



RAJAJI'S
CIRCLE of CHI

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THANKSGIVING

Thanks to Boganathar for his will to pursue his dream for mankind.

Thanks to Lao Tzu for waiting patiently for the right moment to bring forth the true teachings of Tai' Chi Gung in their integrity.

Thanks to Bo-Yang for cuddling and cradling Rasaji, training him from an early Childhood of sickness and poverty mind set into an adulthood of health and the fullness of abundance.

Thanks to Babaji who opened Rasaji to the truest teachings of God and "his playground" called nature, in the loving kindness and spirit of Truth, Simplicity and Love.

Thanks to my loving wife Mida, who rains God's purity in her smile and for her deep devotion to Him.

Thanks to my student and best friend David Paul who has taught me the truest meaning of friendship and working for what we believe.

Thanks to my three sons Chen, Christian and Jonathan for having the patience to liberate me, keep my heart open and keep their child like nature of the Divine.

Thanks to my mother, who gave me a pathway into this world when I forgot how to get here myself.

Thanks to all my students who have really been some of my greatest teachers, keeping me focused on my divine mission in this life.

Thanks to God Himself and Herself, who obviously has a great sense of humor, to take this frail boy from the foothills of Tennessee, raise him up in Florida and train him in the history of our creation through India and Tibet and then humbly deliver him back to America where his love and pathway is so greatly needed. May I, your son, do you proud with honor and glory, Aummmmmen!

Barkra Bashad May the Blessing Be.

Rasaji "God's Joy"

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FORWARD

It is my pleasure to encourage you to read Rasaji's Circle of Chi. Please do so with great care and careful attention. Its conversational tone reflects the humble Tennessee roots of its author, but don't let the simple language cloud the depth of your perception. Rasaji both lived and trained with the master in direct descent from an unbroken lineage that extends back in time more than 3000 years. He has applied the discipline in action for more than 40 years of time.

The book may in some ways mirror the experience many people have when they see Tai' Chi being done for the first time. They often wonder, "How interesting, but how could simple flowing slow movements ever possibly benefit one's health?" Or in this case, "How could reading a sentence or two in this book profoundly alter one's health for decades to come?" To answer these inquiries, perhaps it is not too bold to pose a third question. "How could a discipline of health continue uninterrupted through the centuries for more than 3000 years if it did not contain health benefits of significant merit worthy of investigation?"

"Rasaji's Circle of Chi" not only provides a solid foundation of the benefits for the beginner who is just starting to practice the exercises; it also shares insights of tremendous value for those who intend to embrace Tai' Chi Gung for a decade or longer to pursue its regenerative potential. In his live classes, Rasaji has an uncanny ability to explain the exercises in a way that are easy to understand, and he also clarifies the health benefits of doing them extremely well. For those unable to take a class with him in person, the DVD of the exercises and the Tai Chi Form are an excellent second option. The DVD is very well done, and it takes one through a full class extremely well. It can be a valuable living complement to the book. Together, they are quite profound.

Best regards,

Hwa-Wei Lee

Project Evaluator, China-US Library Collaboration Project
Former Chief, Asian Division, Library of Congress (Retired)
Dean Emeritus, Ohio University Libraries

INTRODUCTION

As the world moves forward, there are those who eagerly embrace evolution as it comes into their lives and some who stubbornly resist it. There are many more that appear to believe that if they just ignore it, somehow change won't affect them. While this has always been the case throughout history, many people are beginning to really wonder what is happening now. To the outward eye, it appears that the world is more uncertain, chaotic and unbalanced than ever before.

We are in the midst of very, very rapid change. In the 1900s, it took a generation to accumulate tremendous wealth. (Carnegie) Now, billionaires are created in just a few years (Google). People are living much longer, (Centenarians are the fastest growing demographic in the world by percentage), but some are passing on in their 20s and 30s from maladies once thought of only for those in their 60s. (heart attack, stroke). Some people recover from "terminal" illnesses suddenly, surviving for years, while others with the same malady succumb to it in weeks or months. (cancer) How is that possible?

The age of rapid change we currently live in has been described by some masters as the dawn of an accelerating transformation that will impact every person on this planet and even the ecology of the planet itself. It can be a smooth gradual shift; or a serious upheaval on a global scale. How it plays out depends a lot on how we react and deal with the accelerating pace of change, both on a personal level and as members of organizations and nations.

In the midst of this ongoing process, there are a now individuals, soon to be counted in millions, who not only recognize that something "out of the ordinary" is happening, but are consciously looking for ways to harness this gift of acceleration, take greater responsibility (response - ability) for their own future and improve the well being of those around them in the process. It can be exciting to know that rapid change in a positive direction is just as likely as the accelerating chaos that appears to threaten us.

Within this short book, you'll find references to masters who not only predicted the conditions and character of the age we are entering, but described its

purpose and ultimate outcome. They have written books themselves in some cases and they are among Rasaji's teachers. You will also find a short history of Tai' Chi Gung and a narrative of Rasaji's life and experience with these masters here.

The Circle of Chi is a simple, practical guide to health and abundance in everyday life. It is based on the Tai' Chi Gung system that was developed over 3300 years ago by the original master Boganathar, a sage who mastered three yoga disciplines, moved to China to immerse himself in nature, and onward to Tibet to open a school of Tai' Chi Gung. Rasaji was asked to live and train at the original school in Darchen Tibet by its current Master Bo-yang, who is the successor in an unbroken lineage that extends to the founding of Boganathar's school established more than 3 millenniums ago. Rasaji has been practicing the principles of this Tai' Chi Gung system for more than 40 years, and has been sharing them with students for more than 28 years.

A key element to developing profound health in the Tai' Chi Gung system is to recognize that "nutrition" for the body goes far beyond just the food that we eat on a daily basis. To bring true abundance to one's life, it is important to move toward a more holistic view of the human being.

We live our lives on three major levels simultaneously. These are the "supernatural" level, the "natural" level, and also on the "world" level. They are symbolized in an ancient fire ceremony that places three horizontal yellow stripes across the forehead to represent the three levels of existence. A magenta dot is also placed between the eyebrows to reflect our constant connection to the chi, or internal intelligence. Some would call this connection their conscience, or natural intuition.

One reason it is important to bring the natural and supernatural elements into our health on a daily basis is because the human body itself is not just a collection of hoses and fluid. An average healthy physical body has a magnetic field that surrounds it seven feet in every direction. This energy field carries the subtle vibrations of our thoughts and emotions, and it has a profound impact on our health.

One might even say that our bodies continue for 70 or 80 years in spite of our ignorance of how they truly operate. A Tai' Chi Gung student learns to connect consciously to the energy in and around their field, restore natural balance, and cooperate with the natural regeneration process that sustains it.

An acupuncture physician deals with energy pathways or meridians that invigorate all the different systems inside the body; from circulation, to respiration, to assimilation and elimination. They know that before a disease symptom appears in the physical body, the imbalance has manifested in the meridians that connect all the vital organs, blood stream and glands. A Tai' Chi Gung master recognizes that before illness manifests in the acupuncture meridians within the body, it manifests in the magnetic field that surrounds the body. In fact, the chi moves in an exacting method: from the etheric field into the meridian system, and from the meridian system into the body; passing through the least dense to the most dense systems in an orderly process that supports our health.

So the physical body is connected to the outside world through a network of meridians. And these are actually designed to connect us to the forces of nature. If we are unaware, or separate ourselves from the energy that sustains our bodies, and then also separate our bodies from the forces of nature, we have a prescription for imbalance. In many ways, this explains illness of any kind and the resulting chaos it causes in our world around us. In Tai' Chi Gung, it is recognized that we were given the gift of life first and the gift of free will second. That being the case, our lives and health are in a great part determined by our ongoing choices in relationship to the life force that already exists within our bodies.

In the orient, these forces of nature are the four primary elements: earth, water, air and fire. It is in cooperation with them that life can be extended with the Tai' Chi Gung system far beyond "normal". The study of Tai' Chi Gung provides a student with a working knowledge of how the body is truly designed to function. There was a time in China when a doctor was paid if he kept you well, and he stopped getting paid if you got sick. There was a basic motivation to keep you healthy, and the body of knowledge that grew from this mindset helped create a foundation of true "health" care.

Medical science, perhaps even less than 20 years ago, was convinced that 65% of the aging process was genetic. Now, it is generally believed that only 35% can be blamed on our genes, and 65% is up to us. What we think, what we say, and what we do makes a tremendous difference in our health. A Tai' Chi Gung master goes beyond that, knowing that their mind and body can embrace the abundant energy they had when they were 4 or 6 years old, regardless of their present age. They can bring abundant chi into their cells and genetic structure, altering the aging process itself.

