two videos. It takes me only 28 minutes and pumps enough energy into me to light up a small city.

The amazing thing is that his system is so easy that it defies belief. Yet I've seen my income nearly triple and I expect it to keep multiplying. I've also seen my health and happiness improve and my energy level get so strong that I've had to nearly cut out all stimulants like coffee, else I'll go crazy with all the excess energy surging through me.

Gary's video training program is so powerful and remarkable that I can't find words strong enough to describe it. Since it takes only 28 minutes to do, is basically effortless, and yet can dramatically alter a person's life, I'm surprised he's charging so little for it. I intend to keep using Gary's system, and I fully expect to see even bigger and better results.

Anyone who is tired of what they are getting in life---or what they are NOT getting---needs to get Gary Clyman's video training system and prepare themselves for a radical shift in income, health, relationships, and personal power.

Joe Vitale from "The Secret"  
Houston TX 77060, joe@mrfire.com

.....

Gary: I had my emotional liposuction session a couple of weeks ago. While the experience was certainly intense and the bruising that resulted a little unnerving, I'm pleased to say that I am experiencing a sense of release.

Thank you for taking for sharing your insights on alternative medicine. I would appreciate the opportunity to talk further and also to come and observe you working with other clients as your approach to healing is fascinating.

I would like to schedule a healing session in a couple of weeks. I will contact you soon to schedule the appointment.

In the meantime. I trust all is well and thank you again for your enthusiasm and unlimited energy! Hope your Power at the Speed of Light is article is getting all the buzz.

Best regards, Nyarai Paweni (zimbabwe)

.....

Gary--Shit, I am alive again!!!! I'd forgotten the feeling. Thank you. See you in July.  
Matt

.....

Emotional Energy-Power - A great thing happened to me. For the first time in along time I felt my body let go, perk up and dance inside.

It felt like I was giving birth to myself. I spent the weekend at a wonderful empowerment workshop with Gary Clyman. It bypassed my mind and went straight for my body. Zing, tingle bang whoooo, baby! I didn't realize I was holding so much stored emotional baggage in my body. I did have a lot of abandonment and bitterness. Whoo!

It is good to let go of it. It makes sense every experience you have is stored in your body. You can feel stuck emotionally because your energy is stuck and not circulating in your body due to emotional overload. By the end of the weekend, I felt more powerful, I still do... Eve Brownstone, MA, LCPC Expressive Arts Therapist

.....

Master 'G', I want to thank you. I continue to be amazed by the energy of the video and even though my path has been slow and drawn out, I feel stronger when I practice.

I met you through Paul Pancoe in Orange County in the mid to late 90's. I took the weekend training and have been working off of the video tape for years now ... not every day, but days at a time, several times a year. I want to get a fresh tape or dvd, cause I'm afraid this one is finally going to wear out.

What's the cost?

I was in the training with the blond woman who I believe was a stripper/chemist/or chemical engineer who was having relationship problems with an ex ... maybe about a child ... or custody of a child??? I think I took the training near the L.A. airport. I hope things worked out for her.

And before I sound too rude, I will ask how you are ... though I can see by your website that things have been very good. You continue to grow and share your path with others. You are truly a unique spirit. Let me know about replacing my tape.

You truly do have all my respect. John Michalski, Santa Monica, CA

.....

A Testimonial by William J. Goit Lac

So much has changed in my life since I began working with Gary Clyman; it is truly hard to remember how I used to be. Has it really only been a few months? Unbelievable! At first I learned Chikung, then flew to Chicago for Emotional Liposuction a few months later. So when I attended the Personal Power Training a month after that, the transformation within me appeared to

be not so obvious. Or maybe, the change in my wife of 26 years was so apparent, I couldn't see my own. I am not even clear about how two days can change everything, but it has.

I am energetic in a way that feels unstoppable. Others around me cannot help but notice. My practice is exploding and new patients seem to just walk up to me. All of this increased focus and energy has made treating people very dynamic and my touch has become instantaneously healing. I am excited about the everyday challenges that used to feel like problems. This is not a cliché, I am happy, courageous and feel young again. Nobody has what Gary Clyman offer's abundantly, nobody. Thank-you Gary

.....

