

# School of Chi Energy Training Catalog of Curriculum Classes



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# WELCOME

Welcome to the *School of Chi Energy*, this is our *Training Catalog of Curriculum Classes*. This document not only outlines what students enrolled in The School of Chi Energy learn regarding this method of chi building, but also provides descriptions of each course that comprises the monthly learning module. For Example:

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As you peruse the document, you will notice your cursor turns into a hand:



This hand icon notifies the reader that the selection is a hyperlink to a referenced area within the document. This is particularly useful when reviewing the courses; each course has an accompanying description that is quickly accessible via the imbedded hyperlink.

Our Instructors at The online School of Chi Energy look forward to showing you, the student, how to reach your maximum potential performing energy work.

## Year One Curriculum

### Online Monthly Classes:

#### Year One \ Month One

- Video 101: Nerve Fiber Building (NFB) Exercise Part One
- Video 102: Chi Energy Packing Exercise
- MP3 105: Nerve Fiber Building and Energy Packing in Detail
- MP3 104: The Tri-Concept
- MP3 106: Getting Your Mind Right: Dial-up Effect
- MP3 107: Questions and Answers
- PDF: Temperature Training Device
- PDFs: Questions, Temperature Devices and Nerve Fiber Building
- JPG: The Energy Ball Form

#### Year One \ Month Two

- Video 108: Nerve Fiber Building Exercise Part Two
- Video 109: Telekinesis 101 class
- MP3 110: Telekinesis 101 lecture
- MP3 114: Hormonal vs. Electrical Chi Buildup Part One
- Sifu Jones teaches students a beginning class in telekinesis. **Students first learn how to move a straw with their bioenergy form. They are taught how to use the Tri-concept to “guide” their bioenergy form to move a straw in a closed container. They’ll learn the scientific reasons as to why telekinesis is possible when using quantum techniques. Students ultimately, with all two to five minute sensitivity exercises, learn how to project a tangible bioenergy form of energy with precision, temperature control and a good feeling in an effortless way.**
- MP3 111: Chi Clothes and Chi Room
- MP3 112: Utilizing the Right Breathing Techniques
- MP3 113: Sifu Jones Interviews Instructor Sifu Andrei
- MP3 115: Questions and Answers
- PDFs: Questions, Internal Organs and the Endocrine System

### **Year One \ Month Three**

- Video 116: Sensing Primary Colors with Chi Energy
- MP3 117: The Five Minute Rule in Chi Energy
- MP3 118: Quantum Physics and Chi Energy
- MP3 119: Hormonal vs. Electrical Chi Buildup Part Two
- MP3 120: Month Three Questions and Answers Parts One and Two
- PDFs: Questions, Quantum Physics and Chi Energy

### **Year One \ Month Four**

- Video 121: Sensing the Energy of Objects through Closed Containers
- MP3 122: Quantum Properties of Water and Chi Energy
- MP3 123: Benefits and Considerations for a Chi Training Partner
- MP3 124: A Chi Energy Interview with Sifu Benjamin Richardson
- MP3 125: Month Four Questions and Answers Parts One and Two
- PDFs: Quantum Properties of Water and Chi Energy, Q & A

### **Year One \ Month Five**

- Video 126: Remote Viewing 101 Part One
- Video 127: Remote Viewing 101 Part Two
- MP3 128: How Pheromones work with bio-electricity
- MP3 129: Law of Attraction with “Magnetic Chi”
- MP3 130: Month Five Questions & Answers Parts One and Two
- PDFs: Questions, Pheromones and Remote Viewing

### **Year One \ Month Six**

- Video 131: Fast Nerve Fiber Building (FNFB) Exercise
- Video 132: Circle Energy Form Exercise
- MP3 133: The Circle Energy Form Class Lecture
- MP3 134: Natural Killer Cells and Chi Energy
- MP3 135: Sexual [hot] versus Spiritual [cool] Chi Energy
- MP3 136: Sifu Cicero’s interview with Instructor Sifu Don Brown
- MP3 137: Month 6 Questions & Answers Parts One and Two

- PDFs: Q &A, Natural Killer Cells

### **Year One \ Month Seven**

- MP3 138: The Chi Energy Danger Zone
- MP3 139: An Interview with Sifu Andrei and different types of Chi Abilities
- MP3 140: The Three Chi stages: Solid \ Water \ Gas - Part One
- MP3 141: Three Chi stages: Solid \ Water \ Gas - Part Two
- MP3 142: Month Seven Questions & Answers Parts One and Two
- PDF: Danger Zone List, Q & A

### **Year One \ Month Eight**

- Video 143: The Amazing Yin Chi Stick Exercise
- MP3 144: The Amazing Yin Chi Stick Class
- MP3 145: An Interview with Sifu Dragoo discussing Extreme Abilities
- MP3 146: Month Eight Questions & Answers Parts One and Two
- PDF: Q & A, Yin Chi Stick Information

### **Year One \ Month Nine**

- Video 147: Bending Metal with Yang Chi Energy
- Video 148: Bending Metal with Yin Chi Energy
- MP3 149: Bending Spoons and other Psychic Phenomena
- MP3 150: Chi Awareness and Animal Control Part One
- MP3 151: Chi Awareness and Animal Control Part Two
- MP3 152: Month Nine Questions & Answers Parts One and Two
- PDF: Month Nine Questions and Answers

### **Year One \ Month Ten**

- Video 153: Hot Temperature Transfer with Yang Chi
- Video 154: Cool Temperature Transfer with Yin Chi
- MP3 155: Energy Temperature Transfer
- MP3 156: Emotional Content and Chi Part One
- MP3 157: Emotional Content and Chi Part Two

- MP3 158: The variance between Light & Heavy Chi
- MP3 159: Month Ten Question & Answers
- PDF: Month Ten Questions, Transfer Energy Temperature, Emotional Content, The Second Brain

### **Year One \ Month Eleven**

- Video 160: Effective Chi Energy Healing Techniques
- MP3 161: Effective Chi Energy Healing Techniques
- MP3 162: Energy Protection from Vampires and the Ion Force Field
- MP3 163: Body Breathing 101
- MP3 164: Circular Chi versus Linear Chi
- MP3 165: Brain Function and Specialized Chi Training
- PDF: Brain Function

### **Year One \ Month Twelve**

- MP3 166: Chi Energy Practitioner Year One Certification
- MP3 167: Getting Your Mind Right: The Good Feeling Part of the Tri-concept attribute
- MP3 168: Chi & Nutrition Part One
- MP3 169: Chi & Nutrition Part Two
- MP3 170: Sifu Michael Allen and his Unique Chi Abilities
- MP3 171: Sifu Andrei and his Chi Energy Healing
- PDF: Chi Energy Practitioner Certificate
- PDF: The Chi Energy Practitioner Year One Requirements document
- PDF: The Nutritional mp3 class reference document



## Year Two Curriculum

### Online Monthly Classes:

#### Year Two \ Month One

- Video 201: Chi Energy Form Training
- MP3 202: Chi Energy Form Training Part One
- MP3 203: Chi Energy Form Training Part Two
- PDF: Year Two Temperature Range for Screen Form Training
- PDF: Closed Door Rules and Form Training
- PDF: Screen Training Document
- PDFs: Chi Energy Form Training Pictorial Props

#### Year Two \ Month Two

- MP3 204: Body Breathing 202
- MP3 205: Interview with Chi Student Tamra a professional energy healer
- PDF: Body Breathing 202

#### Year Two \ Month Three

- MP3 206: Remote Viewing, Astral Travel and Out of Body: Part One
- MP3 207: Remote Viewing, Astral Travel and Out of Body: Part Two
- PDF: Out of Body Reference Document

#### Year Two \ Month Four

- Video 208: Wall to Wall Form Exercise
- MP3 209: Advanced Quantum Energy Healing: Part One
- MP3 210: Advanced Quantum Energy Healing: Part Two
- MP3 211: Wall to Wall Energy Exercise Lecture



- PDF: Wall to Wall Reference Guide

### **Year Two \ Month Five**

- Video 212: Advanced Energy Circle Racket Training
- MP3 213: Advanced Energy Circle Racket Lecture
- MP3 214: Advanced Yin Chi Stick Energy Training
- MP3 215: Chi Energy Students' Conference Call

### **Year Two \ Month Six**

- Video 216: The Art and Science of Invisibility “Disappearing Technique”
- MP3 217: Chi Energy and Colors Lecture
- MP3 218: The Art and Science of Invisibility
- MP3 219: Beginning Levitation 101
- PDFs: Levitation, Colors and Invisibility

### **Year Two \ Month Seven**

- Video 220: Super Set Energy Form Exercise
- MP3 221: Super Set Energy Form Lecture: Part One
- MP3 222: Super Set Energy Form Lecture: Part Two
- PDFs: Super Set Energy Form Exercise Reference Document

### **Year Two \ Month Eight**

- MP3 223: Advanced Energy Form: Liquid Chi Energy
- MP3 224: Advanced Energy Form: Time Distortion

### **Year Two \ Month Nine**

- MP3 225: Sifu Brown interviews Sifu Livesay
- MP3 226: Hypnotic Device Sensitivity Training
- PDF: Hypnotic Device Training

### **Year Two \ Month Ten**

- Video 227: Advanced Supersets Energy Form Training Exercise
- MP3 228: Advanced Supersets Energy Form Training Lecture
- PDF: Advanced SuperSets Energy Form Training Reference Guide

### **Year Two \ Month Eleven**

- MP3 229: Advanced Chi Energy Body Breathing 303 – Part One
- MP3 230: Advanced Chi Energy Body Breathing 303 – Part Two
- MP3 231: Advanced Chi Energy Fractal Forms
- PDF: The Science of Fractals and Energy Healing

