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An Ancient Chinese Secret

Chi Kung or *Qigong* is the Chinese word for “cultivating energy” or *Chi*. *Chi* is the Chinese word for universal life force or *Prana*. *Prana* is the Indian Sanskrit term for universal energy. The system of *Chi Kung* is from China and has several major divisions that are subdivided into thousands of subsystems. The major divisions of the *Chi Kung* could be simply divided into self healing (spiritual development), medicinal applied healing (or healing others), and the martial arts. Under these divisions come hundreds of lineages and practices dating back to the Eighth Century.

The most ancient of Chinese spiritual practices is *Taoism*. *Chi Kung* is intricately related to *Taoism*. In our study of consciousness, we cannot ignore the great masters of *Tai Chi Chuan*, who can still be seen practicing daily with their students in Beijing. *Tai Chi Chuan* is part of the military arm of *Chi Kung*, yet it provides the practitioner with great health. You can search the internet and find streaming videos of these masters effortlessly tossing their students to the ground using the power of *Chi*. They are able to demonstrate action at a distance, meaning that they can throw a student to the ground from several feet away without ever touching them physically. This is impossible according to Western science.

The Three Brains

The *Chi Kung* masters teach that we have three brains, the brain in our skull, the one in our heart, and the other is in our intestines. They also teach that each of our organs have a consciousness of their own. The *Chi Kung* masters learn to harvest and store up *Chi* in the area of our lower intestinal brain area called the *Tan Tien*. The *Tan Tien* is

capable of storing great amounts of *Chi*. The brain in our heads can generate great amounts of *Chi* but cannot store it. This is why the *Chi Kung* meditative practices involve ultimately storing *Chi* energy in the lower *Tan Tien*.

The masters teach that we are born with the *Chi* we inherent from our parents, the *Chi* that we acquire through our practice over a lifetime, and the universal primordial *Chi* that is the foundation of all reality. We lose our personal supply of *Chi* by over indulging in sexual activities, being overly involved with external sense perceptions, and by fostering negative emotions. This means we constantly must rebuild up our supply of *Chi* because of wasteful practices. This is similar to how we use physical energy in Western culture.

Intention is the Key

In every class I have ever taught on energy work I have stressed that the only way we can consciously direct *Chi* is by our intention. The *Chi Kung* masters teach that intention directs the *Chi*, and in turn, *Chi* directs the power. A *Chi Kung* master is able to draw in universal *Chi* and store it in his lower *Tan Tien* (just below the naval). The master is not depleting his energy when he is engaging in the act of martial arts. Quite the contrary, he is using the Universal *Chi* he has stored up within his lower brain. He does not use his personal *Chi* or he would be quickly depleted.

Chi, Scalar Waves, and Zero-Point Energy

People like Dr. Valerie Hunt, believe that the primordial energy that quantum physics has discovered in the vacuum of space, is the equivalent of *Chi*. This energy is sometimes called Scalar Waves, or Zero-Point Energy. Energy in the physical world always gives off some heat

signature, and loses energy as it does its work (the laws of thermal dynamics). Therefore, scientists decided to create a vacuum and lower the temperature to near zero. By doing this, they thought they would have a real vacuum and any energy waves that existed before would now be gone. This was not the case. Energy was discovered there and is sometimes called the Casimir effect. When putting two grounded metal plates near each other in this vacuum, scientists were astounded to see the plates strangely move towards each other.

It is now estimated that there is enough Zero-Point energy in the empty space of our known universe to equal three trillion times the energy of the total universe itself. Even though Nicola Tesla originally discovered these Scalar Waves, Thomas E. Bearden has actually created a way to harness this energy. His little machines actually produce more energy than it takes to run them. This event flies directly into the face of the laws of thermal dynamics, which state that energy can neither be created, nor destroyed, nor multiplied, only transferred or changed. This great source of energy is at the command of the intention of your consciousness. It can never run out. It does not entropy.

Concluding Thoughts

To be fair, our study of consciousness must also extend to our organs as well as the upper, middle, and lower Tan Tiens of Chi Kung (the three brains). For those who doubt this wisdom of the three brains, let me enlighten you. It has been discovered that the intestines and the whole digestive system has its own enteric nervous system. This system contains as many neurons as is in the whole spinal cord. It truly is a brain and can give us "gut" feelings from time to time.

In Paul Pearsall's book, *The Hearts Code*, it was shown how the transplanted heart of a murdered donor was able to remember who the murderer was. The transplanted heart communicated this memory to the recipient through disturbing dreams. The police made a sketch of the murderer based on these dreams. When they found him and confronted him, he confessed to the crime immediately. Thus, the heart is also a brain expressing consciousness.

In the Chi Kung Chinese system, each organ has an emotional consciousness. It is either positive or negative. For example, the emotion of grief is related to the lungs. Many people grieving over losses develop lung congestion. By learning to inwardly smile from your brow towards your lungs, you begin to allow for the positive emotions of courage and high self-esteem to emerge from the lungs. Soon enough, you will be able to feel the lungs smiling back. Next, visualize universal white energy (cosmic Chi) entering through the brow with each inhalation, directly into the lungs. Then, as you begin to exhale, visualize the negative grayish energy of grief and sadness leaving the body. I have witnessed this practice to relieve lung congestion in five minutes.

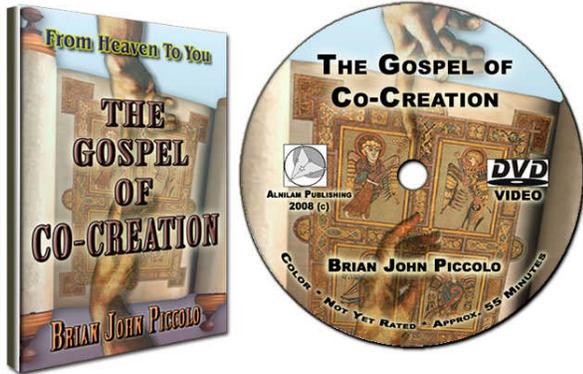
By aligning the three brains and all the organs with the visualizations and intentions of Chi Kung, the practitioner is ready to direct cosmic universal Chi in any direction needed by the power of intention. At that point, we can heal ourselves, heal others, and co-create our world.

So, in the end, Ester Hicks was right when she said, "The universe is expanding in order to make room for all the things you want to manifest." Our desire, our intention, can direct this Chi, this Prana, to create healing in our bodies and in our world. There is no shortage of this energy, only our limited understanding on how to harness it. Chi Kung is a great way to learn how to harness this energy through human intention. Chi Kung practices are powerful and open up the door to access universal cosmic Chi. Any true student of consciousness must truly study and respect, the timeless wisdom Chi Kung.

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