Because I Deserve It - A Testimonial by Jenny Goit, San Clemente, California

I have always taken pride in being a self starter. A strong resourceful women others look to for guidance and support. Inside I knew better, lingering doubts never left me alone. My poor self concept was shaped by my past experiences. I could not escape this and have stored this information as an ignored hurt child, and further as a teenage victim of a violent rape. I now know these negative experiences produced strong emotional reactions in my body where I encoded them into my very being. I have built my life around these negative emotional cues and used them as a guide for determining how I lived my life and how I treated others. That negativity determined what information I brought into my life and what experiences I was receptive to, they ruled me. When I struggled with an emotion, the emotion almost always won. No matter how I tried to override these harmful feelings, I failed. For the most part my solution was to shutdown and withdrawal, until now. I am free, and this inspiration is life giving.

The cause of this transformation was one weekend I spent in November in Chicago attending a Personal Power training with Gary Clyman. Although I'm not the one to explain what exactly happened to me during this weekend, I will tell you I received a healing routine know as Emotional Liposuction, that produced in me deep and profound changes. I had become un-enlaved by past detrimental concepts. When I got home the next day I awoke clear headed and full of energy at 3:45 AM with the phrase, "Because I deserve it", going through my head like a loudspeaker...I deserve it. I deserve to be a creative, dynamic, powerful leader who is an inspiration to the people around me. The conclusion made me bubbling over happy, and a deep laugh arose in my throat with an uncontrollable smile. I deserve it. The sweet, delightful feeling still lingers. I am free, and am becoming that powerful person I was destined to be. Thank you Gary Clyman.

.....

Gary's Chi Kung helped me cure bi-polar disorder. His emotional liposuction

is the best. It's kinda fun too. Working with Gary definitely made me tougher. I don't take any crap from anyone, anymore. It was all definitely worth the money. I really learned self-discipline from the Chi Kung program. I learned how to be proactive in my life instead of reactive. As a result, much more happiness and feeling great everyday. Thanks Gary. Sarah P.

.....

Hey Gary! Chris and I are doing great. We're married and we have a baby due in less than a month! We won't be able to make the lecture, but we still tell everyone about how awesome you are. Keep up the good work! Andy

.....

Gary J. Clyman is certainly a diamond in the ruff! If one wants to speed up ones growth, emotionally, physically, spiritually, and mentally, this is THE SYSTEM to do! I personally have achieved more self-esteem, consciousness, stamina, vitality, dumped more "stuff," and am able to re-'sinvent myself time and time again with the Clyman System. I am constantly changing, becoming the new, improved me.

One has a choice. One can let life teach you, and evolve at a snails pace, unconscious, alike to living in a pinball machine, at the mercy of life. I've lived this way. Or, one can choose differently, to try to walk through life conscious. Clyman system provides the tools and know how to do just that. I have never come across anything as powerful, effective, and as life changing as this work. The results are measurable and tangible.

Let's face it, the unpeeling of the onion isn't pretty. This work is hard, life if hard. The work is painful, life is painful. There is no escape from this. There is NO EASIER AND SOFTER WAY! (trust me, if there was, I would have found it) The quickest way out is THROUGH it, not around it, above it, below it, yet once through the world changes, where beauty and miracles await. Perception shifts and one will never be the same again. I am grateful to Gary J. Clyman for bringing tremendous awareness to my life, for introducing his work to world, and making a difference, one courageous person at a time. Sincerely, Laura Ayala

.....

I have been a student of Gary J. Clyman for the past 8 months, so my children are familiar with him, seeing him in the flesh and on television...still, to my suprise, my 9 yr. old daughter said she wanted a "hands on" (emotional liposuction).

She is a product of a divorced home. Her father was a recovering alcoholic, seeing he relapsed recently, and I, of course, am no saint. Needless to say, she has a little anger in her (i'm being sarcastic, the temper tantrums were something else), along with other issues, I'm sure.