The masters of Tai' Chi Gung in Tibet have passed down the knowledge and exercises for slowing down the aging process for more than 3000 years. A serious student of the discipline is aging one year for every two or three that pass on a calendar. Cutting edge biochemists are convinced that the human body is designed to live at least for 120 to 150 years, even without something like Tai' Chi Gung. So if you tinker with those numbers, you'll suddenly have a lot more life choices, and most of them will probably make life insurance companies very nervous.

The Circle of Chi is divided into two main sections. The first, Tai' Chi Gung 101, addresses the physical body and the health of individual human being in relationship to the chi, or life force, itself. It includes four major aspects: the mind, the breath, movement and nutrition. The second section, Tai' Chi Gung 102, addresses our relationship to the world around us. It includes four more aspects: work, money, friendships and nature.

Being such an extroverted society, most people in the western world are looking for a way to improve the world around them first. Generally, they want to fix something related their spouse or family, something connected to their work or their financial lives. "If only this or that problem went away, my life would be much better." And while most people can find plenty of advice from experts in each of these areas based on the world's understanding of how they work, the Circle of Chi offers solutions that are based on how the life force itself is intended to move through them when they are balanced.

It is important to understand the flow of energy, because the body is not just plumbing. As much as we appear to be confined by the people and circumstances around us, our lives are not really controlled by forces that exist only in the outside world. If the fix comes only from a "worldly" perspective,

regardless of how "educated" it is, it runs the risk of missing the underlying cause that gave rise to it in the first place; and the problem, situation or malady can just reappear to be repeated once again.

Most often, the fastest way to improve something in our outer world (Tai' Chi Gung 102) is to address or improve what is happening with our mind, breath, movement or nutrition (Tai' Chi Gung 101), because that is the area of greatest imbalance. When we take time for our health, we can restore balance to our world.

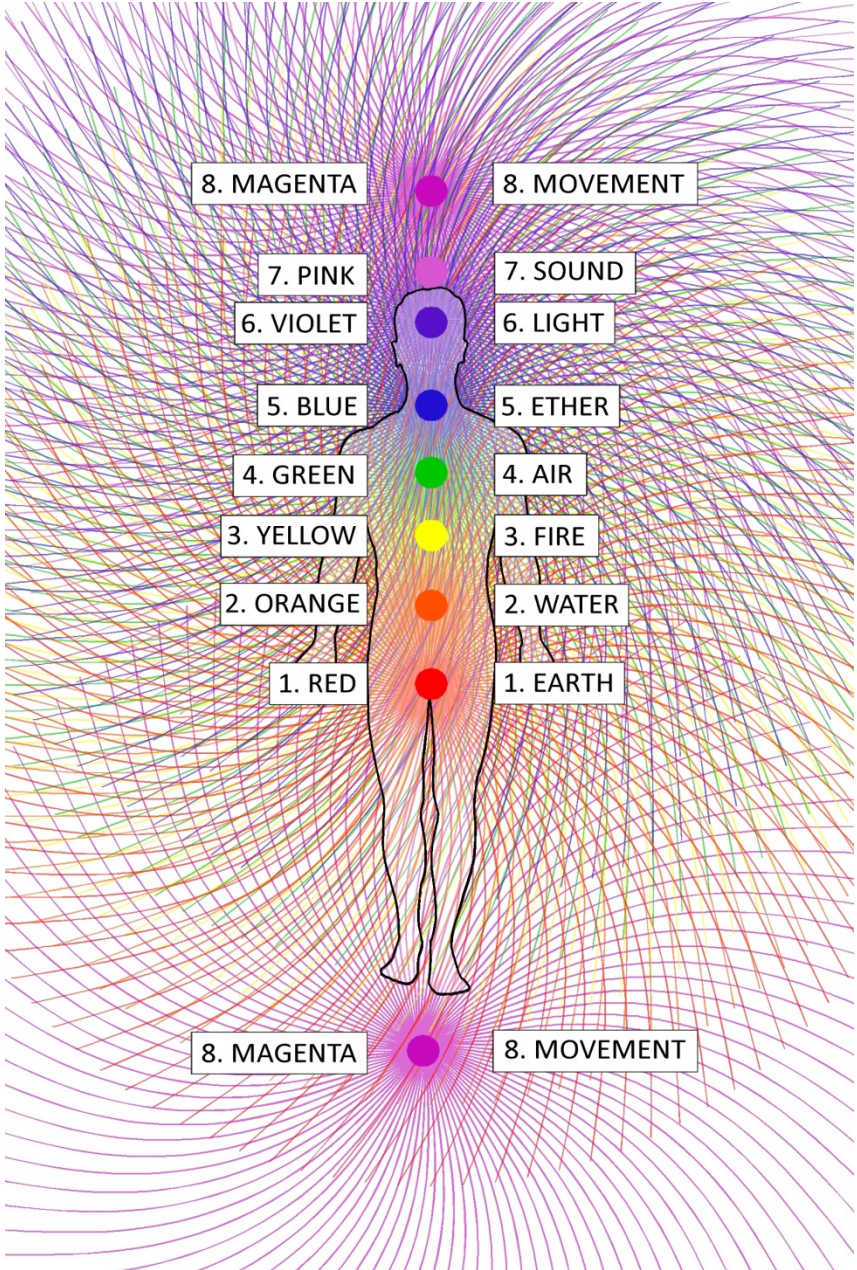
In the Circle of Chi, Rasaji describes how to apply the three core functions of the energy to the eight aspects of life that have a major impact on health. When someone does the Tai' Chi Gung exercises also, they bring these ideas to life in their own firsthand experience. They develop a conscious connection to the life force that sustains the body, mind and spirit on a daily basis, and the positive steps of self development that grow out of this create a powerful wave of positive change into their daily life.

Place this kind of self development in the midst of a global age of rapid growth like the one that we currently live, and the Circle of Chi along with the Tai' Chi Gung exercises shared in classes and on Rasaji's DVD, give a unique opportunity for anyone to have a profound positive impact on the world and live an extraordinary, healthy, abundant life far beyond limitations.

by David Paul

Current student of Rasaji and the Tai' Chi Gung system beginning in 1986.
Hear music inspired by Tai' Chi Gung at www.musicbydavidpaul.com

HUMAN MAGNETIC ENERGY FIELD



CHAPTER 1 CHI

To understand the Circle of Chi, we must first understand something about the Chi itself. Chi refers to intrinsic energy or vital energy. Sometimes it is called the life force. It is the energy behind all of creation. In India it is called prana. Basically, Chi is an existing energy that is the source of all that is. In the Circle of Chi there is the Chi and there are the eight major ways that the Chi flows through the life of a human being. They are: Mind, Breath, Movement, Nutrition, Work, Money, Friendships and Nature.

For those who would like to gain a basic understanding of the intrinsic energy itself, how we get it, how we identify with it and how we use it, we recommend three profound books:

“Autobiography of a Yogi” by Paramahansa Yogananda.

Two of Rasaji’s teachers, including his yoga master, are mentioned several times in this book. Yogananda is responsible for bringing Yoga to the Western world in the 1920s. He shared this yoga practice with over 100,000 students through classes, workshops, lectures and seminars. “Autobiography of a Yogi” is one of the three most read books in the world. It offers a comprehensive description and analysis of the science of the Chi as a transforming force in human existence and self development.

“The Holy Science.” By Swami Sri Yukteswar

Sri Yukteswar is mentioned quite a bit in the “Autobiography of a Yogi”. He is Yogananda's teacher. This simple short book is one of the most concise and profound texts on human development ever written. Among other things, Sri Yukteswar predicted that with the turn of this century, mankind would move rapidly into an age of energy and communication. His prediction was not only accurate; but he made it more than 100 years before the actual events are taking place. It is the coming of this age of energy and communication that now makes sharing the Tai’ Chi Gung system, a system of energy and regeneration, possible through the existence of this book and others like it.

“Celestine Prophecy” by James Redfield.

This unique adventure story is written so that the name of the main character is never spoken directly. Every reader is given the opportunity to step into the lead role. When reading it, one often wonders whether the book is intended as a work of fiction or is actually based in fact. The core principle of the book describes how human beings can and do achieve success by raising their

personal energy. They do this by consciously connecting to the Chi present in Nature. Connecting to the Chi in Nature is pure Tai' Chi Gung. In fact, coming to understand a human being's real connection to Nature was the central focus of the original Master of Tai' Chi Gung when he developed the system for humanity over 3000 years ago.

