



Video of The Month: Sensing Colors With Chi Energy

www.chipowerinnercircle.com

Pre Workout

- Do Not Eat Before Trying These Techniques
- Use The Bathroom Before Training
- Wash Your Hands
- Do several Sets of Blood Washing Followed by a 15-20 Minute Lying Down Meditation

Other Considerations

- Don't Become Discouraged, Keep Practicing The Techniques
- Keep a Positive Mental Attitude
- Keep Distractions to a Minimum
- Create "Tunnel Vision", Focus Intently on What You Are Doing
- The Better Shape You are In The Better This Will Work For You.

Using Advanced Techniques

Be Sure To Use The
Exercises Prescribed in
The Advanced Chi DVD
#1 in Order To Get This
To Work For You.