### **Year Two \ Month Twelve**

- Video 232: Telekinesis 202 Class
- MP3 233: Telekinesis 202 Lecture
- MP3 234: Advanced Energy Practitioner Certification Requirements
- PDF: Chi Energy Heals Graduation Requirements
- PDF: Advanced Chi Energy Practitioner Requirements Instructions
- PDF: Advanced Chi Energy Practitioner Certificate
- PDF: Advanced Chi Energy Practitioner Requirements Instructions
- PDF: Superset Variations for the Year Two Advanced Energy Practitioner

## Year Three Curriculum

### Online Monthly Classes:

#### Year Three \ Month One

- Video 301: The Advanced Supersets “C” Energy Form Exercise
- MP3 302: The Advanced Supersets “C” Energy Form Exercise
- PDF: Temperature Device Training for Year Three
- PDF: Advanced SuperSets “C” Energy Form Exercise Instructions
- JPG: Advanced SuperSets “ C” Energy Form Training Device

#### Year Three \ Month Two

- MP3 303: The Physics and Science behind Chi Energy Patterns
- MP3 304: The Attributes of Heavy Chi Form Training
- MP3 305: Chi Energy Training Devices

#### Year Three \ Month Three

- Video 306: The Advanced Supersets “O” Energy Form Exercise
- MP3 307: The Advanced Supersets “O” Energy Form Lecture
- MP3 308: The Vortex Energy Pattern
- PDF: Vortex and Vortices Training Reference Document

#### Year Three \ Month Four

- MP3 309: Advanced Telekinesis 303
- MP3 310: Interview of a 1st Vortex Experience
- PDF: Advanced Hypnotic Device Training Document

#### Year Three \ Month Five

- Video 311: Tone of Voice Chi Training
- MP3 312: Tone of Voice and Chi Form

- MP3 313: Sounds and the Bio-Energy Healing Form
- PDF: Sound Waves and Chi Energy

### **Year Three \ Month Six**

- Video 314: Advanced Healing Techniques Part One
- Video 315: Advanced Healing Techniques Part Two
- MP3 316: Distance Healing with Chi Energy
- MP3 317: Advanced Healing Interview with Chi Student Justin
- PDF: Distant Healing Instruction Document

### **Year Three \ Month Seven**

- MP3 318: Levitation 202
- MP3 319: Advanced Vortex Training
- MP3 320: Levitation Interview with Sifu Cicero
- PDFs: Body Maps, Levitation 202 and Advanced Vortex Training

### **Year Three \ Month Eight**

- MP3 321: Building Chi Bridges
- MP3 322: Advanced SuperSet Variations Part Two
- MP3 323: Electricity, Magnetism and Bioenergy

### **Year Three \ Month Nine**

- Video 324: Building a Chi Chamber
- MP3 325: The Chi Chamber 101 Lecture
- MP3 326: Selective Hearing and Chi Energy Parts One and Two
- PDF: Chi Chamber Materials and Assembly Document

### **Year Three \ Month Ten**

- Video 327: Chi Joint Comforters Exercise
- MP3 328: Using Advanced Colors with Chi Energy
- MP3 329: Heavy Hypnotic Phrases and Chi Energy

- MP3 330: Chi Joint Comforters

### **Year Three \ Month Eleven**

- MP3 331: Triangulation and Chi Energy
- MP3 332: Compressing Chi Energy verses Layering Chi Energy

### **Year Three \ Month Twelve**

- Video 333: Yang Chi Energy Break Example
- Video 334: Yin Chi Energy Break Example
- MP3 335: Using Chi Energy for Self Defense: Dim Mak Training
- MP3 336: Instructor Certification in Advanced Abilities and Concepts
- MP3 337: The Instructor's Forum: "The Chi Here and After"
- PDF: Chi Energy Training Device Document
- PDF: Year Three Instructor Certification Document
- PDF: Year Three Instructor Certificate

## Year One Class Descriptions

### Year One \ Month One

#### **Video 101: Nerve Fiber Building (NFB) Exercise Part One**

The Nerve Fiber Building Energy class is the student's first bioenergy form exercise. Sifu Cicero demonstrates to students how to build up high levels of bioenergy in their nerve fibers with an easy to learn, low aerobic impact energy exercise. Chi practitioners practice the NFB exercise twenty minutes twice a day. Students learn that the NFB energy exercise is similar to building super highways throughout the body. Sifu Cicero shows students how to adjust the exercise to accommodate different body types or conditions. Students learn that adjustments can be done with using props that will position the body and reduce unwanted heat buildup during the NFB exercise.

#### **Video 102: Chi Energy Packing Exercise**

Sifu Cicero teaches a bioenergy packing exercise class that demonstrates how the student will gather chi in the body. By building chi in this way, the student will learn to become sensitive to the physical attributes of bio-energy. Chi Energy can be physically felt for the first time in a tangible way, which will feel much stronger when they perform their chi energy palm test.

#### **MP3 103: What is Chi Energy and how is it related to Bioenergy**

Sifu Jones talks with students about how to start their chi energy training. He is joined by Sifu Brown, whom explains that chi energy and bioenergy are one and the same. Students learn that bioenergy, at the subatomic levels are biophotons, which are a type of light. You'll find our chi training program teach students high level energy healing and other Chi type techniques. Then learn how this method is backed by quantum science and the latest medical research on energy and how that energy affects the body.

### **MP3 104: The Tri-Concept**

This class lecture by Sifu Jones on the Tri-Concept is his signature method to building high amounts of energy. The Tri-concept is a step by step procedure to creating an *energy form* that uses a good feeling and a cool temperature. During the NFB exercise students learn to use the Tri-concept by transferring the two attributes into their (good feeling and a cool temperature) energy form.

Students learn why these two attributes of “a good feeling and a cool temperature” is the only way to buildup “Formed BioEnergy” for healing purposes. You’ll find that building large amounts of energy by using the Tri-concept guides the biophotons into an energy form. Students will learn how Quantum science and medical research explain the way chi energy works with the body and mind.

Chi practitioners will find out from this lecture that the daily buildup of chi energy needs frequent recalibration with the Tri-concept. Sifu Jones explains the necessity to recalibrate because of the way bioenergy affects the body. The Chi Energy Training method is the professional way to advance in energy healing and to perform reliable extreme abilities.

### **MP3 105: Nerve Fiber Building and Energy Packing in Detail**

In this Nerve Fiber Building class taught by Sifu Jones, students learn how these specially designed energy exercises grow the body’s nerve fibers in a unique and powerful way. Students will be taught how to avoid the bad side effects from practicing energy work. Students will experience the positive health and healing benefits of practicing bio-energy exercises.

### **MP3 106: Getting Your Mind Right: Dial-up Effect**

This is a class that is recommended by Sifu Jones for all students at any level in the Chi School program. Sifu Jones describes how to keep in the proper dial zone while practicing high level energy techniques. Each energy form that the student learns to build will be accomplished in a specific way. Students learn if they put



too much intensity or emotional content into this process could lead to bad feeling side effects.

### **MP3 107: Questions and Answers**

A class discussion where Sifu Jones answers students' frequently asked questions. There are ten typical student questions that are answered in detail to help students in their energy work.

### **PDF: Temperature Training Device**

Students learn how to transfer a cool range temperature into their energy form for nerve fiber building.

### **PDFs: Questions, Temperature Devices and Nerve Fiber Building**

Students are provided with the list of frequently asked questions. Also, included for students are primary instructional documents on the details of using these training devices.

### **JPG: The Energy Ball Form**

This pictorial image of an energy ball will assist the student with the nerve fiber building exercise. Students learn the significance of training devices, the longer they practice their Form training.

## **Year One \ Month Two**

### **Video 108: Nerve Fiber Building Exercise Part Two**

Sifu Cicero teaches a class where the student will learn how to visualize a bio-energy form when in a reclining position to do the Nerve Fiber Building exercise. Students will practice this evening NFB exercise in the way they are instructed using the Tri-concept.

She teaches the details on how this specially designed Nerve Fiber Building is performed. Each student learns to keep their mind using a relaxed focus, while guiding their energy form.

### **Video 109: Telekinesis 101**

Sifu Cicero demonstrates to students how to use their bio-energy to move a straw inside a clear closed container. This is the first in a series of one to five minute sensitivity exercises chi students will learn to perform. In this sensitivity exercise, the student learns to move an object, while using the Tri-concept.

### **MP3 110: Telekinesis 101 lecture**

Sifu Jones teaches students a beginning class in telekinesis. Students first learn how to move a straw with their bioenergy form. They are taught how to use the Tri-concept to “guide” their bioenergy form to move a straw in a closed container. They’ll learn the scientific reasons as to why telekinesis is possible when using quantum techniques. Students ultimately, with all two to five minute sensitivity exercises, learn how to project a tangible bioenergy form of energy with precision, temperature control and a good feeling in an effortless way.

### **MP3 111: Chi Clothes and Chi Room**

In this lecture, Sifu Jones discusses what makes up and becomes part of a Chi student’s training environment. Students learn how their chi energy becomes infused in their training room, clothing and other objects by performing the nerve fiber building exercise on a regular daily basis.

### **MP3 112: Utilizing the Right Breathing Techniques**

Students learn from this class that using breaths can actually slow down this process of building their nerve fibers stronger. Sifu Jones explains to students that during this type of training they are learning how to control their inside body temperature with the Tri-concept. Strong breaths tend to heat their bioenergy

too quickly. Students learn that concentrating on their breathing patterns, is too much, when mastering this skill of inner body temperature control.

### **MP3 113: Sifu Jones Interviews Instructor Sifu Andrei**

Students listen and learn lessons about chi by Sifu Biesinger, one of our certified instructors. He'll share details of his chi training to chi students and how it sometimes led him to be able to perform extreme abilities. He also brings up the things that slowed down his chi progress.

### **MP3 114: Hormonal vs. Electrical Chi Buildup Part One**

Students learn how to build up bio-energy in an Electrical versus a Hormonal way. This class opens doors for students to understand the positive health and healing effects of using cool bio-energy.