HISTORY OF TAI' CHI GUNG

It is often assumed that the founder of Tai Chi Gung is Chinese and that everything that happened concerning the development of this system of health and longevity is connected only to China. This assumption is not completely accurate. Based on the knowledge passed down from teacher to student in an unbroken lineage from the original master, the founder of Tai' Chi Gung was actually born in India.

Over 3300 years ago, there lived a great yoga master in India by the name of Boganathar. Boganathar had distinguished himself by mastering not one, but three different yoga disciplines. He mastered Kundalini yoga, which is the yoga of the core energy in the body. He mastered Pranayama yoga which is the yoga of breathing. And he also mastered Hatha yoga, which is the yoga of stretching, strengthening and conditioning.

Boganathar reached very high levels of meditation and Samadhi (completely conscious state), and while he deeply appreciated the great spiritual community where he lived, he was also troubled by what he observed. He noticed that many yoga masters, profound adepts, very advanced in their yoga disciplines, often just left the physical body behind to move into the spiritual realms and the invisible worlds.

Boganathar observed this practice and deep inside his being he knew that something about this just did not make sense. If God is God, then God exists in every dimension. He is equally present. He is of equal light, of equal energy everywhere, all the time. He is in all and through all, for all eternity. By any logical thought process, and even by applying common sense, this omnipresence must also include the physical world and the physical body. Shouldn't a true spiritual understanding and practice by human beings include the physical realm and their physical bodies also?

Boganathar was troubled that the masters he was studying with at that time did not have the answer to this basic question. They could not explain how it was that God appeared absent in the physical lives of many human beings. Sometimes, it appeared as if most humans were living their lives, almost hell bent on being anywhere else but in the physical universe and their physical

bodies. Why were the physical lives of most humans so much different than the other higher "spiritual" dimensions?

One day as he meditated on this question, he saw a waterfall flowing. As he began to describe the waterfall and the green fields surrounding it to one of his masters, he was told that the landscape he described sounded like it must be in China. Boganathar thought, "Maybe it is in China and in the midst of Nature that an answer to this question can be found!"

So he trekked from India to China and then spent many years, literally decades, practicing his yoga in China. It was there that he coined the phrase "fluency of motion". As he practiced his asanas (yoga postures), he realized that the flow of one stance to the next was as important if not more important than the posture itself. Boganathar noticed that the stance and the flow from one posture to the next had the ability to milk the energy and prana from Nature into the physical body. It was as if he had tapped a source of inner dimensional Chi that was available to the spirit, mind and body of the person who practiced this "fluency of motion".

When he reached this stage of understanding, he became a true scientist. He began to study the waterfall itself. He traced its source. He came to understand how it worked. He noticed that the waterfall is truly a cycle of energy. Energy and water vapor in the clouds that flowed up one side of the mountain come back down through precipitation on the other side. If the water in Nature flows like that and if the human body is also made up of the elements of Nature, then could it be possible that our spirit, or Chi or life force also flows this way? Could it be that the Chi flows up our spine and flows down the front of our body? As it turns out, Boganathar was correct. It was through this observation that he actually identified and defined for the first time, the central meridian, or pathway of energy in the body. In acupuncture medicine this central meridian is called the conceptual vessel. This is the vessel or cocoon of energy that actually flows inside the womb of the expectant mother as the fetus is coming into physical being.

Next he turned his observation to the growth of the banyan tree. Trees like the sequoia and the banyan tree grow to be 1000s of years old. Low and behold, the same qualities of energy that exist in the Banyan trees also exist within the human body. In the midst of this remarkable study, surrounded by the forces of Nature, opening to profound insights through careful observation, Boganathar began to understand the physical world and the physical body's place in it. It all finally started to make sense to him. And as his insights into the physical realm grew, he also began to understand why the masters he had lived and trained with for so many years in India were not

keyed into this understanding. As wise as they were, they had not challenged the traditional teachings they practiced. They had not stopped to question the traditional knowledge in the way that he had challenged it. In that process of questioning, and pursuing a deeper understanding of life on this planet, he came to a profound insight, both about the human body and about Nature: Nature is God's play ground.

He came to understand, even in the midst of the age he was living at that time, now over 3000 years ago, that any individual, family, tribe, or nation that chooses to ignore or disconnect from the forces of Nature will fall prey to errors in thought and action.

In our contemporary world, this is perhaps best described by the phrase "serpentine consciousness". Serpentine consciousness is a phrase coined by a great yoga master in California by the name of Leonard Ore. If you look within the reptile kingdom, you can observe two characteristics in many snake species that apply to the phrase serpentine consciousness. First, the heads of many snakes form a point almost like an arrow head shape; and second, many snakes literally do not have the ability to back up. Their muscles only allow them to move forward. So if they are unfortunate enough to bury their heads in a corner, they often perceive no way out. They are stuck.

So when humans become so attached to a single way of thinking that they force themselves into a corner, when they drive themselves along one thought pattern until they see no way of making a change, no way of taking another path, they suffer from serpentine consciousness.

Lack of time in Nature and lack of conscious contact with Nature accelerates this syndrome, and not surprisingly, more time in Nature and increasing a human being's conscious contact with Nature will decrease the serpentine consciousness syndrome. Nature is designed to take the human mind and expand it, to blow it out like filling a balloon, to infuse it with Chi and new life giving energy. Nature will inspire that mind to move on into super consciousness. Nature will inspire that expanded mind to think: "Absolutely there is another pathway! I know there is another way to do this! I know there is another way to think about this situation! I know there is another way to accomplish this task!"

As Boganathar began to live his yoga, his simple yoga, his fluency of movement, his great knowledge and expertise in longevity did not go unappreciated. He became the advisor to the emperor of the middle kingdom in China. He had a profound impact on all of Chinese culture.

Through his discourses we are aware that he felt humans are called to fulfill two basic functions. They are intended to pursue self development and they are intended to work like angelic beings behind the scenes, sharing what they have learned. They may not necessarily always get public recognition for their accomplishments, but they can aspire to work quietly in these two basic ways and continue to share the knowledge they gain through self development with the world whenever and in whatever way possible.

What is unrecognized by most historians is that Boganathar was recognized in China by a different name. He was known in China as Lao Tzu. Lao Tzu was the founding father of Taoism, author of the Tao te Ching and many feel the key force in the rise of all acupuncture medicine. Boganathar and Lao Tzu are in fact, the very same person.

Lao Tzu was asked many times in China to formally teach aspects of the Chi to the people. That is, he was asked on many occasions to explain the Way of the Tao. The way of the Tao can be looked at as just another way of describing the Chi. But Lao Tzu chose not to do any formal teaching of the Tai' Chi Gung system while there in China.

When asked, he would say, "The fruit of my teachings have not ripened from the tree of China, but when they do, they will fall from the tree of China, and I will go into the Himalayas where the angels of Spirit have passed before the mountain tops, and in the grace of these angels I will bring forth a teaching like no other teaching that has ever been brought forth." And out of that teaching came the birth of Tai' Chi Gung.

At the appropriate time, Lao Tzu did leave China behind, and he established his school of simple yoga in the foothills of the Himalayas in a small village by the name of Darchen. It is from the original master through this school that the system of Tai' Chi Gung founded by him has been passed down in an unbroken lineage for more than 3300 years. The current world authority and master of direct descent from Lao Tzu is Bo-Yang, and Bo-Yang is Rasaji's Tai' Chi Gung Master. Rasaji was given this Tibetan name by Bo-yang when he lived and trained with him in Tibet.

To appreciate the power of the Tai' Chi Gung system shared in these pages, it is also beneficial to understand a little bit about Rasaji's medical story and how he met his master Bo-yang. His recovery and continued good health today are a testament to the effectiveness of Bo-yang's assistance and the strength that still resonates in Lao Tzu's simple yoga called Tai' Chi Gung. Rasaji's story also demonstrates a very important principle in the pursuit of

success in any healing art: when you decide to take up any healing or holistic art, find a teacher who not only talks their talk, but also walks their walk.

When Rasaji was an 11 year old boy, he collapsed in a community swimming pool. After being rushed to the hospital, they discovered that he had been suffering from a serious kidney disease for over a year. After four and a half hours of surgery that barely saved his life, doctors told his mother that he would be on medication his whole life, he would be in and out of the hospital constantly and he would die before his 18th birthday.

