

# THE ONLINE SCHOOL OF CHI ENERGY HEALS

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## Introduction

Much like the questions, strange sensations and mixed emotions that enveloped many of us during the onset and duration of puberty, we find ourselves facing similar feelings of confusion and mixed emotions during our chi training. The goal of this overview guide to the online School of Chi Energy Heals is to provide the student with an initial high-level roadmap. Although the topics discussed herein are conglomerates of feelings and sensations which many who have undergone this particular method of training have experienced, it is by no means an exhaustive list. Each student is an individual, and as such, every individual will have a personal journey through this particular curriculum. The experiences, however, are similar enough in nature so that the Sifus are able to gauge the student's progress largely by the pattern and timing of specific side effects. Some of these side effects are positive in nature; albeit they are strange, new feelings and experiences, they herald growth, sensitivity, and mastery of a specific exercise or technique. Other side effects are the tell-tale signs of improper or "over" training; these are to be avoided, as many are simply painful beyond imagination.

This is an exciting time and a wonderful step into a new, bigger world, with richer tastes, sounds, smells, and vibrant colors. The School of Chi Energy Heals provides a curriculum of building blocks the student can use as they journey to the summit of their own inner mountain of psi capabilities. As daunting as the imagine of climbing Kilimanjaro is, rest assured that the Sifus have built safety nets so that the student is less likely to fall; should a student experience some of the negative side effects discussed herein, the student should relax and know that they are in good company, as all of the Certified Instructors have bumped their heads in similar manners. In short: you will get through this; the Sifus are here to help.

As you undergo your journey, keep this Beginner's Guide to the School of Chi Energy Heals close at hand. Reference it periodically, and read it again as you will see with new eyes. Concepts that were initially foreign will have become familiar. The proverbial "light bulb" will illuminate and you will find yourself nodding with an inner knowing of having experienced the concepts firsthand, and a new confidence will emerge- in yourself as well as the curriculum of your studies.

Most importantly: congratulations on taking this step into your personal journey. We the Sifus are excited for you, as we look back fondly of our own journeys, we smile in anticipation of your growth as well.

V/r

Don Brown, MSIS

[Certified Instructor]

## Required Reading for the Serious Energy Enthusiast

Here at The School of Chi Energy Heals, we've taken great strides in providing the latest scientific findings that support the fact of the existence of chi. Furthermore, The School of Chi Energy Heals has provided scientific research on the behavior of this form of energy that serves as the cornerstone regarding the particulars of this method of energy building.

Although this Beginner's Guide to the School of Chi Energy Heals is primarily focused on the sensations and side effects a student will experience early in this journey, we the Sifus would be remiss if we did not provide you the student with, at the very least, access to the information aforementioned.

Located within the archives of The School of Chi Energy Heals the student will find a plethora of useful information. Among them, these will provide information from which the student can build:

- [WhatisChiBioEnergy?](#)
- [ESPandChiPowerCultivation](#)

Visit these articles early and often in your training. As mentioned previously, the information presented within these articles will provide the student with a deeper and richer understanding and appreciation of the energy development within this methodology. As the student progresses through the curriculum, a tangible realization will begin to take place, insomuch as concepts, heretofore abstract, will become concrete and commonplace.

## The Tri Concept

Early in the curriculum of The School of Chi Energy Heals, the student will learn of the Tri Concept. This is something that is repeated throughout the lessons. It is paramount that the student embraces the Tri Concept, as it is the golden rule of The School of Chi Energy Heals: good feeling; cool; non morphing.

Admittedly, adding attributes, temperature related as well as emotional, is somewhat counterintuitive with regards to energy. The hyperlinked articles above provide a scientific backdrop that chi is a form of electromagnetic energy that the human body produces; bio electromagnetic energy. Controlling the temperature of, as well as the shape and emotional content of this energy may seem a bit absurd, but not only can it be done, it is required. The articles below point to the abilities of the mind and scientific research behind said findings.

