

# Chi-Lel™ 智慧氣功 QIGONG News Spring 2003

## Editor's Viewpoint

by Frank Chan

### My Healing Story

By Joann Flora, Ketchikan, AK

I came to the Hawaii Retreat to heal my digestion. My large intestine is 18" longer than average, makes more turns & twists than usual, & is very lazy (lacking peristalsis). For years, the daily process of food in/out has been a tedious, time consuming chore. I have used acupuncture, exercise, herbology, colon cleansing & massage, with little result. The doctors thought they should cut some of it out. I disagreed. Additionally, my low back is challenged: scoliosis & bone spurs in the SI joint has limited my movement and presented much pain. Qigong has always been helpful, particularly Hao La Hula & Press Down/Up.



But pain & a locked SI joint never allowed my Wall squats to progress satisfactorily. In fact, I elected to forgo the Level I Teacher's test at Sedona because my wall Squats were so deficient. (I didn't want to embarrass myself) I believed if I could only saturate myself in Chi-Lel, I could make changes the

changes I sought. When the email came about the month in Hawaii, I jumped at the chance for an opportunity to heal my digestion & maybe improve my back.

The beauty of Chi-Lel is in the bonuses one doesn't expect to receive. About 10 days into the retreat, I became aware that my arrhythmia had not presented itself since the third or fourth day. I was used to regular occurrences of heart palpitations & began to notice they were not happening! Surprise! This bonus wasn't even on my wish list. As the days passed, my back showed great improvement. My SI was not locking up & grinding through the forms, & I had no pain. One day during Half Wall Squats Gong, I just knew my time had come. I started doing full squats and didn't stop till I reached 100. Another bonus! And, a first! I did another hundred the next day & the next, all without pain or restriction. Not only was I having success with my back pain, but my Wall Squats soared to new heights (lows, I should say).

When the time came to leave Hawaii, I was content. My heart had improved, my SI & Ming Men were open, my back felt better, & I could Wall Squat! My digestion was still a challenge, but I was happy with the results of my month's work. In Seattle, I stopped at my Shiatsu practitioner for a treatment before returning to Alaska. While in the waiting room, I thumbed through a magazine & began to read an article. Half way through I was struck by the thought, "I'm not wearing my reading glasses". I had not read a magazine without them for several years. Although the print was not crystal clear, it was good enough to read unaided! Another unexpected bonus & a wonderful surprise! It just doesn't get any better.

In Chinese medicine we acknowledge that whatever has a back has a front. If this past month can make so much improvement to my back, plus deliver the bonuses of improved heart function, wall squats, & vision, I know I will ultimately heal my front (digestion).

Very often, when we practice qigong, we focus on the obvious abnormality in the body and consider improvements in the abnormal area as the only indicators of success. In reality, Qi works in very mystery ways, and healing occurs in many ways. Sometimes, it is mental release; other times, it is physical improvement in other areas. Joann Flora tells her story of qi healing and how it occurred in ways she did not expect. Imagery is a very important part of qigong practice. Lyn Dean tells the inspirational story of Diana Olson using imagery to overcome her physical limitations. In this issue, we continue instructions on the Body and Mind Method as a reminder that although imagery is important, the form should not be neglected.

Last year, Luke Chan relocated to China to focus on his own practice and to train students in month-long small group sessions. As we all know, distractions are the biggest obstacles in qigong training. A worry-free environment can accelerate a practitioner's progress. Luke's training site in China blends Chinese culture and Western luxury to provide an ideal setting for qigong practice. Ruud Gerritsen and Danuta Snyder recount their experiences and benefits of the intensive training.

Healing arts come in many forms. Some forms fit certain individuals better than others. Last year, we conducted our first Tui Na study-tour to China with overwhelming success. While Chilel is a self-healing art, Tui Na is a healing tool for working on others. Since virtually all Tui Na practitioners practice qigong in China, Chilel and Tui Na complement each other perfectly. Tui Na, like qigong, has a lot of secret techniques not usually taught to outsiders. We were fortunate to have two distinguished teachers, Dr. Wang and Master Feng, share their secrets with us wholeheartedly. Nancy Campbell and Irene Cohen, both medical doctors, tell their China adventure stories.