Sifu Jones lectures on how adding too much emotional intensity creates heat, inside the body, which could lead to students building up this energy with bad side effects. Students find out how these types of hormonal side effects produce a roller coaster ride when building high levels of bio-energy. You learn that a hormonal build up can break down the body and mind very quickly and lower your own immune system.

### **MP3 115: Questions and Answers**

Sifu Jones answers more Frequently Asked Questions from students.

### **PDFs: Questions, Internal Organs and the Endocrine System**

Students are provided with a list of FAQs. In addition, pictorial documents are provided to show the location and description of vital internal organs specifically those of the endocrine system. Sifu Jones explains the significance of these vital organs and how hormonal areas can be used for performing for Quantum Energy healing.

## **Year One \ Month Three**

### **Video 116: Sensing Primary Colors with Chi Energy**

Sifu Cicero demonstrates this bioenergy exercise class in sensing primary colors. Students will learn how to tune into colors without using their eyes. Using only a blindfold, students will be able to tune into how a color can be felt or seen by using their bioenergy.

### **MP3 117: The Five Minute Rule in Chi Energy**

This lecture teaches students how they'll attain increased progress as they learn to fine tune the Tri-concept, while practicing their two to five minute sensitivity exercises. They'll learn how their ability to tune into chi energy in the right way is dependent on their sensitivity level.

In order to sense an object's bio-energetic attributes, students train to perceive subtle sensitivities, that an object projects using temperature, pressure, density and more. Students will learn a series of these two to five minute sensitivity training exercises, which will help keep them from overloading their body with too much energy. Overloads lead to less sensitivity.

### **MP3 118: Quantum Physics and Chi Energy**

Sifu Jones and Sifu Brown dive into a class on the science behind bioenergy. They explain in simple terms how Quantum physics is behind the method of Chi Energy Heals. Students will learn how bioenergy behaves like electricity at the sub-atomic photon level in Quantum science. They'll discuss how temperature plays an important role in how chi can become formed into a pattern of healing energy.

### **MP3 119: Hormonal vs. Electrical Chi Buildup Part Two**

Sifu Jones and Sifu Cicero discuss the prevalent hormonal way energy work is taught to the public. Students learn that pushing energy in a top to bottom way

such as (through the brain and/or sexual organs) or pocketing energy into organs may have negative side effects. Some of the most widely taught energy methods are Qigong, Reiki, Yoga, Breath work, Huna and Chakra Activation which use a hormonal method, to cultivate energy. Students will hear how you can quickly reach a plateau with these energy methods due to the heat factor problem.

Sifu Jones explains how the electrical way of building chi is a more superior approach to performing energy work on yourself and others. He shows scientifically how chi (biophotons) and electricity act in the same way. The chi energy circular method uses the latest information out of Quantum physics and Quantum mechanics.

### **MP3 120: Month Three Questions and Answers Parts One and Two**

This is month three's frequently asked student questions, answered by Sifu Jones and Sifu Cicero.

### **PDFs: Questions, Quantum Physics and Chi Energy**

Students are provided this month's questions in pdf format. This includes an insightful article on Quantum Physics and Chi by certified instructor Don Brown.

## **Year One \ Month Four**

### **Video 121: Sensing the Energy of Objects through Closed Containers**

Sifu Cicero demonstrates how to sense an object's bioenergy field through a closed container. Students practice how an object's bioenergy field can be determined by shape, size, density, pressure, temperature and other attributes. This next two to five minute sensitivity exercise cultivates the student's awareness to pick up on an object's bioenergy attributes and allows for what many people call psychic abilities.

**MP3 122: Quantum Properties of Water and Chi Energy**

Sifu Jones and Sifu Brown lecture on how the mind's intent influences the energetic field of water with thoughts, words and visualizations. Students learn that at the subatomic level "intentional words, thoughts and the like" can directly influence the quality of the water a person drinks.

**MP3 123: Benefits and Considerations for a Chi Training Partner**

A lecture and discussion with Sifu Jones and Sifu Brown on the advantages and disadvantages of chi partner training. Students learn how trading energy with someone else can have lots of different consequences. Several direct examples will be discussed in detail with the students.

**MP3 124: A Chi Energy Interview with Sifu Benjamin Richardson**

Sifu Richardson talks with Sifu Cicero about when he started his chi energy training with Sifu Jones. He discusses how his commitment to daily chi energy training brought about the right results. Sifu Richardson tells how using an easy step by step procedure builds up energy in a quality way without too much intensity. Students learn how his early on mistakes actually made him a better student of the chi energy method.

**MP3 125: Month Four Questions and Answers Parts One and Two**

Sifu Jones and Sifu Cicero discuss and answer chi energy month four questions.

**PDFs: Quantum Properties of Water and Chi Energy, Q & A**

This month's questions from students in pdf format with another eye opening article by Sifu Don Brown on Water and Chi. His article shows why they want to apply the good feeling and cool energy attributes to the container before drinking their water.

**Year One \ Month Five**

### **Video 126: Remote Viewing 101 Part One**

Sifu Cicero along with Chi Student Beach shows how to project bioenergy from their palms sending the energy through a solid object. Students learn how to build remote viewing sensitivity with practicing this new two to five minute sensitivity exercise.

### **Video 127: Remote Viewing 101 Part Two**

This next remote viewing demonstration with Sifu Cicero and Chi Student Beach show how they sense each other's physical presence, even though there is a solid wall between them.

### **MP3 128: How Pheromones work with bio-electricity**

Sifu Jones and Sifu Brown talk about what pheromones are, how they behave and how the subtle sense of smell (on a subconscious level) affects the human body's hormones. According to Wikipedia: "Pheromones are chemical messengers' transported outside of the body; and result in a direct developmental effect on hormone levels or behavioral changes".

Students learn the difference between attracting and repelling pheromones and how each will affect their emotions. You'll learn that by transferring a cool temperature and good feeling into an energy form, you can produce an electrical magnetic charge. These charges chemically produce an attractive energy when used in this way, or negative (repulsive one) when used in the wrong way.

### **MP3 129: Law of Attraction with "Magnetic Chi"**

This is a class discussion about the powerful nature of attraction and repulsion at the subatomic level with bio-energy. Students will learn how negative and positive ion particles behave. Students find how their own body's pheromones will physically attract or repel others around them. We'll go over how the book "The Secret" leaves out the most important information in order to know how "The Law of Attraction" works for you.



### **MP3 130: Month Five Questions & Answers Parts One and Two**

This is a revealing array of student questions answered by Sifu Jones. Lecture includes how his experiences with the law of attraction and other phenomena bring to light many positive cause and effects.

### **PDFs: Questions, Pheromones and Remote Viewing**

A list of class questions by students with answers by Sifu Jones and Sifu Cicero for this month.

Included is an article that takes another look at how Pheromones & Chi Energy works in a chi student's life. In addition is an article by Sifu Jones explaining more details on the step by step procedure on how to practice remote viewing 101.

### **Year One \ Month Six**

#### **Video 131: Fast Nerve Fiber Building (FNFB) Exercise**

The Fast Nerve Fiber Building exercise continues to help increase the size of the nerve fibers. Students learn as their energy increases when using their chi form it is easy to overheat.

Students watch how to frequently adjust and recalibrate their inside body temperature using the Tri-concept, as the buildup of bioenergy increases. Students will experience the increased benefits with this new FNFB exercise very quickly.

#### **Video 132: Circle Energy Form Exercise**

Sifu Cicero demonstrates this Circle Form training class. This is one of the first energy exercises that help students build an energy form outside of their body in a 360 degree circular way. This is a one to two minute chi exercise that students will do after their Fast Nerve Fiber Building routine. Students that regularly

perform the exercise will be rewarded with an increased metabolism and healthy immune system.

### **MP3 133: The Circle Energy Form Class Lecture**

Sifu Cicero and Sifu Jones talk with students about the Circle Energy Form. Sifu Jones describes how the Circle Energy Form, when performed with the Tri-concept will create a tangible or physically feeling form of energy. Students learn by performing this two to five minute sensitivity exercise that they build higher amounts of bioenergy in a circular form. They will utilize these higher amounts of biophotons to perform extreme abilities and healing applications.

### **MP3 134: Natural Killer Cells and Chi Energy**

Sifu Jones teaches a class in how the transference of a good feeling and a cool temperature built up into a *specialized bio-energy form* can heal the body and mind. His lecture looks at an extraordinary cell called “Natural Killer Cell” and how the NKC “intelligent cellular protection” is our key to health & longevity. It’s important to build up the bio-energy form with our signature Tri-concept method in order to promote and release more of these Natural Killer Cells into our bodies. NKC’s are our bodies’ last defense against a viral attack.

### **MP3 135: Sexual [hot] versus Spiritual [cool] Chi Energy**

Sifu Jones explains to students how amplifying your sexual hormonal energy can like some methods suggest, can cause detrimental effects to your body and mind. He explains how using different methods of moving around your energy causes different types of hormonal side effects. Students learn how using cool temperature energy is the best way to build up energy properly. They will also learn that using sexual or hot energy causes too many bad side effects.

### **MP3 136: Sifu Cicero’s interview with Instructor Sifu Don Brown**

Sifu Brown talks to students about his lifetime practice with the Chi Energy method. He provides personal achievements; insights and experiences in this

“mistake driven method” that will help students take the best path through their training.

### **MP3 137: Month 6 Questions & Answers Parts One and Two**

Sifu Jones answers student’s questions about the last five months of their daily chi training practice and about the two to five minute sensitivity exercises.

### **PDFs: Q &A, Natural Killer Cells**

This month student questions, are in pdf format. In addition, there is a pdf with specific information on Natural Killer Cells and the importance of the student’s chi practice ties into this knowledge.

## **Year One \ Month Seven**

### **MP3 138: The Chi Energy Danger Zone**

Sifu Jones lectures on how a potential overload of energy can manifest for students while building high amounts of energy in the body. This happens when students increase their intensity by pushing, pulling or muscling their chi exercises. Negative side effects can occur when using a “no pain, no gain” attitude.