- [ChiEnergyandTemperatureofLight](#)
- [ThePowerofCoolBioEnergy](#)

The rest of this Beginner's Guide explores the side effects of what to expect when abiding by the Tri Concept, as well as what to expect when breaking this golden rule of chi training.

## The Method

The School of Chi Energy Heals has a very specific and scientifically grounded method of developing chi energy along with energy sensitivity. The method comprises of mental and physical exercises, both of which combined create a synergistic effect where growth is exponential in nature.

## Mental Preparation

One of the very first lessons members of the Chi Energy Heals school are taught is the importance of engaging the mind with regards to their energy cultivation and training. Many scientific studies validate that, with proper mental preparation and active, mindful engagement; you can increase the results of your efforts dramatically.

The importance of engaging the mind is not something that is glossed over; throughout the instructions given, as well as the various articles written by and interviews with Certified Instructors, students enrolled in the School of Chi Energy Heals will read scientific reports validating such claims as well as the pitfalls one can encounter when not being mindful.

One of the [many] nuances that sets Chi Energy Heals apart from traditional chi-gung training systems is deliberate focus. Whereas many chi-gung systems teach disassociation with the techniques and exercises practiced, the method behind The School of Chi Energy Heals requires deliberate and intentioned focus.

Focus is imperative when engaging in any type of chi training methodology; Chi Energy Heals takes into account the mind's ability to focus and utilizes this ability as one of the foundation building blocks.

Those who do not practice focus, and focus exercises, are generally unable to perform extreme "psi" related abilities for which they are striving.

The article, "[Multitaskerspayattention—ifyoucan](#)" provides clinical research into the importance of focusing on the task at hand. The Information Age is a circus of distractions: conference calls; multiple instant messaging windows and conversations; emails; data-rich spreadsheets and face to face conversation all happen at once. Sadly, according to the findings of the research done at Stanford University, many multitaskers are unable to differentiate between that which is pertinent and important versus what is "background noise".

When performing the exercise regimen of Chi Energy Heals, multitasking is not encouraged. In fact, the Sifus' and Certified Instructors teach the maxim: Focus on the task at hand. With deliberate focus and concentration, you teach your mind, body and spirit what is important, what it needs to pay attention to, and what you value; when your words, actions, and intentions are in one accord, results [in any field] are exponential. The mixed signals that often coincide with multitasking, sadly, impede forward results, growth and gains

Multitask only when you absolutely have to; never multitask when doing any form of chi training.

## Physical Exercises

The physical exercises that form the foundation upon which The School of Chi Energy Heals are built upon directly engages the human body's nerve fibers. Nerve fiber building, a practice unique to The School of Chi Energy Heals, creates an awareness of, sensitivity to, and ability to harness more and more bioelectricity, i.e., "chi".

Bioelectricity is the electric phenomena related to living organisms. It is bioelectricity that enables a shark to map the ocean floor. It is bio-electromagnetic phenomena that enable migratory birds to travel great distances at the same time each year with the accuracy we have only been able to reproduce with maps and GPS. It is bioelectricity that enables the electric eel to generate large fields of current outside their bodies.

The difference of electricity vs. bioelectricity is in degree, not in kind. Whereas a lightning bolt can exceed temperatures of 54,000 degrees Fahrenheit (30,000 degrees Celsius), that same current runs through the human body, just on a smaller scale. In fact, the human body runs largely off of [bio] electricity and has organs dedicated to sensing electromagnetic impulses, both inside and outside the human body. The pineal and pituitary glands are both directly tied to the human body's ability to sense and actively experience electromagnetic phenomenon.

The pineal gland is the evolutionary descendant of our ancestors' ability to perceive light. It also "regulates the circadian rhythms of the body, biological rhythms that are attuned to the day-night cycle," (Celtoslavica, "Electricity and Human Consciousness"); these "rhythms" can be and have been disrupted by electromagnetic fields, both naturally occurring as well as man-made. The pituitary gland "controls and influences all other hormonal organs which report back to the pituitary gland" (Celtoslavica, "Electricity and Human Consciousness"); in fact, the pituitary gland is largely responsible for the overall functioning and efficiency of the human nervous system.

