



Module #1 Manual

One thing you will notice with this curriculum is that it contains a lot of information for you to digest. The goal is to put you on a path that will allow you to get the most out of Mind Force and Quantum Qigong.

This manual is designed to be a quick reference for you to follow when you are away from the membership area.

From Beginner to Advanced, The Total System 2.0 Delivers

Because the Total System of Mind Force and Quantum Qigong is open to everyone, we have to meet everyone at their own needs. Some will be pure beginners, while others will be advanced. We have laced throughout each module concepts for all practitioners.

The first module is designed to get you started on the right path to building up incredible Qi energy and Mind Force. Each subsequent module will build from the first one on. You will see a big difference in your energy by the time you get to module 12 (even if you are on the 12 week program).

The Most Asked Question

One of the biggest questions asked, is "what do I do on a daily basis"? "How long should I workout"?

That is an excellent question and one that I will do my best to answer. If you are more of an advanced practitioner, you will have a different workout than someone who is a beginner, so let's keep that in mind. However, many people who beginners can go at a rapid pace to achieve the goals they desire.

In each module, you are going to find training in several different areas. In some modules, you'll find more physical training exercises, in some you'll find more mental exercises, and then in others will be spiritual ones.



We try and mix it up, so you are getting the very best concepts to help you in your training.

Many who have trained in Qigong before may not understand why some of the training is Hypnosis, Self Hypnosis, and Mind Force Training. Since their paradigm is one that they are used to just doing physical exercises, this goes against what they've learned over the years.

Let me say, that because we are combining all these elements, you are going to get up the mountain a whole lot faster than ever before.

Your Training Routine

It goes without saying that you have to put in the "flight time" if you want to get good at this. Everyone who has done well at this, has put in many hours of training, meditating and visualizing their success.

I do like to break my training down into specific areas. You will find certain exercises or techniques that you like better than others. You will also find certain skills that you wish to develop and that will take some time.

So, lets talk about your actual training routine and what you should be doing...

Physical Training

You should be doing the exercises in the Chi Power Plus System. That being said, there are certain things that are more important than others.

Week #1- Getting started with the system.

Blood Washing- 1 rotation 3 times per day

Bone Marrow Energy Packing- 1 complete packing of organs and body

Standing Meditation- 5 minutes

Breathing exercises- 5 minutes and while standing



Sitting meditation- Focus on a thought & Infuse your Qi – 5minutes
Lying down meditation with special Quantum Qi Synchronization process -
15 minutes

Week #2- Expanding Your Training

Blood Washing- 3 rotation 3 times per day
Bone Marrow Energy Packing- 1 complete packing of organs and body
Standing Meditation- 5-10 minutes
Breathing exercises- 5 minutes and while standing
Sitting meditation- Focus on a thought & Infuse your Qi – 5minutes
Lying down meditation with special Quantum Qi Synchronization process -
15 minutes

Week #3- Adding on some exercises

Blood Washing- 4 rotations 3 times per day
Bone Marrow Energy Packing- 1 complete packing of organs and body. Now
add in the arms and legs
Standing Meditation- 10 minutes
Breathing exercises- 5 minutes and while standing
Sitting meditation- Focus on a thought & Infuse your Qi – 5minutes
Lying down meditation with special Quantum Qi Synchronization process
(subliminal file provided in membership) -15 minutes

New Lying down method with emphasis on the following

- Raising up and down on inhale and exhale
- Doing the blood washing mentally
- Feel the body

Week #4- Continue with Routine from Week 3



Mental Training

Mental training is comprised of any of the Mind Force Techniques, and include but are not limited to hypnosis, self hypnosis, mind training, and other mental skills.

Just like you have to spend time with the physical, you need to spend actually more time with the mental or mind force side.

The reason, is that you have a tendency to do more mental thinking and if you have the right techniques to practice, you get better faster.

When you practice the Hypnotic Influence techniques, your Qi Energy will start to become infused with those suggestions, causing a more powerful delivery of the influence pattern.

At the highest level once you get these techniques down, you will be able to hypnotize by just looking at someone and spinning your Qi at them (seriously). More on that another time, though...

A Word on "Snap Shot" Awareness

I did this video, and placed it in this module, so you could start to get the concept of going into a room and knowing what is going on immediately. It will take a little time to get it down, but once you do, this is one of the most valuable skills you can have.

Creating Your Own Subliminal Recording Sessions

When you have the tools to create your own Subliminal and affirmation files, you hold in your hands an invaluable resource that most people don't even know about...



This is how we separate ourselves from so many other schools of training that are out there. The tools you have at your disposal are the most cutting edge you can find.

Once you get good at combining files you can also:

- Combine 3 separate tracks (Music Track, Subliminal Track, Speaking or Affirmation Track)
- Build layers and sound effects
- Create Affirmations/Autosuggestions on the Fly

As each module opens up, you will get even more training on how this works, and it is a very important part of the process.

Remember the Qi integrates with the mind and spiritual force you are building up.

Module #2- Preview

In the next module, you will discover more indepth information about the Advanced Chi DVD as well as additional training in Self Hypnosis, Hypnosis, Psychic Energy and other unique skills.

Here is a list of the concepts taught

Videos

The Advanced Chi DVD Volume 1- Building Chi Pressure

This is the first real exercise set that you will want to master. In fact, as you develop your Qi, you will be modifying elements of this routine. Even if this was the only exercise set you had, you would still be years ahead of 90% of all Qigong practitioners.

Quick Start Videos

These videos are from The Chi Power Inner Circle and contain great insights on how to get the training to work even better.

Quick Start Video #1- Introduction



Quick Start Video #2- Advanced Chi DVD

Quick Start Video #3- Blood Washing

Quick Start Video #4- Lying Down Meditation

Quick Start Video #5- Chi Projection & Manipulation

Quick Start Video #6- Mental Strength

Hypnotic Influence Patterns

Take each pattern and drill each one per week. Use it everyday until you are comfortable with the concepts explained. You will increase your ability to hypnotically influence and use covert persuasion much quicker this way.

“Fact, Fact & Fact”

“Said”

“A Person Could”

Psychic Perception “Roll Back Time”

If you’ve ever wondered about rolling back time in order to understand things in a more psychic manner, this video will uncover some unique concepts for you to implement.

The 7 Factors of Mental Preparation

In this video you will learn some keys to preparing mentally for the Quantum Qigong and Mind Force Training you will be undertaking. You must always pay attention to the Mental as well as the Physical aspects of your training.

Audios

- **Q&A Session from Inner Circle (Good Content)”**
- **7 Factors for Mental Preparation**
- **Subliminal Entrainment Files-Theta Disassociation Relax**



Documents

Module 2 Training Guide

This training guide will be a quick reference for all of the the things you've learned in this module. Print this guide out so you can keep track of your progress as well as keep you focused on the skills you are learning within each module.

The Law of Mentalism

The book in this module is entitled "The Law of Mentalism". This unique manuscript was digitally copied from its original book back at the turn of the century. Wait until you see how it is digitally restored. This book probably looks better than when you could get it at the book store. As with all of the books, make sure you are taking notes, so you can get all the nuggets of info they contain.

This was a groundbreaking book when it was published at the turn of the century, but the cool thing is the information and techniques work just as well today as they did back then...

***Because this file has been digitally restored it is very large (over 20mb), so keep that in mind when downloading it...

7 Factors for Mental Preparation