Students that overload their body with too much energy can run into energy spikes. Energy spikes or overloads that can get caught up in a muscle group or go into the head area. Energy spikes can show up as an emotional amplification of anger, frustration and fear. Other problems can be bingeing on food, smoking or drinking and even more prevalent are headaches, organ or body aches.

Sifu Jones explains to students how to stay out of the danger zone. Students learn the need for a continual recalibration of the Tri-concept attributes for the best results. Students will need to continually recalibrate using the Tri-concept in order to get the best results.

### **MP3 139: An Interview with Sifu Andrei and different types of Chi Abilities**

Sifu Cicero talks with Sifu Andrei about his exceptional chi energy healing story. Sifu Andrei describes the details of how he was able to heal himself right after his severe motor bike accident. He describes how using the chi energy method kept him alert from the pain that was causing him to lose consciousness. Students will hear how he was able to perform a chi energy healing that repaired his damaged ankle and bone without hospitalization in less than three hours, to the point he could walk on it that night.

### **MP3 140: The Three Chi stages: Solid \ Water \ Gas - Part One**

In this class Sifu Jones breaks down the three stages of chi training a student goes through in this method. He discusses how the water stage will have various levels to it. Then he'll teach how students will experience the space time fabric at these different levels. Students learn ahead of time what type of phenomena will be coming as they continue to build their body's nerve fibers stronger.

### **MP3 141: Three Chi stages: Solid \ Water \ Gas - Part Two**

Sifu Jones discusses how students will learn that the water stage is like a liquidity flux state. You will learn how the gas stage can cause this out of world experience that requires expertise and preparation. You'll learn it is the gas stage where extreme abilities like becoming more physically youthful, levitation, moving objects and an out of body experiences can happen.

### **MP3 142: Month Seven Questions & Answers Parts One and Two**

This class is month seven's student questions with answers that cover how to avoid the danger zone.

### **PDF: Danger Zone List, Q & A**

This is a list of the questions from the mp3 class in pdf form. It includes a document on the Danger Zone signs. Students are advised to print out the Danger Zone document for reference.

## **Year One \ Month Eight**

### **Video 143: The Amazing Yin Chi Stick**

Sifu Cicero demonstrates how students will practice the circle energy exercise with the Yin Chi Stick device. Students will be shown how to first handle, prepare and then how to guide the yin chi stick to assist in the formation of their energy. You'll learn how using the Tri-concept is the best way to handle the strong electro-magnetic qualities of this yin chi stick.

### **MP3 144: The Amazing Yin Chi Stick Class**

Sifu Jones' class on the Yin Chi Stick will enhance and influence the student's ability to guide the biophotons and tune into their energy circle form. You'll learn how this exceptional training device will help you to amplify your energy stronger. Both Sifu Jones and Sifu Cicero explain how to use the yin chi stick in the best ways.

### **MP3 145: An Interview with Sifu Dragoo discussing Extreme Abilities**

Students learn about Sifu Dragoo's journey in martial arts which lead him into chi energy training. Sifu Dragoo talks about his collection of chi stories.

### **MP3 146: Month Eight Questions & Answers Parts One and Two**

This month's questions and answers that go over the yin chi stick energy exercise.

### **PDF: Q & A, Yin Chi Stick Information**

Students are provided a list of questions and information and on ordering your Yin Chi Stick online.

## **Year One \ Month Nine**

### **Video 147: Bending Metal with Yang Chi**

Sifu Andrei demonstrates how yang chi or hot energy can bend metal. He discusses how using warm or hot temperatures when bending metal creates bad side effects or a roller coaster ride of emotions for the student. Students will learn that bending metal in a yang effort can zap the energy from the body. Recovering from this requires the student to take off a few days from their energy practice. Students learn to avoid the bad side effects that add up and cause inflammation hurting your body's immune system.

### **Video 148: Bending Metal with Yin Chi**

Sifu Andrei demonstrates how to bend a metal fork in a yin way. Students learn how to use a calm mind while transferring the attributes of the Tri-concept. A student uses this energy to change and manipulate the object's magnetic energy. Learning to cool photons is the beginning of understanding electrical energy. This is another of the two to five minute sensitivity exercises that students learn.

### **MP3 149: Bending Spoons and other Psychic Phenomena**

Sifu Jones and Sifu Cicero discuss with students how performing energy work incorrectly without temperature control burns the body's pheromones and lowers your immune system. Students learn that by correctly transferring the attributes of the Tri-concept, while bending metal, can avoid the bad side effects. You'll learn that using the Tri-concept is the easiest route to learning how to do extreme abilities.

### **MP3 150: Chi Awareness and Animal Control Part One**

Sifu Jones instructs students how they can use this chi energy to control animals, bugs and all creatures. You'll learn how cool temperature chi energy will directly relate with how you're going to get along with other animals in a cause and effect way.

Sifu Jones interviews Sifu John Livesay about his experience with attracting “spiders” and other creatures while doing his chi workouts. Sifu Livesay describes how he uses a cool temperature to repel animals and bugs of all kinds, and a hot temperature to attract them towards him.

### **MP3 151: Chi Awareness and Animal Control Part Two**

Sifu Jones and Sifu Livesay continue this part two class in animal control. Students learn that pheromones act the same in humans as they do in animals and bugs. You’ll learn how some animals are friendly towards a cool electrical energy or others like spiders and mosquitoes can be repelled by cool energy. Students hear why building up energy without controlling the temperature can have unwanted bad side effects.

Pheromones can provide an attracting or repelling chemical reaction when interacting with people. Your inside body temperature determines whether your pheromones will be attracting or repelling. Students learn that the Tri-concept attributes are the best way to control their body’s pheromones.

### **MP3 152: Month Nine Questions & Answers Parts One and Two**

This is month nine questions and answers mp3 class with Sifu Jones and Sifu Cicero.

### **PDF: Month Nine Questions and Answers**

This pdf is the class list of month’s nine student questions for your notebook.



## **Year One \ Month Ten**

### **Video 153: Hot Temperature Transfer with Yang Chi**

Sifu Andrei demonstrates a yang way of transferring a “hot” temperature. Students learn how to avoid the negative side effects that Sifu Andrei shows when he overloads his nervous system. You’ll learn how Sifu Andrei goes way pass the recommended temperature range and quickly winds up in the hot temperature danger zone. Students learn from Sifu Andrei’s reaction how this type of energy overload can take you out of hormonal control and chi training for days.

### **Video 154: Cool Temperature Transfer with Yin Chi**

Sifu Andrei demonstrates how to transfer the cool energy this time. This class reveals how Sifu Andrei uses the temperature device to measure how temperature can be lowered one degree at a time. Students learn how to guide their energy in a cool way to lower the temperature on their body. You’ll learn by practicing different two to five minute sensitivity exercises how to transfer energy.

### **MP3 155: Energy Temperature Transfer**

Sifu Jones explains how Sifu Andrei transfers a cool temperature attribute throughout his body in order to lower his inside body’s temperature. This mp3 class teaches students the benefits of building high levels of chi in the right way. These techniques can be used to raise or lower your own body’s temperature or that of your family, friends and clients for healing purposes.

### **MP3 156: Emotional Content and Chi Part One**

These classes on emotional content teach the student how the Tri-concept is the premier way to have emotional stability while performing energy work. Sifu Jones explains how temperature control affects the hormonal flow in the body. You’ll learn how emotional content affects the health and well being of the body when building high amounts of biophotons in the nerve fibers.

### **MP3 157: Emotional Content and Chi Part Two**

Students learn that the buildup of high level chi in this method is similar to building up electricity in a circuit. He lets students know bioenergy has exact properties of electricity and that it runs extremely fast and hot. Sifu Jones explains the secrets involved to building your bio-energy sensitivity to high levels while maintaining your emotional control.

### **MP3 158: The variance between Light & Heavy Chi**

Students learn the definition, physical characteristics and practical application of light and heavy bioenergy. Sifu Jones explains how the prevailing energy healing modalities project a light linear bioenergy through their palms, eyes and a variety of other ways. Students learn how this method of building up light chi using an energy form directly leads to the buildup of heavy chi. You'll discover why this way of building chi is not taught in other energy systems. Students are taught how the Tri-concept was developed in order to allow the formation of light and heavy chi into an energy form.

### **MP3 159: Month Ten Question & Answers**

Student questions and answers for month ten with Sifu Jones and Sifu Cicero.

### **PDF: Month Ten Questions, Transfer Energy Temperature, Emotional Content, The Second Brain**

The list of questions asked from the questions and answers mp3 class for your notes. Several articles are presented on energy transfer, emotional content and the second brain that supplements your chi training for this month.

## **Year One \ Month Eleven**

### **Video 160: Effective Chi Energy Healing Techniques**

Students learn how to perform powerful healing techniques. Students are taught to relax themselves and the person to be healed. The student will then be taught to effectively guide the energy form through specific areas of the body to promote the release of natural killer cells and the good feeling hormones.

### **MP3 161: Effective Chi Energy Healing Techniques**

Sifu Jones and Sifu Cicero will discuss with students the usage of effective healing techniques. By now students will have learned to have built up enough bioenergy in a form, that they can use it with their healing techniques. You'll begin by learning to prepare and relax the body by guiding the healing energy form in this new flow pattern. Students learn that this new healing pattern includes how to guide the energy form in themselves or another person through specific areas of the body.

### **MP3 162: Energy Protection from Vampires and the Ion Force Field**

Sifu Jones discusses with students how to use their bioenergy form in a protective way. You'll learn how to use the energy form to change the electromagnetic field in and around yourself. Students learn by doing this technique they can maintain in a state of good feeling and a cool temperature around. Students learn how to be with people who are emotionally and hormonally drama driven.

### **MP3 163: Body Breathing 101**

This energy 101 body breathing class is a unique way to expand your energy outside of the body. This technique has nothing to do with your actual breath. Students will learn a technique that will show them how to project chi or bioenergy out of their body. You'll learn this two to five minute sensitivity exercise is a building block for body breathing 202 in the second year of training.