The nervous system in human beings is based entirely off of the ability to transmit electric pulses. Every cell within the human body pumps ions (e.g. that which makes up the quantum field), in and out of the cell for energy purposes; this is called the Sodium-Potassium pump, and can be found in all animal life. Said energy, in the biological animal, is called "adenosine triphosphate" (ATP); biologists and biochemist alike have noted that ATP can be neutral, or carry a charge (plus or minus), and is, in fact, a charged particle which the cells use for energy. ATP is the final product of the digestive cycle and further exemplifies the human being's connection (and ability) to experience and manipulate the electromagnetic fields that permeate the Universe.

"Bio-magnetism: An Awesome Force in Our Lives", an article published by Reader's Digest (January 1983), highlights some of the [still] cutting edge concepts the scientific community is, and has been, practicing:

"When a patient with a broken leg that is not healing properly comes to Dr. Basset (Columbia Presbyterian Medical Center in New York City, NY), he is likely to go home with two heavy pads connected by wires to a box that can plug into an electrical wall socket. The patient puts one pad on each side of his broken bone and turns on the device. Coils of wire in the pad induce a

pulsing electromagnetic field into his flesh and bone — a field of qi energy that somehow commands the bone to heal itself.”

As postulated by the scientists interviewed in the article, it makes sense that human beings have the innate ability to sense electromagnetic phenomena: “We live on a sun-lit planet, and most living things have acquired some means to use the light. We live in a world filled with sounds, and most living things have developed a means to sense vibrations. Since our planet is also a giant magnet, it should not surprise us to discover that we and many other living things have sensitivity to Earth's magnetic-force field.”

As we look from large-scale physics, e.g., the lightning bolt and the sodium-potassium pump, to smaller scale electromagnetic phenomenon, we find ourselves in the realm of quantum mechanics. Light is an electromagnetic phenomenon. Light is both a wave and a particle. In terms of quantum mechanics, electricity and light are the same. The oscillations of the impulses create the divergent effects. Microwaves, radio waves, even the non-lethal weapons of the US Army (such as the Active Denial System) are based out of electromagnetic fields.

Chi, too, is an electromagnetic phenomenon. Chi is energy; light energy; bio-electromagnetic energy; electricity. The degree of strength in an electromagnetic impulse is the difference between the heart pumping vs. a heart attack. When building chi, it is important to understand, important to know, that the electricity you are both introducing to your body as well as augmenting within your body, can be controlled/manipulated by your mind.

The design of the human body features many organs attuned to electromagnetic phenomena: the eyes register individual photon packets; the tympanic membrane vibrates the mechanical wave of sound; the brain creates an electromagnetic field that is both separate and different from that which the heart generates. All this is to say that not only do human beings interact with electricity, we are fully capable of cultivating and controlling the bioelectricity we generate via our own bodies.

Understanding that chi is our natural form of electricity, and that this energy comprises the very building blocks of space-time, it is easy for us to see with the eyes of the enlightened – the interconnectedness we have with the Universe, and our abilities to move past the mundane.

While not only promoting the growth of nerve fibers, which allows the body to carry higher and higher charges of chi, the nerve fiber building exercise itself creates a flow-patter that directs the chi in such a way that it actually mimics the rotation and spin of the quantum particles which we are building. As indicated in the information above, the nerve fiber exercise actually tunes the human body to maximize its ability to be aware of, sensitive to, and manipulate the energy fields of the Earth.

## Chi Side Effects

When engaged in energy development, chi side effects are a normal resultant. Some chi side effects are desirable, or at the very least, manageable. These are the ones that point to increased sensitivity to energy, precognition and other psi related abilities, as well as an overarching feeling of well being. Other chi related side effects range from the uncomfortable to downright painful; these manifest in the physical as well as psychological/emotional. The easiest and most logical grouping of these diametrically opposing side effects is to place them in one of two categories: yin vs. yang.