Rasaji overheard the conversation! When he saw the doctor later that day, he told him, "I will never be back here again!" Rasaji began his recovery with natural nutrition products, traditional martial arts training and the guidance of his teachers. By 17, he was an all-conference swimmer, an advanced martial artist, and a premier dancer. After graduation, he moved to New York City, walked with the Guardian Angels, danced Off-Broadway and there began his face to face Tai' Chi Gung studies with Bo-Yang. Two years later, Rasaji was invited to move to Tibet and continue his Tai' Chi Gung training. Rasaji lived with the Lamas in Darchen and studied at the school founded by Lao Tzu.

After two years there, Bo-Yang sent him to India to study with a Hatha, Pranayama and Kundalini yoga master in India to better understand the roots of the Tai' Chi Gung system. Rasaji then returned to the USA. He has been sharing the system of Tai' Chi Gung he was taught for more than 25 years on 3 continents in 5 countries, with thousands of students.

To appreciate and make use of the Tai' Chi Gung system, it is very helpful to have a basic understanding of the relationship between the Chi and the physical body. The eight aspects of the Circle of Chi grow out of this basic core relationship. It is important to note however, that reading a book is not the same as doing Tai' Chi Gung. ("He who knows does *not* say. He who says does *not* know. *The Tao that can be named is not the eternal Tao*" Lao Tzu). Firsthand experience is the best laboratory for knowledge. What you experience in your spirit, mind and body directly, no one can take away from you. We highly recommend that you do Tai' Chi Gung if you want to understand Tai' Chi Gung. The basic warm up exercises are offered in a free video on www.rasaji.com if you would like to start now. And, you can also download the basic standing exercises and the Tai' Chi form from the web site.

What is the Chi and how does it relate to the physical body? If you are an average human being in good health and you could see the energy of the

Chi, you would observe that your spirit body wraps around your physical body seven feet in all directions from your sternum around an energy center called the solar plexuses. If you're a master or an adept, the spirit body or magnetic energy field proceeds outward from this center much further than that.

When you are ill, or if you have had a trauma recently or if you are recovering from surgery, it is not uncommon for your spirit body to contract and be much smaller than seven feet in every direction. This contraction begins to affect the health of the physical vehicle. Throughout the physical body there are many energy pressure points. These can be readily identified by any acupuncturist. Some of the pressure points are connected to nerve plexuses. Among these nerve plexuses are seven major energy centers in the body, and an eighth that actually a polarity above and below the body. (In reality, there are 12 total, but centers 9-12 are best kept for a much more expanded discussion not appropriate for this book.) These seven energy centers are connected to and correspond with the endocrine gland system in the body, the eighth is activated by movement, and balances the heart with the earth.

Think of the spirit body like the outer membrane of a navel orange. If that outer membrane begins to contract, all the fibers within that orange will be affected. If the spirit body begins to contract, all the nerve plexuses or spokes will be affected also. When there is a disruption in the flow of Chi through the nerve plexuses, that person's health and balance will begin to deteriorate.

Lao Tzu discovered that it is possible to bring profound changes to the magnetic energy field, the spirit body surrounding the physical vehicle. He developed exercises through the proper use of the breath, mind and movement that literally expanded the spirit body. They expand this magnetic energy field, sometimes called the aura.

He also learned that any individual can expand his or her energy field to surround another human being to protect or heal them. An individual can expand it to encompass a village to do the same. He even believed that an individual could expand it into the entire cosmos. For instance, he felt it was possible to expand the field to surround the earth and heal it from inside and outside because everything is connected with all that is. It is out of this concept that the mind set, the philosophy and the psychology of Tai 'Chi Gung are born.

A closer look at the nerve plexuses in the eighth major energy centers reveal that they themselves have thousands of spokes, like the wheel on a bicycle. These spokes, or 'nadas' in Sanskrit, are spinning. Their common name from India is 'chakras' which literally means wheels spinning. If an individual for

whatever reason experiences a slowing down in one of these energy centers, it can affect the whole balance of that area of the body.

For example, it is not uncommon to find males on the planet right now who are having trouble with their solar plexuses. There are a lot of men today who just want to give up. They have been fighting so long in so many ways for so many things that they do and do not understand, that they just don't want to fight anymore. But they are giving up on the positive side of this energy also. They are giving up the great fight of the day called work. They no longer have the interest or the inner desire to go forth and be active, to be masculine in the world. This lack of inner drive is reflected in the slowing of energy naturally flowing from the solar plexuses. The solar plexuses center is the self realization center. When a person retreats or slows down the solar plexuses long enough, it can cause a sugar imbalance or a sodium imbalance.

On the other hand, many females on the planet right now experience difficulty with their throat centers. The throat center is the authority center, it is the creative center. Each of these centers also corresponds to a complementary half. The throat center compliments the root chakra which is in the sexual organs. When a person suppresses their authority, a quality resonating in the throat chakra, it can manifest symptoms in many places. If it doesn't manifest in the throat area, it can manifest in the ovaries and testicles. If there are problems in the solar plexuses chakra, it can cause symptoms in the stomach, pancreas and kidneys. But it can also ricochet back upward to the crown chakra in the soft spot in the top of the head where imbalances can produce symptoms like palsy or MS. While we do not claim to diagnose, treat or cure any disease state, it is reckless to assume that one can treat a disease and achieve permanent, lasting success without also addressing the root of the imbalance. Before a symptom appears in the physical body, it is carried in the energy field of the individual. It is from the spirit body that the symptom appears in the first place.

And because the flow of energy from one day to the next is not something that most people are directly aware of, some symptoms from these Chi imbalances can take years if not decades to manifest physically. Because many people are not consciously participating in maintaining the health and vitality of their Chi on a daily basis, they do not understand why the physical ailments appear. They fall 'victim' to disease as it appears in their body, their 'temple', like falling victim to a thief coming in the night, even though the habits of thought, breath and action have been seeding the malady for a long time. It is no wonder that people fear illness and aging. There appears to

be nothing they can do about it and they do not recognize where it comes from or why it appears. Yet there is something that people can do about it.

Rasaji once asked Bo-Yang, his master, "What really is Tai' Chi Gung?"

Bo-Yang replied. "Tai' Chi Gung is the owner's manual for the physical body."

Think for a moment. When you buy a new vehicle, you receive a nice slick owner's manual. You may never really look at it, but it is filled with information about how your vehicle is designed to function, what it can do and how to maintain it. You may not understand it or use it, but at least you have it. On the other hand, most human beings sort of squeegee in to the earth, they don't have any real idea how the body works or what it is truly capable of. And they often don't manage to learn much about it until some part of it doesn't work correctly.

The physical body is a miracle. It is a miraculous gift of God. But in truth, we're on the "rent with an option to buy" plan. We must learn to use it properly or we'll eventually lose it. What is truly profound about Tai' Chi Gung, is that it can equip every individual who adopts the practice with the knowledge and resources to rebuild, restore, maintain and improve their basic health function on a daily basis. Within the eight aspects of Chi that follow, you'll come to understand the profound transformative, regenerative power that is waiting to be discovered within your own body right now.

The key to this transformation includes a basic understanding of the Chi. The Chi, or Spirit enlivens the body by moving through the energy centers. These centers correspond to the endocrine gland system. The chakras, or wheels spinning have 72,000 spokes, or nadas. In their natural state, they are turned outward, the chest is open and carried forward going boldly into the world. Through experiences, sometimes painful, these nadas can be turned back inward, withdrawing from the world. To initiate a gradual regeneration of any physical aspect in the body, one must learn how to turn these spokes outward again. At the center of this is a working knowledge of the three fires, or three eternal flames present in the body. These are: Thought, Breathe, and Movement. It is these three that have the most influence on the health of the body. They alter the energy field, and the energy field alters the body. Together with nutrition, they make up the four parts of Tai' Chi Gung 101..

One critical element to remember is that there is really no substitute for direct experience. To help those who want to unlock their regenerative power and achieve profound balance, Rasaji has designed a one day seminar to begin the process of regeneration. Rasaji's Circle of Chi Seminar is designed to give people the direct experience of the Chi so that their health is not limited to a

mental concept of energy, but they come into a daily dialogue with the Chi itself. They feel it, see it, taste it, smell it, breathe it, move with it, and bring it into their work, their money, their connection to Nature and their friendships. We encourage anyone interested in a true holistic approach to their health to participate in Rasaji's Circle of Chi Seminar. A list of available seminars is kept up to date on www.rasaji.com, or contact Rasaji directly to arrange a private consultation.

So Tai' Chi Gung is really a lot bigger than the dismissive summary given by Rasaji's dad when Rasaji was a young adolescent, "Tai' Chi Gung is a bunch of silly people in Chinese pajamas listening to long hair music doing funny little slow motion water ballet movements in the air."