### **MP3 164: Circular Chi versus Linear Chi**

Sifu Jones explains to students the difference between the chi in a circular method and using chi in a linear way. Students learn that it is the power of the bio-energy circuit practiced repetitively that creates a power in the energy. Linear chi is moving chi. Students learn that a circular method is far superior to using a linear one in a straight line, which usually comes out as energy that is hot and destructive.

### **MP3 165: Brain Function and Specialized Chi Training**

Sifu Jones and Sifu Brown discuss with students the brain's function in relation to energy buildup and healing. You'll learn why other energy methods use a moderate approach when building high amounts of bioenergy in the body. They'll explain why other energy methods that brings energy through the brain windup releasing large amounts of hormones indiscriminately into the body, which can lead to bad feelings side effects.

Students learn how doing energy work in the wrong way can cause emotional highs and lows, disturbed sleep patterns, binging and agitated energy levels. Sometimes damaging effects on the delicate glands within the brain can occur when using too much intensity.

### **PDF: Brain Function**

Sifu Brown provides an article for students to reference how the brain functions in relationship to chi energy training.

## **Year One \ Month Twelve**

### **MP3 166: Chi Energy Practitioner Year One Certification**

Head Instructor Sifu Jones and Certified Instructor Sifu Cicero talk to students about their First Year in Chi Energy. They'll go over the list of Chi Energy test requirements and abilities with the student. Students can complete the test by

making a video or audio mp3. Or they can schedule a phone or Skype appointment with our Instructors for their “Chi Energy Practitioner” Year One test. This pdf certification requirement’s list can be downloaded and followed for test preparation. Instructors will be available for questions and mentoring prior to testing.

Sifu Jones talks to graduating Chi Energy Practitioners about their upcoming training in Year Two and Three. They will learn to use their energy form in many unique ways to influence and effect the space time fabric around them.

### **MP3 167: Getting Your Mind Right: The Good Feeling Part of the Tri-concept**

This class is a review and more in depth discussion by Sifu Jones about the “good feeling” attribute of the Tri-concept. He brings to light that graduating year one is just the beginning of building light chi into heavy chi. Students who go on to chi training in year two will need to re-address and re-calibrate the “good feeling” Tri-concept attribute in their energy practice. Students need to be mindful and deliberate in their adaptation of the “good feeling” when performing the second year chi energy exercises.

### **MP3 168: Chi & Nutrition Part One**

Students learn that building high amounts of energy requires good nutrition. In this class Sifu Cicero interviews Dr. Thomas Earnest, who addresses the type of nutrition basic food groups that can build protein and the right building blocks for the energy student learning this chi method.

### **MP3 169: Chi & Nutrition Part Two**

Part Two’s class with Sifu Cicero and Dr. Thomas Earnest take a closer look at nutritional supplements and how they can accelerate your buildup of bioenergy. Students learn that they can tune into the attributes of the Tri-concept better each time they practice building chi while maintaining proper nutrition.

**MP3 170: Sifu Michael Allen and his Unique Chi Abilities**

Sifu Jones interviews Sifu Allen and his maverick nature of using his chi abilities an extreme way. Sifu Allen trained many years with Sifu Jones and reveals some of the problems he went through using this method in a yang way. Students will learn as Sifu Allen tells of how he has used chi energy in pretty strange and unusual ways.

**MP3 171: Sifu Andrei and his Chi Energy Healing**

Sifu Cicero interviews Instructor Andrei about how he used the chi to heal a family member involved in a car accident. He explains to students how to direct this healing energy in a precise way. Students learn how the daily nerve fiber building and chi energy healing technique can train your mind and body to react on demand.

**PDF: Chi Energy Practitioner Certificate**

After students pass their test they are provided with a hard copy or pdf certificate for graduating as a Chi Energy Practitioner.

**PDF: The Chi Energy Practitioner Year One Requirements document**

Students are provided with a written procedure document outlining the open book test requirements for year one.

**PDF: The Nutritional mp3 class reference document**

Students are provided the supplement and food source references from the Nutritional class part one and two.

## Year Two Class Descriptions

### Year Two Month One

#### **Video 201: Chi Energy Form Training**

Sifu Cicero teaches an advanced class in energy form training in order to build higher amounts of chi in the nerve fibers. You learn that this energy form exercise is practiced with more precision and focus. Students are instructed to pay careful attention during this second year when applying the Tri-concept, as the power goes up exponentially. You'll learn that consistent recalibration of the temperature and good feeling attributes' will avoid negative side effects.

#### **MP3 202: Chi Energy Form Training Part One**

Sifu Jones instructs students on the specific details while performing energy form training. Students learn that this "new energy form" amplifies a greater amount of bioenergy in the student's electrical magnetic field. You'll be provided with instructions on how to develop a more precise routine for energy attribute transfer. Students will learn valuable shortcuts of how to master the Tri-concept with subtle "adjustments". You'll have the ability to make these changes while avoiding the highs and lows of fluctuating electrical currents.

#### **MP3 203: Chi Energy Form Training Part Two**

Sifu Jones' part two lecture on energy form training shows students the unique training experiences that they may encounter during their second year in chi training. Students will learn how to discharge the power when they experience an energy overload or "energy spike".

#### **PDF: Year Two Temperature Range for Screen Form Training**

Students will follow this procedure to learn the Tri-concept's cool temperature transfer. You'll learn how to lower the inside temperature of your body.



Students will learn how to use a temperature gun device. This training device shows them exactly how well they are transferring their bioenergy.

**PDF: Closed Door Rules and Form Training**

The accompanying “closed door” document reminds students how to be proactive and not cross over into the danger zone while energy form training. Students need to refer to this document to avoid bad side effects.

**PDF: Screen Training Document**

Students are provided with detailed instructions on their new energy form training in Year Two.

**PDFs: Chi Energy Form Training Pictorial Props**

Student can print out these pictorial props to help them to build the image that they are creating into an energy form.

**Year Two Month Two**

**MP3 204: Body Breathing 202**

This class lecture explains a step by step way about how Body Breathing exercises are performed. It is another one of the two to five minute sensitivity exercises. Sifu Jones teaches students new energy techniques where the student learns to project the energy form beyond their body. You'll, be able to tune into the energy enough to feel the walls around you. Students are taught to use the Tri-concept method while they experience their outside environment in a physically tangible way.

**MP3 205: Interview with Chi Student Tamra a professional energy healer**

Sifu Jones interviews Chi Student and professional healer Tamra as she discusses her plateaus in energy work. Students learn how she uses the advanced energy healing techniques for herself and clients.

**PDF: Body Breathing 202**

This is the Body Breathing 202 procedure for your notebooks.

**Year Two Month Three**

**MP3 206: Remote Viewing, Astral Travel and Out of Body: Part One**

Sifu Jones teaches students how to distinguish between the subtle stages of out of body travel. You'll learn how to build up energy in a particular way to guide your energy form allowing the spirit to go beyond physical reality. Students will learn the required characteristics for remote viewing in comparison to Astral and Out of Body travel. They'll discover the conditions and preparations necessary to perform these extreme abilities. Students will also explore the science behind bioenergy that explains how these beginning stages in out of body travel are possible.

**MP3 207: Remote Viewing, Astral Travel and Out of Body: Part Two**

Sifu Jones continues in his part two lecture about out of body experiences in their various stages. Students continue to learn how quantum science and light packets of biophotons are behind spiritual travel. You'll learn what to expect in the remote viewing stage versus the astral travel stage. Sifu Jones explains how to start with a short trip to learn how to maneuver through the unfamiliar space time dimension. Students will learn some of the different states of awareness and quiriness to expect while performing these extreme types of abilities. They'll learn that by using the bioenergy form in a step by step way that energy travel can be a safe and a meaningful exploration.

**PDF: Out of Body Reference Document**

Students reference document for recording out of body experiences.

**Year Two Month Four**

**Video 208: Wall to Wall Form Exercise**

Sifu Cicero demonstrates to students how to perform this new two to five minute sensitivity wall to wall exercise. Sifu Cicero instructs with an easy to use visualization prop. Students learn that a relax focus and body is required to buildup and guide the wall to wall energy form. With practice, you'll learn how to gently command the flow of this energy form first through a room and then into larger areas.

**MP3 209: Advanced Quantum Energy Healing: Part One**

Sifu Jones instructs this class with the assistance of chi student Nelson. Sifu Jones instructs the second level of the chi energy healing process. Students learn a step by step way to make a quantum transfer with guiding their new energy form through the person to be healed. Sifu Jones discusses how the professional healer uses the advanced healing technique in a gentle way while using a vortex. Students find out how their energy form when guided properly can balance hormones and promote cooler pheromones. They'll learn why their bio-energy form can now release a larger amount of natural killer cells throughout the body.

**MP3 210: Advanced Quantum Energy Healing: Part Two**

Sifu Jones and Sifu Brown lecture on advanced energy healing. They take the student further into the healing process by explaining how quantum science affects this type of energy work. Students learn how to use their bioenergy form to increase their healing abilities. The second year advanced healing method requires a more subtle and precise dialed in approach. You'll learn to approach the healing situations without muscling the energy form for a more controlled

outcome. Students will be reminded that electricity is “heat based” and that using the “Four Energy Form Rules” achieves the best advanced healing results.

### **MP3 211: Wall to Wall Energy Exercise Lecture**

Sifu Jones instructs students how to guide and expand their bio-energy form to take up more space. Students learn the details of why they are performing this two to five minute sensitivity exercise. You’ll learn how this powerful bioenergy form can create a quantum healing effect for a large group or area. Students will learn how to build up more and more of an energy form by practicing daily their wall to wall exercise.

### **PDF: Wall to Wall Reference Guide**

Students are provided with the written instructions and important notes on how to build the wall to wall energy form.