## Yin Chi

Yin chi is associated with the attributes of that which is cool and attracting. Yin chi is gentle, soft and peaceful. These are the types of attributes students training in the School of Chi Energy Heals learn to place into their chi, so that they can experience attracting energy in such a way that our energy cultivation promotes healing and well being.

## Yin Side Effects

Yin side effects are of pleasant growth. They are akin to seeing something new when having looked upon the same painting for years and years with a feeling of monotony; now, there is a sense of wonderment and excitement.

## *Increased Sensory Awareness*

This is one of the main goals of chi development, and is a natural byproduct of cultivating yin chi. "Increased Sensory Awareness" refers to a practitioner's ability to sense and feel the increasing magnetic pressures and forces of the chi- both within the body and throughout the space-time fabric. There is also an increased awareness and understanding of body and meta language. The practitioner of yin chi development soon begins to notice they intuit what is being said and what is not being said and reasons why; the ability to read an individual is seemingly spontaneous, as the information expressed often in thought is a form of electromagnetic energy- this is specific to yin chi development, as the increased sensitivity allows the student to interpret and understand these electromagnetic vibrations much like a radio tuning into and interpreting signals from multiple stations. As the student progresses in his or her journey, this ability is refined, and so begins the path to traditional psi capabilities: selective hearing; remote viewing and; clairvoyance.

## *Efficient and Effective Human Bio Systems*

This is to say that, in general, the body begins working better and better, across the board. Students notice less fatigue and an increased feeling of vigor. The body is more efficient with waste management and energy production- the student physically feels better. Also worthy of note, students notice a dramatic decrease in the net effect of illnesses: the time spent being ill declines as well as the frequency of actually being sick or catching a cold!

## *Instant Rapport*

Yin chi is, by its very nature, attracting. Students of The School of Chi Energy Heals often report an increased "popularity" with coworkers, friends, family, and even strangers. People find themselves wanting and needing to simply be around someone cultivating and emanating yin chi. Simply put: yin



chi feels good. When the chi practitioner becomes a source of “feel good” energy, he or she will find that not only are they sought out, but even more so, they are highly favored, without having to do anything extra or underhanded to receive preferential treatment.

## **Yang Chi**

Yang chi is associated with the attributes of that which is hot and repelling. Yang chi is harsh and inherently violent above all. Sadly, this is chi in its native form. Without mindful application of yin attributes, chi quickly reverts back to yang attributes and become exponentially unbearable as the student progresses. Through every stage of the journey, a recalibration must take place, as what was once “cool and euphoric” is no longer cool enough. As the energy grows in frequency and intensity, so does the yang nature of the chi and as a result, the destructive properties.

## **Yang Side Effects**

Yang side effects are unpleasant. As all of the Certified Instructors in the School of Chi Energy Heals can personally attest, nothing good comes from being in a yang modality of chi. Some of the more common yang side effects are described in detail below.

### ***Binging***

Binging is by far the most common and continuously reoccurring yang side effect a student engaged in this method of chi cultivation will experience. Being aware of binging and the individual's binge-related outlets are excellent signposts that the student is approaching more dangerous zones in yang chi.

When binging, people will find themselves with seemingly uncontrollable physical needs and desires. The social drinker will have an unquenchable thirst. The occasional smoker will go through a pack a day. Comfort food normally reserved for feelings and times of stress will become the dietary mainstay. In short, everything is amplified, to the extreme. Worst still, the very nature of yang chi dulls the senses insomuch as someone in a yang cycle will not be aware; they will not realize they are binging until well into their personal quagmire, while everyone around them can see clearly that something is amiss.