With tears in my eyes, I watched as Gary removed her anger. The changes are remarkable. She no longer goes into a full fledged rage, her anger is more contained. More normal. Her brother even commented on this and was amazed.

She now, to this day, goes to bed on her own and isn't as "needy" as she was before. I had asked her if she felt different. She looked at me funny as 9 yr olds often do and said "no". She didn't have a clue.

Now, she is as we all are a work in progress, but WOW, what an immediate change. Years of therapy condensed into one treatment. And let me tell you that patience isn't one of my virtues. I am grateful to the powers that be that I have met Gary, and to Gary, for introducing this healing to the world.  
Sincerely, Laura Ayala

.....

Gary, I found your website during one of my health kicks. I was (am) physically fit on the outside and was looking to improve my fitness on the inside with breathing exercises. I've been reading about the benefits of Chi Kung and developing chi for some time and wanted to extend my fitness to the inside. When I read through your website, I realized that I found the real deal, a master. How else could I explain someone that could be so confident, matter of fact and in your face? Surely, I thought this guy must be able to back it up. Little did I know how right my instincts were?

I couldn't take advantage of any of your programs at that time. I was in a troubled marriage and even worse financially. When the inevitable happened I found myself in the middle of a brutal divorce and eventually an emotional wreck.

As luck would have it I was on a mailing list of yours advertising an upcoming Personal Power Training seminar. The timing was perfect since the anti-depressants weren't doing it for me. I was not keeping up with my responsibilities and life just kept throwing more and more garbage at me with no end in sight. I couldn't financially afford the seminar but realized I could not afford to miss it.

Thank you. The seminar was tough love and I walked away with tools to get my life back under control. You didn't stop life from giving me crap; you gave me the tools that allowed me to deal with my life. My daily practice of Chi Kung has brought me back to center. It has allowed me to focus on my issues without feeling overwhelmed or hopeless. Ultimately it has allowed me to focus on me! I'm even feeling normal again, for whatever that means.

So thank you again for not keeping this stuff under the wraps of some ancient Chinese Secret even though it probably is. After 6 months of Chi Kung. I'm now enjoying your Tai Chi program. I thought my legs were in good shape before! I can't wait to see what else you throw my way.  
Thanks again, your humble student, Roger Suchy.

.....

Thank you for the program, just starting my training. I love the way the program is condensed into 28 minutes—and that is absolutely an art for me. I've felt results after just 5 days of training and look forward to the Chi Kung Seminar in November. Thank you, Kathy Fatta October, 2006

.....

Thanks again for the treatments. They were incredibly helpful!!! Sincerely,  
Marcia M.

.....

Over 10 years ago I was on my last legs and desperate for answers when a book nearly jumped off the shelf at me while at a used book store. That book was "The Way of the Peaceful Warrior". After reading that book I went in search of a teacher. It was my great fortune to have found Gary Clyman on my first attempt. I have told many people that I credit Gary with saving my life. I know that sounds all dramatic, but it's true. In my mind the choices were, find a way out of my turmoil or end it. Thankfully, with his help I'm still here and doing fine.

Tai Chi, Chi Kung, Nei Kung, and especially his Emotional Liposuction have been wonderful tools on my path to healing. I'm a hard case and so the path has been long and it continues still, but I've never known this kind of stability and wellness in all my life. The best part has been the clarity of mind that I now have. Without the constant anxiety I'm freed me up to finally figure out all the physical issues I've suffered from and focus on creating a life.

This is the road less traveled and may require some effort on your part, but if you're willing to do the work it's well worth your time. Do yourself a favor and check it out. John B.

.....

I received one treatment from Gary about two weeks ago and I have noticed a great improvement in my life. I have not experienced the levels of stress which I had previously and over all things are much smoother in my life. I am much more patient and a lot happier. For me this created exactly the shift I was looking for. Linda K., Chicago

.....

Hi Gary: Just wanted to drop you a quick note to say Thanks! I cannot believe my ankle is still improving. After traditional doctors threw me away and told me to get my ankle fused you saved the day. They still don't understand how I can even walk (not to mention snowboard!?!?). In fact practicing tai chi/chi kung/nei kung has even fixed old issues like back and neck problems. Keep up the good work dude!! Scott Alm

.....