## **Year Two Month Five**

### **Video 212: Advanced Energy Circle Racket Training**

Sifu Cicero demonstrates the advanced bioenergy racket sensitivity exercise. Students learn in this new two to five minute exercise how to guide two bioenergy forms together. You’ll learn why these exercises produce a synergistic effect. Students are taught how important the Tri-concept is while bioenergy.

### **MP3 213: Advanced Energy Circle Racket Lecture**

Sifu Jones joined by Sifu Brown lecture on the advanced energy circle\racket form. Students hear a discussion on how the circle and racket forms come together in a step by step guided way. You’ll learn by practicing and guiding an even distribution of bioenergy that you will be able to tune or dial into the energy form with more precision. Sifu Jones explains that this two to five minute sensitivity exercise that prepares the student for the Instructor year of building

energy vortex forms. You'll also learn how the electrical magnetic molding of biophotons into this type of a combined energy form, can be used for powerful healing applications.

### **MP3 214: Advanced Yin Chi Stick Energy Training**

Sifu Jones and Sifu Don Brown discuss advanced ways to train with the yin chi stick. They explain to students that it takes a light touch with the yin stick device while performing this two to five minute sensitivity exercise. Students learn how to use their yin chi stick and energy form to store and to retrieve information. You'll experience how to use this Chi Stick in the proper way by utilizing its magnetic properties.

### **MP3 215: Chi Energy Students' Conference Call**

Sifu Jones discusses the circular chi energy healing method. He discloses to students that these healing techniques are ancient types of energy practices achieved in closed training situations.

You'll learn how Sifu Jones used a reverse engineering process to take extremely yang energy techniques to develop a professional advanced quantum energy healing method. Students learn to physically tune into the energy form, as it becomes a physical presence they can feel.

## **Year Two Month Six**

### **Video 216: The Art and Science of Invisibility "Disappearing Technique"**

Sifu Cicero demonstrates to students how a disappearing technique works. Students learn how the attributes control the spin or stationary form of the biophotons in the circle. You'll practice and experience the physical and tangible energy form of the three tiers of circles simultaneously. Students will learn how to hone down this exercise after they become instructors.

### **MP3 217: Chi Energy and Colors Lecture**

Sifu Jones joins Sifu Brown and discusses with students how they will only use the black and white colors with this type of Energy Form training. They'll discuss how the science and physiology of the mind can have wide variances when it comes to color interpretation. Students learn that a vibration wavelength has multitude of variations for just one color. One color's hue has many fluctuations that can greatly affect the way chi is formed in this method.

Student will learn how this method requires more precision with the black and white colors, as this determines how the energy will form in a particular pattern. You will learn how to become more precise while learning to dial-into the "white and black" color tones during first three years of training.

### **MP3 218: The Art and Science of Invisibility**

Sifu Jones is joined by Sifu Brown in this lecture on the science behind the art of disappearing or invisibility. Students learn to how do this disappearing technique. They learn that there are a lot of steps involved in performing at an extreme ability level. Sifu Brown sites examples of how the military uses invisibility applications such as the stealth radar systems based on light wave frequencies and electromagnetic energy. Students learn how these technologies are behind the building blocks of the chi energy method. You'll find out how a cloaking device that uses light waves is actually photons particles that refract light. Students learn how the sciences of quantum physics are behind the extreme chi techniques of cloaking with photons and how this special effect is achieved.

### **MP3 219: Beginning Levitation 101**

Sifu Jones lectures to students on how their disappearing technique is the first step towards manipulating the body to defy gravity. Students learn in this beginning class on levitation the preparation needed to build up an energy form with propulsion spin properties. Students learn that the process of building up

compressed subatomic particles spinning in a powerful circular energy form takes practice with a precise step by step procedure.

**PDFs: Levitation, Colors and Invisibility**

These detailed reference documents are the additional information the professional needs to know in order to perform extreme energy abilities.

**Year Two \ Month Seven**

**Video 220: Super Set Energy Form Exercise**

Sifu Cicero demonstrates for students their new energy form pattern that significantly increases the buildup of bioenergy. Students will learn how the energy form will take on a new pattern called the Supersets. You'll experience the exponential power that this new energy exercise can deliver. Students learn the Supersets generate an enormous amount of heat energy, which makes learning the Tri-concept even more important.

**MP3 221: Super Set Energy Form Lecture: Part One**

Sifu Jones lectures students on the *Four Rules of Energy Form Training*. You'll learn these four rules should be followed while building up bioenergy in the nerve fibers while performing the Superset exercise. Students learn how to build up higher levels of energy without overloading their body. The Supersets have such a high level buildup that the rules are necessary to help the student avoid problems. Sifu Jones instructs students precisely how they will dial down their intensity level to receive the best bio-energy building results.

**MP3 222: Super Set Energy Form Lecture: Part Two**

Sifu Jones and Sifu Brown continue their lecture on SuperSet Energy Form training. In this class, they talk with students about their personal SuperSet training exercise experiences. Students learn how their tones of voice and mind

thoughts had a huge influence over the electrical magnetic flow of biophotons. Sifu Jones discusses in detail how the Superset pattern can be done safely to avoid the danger zone. Both Sifu Jones and Sifu Brown site their own energy overloads and how students need to be very mindful to build up their healing energy form with a non-complacent attitude. Students will become better skilled and more confident with their increased ability to use the Tri-concept properly.

### **PDFs: Super Set Energy Form Exercise Reference Document**

The Superset energy form exercise document provides the detailed steps for this practice. Students will benefit from printing out this document and reading it before performing their Superset exercise.

## **Year Two \ Month Eight**

### **MP3 223: Advanced Energy Form: Liquid Chi Energy**

Sifu Jones instructs students on the characteristics and attributes of liquid chi energy. He explains how liquid bioenergy is always in a fluid motion and acts like moving chi. You'll learn how energy form training in this repetitive pattern guides and builds up your chi energy. He'll outline a step by step process to form a stronger presence of chi while discussing how vortexes play an essential role in their training. Students learn quality instead of quantity of practice is what allows them to tune into the attributes of the Tri-concept.

### **MP3 224: Advanced Energy Form: Time Distortion**

Sifu Jones along with Sifu Brown lecture on the topic of Time Distortion and Energy Healing Forms. They discuss with students how bioenergy at the subatomic level are biophotons. Students learn how these subatomic biophotons behave in time and space as based on the science of Quantum physics. They learn that space, time and gravity create a bend or warp in the time space fabric and produce a measurable mass state of energy. You'll learn how the time space



fabric is intertwined or entangled. Also, you'll find when energy and light is repetitiously repeated in "particular formed pattern" that it develops mass properties. Students find this lecture on time distortion is how distance healing and other advanced abilities are possible when done in a safe step by step way.

## **Year Two \ Month Nine**

### **MP3 225: Sifu Brown interviews Sifu Livesay**

Sifu Brown and Sifu Livesay have a lively discussion explaining to students about their background. Both of them share and their private training in the early years with Sifu Jones. Students hear about their Time Distortion experiences and the weird and unusual ways that bioenergy manifests itself through chi training.

Students learn how Sifu Livesay, a 6th degree black belt healed himself of lower chronic back pain and other body damage resulting from years of sparring. Listen closely as Sifu Brown and Sifu Livesay explain their out of body experiences revealing some of the specific steps towards gaining mastery with extreme abilities.

### **MP3 226: Hypnotic Device Sensitivity Training**

Students learn the rules and procedures to train with the hypnotic poster device. Sifu Jones explains how this type of two to five minute sensitivity exercise helps change liquid chi into heavy chi. Students learn to take their time and adhere to the rules while performing hypnotic device training. Students listen to Sifu Jones on how intense eye focus can develop and build an extreme amount of heat, unless it is managed using the Tri-concept.

### **PDF: Hypnotic Device Training**

The hypnotic device should be printed out for your practice. Hypnotic devices should be not be used on your computer.

## **Year Two \ Month Ten**

### **Video 227: Advanced Supersets Energy Form Training Exercise**

Sifu Cicero demonstrates to students how to perform this new variation of the Advanced Supersets exercise. They'll learn how using this variation in sequence and timing builds into the next level of Energy Form training. Sifu Cicero asks students to watch this demonstration several times in tandem with Sifu Jones' mp3 class lecture, before they try to perform this energy exercise.

### **MP3 228: Advanced Supersets Energy Form Training Lecture**

Sifu Jones instructs this Advanced Supersets class teaching students additional variations to the flow patterns. Students learn how this new variation is next step in building their energy healing form stronger. Students will need to recalibrate using the Tri-concept, as they get to higher levels.

### **PDF: Advanced SuperSets Energy Form Training Reference Guide**

This pdf is an important print out for the students' notebook detailing the Advanced Supersets procedure.

## **Year Two \ Month Eleven**

### **MP3 229: Advanced Chi Energy Body Breathing 303 – Part One**

Sifu Jones advanced Body Breathing lecture 303 class teaches students how to fully expand their awareness into a larger space. Students learn it is through relaxing the bodies to deeper levels that they can body breathe without using their breath. The Body Breathing exercise is similar to a relaxed meditative state while using the Tri-concept attributes.

### **MP3 230: Advanced Chi Energy Body Breathing 303 – Part Two**

Body breathing part two begins the discussion of how building up a circular energy form allows you to expand the bioenergy into a useable form. Students learn that building heavy chi too quickly can cause claustrophobic feelings. Sifu Jones explains how guiding your energy form in a deeply relaxed way helps it to flow outside the area of the body. Students will use their mind intent to body breathe, so that they can feel the walls around them.

### **MP3 231: Advanced Chi Energy Fractal Forms**

Sifu Jones and Sifu Brown discuss how energy form exercises and fractals are related to your chi training. Sifu Brown discusses the quantum science behind this topic of fractals and how fractals can manifest themselves.

Sifu Jones lectures about fractals examples and how fractals happen in nature and inside the human body. Mountains ranges, coast lines, lightening, broccoli, ferns and even the body's heart are all different types of fractals. You'll learn how fractals reside in more than one dimension which gives them their unique repetitive structure. You'll learn how fractals can be used by the energy practitioner.

