Closed System Training-Instructors Certification Program

Chi Power Exercise & Chi Power Video/DVD of the Month
Closed System Topic-Heavy Chi

Heavy chi has extraordinary properties and leads to the advanced techniques for which many chi gung practitioners strive.

Thru the use of the “C” & "O" exercises, members engaged in this level of training will find that their chi is growing stronger, thicker, denser, and as a result- heavier. The energy itself begins taking on a tangible form.

During the information session facilitated by Sifu Jones, the properties of electrons were discussed via two specific terms: quantum tunneling and Heisenberg’s Uncertainty Principle. Below are references to these phenomena, both taken from Brian Greene’s The Elegant Universe:

Heisenberg’s Uncertainty Principle

- “Even in an empty region of space – inside an empty box, for example – the uncertainty principle says that the energy and momentum are uncertain: They fluctuate between extremes that get larger as the size of the box and the time scale over which it is examined get smaller and smaller.”
- “Even in the most quiescent setting imaginable, such as an empty region of space, the uncertainty principle tells us that from a microscopic vantage point there is a tremendous amount of activity. And this activity gets increasingly agitated on ever smaller distance and time scales.”
- “$E=mc^2$ tells us that energy can be turned into matter and vice versa.”
- “an electron and its antimatter companion the positron to erupt into existence, even if the region was initially empty.”

Quantum Tunneling

- “quantum mechanics allows a particle to borrow energy so long as it can relinquish it within a time frame determined by Heisenberg’s uncertainty principle.”
- “As the objects we study become increasingly complicated, consisting of more and more particle constituents, such quantum tunneling can still occur, but it becomes very unlikely since all of the individual particles must be lucky enough to tunnel together.”