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# THE CHI POWER TRAINING & RESOURCE GUIDE



Get ready to take the journey  
of a lifetime...

made with  
*Beacon*

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# About this Training & Resource Guide

This book will give you powerful insights about chi power and how you can take the road to becoming a Chi Master.

Sifu Al Perhacs

The content of this book includes the following key subjects:

- What is Chi?
- Physical Movement Abilities & Chi
- The Presence of Chi Energy
- Chi Power Density Training
- Chi Power Pressure Training
- Psychic Abilities of The Chi Power Practitioner
- How Long Does It Take to Become a Chi Power Master?

I'll help you get through with your journey of mastering chi power.

Sifu Perhacs



# About The Author

Chi Power Secrets is committed to helping people reach their goals in all areas of their life. Chi Power Secrets products are simple, easy to understand information that take no real skill other than following directions and learning how to create some new training habits.

Sifu Al Perhacs



A. Thomas (Al) Perhacs is the author and creator of several esoteric courses, manuals and mentoring programs.



# What is Chi?



## What is Chi?

Although surrounded by ancient mysticism, chi is that which Western scientists have called the Quantum Field. The theories are markedly similar when compared side-by-side. Each speaks of an energy field made up of tiny particles that comprise everything, and move through everything.

Looking at it from a scientific point of view, the shroud of mystery is removed, and an objective, scientific perspective remains; this is the basis of this article.

## Chi and the Human Body

With the understanding that chi, synonymous with quantum particles, makes up everything and moves through every object, it logically extends that human beings are also made up of these small particles and as both camps postulate, this energy moves through everything.

In the movie the, the Matrix, it is proposed that:

*“The human body generates more bio-electricity than a 120-volt battery and over 25,000 BTUs of body heat”*

*This is a form of energy.*

“According to the Center for Space Power and Advanced Electronics, a NASA commercial center in Alabama, the human body is capable of producing 11,000 watt hours. Broken into usable terms, waiting to be harvested are 81 watts from a sleeping person, 128 from a soldier standing at ease, 163 from a walking person, 407 from a briskly walking person, 1,048 from a long-distance runner, and 1,630 from a sprinter, according to the center.  
“



When explaining chi to friends, I like to do a simple example that many people can perform.

Place your index finger in the air; wiggle it. This is a rudimentary example of electricity in motion; more specifically, bio-electromagnetic energy, in motion.

The brain sends an electric signal through the nervous system that reaches the finger, informing it to wiggle as your thoughts suggested. These electrical impulses that the body produces are manifestations of quantum mechanics: chi. Extending this analogy, we can view the nervous system as a bio-electromagnetic circuit; this has huge implications with regards to the Chi Power exercises, such as blood-washing, which we will speak to in separate articles in appropriate depth and detail.

## **Chi and the Brain**

Because everything is made of chi, and because chi moves through

everything, it is possible for the human brain to interact with these energy particles with varying effects and abilities, for example: Extra Sensory Perception and psychokinesis. In fact, Dr Stuart Hameroff has likened the human brain's microtubules as the bridge between classical physics and quantum mechanics.

Dr. Hameroff proposes that the flickering "on-and-off" of these microtubules creates an environment where quantum events occur.

Quantum mechanics is the study of how the tiny particles which make up atoms behave telepathic abilities, such as clairvoyance and remote viewing the ability to affect objects with the mind. For details, [click here](#).



# Physical Movement Abilities & Chi

**Chi Power Training** or Qigong as some call it, can bring many benefits that would seem to be "unbelievable" to some... We always talk about "building the internal body" to create new and unique abilities. These abilities will allow you to do things that seemingly normal people could never do... Or do they?

How many times do we hear about a story of someone that summons supernatural strength, speed or abilities, only to lose them once the situation is over?

This can be attributed to adrenalin or the short-term use of the subconscious mind allowing the ability to come through...



The subconscious mind is a powerful tool and can shield us from harm in many, many cases. Sometimes the subconscious will trigger and tap into a part of the self that allows these "gifts" to shine....

In **Chi Power Training**, we are training the body and mind to be able to

use these skills at will, not luck ....