# A Chinese Adventure

By Nancy Campbell, Washington, MA

Last November, eleven intrepid Qigong practitioners led by Frank Chan and Eva Lew, headed off to China. We spent two glorious days exploring Beijing. We went to the Temple of Heaven where the Emperor would go to fast and pray for the crops and well-being of his people. There was a profound spirituality about the place appreciated by all. Classic Chinese architecture is intricate and, in the present day, almost whimsical. We also went to Tienamen Square and hiked through the immensity and glory of the Forbidden City. Being desperate for a good cup of coffee, I was astonished and delighted to find a small Starbucks Coffee shop in the Forbidden City! Paradoxical, but fun. After a quick stop at the Summer Palace, which has the longest corridor in the world, we stopped for the day.

The next day, we took a bus to a section of the Great Wall near Beijing. The day was cold and very windy. Although we had all dressed well, we almost lost Grace when she was blown over at the top of the wall. She managed to hike all the way down on an injured knee, but did recover fairly quickly, with the help of the group's healing expertise. The wall itself was amazing and beautiful as it snaked through the mountains. The Great Wall has a total length of about 5000 kilometers. It's hard to imagine. The Ming Tombs were pretty quiet after our Great Wall experience— beautiful and stone still. A truly deep peace permeated the entire place.

The next day, we were off to Beidaihe, where we spent

eight wonderful days studying with two Chinese Masters, Wang Ho and Feng Jiming. We learned the anatomy, physiology, and the diagnosis and treatment of neck problems, lumbar disc disease, and knee pain. They taught us some Tui Na, a form of Chinese soft tissue treatment and the Seven Star Technique for neck pain. Each of the seven stars represents one procedure in the treatment, which is then performed for seven days. Tui Na takes many years of study to be fully mastered, but we learned enough to be very useful in our practices. We also learned many self-healing exercises for our patients, and some manipulative techniques. These came with wonderful names such as, "Rhino looks at the moon", and "Old Monk hits the bell". Some of these techniques were as fascinating as their names. The teaching was superb, well organized. One of the unusual features of this training was the requirement that we prove what we had learned by treating the teachers. That created the best possible feedback. The entire educational experience was fun and thoroughly inspirational.



Nancy Campbell practices Tui Na

At the end of two weeks of exploration, camaraderie—I have never been with a more enjoyable group of people in my life, and lots of shopping,—ah, shopping— A great thing to do in China. There is always an opportunity to shop. No matter where you are, someone is always selling, and ready to bargain. There are remarkable crafts and, as manual workmanship is essentially free, equally remarkable prices. And so, after these marvelous two weeks of great people and adventure, we all headed back home with wonderful memories and our lives changed just a little bit. I believe I am not the only one who plans to return to China someday.

# A Memorable Trip

by Irene Cohen, NYC

In November 2002, I went with the ChiLel group to study the Seven Star Cervical Spine method, which had never before been taught to Westerners, from Wang Ho Dafu, an acupuncturist who has been honored as one of China's "National Treasures" and Feng Jiming Lao-shi, a well known Tai Chi master. They willingly and openly taught us all they knew about cervical and lumbar disc problems and precisely taught us unique massage and acupuncture methods developed by Wang Dafu and Wang's teacher. They even let us practice on them to ensure that we got it right, a pedagogical method rarely encountered in China! Although they spoke little English and we knew even less Mandarin, with the help of Frank's translation, we learned a tremendous amount. I immediately put the information I learned to use at home on my husband's headache, with good results.



Irene A. Cohen practices 7-stars Method

But it wasn't all study. We did sight-seeing in and around Beijing. While in Beidaihe, a beautiful seaside town best enjoyed in the summer, we walked on the beach, even on chilly mornings. We spent one day in Qinhuangdao at my favorite of the sites: the Old Dragon's Head (the beginning of the Great Wall), where the Great Wall meets the sea, and we visited its beautiful Temple of the Sea Goddess. That night we chose from 600 kinds of dumplings at a well-known local restaurant. We had wonderful banquet style meals wherever

we ate and shopping trips for those who wanted pearls, jade, silks...or just souvenirs. The best part for me was meeting others who worked with qi in different ways. Among us were massage therapists, nurses, physicians, ChiLel Qigong and Tai Chi teachers, and holistic practitioners. The guiding hand, translational skills and ever-present humor of Frank Chan and the organization, pragmatism and optimism of Eva Lew made the trip a resounding success. I wasn't sure what I was seeking in China but I knew by the end what I had received: lasting friendships, new techniques to help my patients and memories to recall and cherish. It was an honor to meet and study with these two Masters and be able to bring their techniques to the West.

