

CHI KUNG HEALING - FA KUNG INTENSIVE WORKSHOPS

(First Four Workshops are Intensive Workshops)

Fa = Emitting

Kung = Work

Chi = Energy

- I. Basic Energy Building, Balancing & Circulating for your own health & well being.
(3 1/2 Hours)
- II. Sensing Energy, Healing Yourself and Advanced Circulation of Energy.
(3 1/2 Hours)
- III. The Basic (1st Level) Energy Healing Method, Advanced Chi Kung for Healers and Teaching Sections I and II. (3 1/2 Hours)
- IV. Advanced (1st Level) Energy Healing and Practice & 10 Documented Healings.
(3 1/2 Hours)
- V. Must complete Tai Chi Junior Instructor Level &
-Do a Minimum of 10 more Documented Healings

More Advanced Programs Include:

- Healing using Breath
- Healing using Body States (such as Enhanced Relaxation)
- Healing using Focused Mind Intent (Yi & Shen)

- “The Bang Method” for removal of whiplash & injury due to impact received

- Basic and Advanced (2nd Level) Energy Healing Techniques (Specific Methods) including how to address Emotionally charged energy states,
How to Teach Sections 3,4,5 and more Healing documentation.

- 3rd Level Healing and Advanced 3rd Level Energy Healing,
-Seeing Energy
-Psychic Self-Defense
-Master Clear’s Personal Reflexology Method.

CHI KUNG HEALING - FA KUNG INTENSIVE WORKSHOP I

I. Introduction: Basic Energy Building, Balancing and Circulating

A. Why Fa Kung is not commonly available

1. Technical Difficulty
 - a. To Teach
 - b. Learn
 - c. Perform
2. Bad Characters may abuse or misuse the material

B. Why Master Clear is willing to teach this

C. Master Clear's Expectations of Students

1. Moral
2. Ethical
3. Responsible
4. Use this information
5. Be Humble

D. Science Vs. Belief

1. Master Clear's Program
2. Meridians, H2O, Gravity, Body Electricity
3. Defining Chi, Jing, Shen and Yi

E. Be a Critical Thinker

1. Take Detailed Notes
2. Ask Questions
3. Make No Assumptions
4. Ask Questions
5. Think Creatively
6. Ask Questions

2. Building and Circulating Your Personal Energy

- A. Wu Chi Posture
- B. Turning Hand Circulation Exercise
- C. Back Shoulder Rolls- Master Hou Faxiang
- D. Shaking Body – Ju Bong Yi

E. Holding the Bowl

1. Posture with Internal Energy Circulation
2. Breathing - In Head & Out Feet
3. Mind is in the Belly

F. Rise and Fall

1. Up- Take Air In and Relax
2. Down- Gently Compress Air Down and In

G. Advanced Wu Chi Breathing(Whole Body Breathing)& Mind In Belly

H. Laying Down Meditation - Marrow Washing

I. Drink a minimum of 2 litres of H₂O per Day

J. Quiet the Mind-

1. Sit quietly palms up
2. Tuning Out Sound Meditation
3. Eyes Wide Open Non-Blinking
4. Mind in Belly and Laying Down

K. Exchange Energy With Plants

L. Chi Kung Warning-

1. Try to Keep a pure heart, mind and body
2. Artistic Endeavors

3. Balancing Your Personal Energy

A. Sink Your Energy (Root) and Wall Squatting to Cool Excess Heat (Also for Kidneys & Constitution.

B. Grand Tai Chi – Balances Front Meridians

C. Carry the Cauldron – Balances Back Meridians

D. Roll Back and Push

E. Quiet Sitting Palms Up 15-20 minutes (Straight Back)

F. Pray with Hands in the Prayer Position

CHI KUNG HEALING - FA GUNG INTENSIVE WORKSHOP II

II. Sensing Energy, Healing Yourself and Advanced Energy Circulation

1. Introduction

A – E. Same as workshop I.1.A-E

F. Main Sources of Energy

1. Earth and Gravity
2. Oxygen
3. H₂O
4. Food & Parents
5. God

G. Physical Principles

1. Usually the same as Wu Chi
2. Relax
3. Sink & Root
4. Body Connection
5. The 3 Powers (Heaven, Earth, & Man) and Warning