I flew to Chicago for the Nei Kung training without being skeptical of this program. I was very eager because from all I read from the chikung.com website, I could tell this is what I've been expecting to learn. The articles from the Chicago Tribune as well as those written by Gary were impressive. Have a look at those articles, you'll have the same feeling as I did. Gary's answers showed his thorough knowledge of the system he's teaching, and the material, as described, is well organized. Gary even put the very valuable Gold Bell training material on the website.

I'm glad I came to Chicago instead of just buying the program on DVD. What I witnessed was Gary's enthusiasm for the material, which is very important to me. I really became inspired only by knowing how much effort he put on his practicing as well as training. I also had a chance to attend his treatment for an old man flying from Panama. The video testimonial for this could be found on the website (thanks to Gary's new camera :). It's a great experience, seeing how Gary was shooting Jing into the man's feet to make him able to walk (he could barely walk before he came).

After three days of training, I could feel the results immediately. My breadth became easier, longer. I also started to feel something condensed in my Dan Tien. I'm writing this testimonial a week after my training, and I'm feeling like a different person, calmer and more energized. My endurance increased greatly; the other day, I played basketball without getting tired at all.

The program costs a lot of money, but I think the benefits it brings are invaluable, of course if you spend time to practice. It's true how one of Gary's friends said to me: "You've made the right decision to fly to Chicago, he's the real thing."

.....

Gary's treatment has given me an inner calmness and clarity of mind... at the same time as giving me back my zest for life... pretty cool stuff! Thank you Gary - Zac Cox DDS

P.S. Do the Nei Kung... it will change you and your life... Awesome!!!

.....

Participating in Gary's Personal Power Training weekend was a great experience. I am more focused and clear about my goals, and watching my life take off has brought me much joy and happiness. - Jean B.

.....

Gary's treatments resulted in freeing me of emotional baggage and it helped me regain clarity of focus. I'm operating at a much higher level in all aspects of my life. LJ

.....

After jumping out of a perfectly good airplane... I landed very hard on my tailbone... Unable to comfortably sit in a chair or automobile, let alone ride my motorcycle. I went to the "so called" medical doctors... They did all their tests and said that nothing was wrong... But I was still in pain... Gary treated me and within 20 minutes I was back to normal. Gary explained that it was my internal emotional mechanism that held on to that feeling. - Albert D.

.....

After 7 years of unsuccessful physical therapy, Gary fixed my knee in 15 minutes. He's the real deal. Nadine

.....

Hi Gary, never in my wildest dreams did I think that I could release a lifetime of emotional pain in just one treatment. All I can say, "WOW." Thanks Gary! Regards, Mike A.

.....

I just keep waiting for more great things to happen before I sit down to write. I've been practicing as much as I can and things seem to be changing for me especially in the area of my work. I've been projecting and affirming that I will find work that is related to my interests and at least 3 interesting possibilities have come my way. Just think what could happen if I set my mind to doing it daily!!

I have been practicing as much as I can but my kids and home make it hard for me to stay focused. So, I have found that I try to do whatever and wherever I can. For example, coming home from Florida last week I was getting air sick, bored, etc, etc. I started condensing breathing and within a few minutes I felt fine!! Even happy! Whenever I'm waiting for something, (doctors office, dentist, during the kids sports, etc) I do some part of the practice and same thing. I feel better, more focused and productive. Yesterday I went to the Morton Arboretum and sat and watched my kids play. Next thing I know I'm practicing and then really enjoying the day, watching my kids, appreciating things that I don't always notice. It's really been a blessing. I'm learning that it is powerful and if you embed it in your day even just small bits of it, you can receive much!!! Thanks Gary, Lorelle

.....

Nei Kung is more mind exercises... like the Chi Kung on Steroids! (and then some) tai chi is the physical exercise (or martial art)... as Gary says it's largely physical and only a small amount of mind... whereas the nei kung is 100% mind training.

