

Body Breathing Notes- Module Two of The Closed System

1. We already covered one way of Body Breathing, called Point Body Breathing, which is projecting your chi energy thru one point of the body, such as your eyes, palms, in Part-1 we showed projecting from joints and the areas not readily projected from (like the in between the joint areas on the legs or arms, or any one place on the body). We also brought up the topic of Global Body Breathing.
2. There are three types of Body Breathing
 - a. 1-Point Body Breathing
 - b. 2-Sector Body Breathing, &
 - c. 3-Global Body Breathing.

We want you to start Sector Body Breathing and learn that process, so that you will be able to slowly get to the Global Body Breathing as each process gets you that much closer.

3. Body Breathing is something that will happen naturally to you as you continue with screen training. The better you are able to make the images of the screen in your mind and project them down thru your body parts the more quickly the process that leads to body breathing happens.
4. Body Breathing is literally being able to breathe out of your skin pores and at the highest levels, you don't use your mouth or nose in order to breathe anymore. Getting to levels like that would take a specialization and much more time doing particular exercises. It's another technique, which you have to put in a lot of time in order to pull off. We're going to go over a variety of different ways to build chi much stronger and then after you have your Black Belt, you can go towards any area of specialization you want to. We'll build a program down the road which will address those type training areas for our Black Belt members.

5. Body Breathing involves cleaning out the skin pores, which are often full of toxins. Over a process of a couple years, you can cause enough inner pressure to come out of you, in order to push these toxins out of your body thru those skin pores. In the early stages people a lot of times will break out with what looks like heat rashes, pimples or allergic type reactions to this process. That will soon go away as the areas are cleaned out and your skin will look better than ever.
6. This type of screen/form training and the super sets after, will provide the inner pressure necessary to properly clean out the inner toxins too big to go thru your skin pores. Those toxins come out thru your bowel movements in a variety of ways. Do the screens too hard and it often causes diarrhea to a person. At the higher levels a chi person can actually cause another person to have a bowel movement from the strength that comes out of their screens. That and a lot of other type techniques can be learned as your screens hold together in this mental image you make. Make sure you learn to make the screens feel good & cool, as they will change attributes as quickly as you can change your emotions. When you don't make them good & cool, the screens come across too hot and tend to grab at you or whomever you are projecting the screens at.
7. Allowing your body & mind the time it needs to build these screens in the right way is really important. Don't rush this process too much, but be patient knowing by waiting patiently for your body & mind to learn how to do this, your chi will be come in a much more manageable way that can be controlled, where as building screens too fast at this part leads to bad side effects much quicker than in the open part.
8. Another reason to do screens in this yin way is to be able to safely handle them as your image comes in stronger. Body Breathing helps you get to the higher levels of relaxation, as you are able to make the screens feel good & cool enough and come in image wise better. Never do the screens in the

standing or while walking, as we've said all along it's a relaxed body & mind that gets you to the higher levels.

9. It won't be till we get to the vortex stage of your training (where you can make vortexes come out of you) that your body breathing will become more relevant. This part is getting you ready by explaining these different stages a person goes thru on the journey to those higher levels.
10. Adding in breaths or sounds into your training at this level is crazy and will get you hurt. Don't do it, period. Concentrate on making the tri concept as we have explained. Do it consistently everyday (even if it's for 5-10 mins) and you will make significant progress in this screen training. Don't do more than 20 mins at a time of screen training, but keep it to that time frame twice a day for best results. People who are hypnotized can do all sorts of things and they aren't even conscious of their breaths or of making sounds.
11. It's only thru the preponderance of time that this body breathing ability will come out for you. It comes out as a result of the screens/form training and making the necessary changes in your body and mind. As that time comes (we will switch you to the next part of the exercises) where you undergo the changes that will take you to the next level and go thru the normal side effects for that type of training. The more your mind image of the screen comes in the more sensations you will go thru.
12. The main reasons we take the chi energy thru our own body is to get down a sensitivity that is not possible any other way. Taking the energy thru yourself allows you to control every aspect of the attributes you are using to a high level of accuracy. Taking energy thru someone else or another object isn't going to give you the feedback that doing it thru yourself does. One finger Kung fu or a particular Golden Bell type training is all about using forms to ring a bell that is a couple feet away from you and when you try enough to project your chi you will be able to ring that bell. Doing it in that way would be at least a decade journey if not more. When you can actually

feel the consequences of your projecting ability, you reach the higher levels much more quickly.

13. Again make sure you are going at the speed we suggest for doing the reps. That 60-90 sec rep time is really important in order to align your body & mind properly and get them in sync with each other. At first you may feel out of sync, but the mind is capable of incredible speeds (like the speed of light squared & beyond). That's where fractals come from we'll talk about at a later date. Going too slow morphs the time and you won't get enough things done in a day (probably can't get out of the same seat for hours). It also heats up your inner body core too hot maybe causing side effect problems. Going too fast and your body & mind have a tough time hooking up together and you'll have trouble making or seeing the screen images. Do every screen in a soft, light way following the four rules and you make steady up the mountain progress.

14. Learning Body Breathing is a technique that takes more like a five year tour, instead of 30-40 years others take, if you could reach them even then. Doing consistent workouts in this specially designed specific precise way is the reason we can get a person to that kind of level when they do the exercises as prescribed. When you are able to do body breathing right, everyone around you will feel the room expand & contract with each of your breaths. When you can do this technique every time, you have reached a competent level in body breathing. The top higher levels of body breathing include your ability to actually breathe under water for extended periods of time (periods longer than would be possible normally without your mouth & nose being involved). Consistent screen/form training practice will get you to this level, it just takes enough of the screens going down thru your body parts that does the trick.

15. A lot of the terms we will be using will be explained a little at a time, so you can get use to the idea of something happening to you like we are talking about. We'll continue to do this, so it will feel more familiar to you since the

concept is explained to you before you actually reach there. That allows us to keep your fear factors to minimum levels and the more secure you feel with your training the easier it is to make gains. Let us know of your progress, as this type training takes you into sensations & places you haven't felt or been before. Don't wait till it gets too dramatic to handle, before you tell us what about your concerns or questions you might have.

16. Keeping people safe is our number one concern, don't let this turn into a really painful experience or become too too weird for you to handle before speaking up. There are regular tell tell signs to this part of the training, so when you don't know something or have questions then bring it up to our attention. There is very little about this kind of training that we haven't experienced in one way or another, so we'll let you know what's up about what you are feeling. The topics will cover the experiences you will be going thru for the most part, but for anything we don't cover that seems bizarre to you, let us know about it.

17. Most people would not put it together how screens can teach you how to Body Breathe correctly, but it is actually one of the quickest ways to get this to happen. Doing the screen/form training on a regular consistent basis is what gets you to the level where you will be able to globally body breathe in the future.