For Nov 2003  
China Trip  
information  
call  
888 864-0588

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# My China Experience

Danuta Snyder, Nova Scotia, Canada

The New Year began and I sensed that my qi gong practice was incomplete and unfocused. Then I saw the invitation to study for a month in China with Luke. It seemed



Danuta Snyder in China

like it was meant to be. Here was the opportunity to learn in a small group situation, have the program tailor-made for my level and capability, be taught Eastern knowledge in a way that is accessible to my Western mind! As far as I know, there is nothing offered like this elsewhere. I decided to accept the invitation and enter into it without preconceived notions of what it would be like. Now that I am back home, it is starting to dawn on me how rare the month of May was for me.

I believe that Luke's unique contribution to the study of qi gong is his devotion to helping his students build a solid foundation. The smallest beginning step in connecting with the chi field is the most important. He refuses to hurry a student into superficial "progress." Instead he gives his all trying to impart to his students to what is basic and so they can appreciate that working at mastery of the simplest level is the key to a most profound qi gong practice. It was truly amazing to perform the same movements I had been doing and see how they were a completely new exercise once I had a different mindset toward them. We did the same movements over and over, day after day. And with each day came a newness to the repetition. I feel humble about my accomplishment this past month, but I also feel greatly encouraged and excited knowing that I came home with a clear idea of what direction my qi gong practice should take.

The setting in Zhongshan was ideal. What an experience for us students to be the only foreign faces for the entire month! The city is thriving, yet relaxed. Mango trees line the avenues. I'd never been somewhere that umbrellas were used as parasols. And the food...! I indulged in all the lychee fruit I could possibly eat whenever I wanted it. I will never know the names of many fruits and vegetables, but I purely enjoyed them without labelling. (That applies to the home cooking as well as the restaurant fare.) Our month occurred at a time of intense change for Luke's household since son Peter was just two weeks old when we arrived, yet they opened their hearts as well as their home to us. It is impossible to separate what I learned in qi gong from the atmosphere that surrounded that learning.

Although a bit nostalgic as I write this, I am glad to be home and get on with my life. I am fueled by what I experienced - literally. Life is good!

## What was the China retreat all about?

by Ruud Gerritsen, The Netherlands

*I opened the Chilel website and read about the retreat and within 5 minutes made my decision to take part in this life chance opportunity. The fact of practicing 8 hours a Chilel Qigong a day for a whole month in the presence of Master Luke Chan was the first attraction to me. The first day began at 6:00 am with six direction and tree squatting in the beautiful park outside. For 3 weeks we are keeping the rhythm doing and learning power qigong for 8 hours a day. Every day we learn how to keep the awareness of each and every movement made by our body from by the power of our mind in Dantien, the breathing chi and yin and yang is the key to hold on to this sensation. We realize how important it is to keep our straight line from Baihui to Huiyin at all the times and use the power of turning chi in the Dantien area (no matter which movement we make). Through making all kinds of different errors, Master Luke Chan teaches us how to discover our true power within, to live and lead a healthy, vital and strong life. And that is just the beginning of a fantastic journey in power and joy.*



Ruud Gerritsen doing pole-squat in China

For information on Month-long Chilel™ Qigong study with Luke Chan in China: please check our website [www.chilel.com](http://www.chilel.com) or email [lukechan@chilel.com](mailto:lukechan@chilel.com)

# Erect Palms, Separate Fingers and Open Meridians

By Frank Chan

## 1. Erect the palms

The body is centered. The arms are level and form a straight line. Leading with the middle fingers, erect the palms to form a right angle with the forearms. Leading with the wrists, the arms push outward, loosen up the shoulder and elbow joints. At the same time, the center of the palms, wrists, and fingers thrust outward, and the back of the hands and the fingertips pull backward.



Fig 1

After the correct posture is obtained, the shoulder blades contract toward each other with the arms maintaining a straight line. The fingers are straight, and the palms are erect. Then push the arms outward. (push the wrists and center of the palms forward and pull back the fingertips to the maximum.) Repeat 3 to 5 times. Fig 1.

**Common mistakes:** Centers of palms are not pushed outward in thrust outward motion. Elbows are bent in contracting motion.