The Tai' Chi Gung system is a profound science that has a 3300 year lineage. And in the midst of this lineage is the core knowledge of over 5000 years of yoga mastery including the knowledge of Ayurveda, the Indian medical tradition. The Tai' Chi Gung system was founded when three profound yoga systems were taken directly into the forests of China to discover how the human body truly interacts with Nature and is healed by Her.

In the upcoming chapters, each of the eight primary sources of Chi in the everyday life of a human being will be viewed so that you can recognize those events that influence the Chi the most in your own life. You'll learn what blocks the Chi, what attracts the Chi, and also what shuts the Chi down within the spirit, mind and body. For instance, there are ways of using the mind in Tai' Chi Gung that are much different than most people typically make use of it. The mind is capable of becoming a funnel for the Chi. Imagine for a moment that the mind is more than just a recording device or a calculator. Consider that it can also behave like a fireman's hose. The mind works, not as the force itself, but rather as the guide for energy flowing through it. In Tai' Chi Gung, the mind can be taught to focus the pressure, to tap and to harness the energy flow. That being the case, it is worth asking, "Is your mind now operating like a fireman's hose open full throttle? Or is it working more like a brittle, bent up garden hose that only allows a slow motion trickle to flow through it?"

The Tai' Chi Gung exercises shared by Rasaji in his Circle of Chi Seminars will empower you to build a powerful mind, a mind that is open to the Chi; a mind that brings abundance to every aspect of your daily life. This is a practical use of the mind that does not require some sort of academic degree; it is a skill open to any individual at any time who is also willing to practice the Tai' Chi Gung system.

What is really exciting about working with the Chi is that it behaves a lot like a rock skipping across a pond. When people begin to tap it on one level, they'll have a natural tendency to want to tap it on other levels also. Practicing the Tai' Chi Gung system gives you more choices, and you'll make better decisions both for yourself and for those you love and care about. You'll discover ways to help humanity that may have never occurred to you before, and you'll be able to build a Circle of Chi around, in and through you that supports and sustains your health in every way.

TAI' CHI GUNG 101

How to build a foundation of Chi in, through
and around your physical body

MIND

BREATH

MOVEMENT

NUTRITION

RASAJI'S CIRCLE OF CHI SEMINAR

During a Circle of Chi seminar, Rasaji takes the time to cover the Chi itself and the eight aspects of the Circle of Chi in detail presented in short form in this book. With over 40 years of training and over 28 years of teaching experience in the Tai' Chi Gung system, Rasaji speaks with genuine authority about the benefits of doing Tai' Chi Gung, and he is able to speak to the needs of those who participate on the day of the event. Each group, each individual brings special circumstances to the seminar, and therefore has direct impact on what Rasaji is able to share on that day. For those with specific and more personal issues and goals, private sessions by phone or in person can also be arranged. Here are some reactions from participants:

Martha: "Thank you for a riveting experience yesterday. I experienced a truly exceptional presentation from you. Several things stand out: your obvious knowledge, your flawless verbiage, and the Tai Chi elements were so great in keeping us exercised and demonstrating the value of your subject matter. My feeling emotionally today is one of excitement about life, aging and the anticipation of new things happening. Thank you for your dedication to your life's purpose."

Dean: "To be honest, I had low expectations and was not really looking forward to this today. Wow- was I so wrong!!! Lack of knowledge certainly fed my negativity. This was so much fun and a wonderful learning environment. You kept my attention the entire time and I truly look forward to a second and third session."

Julie: From the information I received today, I feel like I've moved forward more with growth in my life than the whole last year... or maybe two years!. Thank you Rasaji for this experience.

To learn more, contact Rasaji by calling 904-994-1085 or send your e-mail request to: rasaji@rasaji.com. You'll quickly understand how profound this event is and what it can do to uplift you, your loved ones, your organization or your community.

CHAPTER 2 MIND

Almost any discussion of the mind must be willing to look to the foundations of Yoga practice in India. For well over 5000 years, the yoga adepts have studied the mind and harvested the fruits of intelligent and powerful thought. The yogis consider proper use of the mind to be one of the very basic fundamental aspects of being human. Since Tai' Chi Gung was born out of Yoga and Nature, the wisdom of the mind and regenerative thought from this Yoga practice is also a part of the Circle of Chi.

If you were to enroll in a course called Mind 101, the instructor would present this concept to you on your very first day in class. Those who understand the mind know that it plays a critical role in absolutely everything that moves from the invisible or un-manifested world, the world that we call spirit or energy, to the visible or manifested world, the world that we call the physical domain.

Just as vast amounts of energy spin and swirl through the Milky way galaxy, so also tremendous energy spins through your energy or spirit body. In a healthy human being this energy body extends seven feet in all directions emanating from the sternum. It forms a sphere not unlike the three dimensional model of the atom with a nucleus surrounded by protons and neutrons. This sphere not only surrounds your body but penetrates into and moves through it.

In part, your mind is actually housed in your spirit or energy body itself. It is the activity of the mind through that spirit body that determines two important things: First, it determines your level of awareness or health consciousness and second, it determines how much energy and the quality of energy that is available to you. Because of the Nature of the mind and its capacity to change, your level of awareness and how much energy and the quality of that energy available to you can literally change at any particular moment.

The mind controls how much energy and the quality of energy that you're going to have at your fingertips at any given time for your physical health, including all the activity working on a biological and molecular level. The mind also controls how much energy and the quality of energy that is available for your psychological health which includes your emotional body. So the mind has tremendous influence on the health and well being of any human being. This is true whether that individual is conscious of the influence of their mind or ignorant of its function.

The basic premise of the mind to grasp and the first tool of its proper use is this: Thought is creative.

If you understand this concept, you are already somewhat enlightened. One recent discovery about the mind from the field of psychology revealed that an average human being thinks about 60,000 to 100,000 thoughts a day. Someone with this many daily thoughts would be considered by a yogi adept to be quite unenlightened. An aware being, or a spiritually transformative being usually uses much fewer thoughts on a daily basis. In fact, the more evolved a master is, the less thoughts that they actually use. It is a valuable concept to consider. In the next chapter on the breath, we will discuss in some depth how breathing slowly and rhythmically actually puts space between your thoughts.

On a practical level, the ideal to focus on when beginning to master the mind is this: emphasize improving the quality of your thoughts first, and concern yourself with the quantity of your thoughts later. In the beginning, it is not a matter of how many thoughts that you are breathing into existence, it is a matter of how successful you are at consciously determining the quality of your thoughts.

One of the most extreme uses of the mind which the world often teaches, and which a human being can mistakenly buy into, is to use the mind to convince yourself that you are separate from the Chi, or Spirit. This, more than any other thought accelerates the aging process and the disease in the body. All illness can be traced back to the 'depression' that is entertained when a being imagines that they are separate from the Divine.

Another very revealing habit determined by psychologists is very important when learning to transform and use your mind in a powerful way. Were you aware that most people think eighty to ninety percent of the same thoughts today as they thought yesterday? And did you know that a majority of the human race thinks the same thoughts today that they thought a year ago; and that a high percentage of those thoughts are the same thoughts that they entertained five to ten years ago?

That phenomenon has some fascinating implications for physical health. Most bio-chemists, biologists and medical professionals agree that the body replaces an extraordinary number of cells on a daily basis. In fact, on a cellular level, they have determined that your body is never more than seven years old. In one sense it is incredibly exciting to learn that you will essentially have a completely new body in seven years. Every cell will have been replaced in that period of time. It is astounding to know that on a molecular level, you are actually never more than about eleven months old.

But you can almost hear that reality shouting for an answer to the obvious dilemma it generates: If our cells are never more than seven years old, why does the physical body age? If the energy or spirit body that surrounds an individual in their 50's 60's 70's 80's and even in their 90's is the same spirit body that surrounds a 6 or 7 year old Child, then why do our bodies get older?

The key to answering this question lies principally in the mind. Since the mind is partially housed in that spirit body, even though the energy body always possesses the full regenerative force of Nature, it also cohabitates with the thoughts of the individual. And while there are a lot of reasons why we age, none are more profound than the constant repetitive negative thoughts or lower conscious thoughts that individuals entertain on a daily basis, especially if those thoughts are coming from what is called victim consciousness.

