

Closed System Training-Instructors Certification Program

Chi Power Exercise & Chi Power Video/DVD of the Month

1st Month Closed System Topic-Volume 6/The "C" Super Set

Equipment Needed: A hard back chair, comfortable clothes (cotton clothes)

Degree of Difficulty: Advanced level exercise for advanced users only

Lessons Learned: To learn the next set of exercises that creates a synergism affect with building chi energy in the body. Learning a new way of combining images with moving chi for a more reliable & consistent way of getting better results in chi energy work and this Chi Power System.

Variations of Exercise: Explained and shown in video the variations and when they are needed. This exercise you do in this way until the next set of exercises you will learn in the Vol-7/Adv Video is explained in detail.

The "C" Super Set Exercise:

1. Members are shown the New "C" Super sets exercise in this same clockwise manner, using the screens in the usual blood washing pattern. This time they will be making the following new changes on Vol-6/The "C" Super Sets Exercise that will be explained as shown on video. Perform the exercises using the sets of shorts & longs as shown in Vol-5 with the main difference being what they learn in this video.
2. These simple changes in your routine will again add significantly to the extra pressure & density that comes from Chi Power training. This video & .mp3 combination will provide you the extra guidance needed to ensure proper adherence to the rules, so overloading doesn't occur. You can only build as fast as your own body's nerve fiber system allows you to go. Going too fast/ too quick or with too much pressure or intensity and it will lead to painful overloads.
3. You want to go back to doing only one or two of the "C" Super set exercise for the first couple days, so you can see how your body handles the extra build up of energy and energy flow patterns in that new location. The "C" Super Sets exercise will put the chi in a stronger thicker pattern then you will be use to handling, so it is easy to overload into different areas. Resist the urge to push through the energy in a hard way or to allow it to turn painful, it won't get you there any sooner burning your insides with chi. It is

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easy to hurt your back or overload into the kidneys while doing your legs, so be extra careful there.

4. Develop a routine that works for your body going up to a max of ten sets at 5 minute speed or 5 sets at 10 min speed for total time doing Super Sets will be around 50 minutes just like in Vol-5. The more sensitive you are the more that time is cut in half, just like before. With the other circle exercises learned and added in, a typical maximum workout time is still around 60 minutes. For the really sensitive types, again this time is cut in half or more (doesn't include 10-20 minutes of extra time doing the lying down meditation at night and/or doing the screens in strictly a mental way).
5. We want you to take a little longer time learning to do the exercise right, so if you need to slow down in order to see the "C" well and not lose mental sight of it, it's okay to slow up as much as 10-12 minute speed again or what speed you have worked out for your body to go at. There is a lot of variance between one person and the next, so the sensitive should not do as many sets building this heavier type chi. Yanging out slows down your time it takes to get good, not speeds it up. The sensitive people may have to adjust their routines and time frames for these new variations, until their bodies' will handle the new energy levels. Most people do less nighttime reps than in the morning. Adjust the time and speed to what your body can handle while getting use to the "C" feeling.
6. The **Four Rules** apply more here than at any time in chi power training. Not adhering to the rules is the number one reason people will run into trouble. Don't forget the energy will feel really strong long after you have finished the exercises. Doing things wrong can cause your body to throb for hours after a workout, so make everything feel good, especially the images of the screen.
7. Don't ignore the tell-tale signs of the danger zones in this type energy work, you have learned to look for in the earlier parts.
8. Be smart: don't push and keep on the yin side. This part is so easy to overload in and most people will a couple or more times before they get down the routine for them. Yanging out happens incredibly easy in this part.

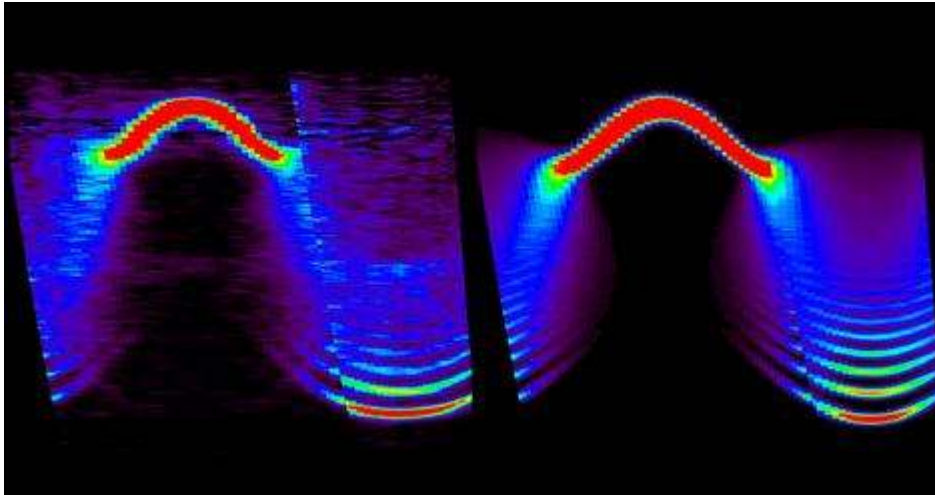
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9. **DO NOT TEACH THE EXERCISES TO OTHERS!** You have been training your nerve fibers to handle this extra energy load. Anyone you would teach these techniques to need a similar amount of time like you had to build their nerve fibers too.
10. The best way to help you get this exercise down better is when you learn to do your screen image down your torso area (the digestive tract) in the right way. It becomes easier to keep getting longer lasting term euphoric feelings, now that you know to exclusively use the digestive tract to do it and not use the head for those kind of changes. When doing torso passes, start seeing the image of the screen at neck area down (not in the head area), though still start the circle of the screen 6-inches above the head. Don't do screens on yourself in a tense/tight or strong way while doing any kind of Super Sets. Everything will be again amped to a new level in this part.
11. You do this new "C" exercise until we show you the next volume that changes things again. However, when you're able to do the "C" without any breaks in your routine pattern, you will switch in and out of doing the screens part of the time and the "C" only part of the time. The next volume in a few months, will take you off this exercise and on to the next ones.
12. The main thing that changes in this volume is the addition of the "C" and using it to make heavier chi then you could normally make in your screen training up until now. It will also help you better put chi energy into areas you can't physically see. Perform the sets in this new way until your body adjusts to this new way of doing things. The better you can learn to feel, than see well, this "C" you are learning to create without there being any breaks in the pattern the stronger your chi will become. The arms will be a lot easier to get down than the leg areas will be.
13. Again adjust your time/speeds as necessary for your body. Most people can do about an hour of advanced training a day without too many side effects, but this varies person to person. More time in the morning means less nighttime work and vice versa, so that you are reaching the right rate of progression for your body. Again, doing the lying down meditation on a regular basis will improve your abilities even more.
14. This topic and the rest of the third year topics are Instructor Level courses and it is important to understand that as the power of the techniques go up

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and you can make heavier chi, you will continue to have to adjust your vocal tones to friends & loved ones.

Below is a pictorial example of what your “C” should look like, along with the link to the article describing how quantum particles/strings form and exist in nature.



[Exotic symmetry seen in ultracold electrons](#)