## 2. Separate the fingers

Following the last movement, push the palms outward and separate the fingers. First separate the thumbs and the little fingers simultaneously; then separate the index and ring fingers. The motion should be slow and even. Separate to the limit, and push the palms outward. Close the index and ring fingers, followed by the thumbs and the little fingers. Repeat 5 to 7 times. Fig 2 to 4.



Fig 2



Fig 3



Fig 4

**Common mistakes:** Fingers are not erect. Wrists are not pushed out.

## 3. Curl the fingers

After separating the fingers, curl them downward. First relax the wrists; then the fingers and the palms curl downward. Beginning with the fingertips, use force to intentionally curl the fingers downward, one joint at a time, forming an eagle claw. Continue to move the fingers downward until the fingertips touch. At this time, the palms and the forearms should form a 45-degree angle; pull the fingertips toward the centers of the palms forming an empty fist. Erect the palms; then relax and extend the fingers one joint at a time from the palm to the fingertips. Repeat 3 to 5 times. Fig 5 to 8.

**Common mistakes:** Fingers are not curled downward one joint at a time. Thumb and little finger



Fig 5

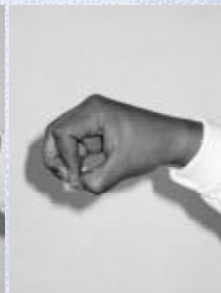


Fig 6



Fig 7



Fig 8

are not touching each other while pulling toward the center of palm. Wrist is bent more than 45 degrees.

## 4. Waving Arms Movement

In the waving arms movements, the left side is contracted while the right side is being extended and vice versa. The movements are snake-like. When the right shoulder blade moves toward the spine, the left shoulder blade moves outward to the left. Simultaneously, the right upper arm squeezes inward through the shoulder joint, the right elbow sinks slightly, and the right wrist bends. The fingers move naturally. Similar movements are repeated on the left side. Alternating movements of the shoulders result in an infinity sign when shoulders are viewed from the back. Fig 9 to 12.



Fig 9



Fig 10



Fig 11



Fig 12

**Common mistakes:** Both hands fall below the straight horizontal line. Shoulder blades are not contracting and extending. Body is not centered and is leaning to the left and then right.

#### Keys to the practice

The arms need to be straight and level at all times. The method to determine whether arms are level or not is not by using eyes but by relaxing both arms. If the hands are heavy and the shoulders are light, then the hands are too low. If the hands are light and the shoulders are heavy, the hands are too high. While pushing outward, the wrists remain stationary and the fingertips are pulled back toward the head. Thus, qi will return to the body. In contracting the shoulder blades inward, the force remains horizontal. During the movements, the head, the body and the tailbone do not move.

In curling the fingers, the hands act like eagle claws ready to catch a fish; the attention is on the fingertips. Relax the wrists first, then curl downward. The main movements are centered on first and second joints of the fingers. When the fingertips close into the center of the palms, they are still touching each other; the wrists should not curl inward. This movement is designed to tense the outer arm tendons and to relax those of the inner arms. In uncurling the fingers, the outer sides of the arms will relax and the inner sides will tense.

In waving arms movements, both arms move at the same time, but focus is placed on the primary side. The arms maintain a straight, horizontal line. With the contracting and extending, the arms have an up and down movement. The contracting side is slightly below the horizontal line and the extending side is slightly above the horizontal line. The contraction and extension should be performed simultaneously.

#### Purpose

The main purpose for these movements is to activate the six meridians in the hands. The three Hand Yin Meridians originate in the chest and run through the

inner arms to the fingers; the three Hand Yang Meridians originate in the fingers and run through the outer arms to the head. By tensing and relaxing the inner and outer arms through the finger movements, we activate both Yin and Yang Meridians. Separate finger movements stretch the inner arms and mainly exercise the three Hand Yin Meridians; curling finger movements stretch the outer arms and exercise the three Hand Yang Meridians. Yin and Yang qi will nourish each other.

Besides activating the meridians, this exercise focuses on strengthening the Jing pressure points. With the exception of the Jong Chong pressure points, which are located in the fingertips, the rest of the fingers' Jing pressure points are located at the base of the fingernails. Jing pressure points allow qi to circulate in and out of the meridians. By exercising the fingers, qi and blood will rush to the fingertips, dissolving any blockage in the finger meridians. The qi in the fingertips will be plentiful and circulate strongly and uninterrupted. The functions of Jing pressure points will be strengthened. As a result, the qi in all six Hand Meridians will circulate smoother and stronger. Since the Hand Yang Meridians are the small and large intestine meridians, this exercise is very good for the gastrointestinal system.