If you're entertaining the thoughts and also the emotions that the whole universe is out to get you, if you're entertaining the fact that you feel like you're everybody's pin cushion, or if you feel that even God sort of has it out for you, you are dwelling in victim consciousness. And magnetically, through the law of attraction, especially when these thoughts are repeated over time, you become a magnet for victim like events. You literally begin to create a destiny in front of you, including the health of your physical body, which has been shaped by these thoughts. Your thinking mechanism has altered your whole pathway.

Basically we're talking about how important it is for individuals to take responsibility for themselves through their thought mechanism. We're talking about stepping forth and declaring who and what you truly are. Dr. Deepak Chopra has put it quite succinctly in many of his workshops, seminars and books: "You are a spirit having a physical experience." In this physical experience, energy is divided into different levels or grades of gravity: solids, liquids, air, ether, and also electrical and magnetic masses. These grades of gravity resonate at different frequencies. You are all of these. You are a bio-electronic-magnetic being.

And it is your mind that is so extremely influential in the electro-magnetic field that surrounds you. It is particularly powerful as it works within your emotional body and your biological body. So every time you change a thought to a higher thought, a more idealistic thought, you alter that electro-magnetic field. Thoughts operate very similar to waves set in motion on a still pond. A thought sends ripples outward throughout the creation that is you. And those waves have a return flow that comes back to you. When you initiate a thought of higher vibration or a higher ideal, that wave returns back to you. It brings a higher level of abundance, joy, life, and yes, better physical health. It

must do so, because the wave sent out by the pebble of thought you dropped into the pond, must return to the hand that originally dropped it in the first place.

It is important to recognize that the outflow and the return flow travel through the web of energy that connects you to all that surrounds you. It moves through your body and it moves through the magnetic field that surrounds your body. The thoughts that you think, especially those you sustain over time, build up a frequency, a quality of vibration that resonates magnetically all around you. This vibration operates on the principle of homogeneous species: like attracts like. This attraction moves through the spirit body that surrounds the physical vehicle and it operates constantly. It works with who we think we are at any particular time and space. It determines what kinds of people we come in contact with and who we attract into our lives. It also determines any illness or disharmony that manifests in our physical bodies. So our lives truly have everything to do with what we spend our time thinking about.

For some people, seeing the mind as a creative force that acts on our lives is a cutting edge tool to employ in daily life. As a tool for increasing abundance throughout all the aspects of the Circle of Chi, its importance cannot be over estimated. It is a truly powerful way to use your mind.

Yet, there is another way to use the mind that is very profound and also very practical for anyone interested in accelerating their personal growth and improving their physical health. One can view the mind like a telescope or microscope. Think of the mind for a moment as if it is an old fashioned pirate's telescope, one that has the ability to expand and contract. We learn to use the mind this way when doing some of the Tai' Chi Gung physical exercises. Just as a pirate's telescope can extend out, we take the mind and extend it or expand it. This is how we deal with the pressure in the body electric.

To share just one example of this technique, consider the pressure that exists and fluctuates in the blood stream. Consider how the blood stream makes use of oxygen and expels the by-products of oxygen. In Tai' Chi Gung, the mind can engage in this process and participate consciously. Yes, to do this involves initiating a conscious use of the respiratory system, but on the most basic level, it is the mind that initiates a change in the breathing pattern, an increase, a decrease, or a deeper level of integration.

Albert Einstein was among the first to present the theory that most people use just 10-15% of their thinking capacity. In the same way, most people use only 10-15% of their potential vital energy. This is a key concept in the Circle of Chi.

Most people simply live in a physical body that could be considered an unconscious automatic blessing from our creator. There is a certain basic ebb and flow of breath, heart activity, and digestive juices running inside the body automatically. But in order for a person to alter their state of existence, or to even think of slowing down the aging process, or to embrace another level of consciousness, they must learn to take the body off automatic pilot. They will have to decide to put themselves into manual control mode, and it is the mind that initiates this shift.

Imagine that you are an experienced co-pilot about to fly over the Atlantic Ocean. Your pilot informs you that for the first time, you will take the plane off automatic pilot and fly manually. If you have trust in that pilot, if are able to understand directions and follow them, you'll more than likely be fine. But if you're in the cockpit with a pilot that has little experience, if you have not been given the "owner's manual", and you're unfamiliar with the instrumentation, you'll be hard pressed to get across the ocean safely. The world has many of millions of people living today who have never been given an owner's manual for the body and they have no pilot to consult. They live their lives with no clue about basic body functions like breathing, movement and thought. They do not understand how these simple functions affect the body, let alone how the body truly interacts with Nature.

But your mind can bring you right back to those basic body functions any time. For instance, the mind can alter the breathing mechanism. The mind can share a new rhythm with the breath, a new discipline, something for it to measure. Suddenly that individual will have a totally different biological experience in their body. It's an incredible concept to understand. The mind has the capability to introduce profound change.

This ability to change can be understood on an even more basic level than breathing. Every time we exercise and move physically, the muscles contract and expand in pairs. There is a constant web of duality in our muscular movement. In the midst of any movement, the speed or intensity can be changed. It is the mind that decides to initiate a change in our movement. In the same way, the unit of awareness we call our spirit self can use our will and thought to initiate any change in our life. It can alter any sequence of cause and effect that is already in progress. This is true for the physical body and its functions, but it is also true in everything that we do. That is one power of the mind.

It may seem unusual to propose that changing our habits, improving our financial situation, making better nutritional choices, or improving our relationships is really no different than deciding to lift our arm to the left, or blink

our eyes, or take another breath; but in the basic understanding of how the mind really functions, they are of the same order. The change can be instantaneous. The changes are initiated with the mind first. The ability to have a new thought is a profound gift.

The ability to initiate a change in our thoughts is the reason that we are called human beings. When we deny that basic form of responsibility, we are really no better than the animal kingdom, in that moment. It is interesting to consider how we think about and treat animals. There are many people in the United States who actually treat their pets much better than they treat their friends and family.

My teachers used to comment on this phenomenon. They often reflected that it might be much better for human beings to start their relationship education by learning to interact with the plants so they could develop the proper thought process. And then gradually introduce animals into their lives and eventually graduate to thinking and dealing with other human beings. The more you understand the unconditional love we are supposed to give each other, the same unconditional love most moms give an infant, or the same unconditional love that God gives you on a regular basis, no matter how you think of God, one thing becomes clear fairly quickly. Most human beings are not ready for thinking and acting with that level of love with each other on a regular basis.

The primary reason that humans are not capable of that level of love with each other is because they do not know that they have the ability to think. They think so little of their own thoughts. Consider the phenomenon of the cult for instance. How does one really determine when a group is a cult and when a group is not a cult? Cults actually show up in many places and in many organizations. They can be within political, religious or esoteric groups. Unfortunately, more often than not, they are wolves in sheep's clothing. They appear to be something that they are not.

It is actually fairly easy to spot a cult. When any unit of awareness (individual) or a collective group of people want everyone to do everything the same way, or say everything the same way, or think everything exactly the same way, especially if they want them to do this without any challenge to the thought process, that entity is a cult. When any individual in a group has lost the ability to challenge the thoughts of their group, that person no longer functions as a human being, much less a spiritual being.

When any person just accepts everything that the leaders or individuals in their organization say and do without question, they have lost their free will.

They have lost the choice to take another thought, to take another road, to understand where they came from. They have also lost the ability to understand where they are going. They surrender their humanity when they surrender their freedom to think.

We're really talking about how the mind influences the Chi that flows between people and through organizations. When you understand the importance of being able to take a new thought, you will be able to trace the entire rise and fall of any business, of any religion and even the rise and fall of any country in history. The rise and fall of any organization will be greatly determined by those in that society, business or country who are able and willing to continue to embrace freedom and take a new thought. How does a country like Germany become a Nazi Germany? It happens when enough people lose the ability to think intelligently. It happens when enough people lose the ability to understand the basic premise of thought.

So how does one cultivate independent thought? Conscious breathing and communion with Nature are several key ways to cultivate freedom of thought. They are both tremendously beneficial. And there are several other practical ways to cultivate and keep an open mind.

Some of the greatest books available in the area of spiritual growth, especially for women, are books by Annalee Skarin. Her book, "Ye are Gods" is extraordinary. The title comes from a quote in an Old Testament psalm. A tremendous source that often appeals to men comes from a man by the name of Jim Goure, a nuclear physicist and profound visionary, particularly his "Seven Steps of Effective Prayer." This is available free of charge from the United Research website: www.urlight.org

Another great way to open up one's thinking process is to read religious books that come from religious traditions other than your own, especially if you happen to adhere to one kind of religion. Doing so will very often fan the flames of your own faith. Many people who are threatened by such an idea are unaware that they have already lost the ability to think for themselves. They are unaware that having lost the ability to think is what is really giving rise to their fear. This surrender of their free will actually drives their fear. Becoming truly enlightened is a process of being able to take the next thought, then reach out and take the next one, and then turn around again and think the next one.

