

**Free Report
on the Health Benefits
of Qigong Breathing
by Steve Cotter
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What is qigong?

Qi is a Chinese term that translates as breath or energy and Gong means work or skillful ability. Therefore qigong refers to the practice of breathing skill or energy mastery.

What does qigong offer to you in terms of health, wellness and vitality?

Qi is akin to electricity that powers the battery, which supplies power to the motor. The battery of your body is the internal organ system. This supplies power to the motor, which are the muscles and structures that allow you to move. If your motor does not have a source of power, it will not be able to function. Likewise, if the battery has no electrical charge, it will not be able to supply power to the motor. Qigong exercise serves to charge the battery of your body so that you may live a strong, vital life.

My qigong Master Kao San-Lun describes the proper relationship between external exercise, qi gong and meditation with this analogy of an automobile.

The results of external exercise are like the body of a car. When you are driving a new, clean and shiny car, you feel good. People notice you, and this makes you feel good also. This is only true if you can actually drive the car. If the shiny car does not work and can only sit in the driveway it is of little value.

It is the same with nice clothes. When you put on a quality suit that fits well, you look good and you feel good. You are confident, relaxed and thus you perform well.

All cars are clean and shiny when new, just like a baby. However, without proper maintenance the shiny new car will soon wear down. Even the best car, if abused and not maintained will eventually break down and no longer be suitable for transportation. Not repairing the defective part.

To learn qigong you want to go to a specialist, just as you would for medicine or for your car.

As a mode of transportation the car must run properly and should look good as well.

Now, we must also pay attention to the driver of the car. They should be alert, competent and know the route to the destination. Even if the car runs well, even if the body is clean, strong and shiny without a competent driver it could be a dangerous thing.

This is the role of meditation and mental exercise. The mind of the body is the driver of our car. The examples are obvious. Regardless of condition of the car, a competent and focused driver is preferred to one inexperienced and impaired by toxins.

As with a good meal, only with the proper balance of spices is the whole greater than the sum of its parts. That is why we balance our practice with the Xiao Jiu Tian system of qigong as taught within the Chang Hung Xi Sui Gong Kung Fu Association.

Different types of qigong:

1. Martial Art Qigong:

-Exercises to develop more power for fighting, taking more punishment

2. Show/Performance Qigong:

-E.g. bending steel bars with the throat, driving a car over the body, etc. They are tricks—nothing for health, nothing for martial arts abilities

3. Health Qigong: 2 types

a. Traditional Qigong:

- Has a clear lineage and proven history; in Taoist traditions the philosophy is that we should be able to control our life, our body
- This practice benefits our sleep, our health, wards off disease and can provide a method to fix health problems

b. Modern Qigong:

- it is new; we don't know where it comes from; there is no history, no lineage, no certification

4. Little Nine Heaven Qigong (Xiao Jiu Tian):

- The qigong you are learning in this course is from this system
- There are many forms of qigong in this system for different purposes
- General purpose is to increase energy, increase circulation and the health of the internal organ system
- This system focuses on promoting a longer, healthier life by reversing the aging process. As an Internal system, it shares many of the qualities of Tai Chi, Hsing I, and Pa Kua.

- The lineage of the Little Nine Heaven system is very clear and traceable

Its origins are traced back to the Taoist, Wu Dao Zi, of the Tang dynasty (618 AD - 906 AD)

Little Nine Heaven was originally passed down only to one Taoist priest per generation. The Little Nine Heaven system was never taught to non-Taoist priests, except to Master Chao. **Master Chao Chang Hung** (1914-2001) Grand Master Chiao was the 33rd generation disciple and is the first non-devotee to be taught the complete arts of the system Xiao Jiu Tian (Little Nine Heavens) systems of martial arts, and is responsible for introducing the system to the world at large.