### **PDF: The Science of Fractals and Energy Healing**

Sifu Brown provides the students with an informative article on Fractal geometry and its relationship to energy form training.

## **Year Two \ Month Twelve**

### **Video 232: Telekinesis 202 Class**

Sifu Cicero demonstrates the rubber band telekinesis exercise. Students watch how each step is set up before the actual exercise takes place. Simple household props create an easy way for students to practice this two to five minute sensitivity exercise after their form training routine.

### **MP3 233: Telekinesis 202 Lecture**

Sifu Jones discusses the Telekinesis two to five minute sensitivity exercise. Students learn how to prepare and setup up for a circular way of moving objects with the practice of the rubber band exercise. You'll learn how the rubber band effect can change how a person goes through side effects while performing telekinesis. Students find this procedure is very different than Telekinesis 101. Students learn not to muscle the energy to avoid developing energy overloads. The student again is reminded to always use the Tri-concept when performing telekinesis techniques.

### **MP3 234: Advanced Energy Practitioner Certification Requirements**

Sifu Jones and Sifu Cicero discuss with Year Two students how to prepare for the Advanced Chi Energy Practitioner's open book test. They'll go over the Energy Form training requirements for the nerve fiber building and sensitivity exercise. Students will be informed where to download the requirement's certification document that outlines the abilities that are tested. You'll learn what specific bioenergy forms and exercises to review in year two. Students review lecture classes to study in order to answer energy healing and extreme ability concepts and questions.

**PDF: Chi Energy Heals Graduation Requirements**

This document is an “open book test” that outlines the requirements of how to take the test. Students can call or write us with any mentoring and support questions they may have while studying for the exam.

**PDF: Advanced Chi Energy Practitioner Requirements Instructions**

This document provides students with a step by step list of abilities and concepts required for the open book test. Students can take their open book test by mp3, video, phone or Skype.

**PDF: Advanced Chi Energy Practitioner Certificate**

After students pass their test they are provided with a hard copy or pdf certificate for graduating as a Chi Energy Advanced Practitioner.

**PDF: Superset Variations for the Year Two Advanced Energy Practitioner**

Students whom passed certification and want to continue the Advanced Practitioner level will find this document will help them to continue their chi training.

## Year Three Class Descriptions

### Year Three\Month One

#### **Video 301: The Advanced Supersets “C” Energy Form Exercise**

Sifu Cicero demonstrates for students their new “C” Energy Form training exercise. Students will learn how to guide and build up bioenergy in the “C” energy form following their instructions with special emphasis on the Tri-concept. Students may find they are sensitive enough to tune in and tangibly feel the “C” energy form from watching the video.

They’ll learn to form the “C” exercise in this particular way to develop a primary section of the energy circuit. This will allow them to tune into new “C” form exercise with more accuracy while performing their daily practice. Students will learn how the video and Sifu Jones’ class lecture on the “C” form exercise will prepare them to change over to this new way of doing the nerve fiber building pattern. Each time you perform the “C” energy form exercise you’ll develop your body’s nerve fibers to handle a significant increase in the bioenergy buildup process.

#### **MP3 302: The Advanced Supersets “C” Energy Form Exercise**

Sifu Jones along with certified Instructor Sifu Brown instructs students on how to practice using this powerful new “C” form energy exercise. You learn how the “C” energy form will help students to project stronger amounts of chi energy. Students learn how subatomic particles or biophotons are the basic building blocks that accumulate in their energy form. Students are reminded to use the Tri-concept to keep within proper temperature ranges while they build up their energy.

**PDF: Temperature Device Training for Year Three**

Students will print out and follow this temperature device training procedure for Year Three's Energy Form training and sensitivity exercises.

**PDF: Advanced SuperSets "C" Energy Form Exercise Instructions**

This document will provide students with a variety of details that will assist them in fine tuning the "C" Form energy exercise.

**JPG: Advanced SuperSets "C" Energy Form Training Device**

Students will print out and use this pictorial "C" form training device for Year Three's Advanced Superset Energy Form Training.

**Year Three \ Month Two**

**MP3 303: The Physics and Science behind Chi Energy Patterns**

Students will learn how energy can take on a "wave like" form and create repeatable patterns such as fractals. They will learn how bioenergy has a type of replication effect. Students learn to recognize that biophotons are tiny pieces of matter that form lines of energy. Students learn by using the right energy flow patterns that they can more quickly build up the nerve fibers of their body.

**MP3 304: The Attributes of Heavy Chi Form Training**

Sifu Jones and Sifu Brown go over with students the differences between light chi and heavy chi. In this lecture, Sifu Brown talks about his personal experience in dealing with heavy chi. Sifu Jones goes over the required practice needed with the "C" energy form, as it starts to develop into heavy chi. Students will hear how they will experience subtle differences in how the chi works when their heavy chi begins. Students will learn new concepts on how the space time fabric will get unusually thick during this part of their training.

### **MP3 305: Chi Energy Training Devices**

This class instructs chi students how to use the “Yin Chi Stick” and other Chi Energy training devices at the third year level. This process will allow students to learn how to use these training devices in a synergistic way. Students learn to experience how these energy training devices have an electromagnetic amplification to them which assist the student in their ability to form heavy chi.

### **Year Three \ Month Three**

#### **Video 306: The Advanced Supersets “O” Energy Form Exercise**

Sifu Cicero’s class demonstrates how to perform the advanced “O” superset energy form exercise. This energy exercise allows the student to build up heavier chi in the nerve fibers. Students will find that keeping the Tri-concept attributes maintained with this “O” exercise demands them to achieve a new precision level. Sifu Cicero goes over essential adjustments to the student’s routine and how to practice them. Students learn to tune into the magnetic force that moves through space, time and matter by relaxing down with a gentle focus.

#### **MP3 307: The Advanced Supersets “O” Energy Form Lecture**

This lecture on the “O” Form energy exercise taught by Sifu Jones and Sifu Brown discusses the “flight time” needed to increase the heavy chi the student will be able to project. Students learn how to guide the energy form’s flow by using the four rules to control the new increase in energy. Students discover why these clumped subatomic particles produce a natural yet unusual occurrence seen as “dark clouds or particles”. You’ll learn why this new variation increases the buildup of bioenergy from a liquid state into a more static form state. Students come away knowing this is why the “O” exercise requires a more relaxed focus and guidance while practicing this flow pattern.



### **MP3 308: The Vortex Energy Pattern**

This class discussion takes the student into the world of the vortex energy form. Sifu Jones and Sifu Brown explain that the power behind the vortex rotation or spin is very similar to that of a powerful tornado. Students learn where the seven vortices are located in their body. You'll learn how these vortices are activated and the unusual effects that happen from this activation. Students learn how to manipulate and control these powerfully activated vortices using the Tri-concept. Sifu Jones discusses how the energy form of bioenergy contains live patterns of information. These discrete electrical bits of information are energy circuits that are contained in all living organisms.

### **PDF: Vortex and Vortices Training Reference Document**

Students will add this document to their Chi Energy notebook under the category of Advanced Chi Healing Techniques.

## **Year Three \ Month Four**

### **MP3 309: Advanced Telekinesis 303**

Sifu Jones and Sifu Brown instruct this advanced class in Telekinesis, explaining how a vortex form is used to move objects. Students are shown how to use the training devices to help them to move objects. Students are taught what to expect when their vortices activate. Students will learn how to handle the unusual energy effects which occur when this process happens.

Students will learn how to avoid the negative side effects that can happen with this type of high level energy training. Sifu Jones discusses how the "no pain no gain" mentality hampers the buildup of high energy levels in the body.

### **MP3 310: Interview of a 1st Vortex Experience**

Sifu Cicero interviews third Year Chi Student Nelson about his first vortex projection experience. Learn how Nelson built up his body's nerve fibers using the right kind of training devices. Nelson was able to create a spontaneous vortex by learning this type of energy training. Students hear how Nelson formed tiny partials of chi into a vortex of bioenergy that another person could actual feel and see.

### **PDF: Advanced Hypnotic Device Training Document**

Print out this hypnotic device and place in an area that is undisturbed by other visual distractions. Then follow the instructions in this month's classes and carefully train with this hypnotic device.

## **Year Three \ Month Five**

### **Video 311: Tone of Voice Chi Training**

Sifu Cicero demonstrates to students how to perform a tone of voice chi exercise. Students learn that the Tri-concept is still required for this two to five minute sensitivity exercise. You'll learn that your tone of voice is used to guide the biophotons into a circular energy form.

### **MP3 312: Tone of Voice and Chi Form**

Sifu Jones and Sifu Brown have a class discussion on how sounds affect your bio-energy. They specifically go over with students how to use the circular way of using energy with tones and sounds. Students learn how heavy chi used with circular round tones enhances their healing abilities when dealing with others. Students find out how projected sounds can have profound effects, when used in conjunction with their body's pheromones. They'll learn by using projected chi in a particular pattern can cause a hypnotic type of effect.

### **MP3 313: Sounds and the Bio-Energy Healing Form**

Sifu Jones and Sifu Livesay, provide an instructor's point of view about using sounds with chi training. Students will learn in this class how to use bio-energy with sounds and tones for advanced healing applications. They will explore how this heavy chi buildup of electrical energy can heal impossible situations when applied in the right way. Sifu Jones and Sifu Livesay discuss how sounds can be used with certain types of music to provide an electrical pathway which increases the student's healing abilities. Sifu Livesay tells students how he used his energy form with music to heal his own pain.

### **PDF: Sound Waves and Chi Energy**

Students are provided with Sifu Brown's scientific articles. For more information on acoustics, sounds and levitation preview this month's class topic.

## **Year Three \ Month Six**

### **Video 314: Advanced Healing Techniques Part One**

Sifu Cicero teaches students how to perform an advanced quantum healing. Students learn how to guide their energy form in two different places at the same time. Sifu Cicero shows the student a step by step way while explaining the whole process.