H. Why Ethics and Morality

1. You are NOT the Healer
2. Strong Character = Strong Mind Intent
3. Advanced Healing is a Spiritual Thing.
4. If you think it's you, It won't be for long
5. Te Protects You

2. Healing Your Own Body

A. Mental

1. White Light Meditation
2. Laying Down Meditation (Marrow Washing)
3. Praying with Prayer Hands
4. Glowing Orb (Sun) Cleanses Body Visualization

B. Physical

1. 3 Powers - Rooting and Floating
2. Brushing Off - Down
3. Tapping - Down
4. H₂O - Drink Lots
5. Vitamins and Carbs vs. Protein - Body Needs them all for balance
6. Sleeping 7-8 hours per night and relax with sleepy eye

3. Advanced Energy Circulation

A. Inside Yourself

1. A. First do Workshop I energy building and circulating exercises
B. Then Sink more and relax as if going to sleep
C. Do the exercises again.

2. Breathe in 3rd Eye and out the Hands and Feet.

- 3.A. Mind in the Belly
B. Breathe in through the Belly and breathe out through the hands and feet.
C. Breathe in hands and feet to belly and out to hands and feet.
(Relaxation is the Key)
D. Physical Exercise to promote C.

4. Advanced Hold the Bowl with From and To the Mountain Visualization

5. Sitting Palms Up and Do Compression Breathing

6. Tibetan/ShaoLin Crossed Leg Exercise - Breathe in feet first

B. Outside Yourself

1. A. Some Prior Exercises Already Do This
B. Take Off Encircling Metal Jewelry

2. Energy Ball
 - A. Rub Hands Together Vigorously
 - B. Form Energy Ball and Hold
 - C. Pull & Compress then Hold Again
 - D. Mentally Shift Energy Back and Forth
 - E. Rotate Energy - Right
 - F. Rotate Energy - Left
 - G. Rotate Energy - Forwards and Backwards
 - H. Pull and Compress Energy
 - I. Hold Energy Ball
 - J. Re-absorb Energy

4. Sensing Energy

A. Sensing Your Own Energy

1. First do all of the Outside Yourself Energy Ball exercises from the end of the last section.

2. Burning Hot
 - A. Too Yang
 - B. Burning Out Illness
 - C. Just Finished Intense Healing

3. Cold
 - A. Too Yin
 - B. Energy Low
 - C. Sick
 - D. Meridians not Open Yet

4. There are Other Sensations
 - A. For Each Person It Is Different
 - B. Individual Responses

5. To Balance Energy
 - A. Workshop I. Energy Balancing Exercises
 - B. Hold the Ball 15-20 minutes
 - C. Sit with palms up and relax

B. Sensing The Energy Of Others

1. Both People Stand in Wu Chi
2. Rub Your Hands Together Vigorously
3. Step into Hold the Bowl and Root and Hold Arms in Deer/Bear Posture
4. Roll Back and Push Posture Toward Each Other and Hold It.
5. Pull and Push at the Same Time
6.
 - A. One partner Does Wu Chi
 - B. (2) Brushes Down (1)
 - C. (2) Pats Down (1)
 - D. (1) and (2) Exchange Roles
7. Everyone Prayer Hands

Assessment Ruler

0 - 10 Pain Intensity Scale



0

No Pain



1 - 2

Mild Pain



3 - 4

Moderate Pain



5 - 6

Severe Pain



7 - 8

Very Severe Pain



9 - 10

Worst Possible

Quality of Pain

Radiating

Dull

Crushing

Heaviness

Burning

Cramping

Electric

Sharp

Piercing

Stabbing

Aching

Throbbing

Sore

CHI KUNG HEALING - FA GUNG INTENSIVE WORKSHOP III

The Basic First Level Energy Healing Method

Advanced Chi Kung for Healers

Teaching Healing Workshops I & II

1. Introduction

A. This information is special & should be treated as such

1. Introduction Workshop I1. A-C & II.1.H
2. Abuse it and You Lose it
3. Healer/Worker & Patient/Healer Both Have Responsibilities
4. The Nature of Wellness
 - A. Desire
 - B. Attitude
5. Don't Energy Heal Someone Who Just Needs a Drink of Water
 - A. Drink Water
 - B. Get Sleep
 - C. Soak Feet in Hot Water
 - D. Don't Smoke etc.
6. Bad Energy Is Attracted to Negative Te Actions, Thoughts, Desires & Emotions