### ***Hostility***

Verbal arguments become the normal conversation for an individual in a yang cycle. It is not unheard of for these to quickly escalate to fisticuffs- even in the professional workplace! A number of factors play into this, all of which are very small nuances most students would not recognize on their own- hence the importance of an instructor during each growth phase of chi training.

### ***Reduction of Cognitive Abilities***

As previously stated, many of the Certified Instructors have burned their hand on the proverbial stove time and time again. What we've noticed during those times, upon reflection, is that when in a yang cycle: you are as dumb as a box of rocks. This is to say that during a yang cycle, most people find themselves unable to think with clarity; the ability to make snap [and accurate] judgments or assessments regarding work or life is muddled; the intuition once relied upon, simply “knowing”, is muted during a yang cycle. Yang chi is equally hard on both the mind as well as the body.

## **Intricacies, Nuances & Benefits**

The School of Chi Energy Heals takes a holistic approach and awareness of the factors that go into building chi energy as well as the ramifications thereof, if not performed correctly. The curriculum and accompanying reading materials takes into account that the human body, and interactions both internal and external, are all effected by chi energy; as noted in the sections devoted to yin and yang chi, proper training methodologies as found here at The School of Chi Energy Heals, can give the student a wonderful life experience.

## **Pheromones**

Pheromones are chemical substances that are produced by an animal and serve as a stimulus to other individuals of the same species for one or more behavioral responses. Here at The School of Chi Energy Heals, the curriculum takes into account of the fact that the human body produces pheromones, and through The Tri Concept, students of this methodology maximize the ability to attract and influence likeability in ways that go unnoticed and unaware by the general population.

Pheromones are picked up by the olfactory senses subconsciously. On a conscious level, human beings are generally unaware of the specific chemical messages an individual sends; however, research has shown that the [pheromone] stimulation of olfactory senses allows the pheromone to “directly influence the neuroendocrinology of emotions” ([JamesV.Kohletal;HumanPheromones:IntegratingNeuroendocrinologyandEthology:InvitedNelReview](#)). Later in the same article, Kohl and his associate's state: “the affect of pheromones on our emotions is linked to the effect of pheromones on the hormones of the hypothalamic-pituitary- gonadal axis –an unconscious affect.” This relates directly into the nerve fiber building exercises and rippling effects of energy cultivation in general. Remember, chi is synonymous with bioelectricity and the human body's main circuit in handling bioelectricity is nerve fiber. Recall in the section Physical Exercises it was noted: “the pituitary gland is largely responsible for the overall functioning and efficiency of the human nervous system”. This plays an important role in pheromone production and, as will soon be explained in great detail, the overall life experience of the student.

## **Attracting and Repelling Pheromones: Yan and Yang**

Similar to the attracting and repelling properties of chi, human pheromones can either attract or repel. For example, the two male pheromones associated with having a physiological and behavioral response in females are androstenol and androstenone; laboratory experiments have shown “the application of androstenone to females led to negative descriptions of males whereas the application of androstenol led to a description of males as being sexually attractive,” (Vohl et al). It would make sense, then, for men to maximize the output of androstenol and minimize the production of androstenone. Unfortunately, like yin-yang, you cannot have one without the other.

Androstenone is a byproduct of the oxidation of androstenol. It is androstenol that the body initially produces however; it is often quickly converted to androstenone via the chemical reaction called oxidation. The challenge, then, is to slow down the oxidation process of androstenol, in an attempt to maximize an individual male's pheromone attractiveness.

## Pheromones and Chi

Electricity can come in many forms, be it bio-electromagnetic energy, or various types of specific radiations: electricity is electricity. Electricity also plays a very important role in oxidation: Oxidation describes the loss of electrons by a molecule, atom or ion. At the molecular level, as androstenol loses electrons, it becomes androstenone. In this sequence of events, the male pheromone, initially of the "attracting" sort, turns into that which is "repelling". The similarities between male pheromones and "chi", yin-yang, should be very much apparent at this point. Let us take it one step further.