However, these skills and abilities must be harnessed, must be honed and most of all the flight time or training needs to be put in... If you don't train properly with the correct methods, your time can be wasted....

I get calls weekly from practitioners that have been practicing qigong for 20 years or more and yet have no real skills.

How can this be?

Having the right Concepts, Methods and Tactics are the key.....

Do you have the dedication and commitment to allow yourself the chance to become greater than you ever thought you could? Well that is what committing to **Chi Power Training** is all about...

So what are some of these extraordinary abilities that you can learn or manifest?

- **Executing moves in sports beyond your normal ability while sensing a new power or "self."** This is a direct result of getting your body to do what you want when you want it. It will take some time, but after all, we all have time....
- **Sensing physical levitation during strenuous physical exercise, prayer or lovemaking.** This is a weird one, but I have had several people confide in me that these types of experiences have happened. I can also say I have had several if not all of these as well, and I can tell you the exhilaration of knowing that something very special is happening....
- **Experiencing flight as if in a subtle body, during an especially vivid dream or state of creative absorption.** Are dreams really dreams or are they a differently interpreted reality? If you really want to delve into getting these concepts to work for you, you need to get a hold of our Phase I package which includes Chi Power Plus and Mind Portal. Mind Portal will train you how to develop the subtle body and lucid dreaming, while Chi Power Plus will start the energy developing process.
- **Out-of-body experience (during which you may see your own body) after which you report events that could not be known to you in ordinary circumstances.** When this happens to you, it will become



apparent that we are here for a purpose and that God's designs are so awesome that we can't even comprehend what he has in store for us. OBE is something everyone does (I believe we all leave at night) but few actually embrace or even remember it happening... Ever have a dream where you are falling and you suddenly wake up? Could this be your spirit shooting back into your body? Think on this.....

- **Experiencing an extraordinary pleasure in movement accompanied by an apparent release of new energies in particular body parts.** This would be your body shooting chi out or chi moving in such a way that you feel it as an overwhelming sensation... I remember cleaning a glass window years ago and feeling a strange sensation in my knees and then feeling a release as the glass I was holding imploded into thousands of pieces at my feet... Not exploding, but imploding like a building does. Straight down to the floor, no damage, and the glass was the size of small bbs.

These are more of what you will experience in this journey into creating a new you through Chi Power and our method of Qigong training. If you have any questions or comments please contact us for more information..... To learn how to begin the process of discovery contained in this article, [\*\*Click Here to find out about our ADVANCED CHI TRAINING SYSTEM\*\*](#)

Energetically Yours,

Sifu Perhacs

# The Presence of Chi Energy



Once you develop your chi energy to a very strong level, you will have a presence of chi. This will allow you do some rather amazing things....

Have you ever noticed someone who had a strong presence, either because of the way they moved, talked or just felt? Well that is their energy manifesting itself in that way . You can become the same type of evolved human being. In order to achieve this you need:

1. Correct methods and exercises to build up your chi
2. The ability to train on a daily basis
3. The confidence to allow the energy to manifest itself
4. The belief that what you are doing is actually working

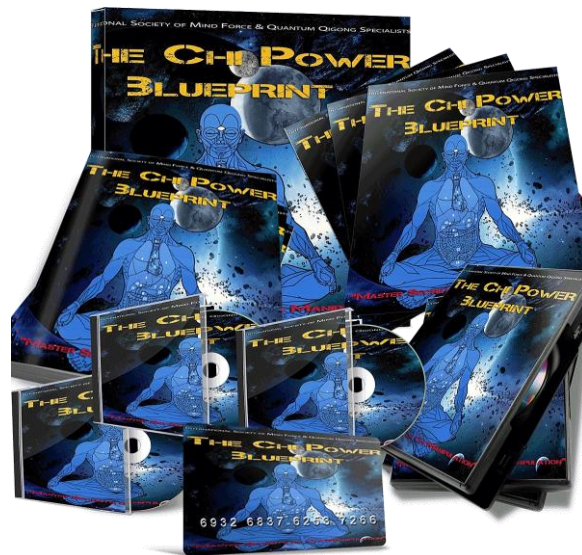


In a later post, I will go into more detail on how these concepts actually work and how you can get them to work for you no matter what your intent is for your Chi Power Training. The message should be clear...