B. You must build and Maintain a Strong Mind and Spiritual Life to Do this Kind of Practice

1. You Must Be Healthy and Well to Heal
2. You Must Do the Practice of Chi Kung & Energy to Heal and Teach the Practice of Chi Kung

C. Who to Teach and Work On

1. Levels of Sensitivity
2. Troubleshooting Individual Problems

D. Basic Spiritual understanding

1. Jesus said to heal in his name
2. We are only human
 - A. Try to Do Better Each Day
 - B. Ask God to Help us help ourselves
3. Feel the 10 Million Practitioners send Love & Care and Chi.

2. Business and Legal Considerations

A. What Can Not Be Said Under Any Condition

1. I can heal you.
2. This method will heal you.
3. I am anything different than a certified teacher per III. 2.B.4. (Below)
4. Should say – “I Can Not Promise Anything.”

B. What Can Be Said

1. “This Method has healed others with similar problems”
2. I (or my Teacher) have had good results with this method
3. I practice healing energy methods to release energy blockages
4. I am a certified teacher of Master Clear’s Fa Gung Chi Kung Methods
5. You Do Not Have To Believe to Get Good Affect

C. Legally (From This Program) What You Are Not:

1. You Are NOT a physician of any type
2. You Are NOT a healer – you merely practice & teach certain healing arts.
3. You Are NOT a minister or spiritualist.

D. Charging a Fee Depends on you

1. Charging No Fee
 - A. Does Not Lessen Your Liability
 - B. Responsibility Issues
2. Already Healer
3. Not Healer at this Time

3. Teaching Healing Workshops I & II

A. Teach People What They Need to Know for their Health and Strength

B. Do Not Attempt to Teach People to be healers until you complete at least level 6

1. Until You complete the more advanced programs You are Just a Practitioner
2. Do Not Teach Energy Ball
3. Do Not Teach Sensing Energy

C. Complete Level 5 and you can teach Tai Chi

1. Immune Problems
2. Skeletal Problems
3. Breathing
4. Heart Problems and Blood Pressure
5. Tension and Stress

4. Advanced Chi Kung for Healers

A. Find what is right for you

1. Practice all Previous Chi Kung for Their Benefits
2. Gain Understanding First and then Choose

B. Advanced Chi Kung (Relax)

1. Push Up the Sky
2. Ju Bong Yi's Heaven and Earth Stance X (and picture yourself gigantic).
3. Opening the Energy Center Curtains (T.K. Shih)
4. Breathe in Energy Centers and Out Through Feet
 - a. If a problem sending energy down them breathe it back out through the same energy center.
 - b. If blocked - let me know
5. Pei Xi Rong's 1st 3 Exercises
6. Building Earth Energy
 - a. Breathe In Through Feet
 - b. Up to Head and Hold
 - c. Back Out Through Feet
7. #1 Again
8. 3 Grand Tai Chi and 3 Carry the Cauldron
9. Pray
 - a. Until Your Hands Get Hot
 - b. To Purify Yourself

5. Basic First Level Energy Healing

A. Brushing, Sensing, Working, Replacing, Patting

1. Brushing Aligns Their Energy and Connects You
2. Connect to Heaven and Earth and Maintain
 - a. Heaven and Earth Stance
 - b. God and 10 million people

5.A.3.Sensing

- a. Remove all jewelry - Yours and Theirs
- b. The Body's Natural State
 1. Heart a little hotter than rest of body
 2. Kidneys are a little cooler than rest of body
- c. Basic Problems
 1. Energy Blocks - Small Tight Pressure
 2. Arthritis - Scratchy Static Electricity
 3. Inappropriate Hot or Cold
 4. Ask Questions
 - a. If other treatment is necessary then suggest it.
 - b. Sometimes Western Medicine is superior (ex. setting broken bones) If a problem is unknown then a diagnostic referral is always a good idea.
 - c. Make Healing Work Simple i.e. you can help a torn muscle heal faster if you know that is the problem.