It will change you... Dramatically... I know it's expensive, but I know people who have been in tai chi for 20-30 years and they do not know this stuff... so I guess you are paying top dollar for top secret info... In other words, you

get what you pay for. Cheers, Zac

.....

Hi Gary, I've been practicing the daily practice now for 2 months and the increased level of confidence and inner strength are what I'm liking the most. I love this work as I finally feel a useful direction to channel my energy. I look forward to the cumulative benefits. Your work and accomplishment in this area is really appreciated by me. Thanks, Stephen

.....

It's the guy from Ireland that took about 4 months to pay the full Mind Light Nei Kung fee! It's been a while but I thought I'd let you know how I've been getting on. I'm always meaning to get onto you but months pass by so easily and before you know it they turn into years. I check up on your website from time to time to see what's been going on. Things seem to have gotten a lot busier for you.

Well I'm still practicing almost on a daily basis. The more time goes by the more consistent I've gotten. At the moment I typically practice 2-3 hours a day (usually closer to 3) about 5 days a week. It's not always the full 5 days but the odd time its more. My routine isn't as good at weekends but its getting better. This is the way it's been for about the last year. Before that I've had some periods of practicing for a few months and then stopping for a few months.

I haven't looked at the tapes in ages as I usually do each exercise for 10 to 15 minutes. Any less seems like it's not enough as otherwise it feels like I'm moving onto the next exercise just when the current one is really beginning to get going. There are a couple of things I changed with the 4 routines as I've increased my practice. I know you told me not to change anything but I thought I needed to especially when I practice close to 3 hours. I split the B and C routines into 2 separate practices and I also stand for pushing hands during the daily practice routine otherwise I'll be in the lotus position for too long.

So my days go something like this.

Day 1 – Routine A

Day 2 – Daily practice Routine (takes close to 3 hours)

Day 3 – 2nd half of Routine B (with MCO and Turbo Project just before the voice exercises)

Day 4 – 1st half of Routine C (up to MCO and I also add in Turbo Projecting)

Day 5 – 2 half of Routine C with MCO and Turbo Project at the end (so pretty much the same as routine A)

Day 6 – Routine D.

My worst periods have been when in a relationship. I haven't quite gotten the sexual circulations working yet (unless I'm on my own but it's a lot easier to control then). This is something I badly want but I suppose it just

takes time with consistent practice.

The weakest part of my practice is my visualization. Probably to do with the fact that I still have a lot of crap hidden away somewhere. I don't know the exact reason, there's just a complete block when I try to visualize which is a pity seeing its one of the most important parts of the system. When doing Turbo Projecting there's no problem feeling the energy going from my Tan Tien up into the universe but when I try to combine the visualizations it's just not happening.

Anyway that's my well overdue update. Can't believe it's been nearly 3 years since I went to Chicago. I'd love to hear if you've anything to say about my practice or anything else for that matter. All the best, Gordon

.....

Hey Gary I finally did Emotional Lipo on my wife's friend... she say's she feels really calm and peaceful now... so it had a pretty cool effect... EXCELLENT!!

I have lots of people interested but most are too scared to do it.

I've also used the pointer on a lady with arthritis in her thumbs... very cool... her pain is much better. I did the spinal touch thing on a guy with sciatica... again pain much improved. So thanks for your teachings dude. Later, Zac

.....

Gary, thanks again for a great weekend. I believe this weekend will mark or benchmark a day in my life that I will never forget. "Good things are going to happen." Looking forward to the group practice session.

Yes I know, "practice," "practice," "practice"... Many thanks, Gary Day

.....

Hi Gary, I need to thank you for teaching me Chi Kung. I have seen such an increase in my energy in just a few short days. I played tennis the other night and noticed my stamina was increased dramatically. Also, I had sex with my wife Monday night and I was more in tune with my body plus I had an organism without an ejaculation (WOW). I hope to be able to teach others how to increase their energy and improve their sexual relations in the future using Chi Kung.

Once again, it is becoming a true blessing to get to know you and your practices. Honorably, Michael, Indiana

.....