The act of oxidation, the removal of an electron, is (on a quantum scale), an act of repelling; the electromagnetic phenomenon of "heat" energy plays a role in this chemical reaction of large scale physics.

Logically speaking, then, if a man were somehow able to control, at a subatomic level, the amount of heat his bio-electromagnetic energy produced, he would have an uncanny advantage over other men with regards to his pheromone properties of attraction. He would be able to significantly slow the process of androstenol (attracting pheromone) turning into androstenone (repelling pheromone).

Although this seems somewhat abstract, when applying the concepts of chi generation, especially with regards to the attributes of yin (soft, cool, relaxing energy) versus yang (hot, aggressive, repelling energy), the concepts dovetail nicely. By cultivating cool chi, and focusing on the attributes of cool soft, relaxing energy, the body, on a quantum level, will produce bio-electromagnetic energy that is slow to oxidize the pheromones. In fact, men who cultivate this type of energy not only "attract" like a human magnet, but are often looked upon and viewed as more "attractive", without having done anything of outwardly significance. These small changes in perception and focus, at a very microscopic level, will in fact, have huge results in the large scale world of interacting with other people.

Science has proved all of these concepts to be accurate as well as factual.

It is only here, within The School of Chi Energy Heals, are students able to find instruction on how to best marry these concepts in such a way that you get synergistic effect where the results are exponentially more than the individual factors involved.

## Natural Killer Cells

Natural Killer cells (NK cells) are the body's first-line of innate immune defense. The term "natural killer" is a misnomer, coined during initial research in the late 70s and early 80s where biologists at the time were not completely aware of what triggered these defense mechanisms; it was originally thought these cells immediately patrolled the body upon creation looking for pathogens. This is not completely true. NK cells work in conjunction with other white blood cells, "T" and "B", and seek out specific pathogens the others are unable to destroy.

Research has shown that NK cells are produced in the bone marrow, and reside in the lymph nodes and the tonsils. In the article [Natural Killer Cells Are Made, Not Born](#), it is noted:

"Natural killer cells burst forth from the tonsils, lymph nodes and spleen, and destroy infected and cancerous cells while the immune system's T and B cells are still mobilizing," says Münz.

"Without natural killer cells, threatening conditions can get a strong foothold before the adaptive immune response kicks in."

Furthermore, in the [NaturalKillerCell](#) entry in Wikipedia, it is noted that:

"By releasing the proteins perforin and proteases onto the membrane of the virus, the NK cell induces apoptosis; a process similar to infecting the invading cell with a programming sequence causing it to self-destruct. "

This is a preferred mechanism when compared to lancing, (physically cutting through the membrane of the invading organism), which would only release the contents of the invading cell into the body.

There is yet another interesting correlation that has not gone unnoticed by The School of Chi Energy Heals; according to recent data, it turns out that a healthy "mind" does indeed lead to a healthy "body", and the ability for NK cells to operate.

### **Stress: the NK Cell Suppressor**

There have been countless studies on the detrimental effects of stress on the body: physical; emotional; and psychological stresses all do terrible things to the human body over prolonged periods of time.

In the article "[ChronicFatigueSyndromeAndNaturalKillerCells](#): How stress affects anxiety, fatigue and chronic illness", Dan Kenner, Ph.D., OMD, notes:

"When confronted by emotional or physical stress, the brain produces a neurotransmitter that helps initiate the *fight or flight* response. It directly suppresses NK cell function and other aspects of cellular immunity that relate to innate immunity."

Dr. Kenner goes further, explaining that:

"emotional stresses such as grief and fear are shown to suppress cellular immunity and favor inflammatory immune responses, as are physical stresses such as heavy metal poisoning, chemical exposure, nutritional deficiencies, hormone imbalances, accidental injury and medical procedures."