5.A.4. Working

- a. Pull Out the Bad Energy & Throw it Away(To the Center of the Earth).
- b. Correcting Basic Imbalances
- c. Kidneys
 1. Hot = Typically Caffeine or Too Little Water
 2. Extra Cold = Too Yin and May be Emotional Problems
 3. Pull Out and Explain Findings

5.A.5. Re-Assess and Continue to Work - Repeat as Needed

5.A6. Replacing

- a. Utilize Heaven & Earth Connection
- b. Make Sure Bad Energy is gone
- c. Do Not Use Your Own Energy
- d. Check the Area Again

5.A.7. Patting = Sealing and Leading

5.B. After Effects of Treatment

1. What They Can Be
2. Tell the Patient/Student

5C. Balance and Purify Your Own Energy Again

1. Prayer Hands
2. Tongue Down
3. Wash Arms and Hands with Cold Water
4. Shake It Off

5D. Practice

CHI KUNG HEALING - FA GUNG INTENSIVE WORKSHOP IV
Advanced First Level Energy Healing & Practice

1. Introduction

- A. All previous information still applies
- B. More Self-Healing
- C. More Energy Healing Information
 - 1. Love from your heart produces the best results
 - 2. Headaches, Mending Muscles and Bones and Organs
 - 3. Gaseous swirls like infection
 - 4. Reducing Swelling and Growths
- D. Practice
 - 1. 10 Healings Requirement
 - 2. Practice

2. Self-Healing

- A. Review Previous Information
- B. Using the Energy Ball to Build Energy
- C. La Chi and How La To Self and Swinging Arms Energy Bath
- D. Eyes Wide Open
- E. Picture self inside La Chi
- F. Hang One Arm to Ground it and let Toxins drain - no thought & tongue down
- G. Embryonic Breathing- Deep, Slow and Feels Light
- H. Relaxed Falling Onto Wall with a Round Back (Clears All Meridians and Channels)
- I. Scoop Energy Into Energy Centers and Flick Away Excess
- J.
 - 1. Energy in One Hand
 - 2. Energy Through Problem Area
 - 3. Energy Out Through Other hand
- K. Shoulder and Neck Exercise on Last Sheet

3. Healing Others – Visualize Chi & Relax & Move Shoulders

- A. La Chi Healing on person's hand
 - 1. Hold Both Hands Still
 - 2. Right Hand Still and Wave With Left
 - 3. Left Hand Still and Right Hand Waves
 - 4. Both Hands Move Like Regular La Chi
 - 5. Both Hands Wave Energy To Each Other
 - 6. Do 5. while feeling big & connected in all directions
 - 7. Do 6 while sending love and compassion to their hand
 - 8. Do 7 while God and 10 Million send the Chi through you

B. Headaches & Diseased Organs- Hold or 8.La Chi.

C. Mending Muscles and Bones – Remove Blockages then 8. La Chi on area or hand

D. Gaseous Swirls like infections -

1. Repeatedly Sweep it Downward or Sideways until clear
2. Can just do 8.La Chi
3. Swirl Hand and then Grab it and Pull It Out.

E. Swelling, Growths, Tumors, Cancers Vibration or Quick Patting or 8. La Chi

F. Strengthen Dan Tien - Hold Energy Ball Over Lower DanTien and Ming Men

4. Practice and Requirements

A. 10 Documented Healings

B. Healing Review

* EXPLAIN BASICS TO RECIPIENT

1. Both People Do Wu Chi & Healer holds Energy Ball
2. Brush down Students Back from top to bottom
3. Teacher does Ju Bong Yi's X Heaven & Earth Stance
4. Teacher scans Student & does basic balance work
5. Teacher Works on Student's Energy
6. Teacher Rescans Student & Works some more
7. Teacher Replaces any energy removed & balances Student again
8. Teacher Scans Student again & Repeats process as necessary
9. Teacher Pats Down Student from top to bottom
10. Teacher cleanses & balances their own energy & Monitors Student
11. Teach student Chi Kung for their own practice