During the 1950s, Chiao migrated with General Chiang Kai Shek's government to Taiwan. He served as a government officer within National Security Department. During the time, he helped to promote the art of Kung Fu. Through various introductions and personal associations, he taught the art of Xi Sui Gong to, other Kung Fu masters, senators, generals and numerous students in Taiwan; and achieved the following positions and awards:

1. One of the only four holders of the title "Grand Master" awarded by the Taiwanese government
2. One of the founders of the Tai Chi Chuan Club, which is now the Tai Chi Chuan Association of Taiwan.
3. Chief Instructor of the National Taiwan Kung Fu Team.
4. Head Referee for the International Kung Fu Tournament
5. Advisor to the Chinese Kung Fu Research Institute in Paris.
6. The first Grand Master to teach the art of Xi Sui Gong to the interested public.
7. The first and only to write and publish a book about the art of Xi Sui Gong. This book is an updated and compiled version of his three previous works.

In the late 70s, Grand Master Chiao decided to open up the teachings of the Chinese intellectual art to the public. He only accepted students who showed sufficient spirit and commitment to learn the art. This dedication endures with his senior disciples who were chosen to spread the art. Master Kao San-Lun and Master Tan Ching Yun of Taiwan; and later, Master Jim McNeil of the United States, were chosen to teach others, as well as spread the name of Xi Sui Gong.

Since Master Kao started teaching Qi Gong in Taiwan and later all over the world (Singapore, Malaysia, Hong Kong, Japan, USA, Switzerland, Indonesia) thousands of students took up Qi Gong from him merely through friends' recommendations.

In 1996 Master Kao started teaching a number of senior students the arts of Qi Gong, Tai Chi, Pa Qua, Hsing-I, Little Nine Heaven and Xi Sui Gong in Tampa, Florida. Master Kao has selected disciples **William Brizendine**, **Ed Coughlin**, **Jeff Pentz** and **Eric Jarman** and his student **Steve Cotter** to continue the spread of this valuable health-giving system of knowledge to committed students.

To contact Master Kao, please E-Mail info@xisuigong.com

14. Stretch and shake out the arms and legs

Key points to be aware of throughout practice:

- Time breathing with movements; breathing is combined with movement
- Feel the air as if swimming through water; feel the qi, feel the air; as an analogy, fish don't feel the water because they live in the water, we don't generally feel the air because we live in the air; pay attention and feel
- Do not concentrate on the breathing—concentrate on feeling, on the qi

Epilogue

The above qigong exercise is one of numerous methods of qigong taught as part of the Little Nine Heaven system. It is very simple to learn, the benefits are quickly realized and it can be practiced daily by anyone.

An additional component of the Little Nine Heaven system is Xi Sui Gong (Bone Marrow Washing), which is a complex and powerful method of Taoist Chi Gong. Xi Sui Gong is a form of "Nei Gong" (internal exercise of power), an exercise which is performed with the inner body. Conversely "Wai Gong" (external exercise of power) are those types of chi gong based on the external movements of the body and muscles. By comparison, Nei Gong is much more complex, involving internal organs, parts, circulatory and neural systems, etc. Each school of the Chinese martial arts possesses its own secrets regarding the training of Nei Gong, which vary in ease of training and the speed and extent of accomplishment. Traditional schools of martial arts always balance the training of Nei and Wai Gong. A good foundation of the Nei Gong is essential to ensure a lasting (with respect to age) source of fitness, strength and energy. The advantages of Xi Sui Gong Practice is that it is easy to learn, the effects are easily observed, and the practice has no adverse effects. The training process is therefore easy and safe, even if undertaken alone. Purist Taoist practices, however, require long periods of training in seclusion before the results can be seen.

Resource:

For more information about qigong practice visit:

www.xisuiqigong.com

Questions about qigong practice?

Email your questions to: info@xisuiqigong.com

Little Nine Heaven Qigong exercise:

1. Stand natural, with feet at about hip to shoulder width apart, arms at your side; separate the hands from the body with the palms turned forward



2. With inhale, circle the arms in front of body, crossing at face level; with exhale drop the arms back down



3. With inhale, circle the arms in front of body, crossing at face level; with exhale drop the arms and simultaneously fold forward at the waist



4. With inhale, circle the arms in front of body, crossing at face level; with exhale drop the arms and simultaneously squat down



5. With inhale, circle the arms in front of body, crossing at face level and simultaneously raise up onto toes; with exhale drop the arms to waist level-palms down as you plant the feet