After you have done Tai' Chi Gung and you are doing some of the disciplines that we share through the Circle of Chi Seminars and on www.rasaji.com, you will soon come to see that the mind is really something incredibly beautiful. In

Tai' Chi Gung we use the mind not just to read and study academics. Yes, academic pursuits are important, but we also use the mind to raise self worth, build up self esteem and improve self confidence. To use the mind in this way is to look at the world a little bit differently.

One of the most powerful things my master Bo-Yang taught me in Tibet concerning the mind came out of my own frustration.

Noticing my frame of mind one day, he spoke to me. "Rasaji, you look troubled."

"Why do you say that?" I replied.

Again he asked: "What's bothering you?"

He knew, as always, and well before I spoke, that my mind was reaching forward and found itself up against an impasse. At the time of this discussion, I had already been practicing Tai' Chi Gung for several years. On this occasion I was actually considering what I wanted to do with my life, and what kind of impact I wanted to have in people's lives and in the world. It made me think, "There is such a great need, I want to get there quickly. I don't want to get there slowly." At that time, I sort of had that microwave mentality; everything had to be done right now, right away.

He spoke again, "You're wondering how you can get there quickly."

"Yes!" I answered urgently.

And so my answer finally came. He said, "I will tell you two things. #1, *most of the world experiences everything they do, no matter what it is, by looking externally, they look outside themselves.* They reflect on the hologram they perceive to be reality, the world that they see around them, and then they move toward it. They do not yet realize that they have the choice to resolve their situation or condition inside themselves. They don't yet see that they do not necessarily have to resolve it outwardly. Based on #1, I'll share #2 with you now. You'll probably be amazed at how simple it really is, but it will work for you. When you find yourself doing #1 in acceleration, you will probably slow it down and therefore get there much more quickly if you simply follow #2: *Observe what the world is doing and do the opposite.* "

So in the everyday use of the mind, begin to look at what you see most people doing most of the time, and do the opposite. Or at least challenge everything they are doing until you can make your action a conscious choice.

Can you imagine what would have happened in the financial sector in 2008, if those people involved would have chosen to do the opposite of what recommended by financial advisors almost without exception, especially during the 6 to 18 months before the crisis manifested? This much about the financial crisis is definitely true. Those individuals who had the presence of mind and thought and the fore sight to do the opposite of what the masses did, are now the people who are in the best financial condition in the aftermath of the crisis. It is a tremendous life lesson for those willing to examine it.

Over the past thirty years of training, Bo-Yang's advice has worked well and certainly stood the test of time. What is that advice though? It is simply a mental concept. It is a thought. It came to a master in meditation, and because it was applied in life, that master set himself out on an evolutionary process that accelerated his/her state of being.

Here is one more thought to consider. Perhaps it will be just as significant for you as Bo-yang's advice was for me. Take the time to really think about what you want to happen in your life. Then build affirmations around those thoughts. If there is something in your body that you want to change, see and think of your body as whole and complete. In the scriptures of the world it says that we are made in the image of God. What is this word image? Where does it come from? What does it mean? It is a mental picture. It is a thought.

Think for a moment. What is your own image of yourself? Do you see yourself as some doctor or professional described you? Or do you imagine yourself young again? If your leg was injured, or your arms were messed up, or you had an organ removed out of your body, what has happened to your image of yourself in your mind? Did you know that on an energy level, within the spirit body that surrounds your physical body right now, that organ or the limb which appears to be altered or missing is actually still there? It remains intact; it remains in the perfect image of God. In your magnetic field, an original image from God is still there.

Perhaps you might be thinking, "I'd like to lose some weight, but I've tried everything. I just can't do it." Or, "I'm too skinny. I can never gain weight." If you're too skinny, there is an imbalance. If doctors are telling you that you need to lose weight, there is an imbalance. Maybe the thoughts that you have had up to this point have focused only on all the stuff that you "should be eating" or "should not be eating". Maybe you have been thinking of all the diets that are good for you, or all the food that is bad for you.

The food content is important, and we will talk about that during the nutrition segment, but think for a moment, what is your own mental image of your weight? Everybody sort of knows what their ideal weight should be within about 5-10 pounds. Have you decided consciously to think into the physical world, a specific body weight that you personally want to achieve?

When physical weight is a factor, self image really comes into play. Doctors are very clear about the mental connection to a health issue when it comes to weight and diet extremes like anorexia or bulimia. At some point, the individual looking in the mirror sees something that other people just do not see. The personal body image of that bulimic or anorexic has been altered. Who altered that image? Something happened inside that person. Somewhere along the line their self esteem began to change, and they no longer trusted the image they saw when they looked at themselves in the mirror.

There is one immensely important thought about this topic which is so, so important to embrace within your own thought patterns. No matter how anyone else sees you, God sees you as perfect. He sees you as His or Her Child, made in His or Her image. He or She loves you unconditionally. And if God sees you that way, why wouldn't you also see yourself that way?

The moment you do that, you become self realized. We want people who embrace and do Tai' Chi Gung to become healthy and then share this knowledge with other people to help them become healthy. And we also want people to become self realized. We want people to realize who and what they are. We want people to know that they are Children of God. We want them to begin to see each other as Children of God, and begin to treat each other in the way that you would treat someone who was a Child of God.

The mind is also at play when we look and deal with each other. How we hold each other in our thoughts is very important. Here is a discipline to consider putting to a test in real life. For a moment, take the person who is the symbol of Divinity and perfection to you personally, it might be Jesus or Mother Mary. If you're in the orient, it might be Buddha or Quan-Jin. If you're in the Middle East, it might be Mohammed or Shams-e-Tabrīzī. Take that person and keep them in mind and when you get up tomorrow and/or in the midst of your day, when you see someone that you currently have some difficulty with, place your personal perfect symbol of Divinity inside the person that you are having trouble with. If you do this once, imagine what would happen? If you did this every day and all the time, what would happen?

That is the power of the mind! The mind has the ability to draw forth the perfect image of that person. Your mind can do this, and every other human being can do this. That really means that we as a human race have the power of resurrection, if you understand who and what you are.

In the same light, following the same train of thought; the creative and regenerative potential of your mind is truly profound. On a practical level, what do you suppose are the consequences for your career when you don't have the image of the perfect job in your mind? What happens in your life, if you have never stopped to consider what your image of the perfect mate is for you? Will you ever draw that person into your life? Unfortunately, the process of the mind is very precise. If you do not have that image, it just won't happen. If you carry someone else's image as your own, you will attract their perfect person, not your own. So it is important to meditate and pray and counsel and learn to liberate your thinking, and then get clear with yourself about what it is that you truly want in your life.

A good beginning place to start your meditations and prayers about what you want in your life is to embrace the understanding that you are truly beautiful. Know that God created you that way and He wants you to work on His team. It truly doesn't matter if you profess an organized religion or not. God did not create religions, man created religions. God created human beings and sons and daughters in His and Her image. That is the way He wants us to act. He or She wants us to get off our knees praying to an unknown God, and be the wonderful creation he made us to be, and start seeing this wonderful creation in others.

Pick someone that you see on a daily or weekly basis, and in your mind, when you approach that person, say to yourself, "I see this person full of Love, and full of Light. It's radiating out from them, and when I come up to them, they're just going to respond in the most beautiful way." If you're a Democrat, see Republicans this way. If you're a Republican, see Democrats in this way. Can you imagine what would happen in the world if this were to happen? What would happen if people really started to treat others like that? It would be incredible.

And if you practice Tai' Chi Gung long enough, it will open up your heart and the coldness will just fall apart. All the ice, and all the pain around our hearts, all the abandonment issues, all the trauma, all the stuff that we like to hold on to will just drop away, we will simply let it go. And even the letting go begins with a simple thought.

CHAPTER 3 BREATH

In the Far East, the mind is considered the masculine quality of the Chi as it influences the material world. It serves as a focusing mechanism to channel the Chi throughout your body, into things that you want to do and accomplish, and also in a healing capacity both face to face and at long distances.

The breath is the feminine quality of the Chi as it influences the world. If you were using the Judeo-Christian texts, the breath would be the Omega and the mind would be the Alpha; end and beginning, beginning and end, two sides of the same whole.