**You need to put your mind and body in a state which is receptive to new types of stimulus, thus allowing for your body to transform itself....**



Think on this and let me know if you have a specific question on how you can develop or [harness your own chi talents....](#)



# Chi Power Density Training

**Chi Density:** *The thickness of consistency of chi power energy*

First let's talk about "**Chi Density**". Density in this case is the ability to visualize and create an image of the effect that we are looking to create. Training for density right off the bat has its pluses and minuses. Always remember that in any type of chi power training that:

**"Some techniques that are taught and learned are at the detriment of other techniques"**

What this means is you can and will limit your abilities by getting stuck into one particular technique or method. An example of this is when I first started training years ago, I learned a technique that at the time was pretty significant. I could put a candle flame out with my eyes!

Now this does sound really cool, and it does look pretty impressive, but really it is a limited type of technique that most people could learn with some practice. I started to get very good at this, to the point where I could do it from about 30 feet away through a glass door.

My instructor informed me that although I was seeing the ability of the chi power, that this technique was limited. What could I do of any practical purpose with this technique, other than a "parlor trick"? I re-aligned my training for more significant skills and I am glad I did.

Density is also putting an emotional content and intention to the energy or chi so that you can manipulate with it. The emotions are the strongest form of stimulation that you can have.

**Love, anger, sadness, joy**, and all other emotions add the specialized "**mind intent**" that so many talk about. **Adding colors, candles, incense, hypnotic type pictures and different flow patterns will thicken up and increase the**



**density of the chi.** Being able to picture something in your head and adding all of the details as if you were looking at the item in person is one way to do it.

This method works quite well and is used by most chi power instructors that I know. The downside is if you are the type of person that is not visually oriented, you will have a hard time visualizing the results that you want. Have you ever heard this catch phrase?

**"The Mind moves the Chi"!**

I think everyone who is doing some type of chi power training has read or heard that statement. And it is a very true statement. The thing is, what if you don't know what chi is, or what it feels like or looks like?

In my opinion this is why most people quit doing chi gong, because they don't know what they are looking for, or what they should be feeling. Someone that does have good visualization skills will be able to utilize this type of training versus someone who is not visually oriented.

The mind is a very important part of this whole process, but in the early stages of training you will have only a limited connection between your mind and body. Density building helps you to bridge that gap so your mind becomes stronger and can be used as a link to your body. The mind really can create and do anything we want it to, it's just that most of us limit our thinking to what we are taught in school or by what our parents taught us.

I like this saying that was made popular by Napoleon Hill, the author of the bestseller "*Think and Grow Rich*". Hill made a specific yet powerful statement when he said.

**"Whatever the mind of man can conceive and believe, it can achieve"**

Adding density is being able to see the entire whole of what you are doing and quantifying it for your use. An example is you create a picture of an object in your mind, but you see in your mind everything about it. You see the color, the size the shape the density, the heaviness.

There are many books, videos, and articles that talk about "spiraling energy" up the legs. This concept to someone who has never felt this, is like trying to explain colors to someone who has been blind since birth. Unless they can really visualize well, they most likely will miss the significance of this. When

done properly the feeling of chi spiraling up the legs can be a very real sensation.

The density of the chi is everything you can see and believe! It is the canvas the artist uses to create a painting or the clay a sculptor uses to create the detailed human body.

**The chi is moved by the mind and the mind is moved by the chi.** The chi can take up any form your mind can imagine. This is the problem for most people. They can't visualize something they have never experienced and it may be months or in some cases years before they will feel anything!

Adding density is important to your chi power, but in our opinion, to do it too early on puts your ability to chi manipulate into a box that you may or may not be able to get out of. What you really want to create is an unlimited potential. The mind and body were designed for greatness far more than most men could even imagine. It is the mind and body that have created all of the technology that we have today (which only a century ago, you would be called a nut to even mention).

Learning how to increase your chi power will enable you to be able to do some amazing skills, but keep in mind that you will naturally be getting an even better benefit from the added health benefits of chi power training.

