

## **Screen Training Notes- Module One of The Closed System**

1. Explain the significance of form chi and screen training.
2. Show how creating the right mind images is getting them to the higher power levels they talk about in chi energy.
3. The longer you can hold the screen images in your head the more power that comes out.
4. The screen image is very important. Don't break the four rules while doing screen training-1-Make it feel good & cool,2-Keep the shapes and make them flat & thin,3-No morphing allowed,4-No distractions
5. In sports or activities that require a high level of skill, the person who dominates in their field is the person, who sees the best or visualizes better than their competition. Learn this part of the chi practice well and you radically increase the power of your chi.
6. Understand that this process takes 2-5 years in order to avoid many of the bad side effects you would normally go thru with this kind of training. Those who build the chi form too quickly, too good, or too fast, will get hurt, as chi builds too fast for your mind to comprehend sometimes. Stay within the four rules and you don't get hurt. Let your mind take the time it needs to build the form in the right way.
7. As we say in the Vol-3 DVD, work on the image of the screen, keeping a prop next to you, in order to keep glancing at it, to help you even more. It helps you create the image having a prop much like a light bulb, you would look at, while it's on will create an image in your mind that stays there for a few seconds after looking at it.
8. Only take the screens down from the head towards the feet and not back up towards the head to avoid bad side effects. This even includes just doing it mentally during the lying down meditation. You can still do single lines of chi, but not anything elaborate like a screen (going up towards the head).
9. Explain this shape. This shape is used for so many reasons it would take several books to explain them all. Suffice to say, we have learned thru the school of hard knocks that these are the best ones to work with. Any other type form or shape will

be painful. Don't put corners on perimeters to forms or don't use other forms you think are better. Learn this first before you break the four rules or suffer the consequences of your own actions.

10. The holes in the screen are really important and are the hardest part to build. The center will take the longest time as the bones are in the way and you are fighting your own inner vortexes at first. It's why seeing the screen while going thru the head takes the longest time, as there are two inner vortexes there that block your view. It will come thru over time thru a consistent workout.

11. The perimeter builds the easiest first as it will come into an image for you at first. Don't keep the shape in a solid form or bad things can happen. It would cause a blood pressure spike, can knock you out and a host of other bad & unwanted side effects will come out doing screen training using solid shapes. Keeping to the way we are explaining screen training, will get you the best side effects and get you to the higher levels in the fastest way. Don't improvise or morph screens.

12. As the screen becomes an image you can hold in your mind, again it happens as you are getting more & more glimpses of the screen. At first the glimpses get longer and longer thru focused concentration with an adherence to the four rules. Build only the screen itself and don't pay attention to the four rules and it's at your own peril. Bad things happen when you don't make it feel good & cool.

13. An example would be like a person talking or texting on a cell phone while driving. Do it too intently and you'll get into an accident. Do it paying attention to everything and you get there safely.

14. After awhile, you'll start feeling the actually screen in a physical way and you'll be tempted to start seeing how hard you can feel the energy go thru yourself. It's not hard to contract out your own body's muscles, tendons & ligaments with this form chi, so it's easy to do it like the old adage way of no pain no gain. You do these screens in order to be able to relax your body more than you ever could with normal exercises. So doing them too hard on yourself will be counterproductive to reaching higher levels down the road. Resist the urges to feel the chi too much now, as this is still a building up stage. Adding in too much power before you're ready for it, only causes more problems than it solves.

15. Doing the screens right will lead to making liquid chi and to creating vortexes when the time comes. Just make the screen part of the racket with the perimeter, but don't include the handles.

16. Help your body & brain catch up to what your spirit will be teaching it by keeping things very simple and routine like. Keep the same time to train as much as possible and do the same routine. Now we are still do the slapping/hitting and light stretching first, than relax for the the few mins to get into the good mood and/or getting cooled down, before doing your routine.

17. Then do a 20 min screen workout, doing it like the Vol-3 shows and keep to the 60-90 sec per rep pace. He's showing a 90 sec pace, which you can start out with, but we want your pace to be down to a 60 sec pace in 3-4 months time. You want to do two sets of 20-mins a day (when possible, but at least one), a 10 min standing w/breaths (builds endurance too), and the circles for the 5-10 mins (as shown how to do elsewhere). In the Lying down, you can build on a little at a time just like the other parts. Do screens in a mental way for the first 5-10 mins of your workout using the blood washing pattern. Try to see your arms in a mental way to help hold the mental picture you are creating into place better. This one really helps with learning to relax as you can't muscle it in the mental way, as in the same way you can when you're physically doing the exercises.

18. Listen well to what we are teaching you and you'll go to a higher level at a much quicker speed then is normally thought possible. To the amount you break the four rules, is to the amount you will slow down your own ability to get good. The no more than two hours a day with training rule is still in effect. If you are doing the exercises with the quality you are suppose to and not worrying about the quantity part, you will see the gains you are looking for.

19. At first you will go slower, as you struggle to make the screen, but as your body & brain catch on to what you are teaching them thru this kind of training, they'll let you see more and move and go faster at the same time.

20. The more consistent the workout (even if it's a min amount of time) will be better for you than doing it for longer times (several hours) but not consistently (such as twice a week).