6. With inhale turn the waist to the left and hold position for 3 seconds; with exhale turn back to center; repeat to right side (feel the hands rub across an imaginary table)



7. With inhale bring palms facing each other in front of body; with exhale reach right hand up to left side and reach left hand down to left side as you turn your body to the left; look at right heel through the space between the thumb and index finger on the left hand; exhale return hands to front of body; repeat to the right side



Components of Little Nine Heaven Qigong:

External:

For the body, exercising muscles, tendons and joints

This involves movement; concentration of the mind; feeling of energy; the more you feel, the more energy you get; this gives you power; breathing; and relaxation

Breathing:

You get more oxygen;

Your internal organs get exercised; the organs are massaged

Increased blood circulation

Increased digestion

Tan Tien/ Dan Tien:

Definition:

Tan = pill/medicine

Tien = farm; the place where the medicine of life is grown; the medicine of life is qi; like a battery, you must charge it

Relaxation:

Body:

The more we relax, the better the circulation will be;

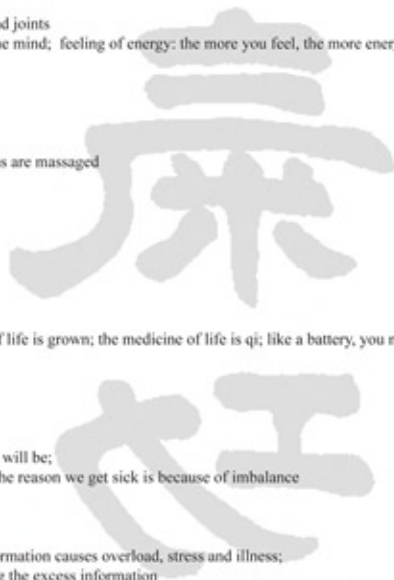
Cell power: can heal and balance the body; the reason we get sick is because of imbalance

Brain:

The brain is like a computer—too much information causes overload, stress and illness;

Relaxation has the effect of deleting, clearing the excess information

If you have a healthy body and brain and relaxation, it means you are young, regardless of your chronological age



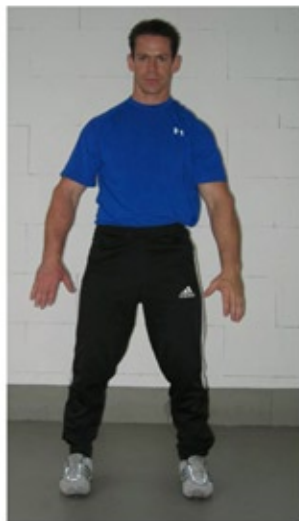
Shown from rear angle:



8. With inhaled shift weight to left leg and lift the right leg, and raise right arm to vertical; with exhaled extend the right knee and foot---release all negative energy through the heel of the right foot; repeat entire sequence to other side



9. Bring feet back to center position and bring hands down to sides with palms down



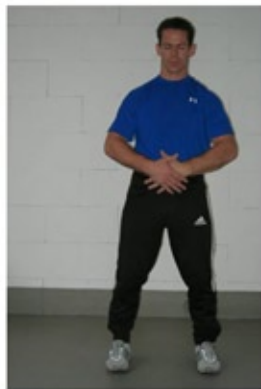
10. Repeat the entire sequence 1-8 for a total of 10 times

11. Bring hands to belly and breathe with eyes closed for 1-5 or more minutes; men place left hand on belly and right palm over the left; women place right hand on belly and left palm over the right

3 points to be mindful of about the breath is:

- deep
- smooth
- quiet

Add visualization to deep breathing: with inhale draw the breath from the tailbone up the back channel, over the head and to the point between the eyes (3rd eye); with exhale the breath settles down the front channel to tan tien



12. Release the palms from belly to palms up position; relax and let everything go; there is no attention to breathe or posture, simply relax and feel the energy; continue for 5 or more minutes



13. 3 cleansing breaths to end; with inhale draw palms up in front of body; with exhale lower palms down in front of body; inhale through nose and exhale through mouth



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