**To learn how to specifically get the Chi Density and Pressure you desire, check out our ADVANCED CHI TRAINING DVD.**



# Chi Power Pressure Training

The purpose of this article is to distinguish as well as give the attributes or abilities within each of these types of "chi power" approaches. There are many methods within the internal arts that make it very confusing to the practitioner, what we hope to do is to give you an idea of what the differences are and some of the practices that go along with them.

**Chi Power Training or Energy Work can give the body many benefits, such as health, increased ability to think, perception skills, martial power skills, relaxation skills, increased energy, sexual improvement and many other benefits. Since there are many ways in which to reach these goals or abilities, there also many methods, systems and techniques that can be utilized along the way.**

"There are many different types of chi power training meditations, such as standing, lying down, sitting, active or moving, and other exercises."

Most people think that chi power that is derived from Chi Kung or Qi Gong methods are very similar, and others try to show how theirs is different. This causes a confusion for those that would like to pursue these esoteric arts. What we will do is to give you an idea of what the cost vs benefit ratio is in several of these arts.

The method of chi power that we promote and teach is a combination of "Chi Pressure & Chi Density Methods", so I will be able to compare the others to this method. I don't know every method there is, so keep this in mind while reading this information. I am constantly looking at new methods that can increase my knowledge base, so please if you have any techniques or methods, that could be of benefit, shoot them my way.

Remember that there are many different chi power methods that work and that none are the sole way. Every culture and society has over the years developed chi power methods to induce and create the types of energies that we will be talking about. Some of these chi power skills have been lost from generation to generation, but some have not and that is where we will start.



**Chi Pressure:** *Chi force applied over any target surface*

Chi Pressure is the ability to increase the internal pressure of the body so that you will be healthier and live longer. The by product of this is the ability to use that pressure for chi power manipulation. There are many ways in which to create this chi power pressure, and in most cases the practitioners that do the density method will have a certain increase of overall internal chi power body pressure built (although most would not recognize it as this).

As you begin to increase the chi power pressure within the organs, the organs will start to gain in size, strength and ability to store chi energy. As the body starts to adapt to the increased amounts of pressure being put on it, the body will start to be able to store more and more energy in order to release more energy.

We liken this process to blowing up a large balloon. The balloon when unfilled is flaccid and has no pressure at all. When you start to blow up the balloon (torso, legs, arms, organs), the balloon starts to stretch and fill up with air. If you blow up the balloon too much it pops and you lose all of the air that is stored in the balloon.

Your organs are very similar to that balloon, in that you can actually increase the pounds of pressure that your organs can sustain. As your chi pressure increases and after you let the organs stretch to accommodate that new energy pressure, your body will be stronger and able to emit stronger chi.

**"Your body will be able to emit in terms of pressure the amount of energy the organs are accustomed to handling".**

After significant amounts of chi power training those organs will start to be more like the thickness and strength of a hot water bottle versus the balloon! With this comes the ability to store chi in a more dense way, making your ability to emit a stronger chi power energy easier and with more pressure, density and thickness.

As you learn to increase the pressure you will also substantially increase the size, strength and density of the nerve fibers within the body. This increase in the nerve fibers will give you the necessary tributaries to send the chi out of the body. We liken this to creating a fire hose effect, where as most people have less than a garden hose with which to emit chi!

The chi power pressure builds up gradually but as it increases so does your

ability to do different types of energy or chi manipulation techniques. We have come up with a systematized method to create these effects with several scientific exercises (some of which have never been seen).

"We have done the research to find out what exercises do the most to increase the internal chi pressure in the body as well as increasing the size and density of the nerve fibers and the increase of electromagnetic energy (chi) in the body."

Many books explain the importance of slowly pressuring up or filling the organs with chi, but many of these same manuals and books never explain the possible side effects or even what you should really be feeling when you are doing these exercises.

Internal chi training can be just as strenuous to the internal body as physical exercises like weight lifting can be to the external body. Keeping this in mind, you must know that over training while doing internal exercises can have serious ramifications, if training protocols are not heeded.