SHOULDERS AND NECK EXERCISE

1. Gently Interlock Thumbs and Index Finger Sides are Flush to each other (You can not see your palms - They face flat away from you)
2. Gently Raise Arms Forwards and Up and Then Straight up w/o Tension until Max Height is obtained
3. Turn Head Sideways and Look at arm hold-then repeat on other side.
4. Turn Head to Front.
5. Gently drop head back all the way and let it go. Then open mouth and breathe out Haaa 3-5 times slow.
6. Look Back to Front
7. Lower Arms
8. Interlock Arms and Do Hanging Monk-Hold (15-20 breaths)
9. Straighten legs- Hold (10 breaths)
10. Touch Floor
11. Bend Legs
12. Stand Up While Raising Arms back above head. Like 1 and 1/2 of 2
13. Drop Hands w/o separating into Prayer hands (Couple of Minutes)
14. Hands go up and do reverse Grand Tai Chi
- 15 Stand for a few minutes calmly

Chi Kung - Fa Kung Session

Name _____ PH:() _____ Date: _____

*Note: Whenever you are concerned about a change in your physical or mental state, please see a medical professional first. Also, should any symptoms you experience persist, seek professional medical attention immediately. Chi Kung and Fa Kung are ancient healing techniques that help you to heal yourself. Practitioners make no claim to cure or heal anyone under any condition. Practitioners are available to assist and teach healing techniques that may or may not help in the healing process of each individual. The Chi Kung/ Fa Kung practitioner will explain all procedures that you will undergo. Please feel free to ask questions when prompted. Respond honestly and openly.

State the nature of your complaint: _____

Please list any history of illness, injury or operations: _____

How did you feel after the session? Great ___ Okay ___ Fair ___ No Change ___

3 Day Follow-Up: Even Better ___ Continues Positive ___ Some Change ___ Little/ No Change ___

Next appointment: _____ Follow-Up Call Date: _____ :

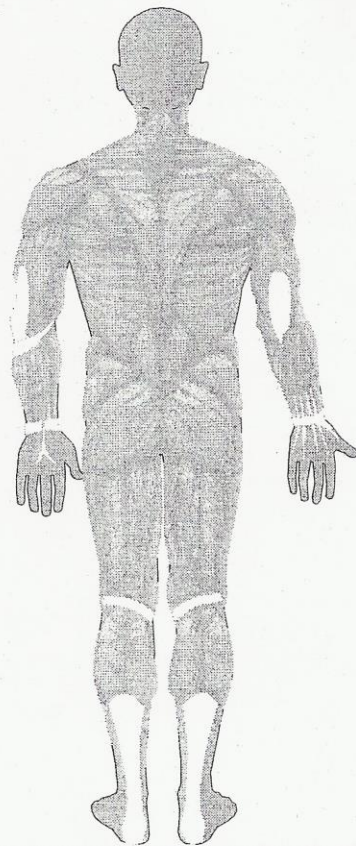
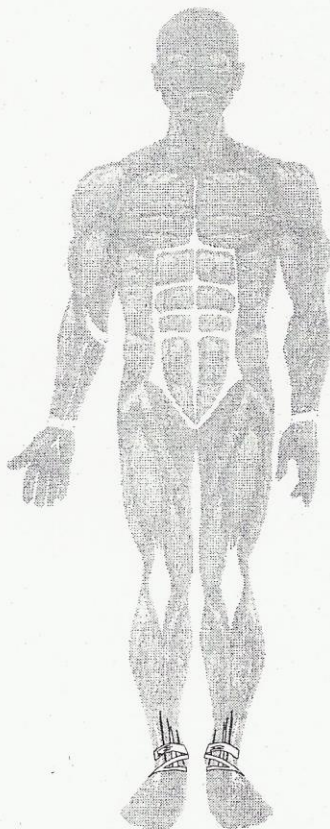
Energy: S~~T~~atic ___ Smooth ___

Temp.: Cold ___ COol ___

Warm ___ Hot ___

Mag.: PuSh ___ PuLl ___

Neutral ___ Absnt ___



Session No. _____