### **NK Cells and the Mind**

The School of Chi Energy Heals offers both breadth and depth with regards to meditation techniques and instruction; the curriculum is designed to provide the student with not just coping mechanisms, but means of overcoming the pressures of physical living. Head Instructor Sifu Jones understands the connection between the mind and body, and knows that with proper nutrition, exercise, and healthy thought practices, the student can assist his or her own body in operating effectively and efficiently.

Through consistent practice, daily meditations cannot only reduce the effects of stress, but actually rid yourself of stress altogether. Remember, stress actually suppresses NK cells: the longer and more often the body and mind are exposed to stressful situations without the tools with which to successfully transcend, the greater the likelihood that the body succumbs to pathogens, viruses, and cancers alike.

## NK Cells and The School of Chi Energy Heals

The specifics of “Chi Energy Training” enhance NK cell potency and efficiency. The particulars of The School of Chi Energy Heals method, each and every exercise, promote the development, cultivation, and functionality of NK cells.

As previously noted, NK cells originate from within “bone marrow”. By deliberately creating and running a bioelectric current around and throughout the body, practitioners of this method actually permeate the bone marrow with the building blocks of electricity. Interestingly enough, “Bio-magnetism: An Awesome Force in Our Lives”, an article published by Reader's Digest (January 1983), highlights some of the [still] cutting edge concepts the scientific community is, and has been, practicing:

“When a patient with a broken leg that is not healing properly comes to Dr. Basset (Columbia Presbyterian Medical Center in New York City, NY), he is likely to go home with two heavy pads connected by wires to a box that can plug into an electrical wall socket. The patient puts one pad on each side of his broken bone and turns on the device. Coils of wire in the pad induce a pulsing electromagnetic field into his flesh and bone — a field of energy that somehow commands the bone to heal itself.”

The electrical impulses that heal a broken bone, make healthy a broken bone, assist in the overall healthy and functionality of the bone; e.g. bone marrow can make more and more NK cells when stimulated with electricity.

Although NK cells originate from bone marrow, the cells themselves reside in the lymphatic system, tonsil, and spleen. We can intuit from Dr. Basset's research that the same benefits from exposing bones to low-level electric pulses assist in their healing, consistent exposure to similar electrical phenomena will also assist the organs in a similar fashion. Specifically, in this instance, providing the spleen with a regular, health enhancing energy will in-turn, super charge the NK cells residing in said organ.

Finally, it should be noted that NK cells travel to the infected sites within the body through blood within the veins and arteries. Chi Energy Heals nerve fiber building exercises not only mimic the rotational spin of the quantum particles which build up electricity and chi (photons and electrons), but also provide an aerobic quality that is by nature, heart healthy and promotes enhanced circulation. By improving the body's circulation, the NK cells can reach the infected area(s) faster and with greater efficiency, without having to use the body's energy stores; this way, the body can focus on using the NK cells' proteins to destroy the pathogens as opposed to releasing the hormones which create a hostile environment (stress) that will suppress the NK cells, and thereby leaving the body open to additional infections as well as deteriorated performance across the board.

We at The School of Chi Energy Heals have found that chi is best developed when a healthy mind and a healthy body work in unison. As the aforementioned text demonstrates, we understand the connections between the mind and body and take these factors into account in all of our chi development exercises and meditation courses.

## Helper Brain

As noted in the section Physical Exercises, the training methodology of The School of Chi Energy Heals directly engages the nerve fibers throughout the entire body.

Interestingly enough, recent scientific data has uncovered a “second brain” within the human physiology. Dubbed the “enteric nervous system”, this second brain is a massive collection of neural tissues that encompass the nine meters of our digestive system.

Although no conscious thoughts or activities are rooted in this “helper brain”, the enteric nervous system boasts of over 100 million neurons, and also houses over 95% of the body's serotonin.