### **Video 315: Advanced Healing Techniques Part Two**

Sifu Cicero part two goes into more details with the students showing them the vital areas of the body, the student will be using. Students learn to properly relax before performing healing technique either in person or from a long distance.

### **MP3 316: Distance Healing with Chi Energy**

Sifu Jones, Sifu Brown and Sifu Cicero discuss how to tune into a person at a distance while performing a distant healing. The student is taught a variety of

very useful techniques. The use of training devices and information on how the body actually works provides the student with the necessary information they will need.

### **MP3 317: Advanced Healing Interview with Chi Student Justin**

Sifu Cicero interviews Chi student Justin, who said he got Dengue fever by being bitten by a mosquito while living in the tropics. Doctors told him that this condition was extremely serious. Justin explains the method he used in order to overcome this often deadly disease.

### **PDF: Distant Healing Instruction Document**

Sifu Brown's scientific article on the way energy affects the human body.

## **Year Three\Month Seven**

### **MP3 318: Levitation 202**

Levitation according to its definition "is the process by which an object is suspended by a physical force against gravity, in a stable position, without solid physical contact". It is this electromagnetic force that causes the suspension state between electrically charged particles and the powerful yet subtle fields of magnetic energy. Sifu Jones lectures on the science behind levitation and why heavy chi, when built in a complete circuit form, can be used to move an object. Students learn how electromagnetic energy built up in the nerve fibers can produce enough of the heavy chi needed in order to perform a levitation technique. Students learn the advanced energy forms - the screen, C, O and vortex exercises, are necessary in order to perform at an extreme ability level. This class explains the key ingredients a student needs to get to that level of expertise, where they could perform a levitation technique.

### **MP3 319: Advanced Vortex Training**

Sifu Jones lectures on advanced vortex form training. He explains this energy training will produce conditions for creating a “vortex energy form”. Detailed information is provided that explains exactly how to make a vortex. Students learn the best way to guide the energy vortex form is by using the Tri-concept.

### **MP3 320: Levitation Interview with Sifu Cicero**

Sifu Jones interview Sifu Cicero on her spontaneous levitation experience. Students learn under what conditions a person could levitate. You’ll find that levitation is an extreme ability that demands the individual to be deeply relaxed.

### **PDFs: Body Maps, Levitation 202 and Advanced Vortex Training**

Students are provided with a 3D Body Map web site link to use for chi training. Also provided are the levitation and advanced vortex articles that are supplemental training material for the student’s reference.

## **Year Three \ Month Eight**

### **MP3 321: Building Chi Bridges**

Sifu Jones lectures on the process of shoring up and reinforcing weak areas of the body. Students learn the proper way to use a Chi Energy Bridge. This exercise assists the student in strengthening energy circuits in the hinged joints of the body. Bioenergy sometimes develops or overloads in joints of the body.

Students will learn specific instructions through video and lecture on how to properly create the energy support bridge. They’ll discover that they can use their own bioenergy in a chi bridge form that will stabilize weak areas while dispersing negative energy. Discomfort and pain will be guided away from the joints that are overloaded with excess bioenergy due to building incorrectly. Sifu Jones explains how chi bridges will be used to join and connect screens (coupling techniques)

with other forms of energy. This multipurpose exercise will bond and repair energy gaps or weak areas inside the body.

### **MP3 322: Advanced SuperSet Variations Part Two**

Sifu Jones lectures on the Superset Variations Part Two process. Students will learn how this variation in their training will aid in the energy buildup. Topics include talks about particular events that will occur during the students training. One of these events will be the presence of muscular contractions in the arms and legs while doing the advanced superset variations two exercises. In time, the student can learn to contract their own muscles or those of other people using their own chi projection.

### **MP3 323: Electricity, Magnetism and Bioenergy**

Sifu Jones lectures to students about Energy Form Training. He talks about the electrical and magnetic components of biophotons. Students learn about the benefits of using energy forms.

## **Year Three \ Month Nine**

### **Video 324: Building a Chi Chamber**

Sifu Cicero demonstrates to students a step by step procedure on how to build and use a Chi Energy Chamber. Students will be provided with a Chi Chamber building material document, which explains how to assemble this powerful device. The student uses this device, while performing a two to five minute sensitivity exercise.

### **MP3 325: The Chi Chamber 101 Lecture**

Sifu Jones teaches a class on how students practice using the Chi Chamber. He discusses how this process builds energy up extremely fast. Students learn the only way to properly build chi with this device without getting “bad side effects” is by using the Tri-concept at a highly skilled level. Students learn the value of this training device and how it enhances their training.

### **MP3 326: Selective Hearing and Chi Energy Parts One and Two**

In this class, students learn how to tune into the subtle and intricate streams of audio or sound bioenergy. Students will learn how to discriminate and identify auditory information. Students perform the selective hearing exercise for two to five minutes daily. Students learn it takes time and practice to literally feel how to use this hearing sensory of chi through the physical body.

### **PDF: Chi Chamber Materials and Assembly Document**

Students are provided with a step by step procedure on how to build a chi chamber. Also provided, is the list of material needed to assemble this unique training device.

## **Year Three \ Month Ten**

### **Video 327: Chi Joint Comforters Exercise**

Sifu Cicero demonstrates to students how to perform the chi joint comforter two to five minute exercise. Students learn the specific details on how to use the joint comforter on themselves and others.

### **MP3 328: Using Advanced Colors with Chi Energy**

This class explains why students refrain from the use of primary colors in this method. Students use the colors of black and white while performing their energy form training. Students are taught scientifically how colors affect their bodies. They'll learn using colors create more heat in the body than is necessary. Students learn how to use colors in the right way in order to build up more energy they will be able to harness.

### **MP3 329: Heavy Hypnotic Phrases and Chi Energy**

Students learn from this class how to tune into the attributes of heavy chi or bioenergy when using the sound of their voice. You'll learn in this lecture what

heavy hypnotic phrases are and how they are used with energy forms. Students learn specific techniques using their energy form through their tone of voice. They learn that hypnotic phrases can flow right out of their mind thoughts into an energy form. They also learn how tones and sounds can construct a three dimensional form of bioenergy. These concepts and techniques are the beginning stages for Fourth Level graduate energy training designed for Chi Instructors.

### **MP3 330: Chi Joint Comforters**

Students will learn about a new two to five minute exercise called the Chi Joint Comforter's exercise. You'll experience how to use this exercise to disperse energy overloads from building up too much heat. Students learn how the buildup of heat can be due to using too much mind intensity, which sometimes leads to painful joints. Sifu Jones teaches students how to avoid energy spikes with this type of energy training.

## **Year Three \ Month Eleven**

### **MP3 331: Triangulation and Chi Energy**

Sifu Jones lectures to students on the Triangulation process. You'll learn that it requires a team of chi energy people in order to perform some extreme abilities. This team will require each chi practitioner to have practiced a unique skill to perform their part of their extreme ability.

Sifu Jones discusses how this team of chi energy workers will create a chi bridge and bands together each chi person's energy. Students learn how to choose their chi members carefully, as they will provide a purposeful part in the triangulation process. Students learn that the leader of the team must know the necessary steps to plan and direct each stage of the process. It is usually at the instructor level that the student starts understanding how triangulation works.



### **MP3 332: Compressing Chi Energy verses Layering Chi Energy**

This class lecture is on compressing bioenergy versus layering bioenergy into a form. Students learn more about how biophotons work. Students are taught the process of compressing bioenergy from a liquid into a semi-solid state.

Layering can be used in the process of building up the size of your energy form. It's these layering lines of energy, the circles and screens, that assist the depositing effect that build sheets or coatings of bioenergy. The repetitive building of this type of process causes a build up in the nerve fibers. Students learn as biophotons compress and layer they will develop a protective ion shield. Students will use different training devices to help with this thickening process. Over time, this type of chi energy can be used in a variety of different extreme abilities.

### **Year Three \ Month Twelve**

#### **Video 333: Yang Chi Energy Break Example**

Chi Instructor John breaks a board while using a yang energy form with breath and sound. Students at this level will be able to feel the heat and other wasteful byproducts using this linear type of bioenergy strike.

#### **Video 334: Yin Chi Energy Break Example**

Chi Instructor John breaks a board while using a yin energy form strike. Students may be able to physical feel the bioenergy form coming through the video from this controlled, finessed circular form of energy. The Tri-concept is an important part of the yin break process that a student learns.

#### **MP3 335: Using Chi Energy for Self Defense: Dim Mak Training**

This class on Dim Mak is taught by Sifu Jones. Dim Mak is a destructive way of using high level chi for self-defense. Dim Mak basically means "death touch". The students will have the ability to heal or hurt using this technique. The chi

instructor learn how they can use this self defense technique, if they find themselves in a “life threatening” situation.

**MP3 336: Instructor Certification in Advanced Abilities and Concepts**

The School of Chi Energy Certification is an open book exam that is provided to the student to meet graduation standards as a Chi Energy Instructor. These standards or abilities are based on three years of nerve fiber building and coursework classes.

**MP3 337: The Instructor’s Forum: “The Chi Here and After”**

After graduation, the certified Chi Energy Instructor has the opportunity to continue their professional education and become eligible for fourth year training. They can learn about the fourth year level training by joining the Instructor’s Forum. The fourth year courses will be listed in The Instructor’s Forum and taught exclusively by Sifu Jones using advanced techniques based on their acquired skills after three years. These Fourth Year Classes are designed for the serious Chi Energy Instructor, who wants to dive into the deeper levels of extreme abilities.

**PDF: Chi Energy Training Device Document**

Students are provided with a list of chi energy training devices that they use throughout their three years of training.

**PDF: Year Three Instructor Certification Document**

Students are provided with a list of abilities and concepts for their open book test.

**PDF: Year Three Instructor Certificate**

Students need to pass their Instructor exam in order to become certified Instructors. Only certified Instructors are eligible for fourth year Instructor courses.