***Abridged from  
Hou Hee  
(Frank) Chan's  
book- "Chi-lel  
Qigong: Body  
and Mind  
Method".***

# Workshop & Retreat Schedule

TO REGISTER. PLEASE CALL 1 888 864-0588

**Chi-Lel Qigong™ Workshop** ~ Workshop begins at 9am and ends at 4:30pm unless specified. The fee is \$195 for both days. Workshops are conducted by Frank Chan. Please visit [www.chilel.com](http://www.chilel.com) for update information.

## February 2003

**Phoenix** - February 15 & 16  
Holiday Inn Select, Phoenix Airport

## March

**Austin, TX** - March 8 & 9

**Glen Ivy Retreat** - March 14 - 19  
Corona, CA

**Atlanta** - March 22 & 23  
Holiday Inn Midtown

**Brooks, Alberta** - March 29 & 30

## April

**Boston** - April 5 & 6  
Comfort Inn Boston Airport, Revere

**New York City** - April 12 & 13  
Source of Life Center, 352 7th Ave

**Chicago** - April 26 & 27  
Holiday Inn Express, Elmhurst, IL

## May

**San Francisco** - May 3 & 4  
Building C, Ft Mason Center

**Seattle** - May 17 & 18  
Red Lion Hotel Seattle South

**Oakwood Retreat** - May 23 - 28  
Selma, IN

## Retreats

### Glen Ivy Community, Corona, CA

3-day retreat: Friday March 14, 5pm to Sunday March 16, 12:00 noon; \$365 (tuition, meals & lodging are included)

6-day retreat: Friday March 14, 5pm to Wed March 19, 12:00 noon; \$725 (tuition, meals & lodging are included)

### Oakwood Farm, Selma (near Muncie), IN

3-day retreat: Friday May 23, 5pm to Sunday May 25, 12:00 noon; \$335 (tuition, meals & lodging are included)

6-day retreat: Friday May 23, 5pm to Wed May 28, 12:00 noon; \$675 (tuition, meals & lodging are included)

### Lily Dale Assembly, Lily Dale, NY (Tentative)

call Lily Dale Assembly at 716 595-8721 for information and registration.

### Stewart Mineral Springs, Weed (Mt. Shasta Area), CA

3-day retreat: Friday August 8, 5pm to Sunday August 10, 12:00 noon; \$345 (tuition, meals & lodging are included)

6-day retreat: Friday August 8, 5pm to Wed August 13, 12:00 noon; \$695 (tuition, meals & lodging are included)

### Blue Ridge Assembly, Black Mountain, NC

3-day retreat: Friday August 15, 5pm to Sunday Aug 17, 12:00 noon; \$345 (tuition, meals & lodging are included)

6-day retreat: Friday Aug 15, 5pm to Wed Aug 20, 12:00 noon; \$695 (tuition, meals & lodging are included)

### Catskills, New York (Tentative, call 888 864-0588 to confirm dates and location)

3-day retreat: Friday Sept 20, 5pm to Sunday Sept 22, 12:00 noon; \$375 (tuition, meals & lodging are included)

6-day retreat: Friday Sept 20, 5pm to Wed Sept 25, 12:00 noon; \$795 (tuition, meals & lodging are included)

## Study in China

**Month-long Chilel™ Qigong study with Luke Chan in China:** email [lukechan@chilel.com](mailto:lukechan@chilel.com) for details

**November 8 - 22 Tui Na study and tour in China:** For details call 1 888 864-0588

## June

**Ft. Lauderdale** - May 31 & June 1

Holiday Inn Plantation

**Los Angeles** - June 21 & 22

Hacienda Hotel, El Segundo

## July

**Lily Dale, NY** - July 4-9 (Tentative)

**Toronto** - July 12 & 13

**Detroit, MI** - July 27 & 28

## August

**Mt Shasta Retreat** - August 8 - 13

Weed, CA

**Black Mountain, NC, Retreat** August 15 - 20

## September

**Catskill Retreat (Tentative)**

## October

**Oakwood Retreat** - October 24 - 29

Selma, IN

## November

**Cottonwood, AZ Retreat** Oct 31 - Nov 5

**China Tour**-November 8 - 22

**For updated information, please visit**

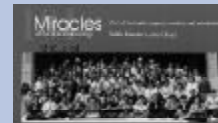
[www.chilel.com](http://www.chilel.com)