You must know when you are stressing the body too much with internal training, so that you will be able to increase your internal abilities in an incremental manner versus trying to use the "more is better" philosophy of so many misguided individuals.

You don't build your body up instantly and your not going to be able to build up your chi power body any quicker than what development is possible for your own bodies limitations. Just as there are some people than can train with weights and grow big muscles over night (or so it seems), there are those in the internal game that are "naturals" that may be able to progress faster and have the ability to do more things quicker. The key is to just go at the pace at which your body will allow, and above all else have an instructor that can monitor your progress regularly.

Understanding the development of chi pressure along with the possible side effects is really the key to maximizing this process. When you train every day and do it in an intelligent thought out process you will receive maximum benefits.

**To maximally increase your chi pressure, use the workouts from our "ADVANCED CHI DVD".**

# Psychic Abilities of The Chi Power Practitioner

Often times people write to us about the potential psychic powers that can be gained from different types of meditative practices such as Chi Kung, Qi Gong, Kundalini, Transcendental Meditation and other forms of energy development.

When ever you undertake a meditative practice that allows you to increase your focusing ability, you will naturally start to be more receptive to the things around you. As your sensitivity to all stimulus increases, your ability to lock onto different frequencies will increase. This includes certain psychic abilities and powers.

As small children, you are very receptive to this idea that anything is possible. As you get older, you begin to rationalize why things can't be possible, thus limiting your potential for these types of experiences.

Through meditation and exercises that you can learn from us, you will experience the benefits of opening your psychic abilities by being able to open up your mind even more to the possibilities of this. When you do this, you will feel real good about how you have increased your ability to sense different things and experiences.

Even the mention of Psychic abilities make people cringe because of the misrepresentation of things on TV and other media.

The way we look at it is that everyone has these abilities, it is just that some decide to use and harness them more than others. Some look at this as extraordinary abilities, where as we look at it as normal abilities that have been honed down to an extraordinary level.

Through our many years of teaching, we have met many people that can do some amazing things that would be termed psychic. When you see the value of how this can help you, you become interested in how these things are



The more you open up your mind and body to be receptive to all of the activity that is actually going on around you, the more you will get a sense that this works and that you can do it.

[illegible]

# How Long Does It Take to Become a Chi Power Master?

## How Long Does It Take to Become a Chi Power Master?

It seems like this is one of the top questions I get from those that travel onto our website. Everyone wants to know how long it will take before they can:

- Move objects without touching them
- Remote View
- Open up the third eye
- Increase their health
- Learn how to heal

This is just a short list, but you can imagine the list is endless, because the potential is endless with what you can do with your body and mind when you do the proper [training to build up your energy...](#)

The answer however is not an easy one...

The answer is... How much time are you willing to invest, believing that the results will manifest?

Are you disciplined enough to train daily?

Do you have some level of faith that will allow you to believe in something that is not there in front of you, but instead on the inside of you?

That last one is the toughest of all, because if you don't believe, you will not succeed at this. It takes a level of belief in those things that are not readily known or understood...

It is going from the known to the unknown, and not many people have the

tenacity for this...

So how do you get good fast?

There really is only one way, and that is living, breathing & sleeping this type of training. Now, what do I mean by that?

Do you know why there are wondrous stories about the Shaolin Monks and the amazing skills they had?

The reason: They could devote their entire life to the practice...

In order to get really good, really fast, you need to be with a group that will allow you to literally train 24/7. This of course has its limitations.

#1- Who can devote time to this kind of regimen?

#2- Where do you find one of these groups?

Those two questions are the ones you need to ask yourself, because therein lies the answer to the question posed in the beginning of this article...

Does that mean it is the only way? Absolutely not!

You can study the methods taught by us and begin to build layer upon layer of chi energy and experience with these skills...It may take longer, but we believe if you persist, you will reach your goal...

Now the good news, is that during the process, you become far more healthy and young looking than you can imagine...You become the "Ageless Wonder".

So what is your next step?

The next step is to enter into our Advanced Chi Training Program and start to walk the walk of getting to the next step in your development...

It is a commitment to building something that is rarer, because it will allow you to meet the one true you...

[Call or email if you have questions...](#)



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