

SPC USA Chi Power: Closed Door System Training

Super Set Variations–Workout Schedule

This document reflects a sample workout schedule to assist the energy cultivation for our students. It is divided between morning (AM) and evening (PM) sessions, to ensure maximum energy development while remaining within the boundaries of safety.

Derivation from the workout without specific and detailed instructions from the Head Instructors will result in impeded progress, physical pain, and/or overarching calamity.

Please follow the workout verbatim to ensure maximum growth and access to your psi abilities.

AM: We recommend that you do some light stretching and the slapping exercise prior to your Chi Power training. This will loosen and relax the body, making your training more effective and efficient. Your morning workout is geared towards developing speed and an ease of energy movement while maintaining cool and euphoric attributes.

1. Super set variations: 21s

Perform 1-2 repetitions between a 5 and 10-minute rate, keeping the energy cool and euphoric.

- Beginners should use a 10 minute rate and work towards a 5 minute rate, making sure they are keeping their energy cool and euphoric
- Maximum of 50 minutes training time doing any type of superset training, with a maximum of 20 minutes straight (consecutive supersets)
 - Sensitive practitioners, maximum of 20 minutes superset training time

After 6 months of training using the 21s, switch to the 10s, performing repetitions between a 5 and 10-minute rate, keeping the energy cool and euphoric.

2. Hula-hoop Exercises

The Hula-hoop exercise, when performed with precision, will eventually lead into Cylinder training. Spend 6 months to a year working on the 1st tier of the hula-hoop exercise. Upon successfully forming and maintaining the 1st tier of the hula-hoop, integrate the ping-pong ball exercise, adding ping-pong balls into the initial hula-hoop. . After which, you will add the second tier of the hula-hoop (at the shoulder level) to the exercise. Please remember: not only are you developing your 2nd tier hula-hoop at the shoulder level, but you are also maintaining your 1st tier hula-hoop filled with ping-pong balls. Perform this exercise for 6 months to a year, until you are able to successfully form and maintain the 2nd tier hula hoop (with the 1st tier ping-pong balls); after which, add the ping pong-balls to your 2nd tier hula hoop. Repeat this process for the 3rd tier, at the temples on your head, following the prior guidance. The hidden teaching here is as follows: upon successfully creating, maintaining, and controlling 3 tiers of the hula hoop, the Cylinder which forms will be that which students will use for controlled and repeatable [self] levitation.

Please note: the addition of ping-pong balls is for the disappearing technique; for those practitioners not interested in learning the disappearing technique, there is not need to add ping-pong balls to any of their hula-hoops

- Perform the hula-hoop exercise for up to 5 minutes
 - Beginners should begin doing the hula-hoop exercise for 2 minutes and work-up to a maximum of 5 minutes
- Perform the ping-pong ball exercise for up to 5 minutes
 - Beginners should start with 2-minute sessions and work up to a maximum of 5 minutes- 6 months to a year between each tier to get it right....

Throughout the day, perform additional reps of the Hula-hoop exercise to better hone said image.

3. Racquet and Advanced Racquet Exercise

- Racquet Exercise with or without Chi Stick
 - Beginners 2 minutes
- Advanced Racquet Exercise with or without Chi Stick
 - Beginners 2 minutes

When able to visualize the initial racquet exercise, the advanced technique emerges whereupon you are able to maintain the initial racquet-sized hula-hoop, and begin visualizing the effects of spinning said hula-hoop thru a racquet, and the resulting vortices from the holes in the racquet.

4. Sensitivity Training

Pick one or two of the following techniques/exercises to work on for 2-5 minutes at a time:

- Raising or lowering body temperature
 - Spend a week or so working on raising your body temperature
 - Spend the following week or so lowering your body temperature
 - **DO NOT Raise and Lower your body temperature the same day!**
- Raising and lowering your heart rate/pulse and blood pressure
 - Spend a week or so working on raising your heart rate/pulse and blood pressure
 - Spend a week or so lowering your heart rate/pulse and blood pressure
- Sense objects thru a closed container
 - As demonstrated by Sifu Beisinger videos
- Color sensing
 - Sense the primary colors and the differences in temperature
 - White; black; red; orange; yellow; green; blue; [indigo]; violet

- Remote viewing
 - Sense in other rooms and your home, learning the remote viewing techniques as per the mp3 instructions
- Telekinesis 202
 - Practice moving objects using the rubber band effect with the yin method
- Affirmations/Autosuggestions
 - Practice sending affirmations/autosuggestion for specific results
 - Example: getting someone you have not spoken to for a period of time to call you over the telephone

5. Hypnotic Poster Training

Look into the center black dot for up to 5-10 minutes at a time, with a maximum of two sets per day.

- Sensitive people may find it difficult to look at the hypnotic poster for up to 30 seconds
 - Work up to where you can look at it for up to 5 minutes a day, without yanging-out- this may take from 60 to 120 days
 - Practice making the spiral/swirly out in the air in front of you for up to 1 minute

DO NOT OPERATE HEAVY MACHINERY OR MOTORIZED VEHICLES UNTIL ALL SIDEEFFECTS FROM THE HYPNOTIC POSTER WEAR OFF

PM: Again, light stretching prior to engaging in Chi Power training is ideal. Make sure the four rules are in place prior to and during your training.

1. Super set variations: 7s
 - Beginners start at a 5 minute rate per repetition and work up to 1 repetition at a 10 minute rate
 - The goal is to take out the physical muscle
2. Lying meditation
 - 15 – 30 minutes
 - 5 minutes of mental screens
 - Done similar to the BWEs as shown in Volume 3
3. Wall to Wall Exercise
 - 1 minute of covering your homestead and property with chi screens via the wall to wall format
4. Super Affirmations
 - 2 to 3 minutes of personal affirmations sent out in a circular pattern prior to going to sleep

Your evening workouts will result in greater intensity, as you will have more time to concentrate on the image. Make sure you obey the Four Rules and end the evening workouts with yin training. This will assist you in staying cool and euphoric, and attracting that which is good.