# Videotapes, Books and Audiotapes

to place an order, please call 1 800 784-0146

## 101 Miracles of Natural Healing (Videotape, 103 Min)

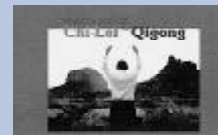
This videotape is about the natural healing methods employed by the world's medicineless hospital, Huaxia Zhineng Qigong Center. The methods, for simplicity, are called Chi-Lel™, are easy to follow and effective. This video begins with a brief introduction to the Center then follows with step-by-step instructions for: *Lift Chi Up and Pour Chi Down Method, Three Center Merge Standing Method, La Chi and Wall Squatting.*



## Advanced Level 1 of Chi-Lel™ Qigong (Videotape, 60 Min)

In this videotape you will learn

- ~ How to do the forms correctly so that you can get more out of your practice.
- ~ How to visualize while doing the forms so as to increase the healing effect on your body.
- ~ How to organize the chi-field and get the benefits of the healing power accumulated over the years among ten million Chi-Lel™ practitioners.



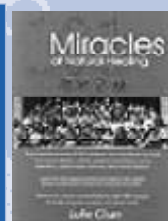
## Chi-Lel™ Qigong: Body & Mind Method (Videotape, 83 Min)

Body & Mind Method is the second level of Chi-Lel™ Qigong. The main purpose is to loosen joints and tendons (from head to toes), open meridians and strengthen chi flow. This videotape consists of a demonstration of the Body & Mind Method and step-by-step instructions.



## New Chi-Lel™ Qigong: Body & Mind Method (Book)

Detailed instructions and explanations on each section of Body & Mind Method. 146 pages with over 200 photographs.



## Order Form

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Book.....	\$ 14.95	_____	_____
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<b>Advanced Level 1 of Chi-Lel™ Qigong Videotape</b> .....	\$ 24.95	_____	_____
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# Chi is wonderful!

by Lyn Dean, Chico, CA

Diana Olson has been practicing Chi-Lel Qigong for about 2 years. During Spring 2002 Semester, she came to class vibrant, with enthusiastic news. As we all focused on Diana, it became in-



Diana and Lyn Dean (front row)

stantly apparent to us that her progress was readily visible, and we were deeply moved by her story. Diana told us that when she was 9 years old,

she woke up one morning and felt that her cervical vertebrae had fused overnight. She had terrific pain and extremely limited motion. She was diagnosed with severe Juvenile Rheumatoid Arthritis and soon confined to a wheelchair.

After 6 weeks of Crane's Neck and Dragon's Head, she was able to turn her head farther than she had since she was a child. We saw the amount of movement she had gained in her arms, hands and particularly her fingers. Her arms and legs were getting warm now, requiring less medications for cold extremities. Her blood tests began to change with such consistency from her previous baseline that her doctor asked her, "What are you doing?"

I share with you excerpts from various papers she has written. Her radiance and remarkable spirit are truly inspirational.

*I am not physically able to do all of the movements. However, my teacher, Lyn Dean, taught me to use my concentration to visualize another practitioner doing the Chi-Lel movements for me in order to bring the chi in. My results have been remarkable! My breathing is much better, allowing me to decrease my oral medications substantially. My appetite for food had returned because of the Chi-lel practice.*

*Because of the severity this type of arthritis, there are times when the pain is so great that western medications are simply unable to ease it. In my practice, I see the white light and feel the healing working through my navel!*

*I know it works. One year ago, my body was as stiff and tired as a really old woman. The daily practice has given my movement back to me. My thyroid condition diagnosed over 11 years ago appears to be shrinking. All of my blood tests indicate that my cells' molecular levels are responding to the "loving chi field". During my practice, I see white clouds of chi changing into blues and lavender auras... at times my right hand illuminates into a ball of pure light. Should I look into that light, the chi begins to heal faster....it is so powerful I can hardly believe this is happening. I firmly believe in "self-healing". Chi is wonderful!*

*Creativity is a fantastic bonus of the Chi-lel method. I am an art student at Butte College; I feel the chi literally bursting out of my body. My bodily defects are less of a problem with my art and painting, and my art studies have been greatly increased.*

*A new change is receiving welcome restful sleep without awakening crying at night. At the end of practice, my heart feels relaxed and full of chi!*



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