Combining this knowledge with The School of Chi Energy Heals method of forming bioelectromagnetic energy as a cool blob, the advantage of this system becomes clear: whereas traditional chi gung systems focus on running energy through the head, The School of Chi Energy Heals makes use of the body's main source of serotonin. Running specific forms through the trunk of the body, hitting the digestive track and the accompanying enteric nervous system flushes out more serotonin in a healthy, more reliable way that is easy on the body. By doing so, we naturally and effectively lower stress while promoting well-being via a positive, natural and happy state of mind.

The article, “[Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being](#)” was posted on *Scientific American* and is certainly well worth the read.

Please take a few moments to read the article and integrate this information into your everyday practices. Understanding how the body and bioelectromagnetic energy work independently, as well as an integrated solution, is what propels the Chi Energy Heals method to the acme of excellence.

These exercises greatly improve the body's ability to generate larger amounts of bioelectricity as well as handle higher levels of throughput without “shorting out”.

## The Curriculum

The School of Chi Energy Heals offers a three years program designed to take the novice to an expert level of chi cultivation and energy-based healing abilities. Each month within the three years offers a variety of exercises, instructional videos, audio information sessions and accompanying research to maximize the student's learning preferences and experience. The sections below highlight the concepts taught and throughout: years One, Two, and Three.

### Year One

In the first year of study, students will begin the journey with an introduction into the nerve building exercises and an introduction to The Tri Concept in depth. As the students progress throughout the months, they will see and feel a note worthy increase of energy as well as an accompanying sensitivity to this energy. Students then begin the beginning steps psi techniques, such as remote viewing, while continuing to hone their sensitivity to chi energy.

Also worthy of note are the candid interviews with the Certified Instructors, providing additional words of encouragement to the student, as they recount their personal journeys along this method of energy development; each Certified Instructor shares triumphs as well as missteps along the way, all the while enumerating the various ways in which this method changed their lives for the better in ways none could have foreseen or imagined.

### Year Two

In the second year of study, the student begins adding "forms" to the chi specifically designed for greater chi build-up and increased sensitivity. Psi capabilities are expanded with astral projection techniques and the deliberates behind the "out of body experience". Furthermore, the student receives insights into the early stages of levitation through chi energy, telekinesis, and advanced techniques in energy healing.

Each month within the second year of study introduces the student with additional exercises and nuances to the familiar that prove to be the building blocks of exponential growth and sensitivity. The instructional videos, audio information sessions and accompanying research for these topics of study are the gems that the student will use to catapult their third year of study or use as personal references should they decide to discontinue their training upon receipt of their Advanced Energy Practitioner Certificate.

### Year Three

The third year of study is where the student takes their training and psi abilities to the expert level and has the opportunity to become a Certified Instructor within The School of Chi Energy Heals. The already familiar energy exercises take on yet another subtle variation that pushes the energetic output to a noticeable, tangible level of exponential growth. It is within the third year that students are introduced to dim mak techniques as well as further applications in healing that correspond to their greater bioelectricity capabilities and sensitivities and awareness.

## Synopsis

While this Beginner's Guide to the School of Chi Energy Heals provides the student with an initial understanding and awareness of what will take place during his or her chi training, it does not, by any means, cover the full spectrum of the nature of chi.

More importantly, the student should be aware that the division between yin and yang chi is much more subtle than depicted herein. Yes- the nature and side effects of yin/yang chi are accurate. Knowing when our development and cultivation crosses the line from one to the other is more of an art and less of a science. One cannot know from empirical evidence, reading, for example, that the stove is hot; it is a knowledge gained via personal experience; the child knows the stove is hot only when he or she experiences, first hand, the hotness of the stove.

All this is to say that, as you the student journey upwards to your personal mountain of manifested abilities, you will undoubtedly find yourself in yin and yang cycles. This is normal. The goal, then, is to be aware of these cycles, and make the decision to modify your thoughts and training regimen to promote yin chi development.

We the Sifus of The School of Chi Energy Heals welcome and encourage you the student as you begin your journey towards your own manifested abilities.

Be well; be mindful.

V/r

Don Brown, MSIS

[Certified Instructor Chi Energy Heals Instructor]

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