There was a great Hatha yoga master around the 4th to 5th century by the name of Gorknath. Gorknath mastered the mind and mastered the breath. He told people that it was so profound to master the mind and master the breath, that any human being who could do actually do that could live in the physical body forever.

Gorknath was renowned for his relationship to Nature and animals, not unlike St. Francis of Assisi. It is reported that after teaching for well over 100 years, on a particular day, after giving a major discourse among his followers, he climbed on the back of a wild Bengal tiger and disappeared into the forest. Most of his disciples never saw him again, but occasionally a very enlightened yogi or sathu, a name for a wandering monk, would see Gorknath. He was spotted in the 7th, in the 8th and also in the 9th century.

As incredible as that might sound, there have been many reports and even sitting governments have validated many individuals who demonstrated extraordinary health and longevity. This evidence exists in cultures that date all the way back to the origins of modern day religions, roughly the past 2000 to 7000 years.

There was a man who wrote a book about a Taoist master in China who was documented to have lived over 250 years just at the turn of the 19th century. His name was Li Ching-Yuen. His story is retold in a book called, "Taoist Health Exercise Book" by Da Liu. Li Ching had somewhere between 12 to 14 different professions in his life time. He married over a dozen times and was reported to have had over 200 descendents. The Chinese government was so intrigued by his health and longevity, they were so convinced that he was who he claimed, that they came into his house one day and began to dig up his garden and search through all his belongings and examine his herbs to try to

learn what he was doing. Following this incident, some people say that he disappeared; others claim that he actually died.

There was a modern day saint by the name of Sri Tapasvigi Maharaj. His life is recorded in the book, "Maharaj" by T. S. Anantha Murthy. He was a great yoga master. He actually had photographs taken of him at 150 and 165. He literally passed on at 189. Tapasvigi was a great warrior in his early life, and an uncle led him into the sadhu path, or wandering yogi path in his late 50s, and from there he began his spiritual practices.

One of the interesting things about Sri Tapasvigi is that he didn't die of so called "old age." He really died of a broken heart. A lot of Indians believe in reincarnation. Apparently his son was reincarnated as his disciple, and when the soul who returned as his disciple also died, Sri Tapasvigi was overcome with grief. Essentially, Tapasvigi gave up on this life, sat down in Samadhi and left his body, even though he had regenerated his physical body several times over by the age of 189 when he passed on.

One beautiful thing about living in our present age is that much of this kind of information is readily available online. You can go to the internet and search for yoga masters, yoga saints or tai Chi gung masters and you'll find many, many miraculous examples of women and men who have demonstrated phenomenal powers of thought and breath mastery.

Many people are not aware that Paramahansa Yogananda, who wrote Autobiography of a Yogi, left his body consciously in 1952, and that for more than 50 years his body has been displayed within a glass case in California in a state of complete incorruptibility. That is to say, his body shows absolutely no signs of decay. As unusual and perhaps unbelievable as that may sound, examples of saints who have left incorruptible bodies behind appear in many different sects throughout history, including Christian and Hindu saints. One of the most remarkable examples is that of the body of St. Clare of Assisi. She was a spiritual cohort of St. Francis, and anyone interested, can go today to visit and observe her body in a state of complete preservation since the 13th century. St. Clare represents a case where the spirit left the body over 600 years ago, and the body still shows no sign of decay. So is the way of Spirit and the spiritual power that these great human beings learned.

One of the basic elements of this power comes when those on a spiritual path learn to master what they call in India, the Pranayama of the breath. Prana means 'energy' and it also refers to what the energy does to the human temple. In the Judeo-Christian book in the Old Testament in Genesis it says that God breathed into man the breath of life. If you are in India and China

and Tibet and you're investigating some of the disciplines and the spiritual arts of the Far East, it doesn't take very long to understand that breath plays an important part of their practices. In the East, they believe that a being is human based on their ability to breathe.

There was a breath study done about 15 to 18 years ago reported in a health journal that brought the importance of breathing to the forefront of health at that time. A random study of people 50 years and older was done to test their breathing capacity. It was discovered that the average 50 year old was breathing at 48 to 58% of their capacity. It was also determined that people needed 75-78% breathing efficiency to properly digest their food. A follow up study revealed that obesity in older adults was in direct proportion to their breathing efficiency. The less a person was breathing, the more obese they became. The researchers felt at the time that they had identified one of the leading causes of obesity in older people in western culture.

On a biological level, one of the most significant things that happens when you breathe is that you begin to alkaline the blood stream in the body. We know that the cells in the body need an alkaline leaning Ph balance in order to remain healthy. The alkaline blood stream keeps people in a better defensive posture when it comes to immune function. They're bodies remain in "health" mode, a state that is very much like a healthy Child.

This blood Ph balance (acid/alkaline relationship) is important in the aging process. One of the things cutting edge bio-chemistry has demonstrated is that that the aging process is accelerated when the blood stream tips to and remains in an acidic state. As we explore Tai' Chi Gung nutrition, we'll discuss this concept in greater detail, but it is important to mention it here because the Tai' Chi Gung masters knew that when any person learns to breathe correctly, they can help keep the blood stream in a balanced state, control the level of acidity in the blood stream and there by slow the aging process.

Related to this discussion is an important breakthrough in the fight against cancer. What we have learned talking to herb specialists, holistic or integrative medical practitioners and especially with medical doctors with a pathogenic focus that are also open to integrated medicine, every physical body on the planet has a certain number of cancerous cells in it. However, it has been found that in order for those cancerous cells to mutate into an abnormal tumor growth, those cells need an acidic condition in the body to do so. They apparently cannot mutate when the blood remains in an alkaline leaning, Ph balanced state. As you learn to breathe better, and breathe more efficiently, you can offset the acidity in the blood stream and achieve that balance.

We are not making the claim that just learning to breathe will prevent or treat cancer, but if you are a student of health and longevity as most serious Tai' Chi Gung students are, any little edge that can offset the aging process is welcome news. For those who really want to reap the benefits of Tai' Chi Gung for their health, we recommend that they seek the coaching of a breath master like Rasaji, or attend a Circle of Chi Seminar. They could also seek the counsel of a qualified Tai' Chi Gung instructor certified and training under Rasaji to gain the experience they need to alter their alkaline/acid balance. Information about seminars and qualified instructors can be found by sending an e-mail request to rasaji@rasaji.com or looking through rasaji.com.

We have had numerous students share with us over the years the profound benefits they have gained from the applying the basic Tai' Chi Gung breathing exercises. They have been able to use their buteral inhalers much less, they have suffered much less from common allergies manifesting through the skin and in the respiratory system. And those results are not so surprising when you understand how the Far East explains the basic respiratory system. The lungs are considered the inner organ of respiration. But the skin is considered the outer organ of respiration. It is known that 70% of all that needs to be eliminated from the body is actually done so through the lungs and the skin. So proper breathing has a profound influence on how healthy a person's physical body can be maintained.

For example, the lungs themselves are an organ that both expands and contracts and many of the exercises in Tai' Chi Gung are related to that ability. When you increase the pressure inside the lungs by taking in the breath of air, you displace anything else that might gather there, especially liquid. No two things of opposite order can occupy the same time and space at the same time or duration. This is a basic fact of Nature, and also a scientific fact. It is true in the cells when it comes to the level of acidity or alkalinity. If there is enough air pressure working in the lungs on a consistent basis, the strength and presence of that air pressure will keep the lungs free. When less air is taken in, when the breathing capacity is diminished, the lungs have a tendency to absorb the liquid and lean toward pleurisy. This is something that I actually know through firsthand experience. I suffered from serious kidney trouble, but I also had tremendous difficulties in my respiratory system with pneumonia, asthma and pleurisy before that. With the help of Tai' Chi Gung breathing over the years, I've been able to work through that. My yoga master and my Tai' Chi Gung master have basically just helped me overcome these conditions. Over the 25 years I have been teaching, I have

seen many many students of Tai' Chi Gung increase their breathing capacity by at least 20-30%.

So an advanced Tai' Chi Gung practitioner can work with the lungs very much the same way that a long distance swimmer or a marathon runner uses their lungs. These athletes maintain some of the healthiest lungs in the world. When you examine those athletes, you find very few cases of respiratory problems among them. You won't find much pleurisy, or asthma or pneumonia.

But so far we have only really considered the biological effects of breathing and how Tai' Chi Gung breathing can benefit a person's breathing in that regard. Now we will consider the impact of breathing on an individual's psycho-emotional state of being. According to the masters of Tai' Chi Gung, the core element concerning the breath on the psychological level has to do with the birthing process itself. We are born a water baby, and then become an air baby. That transition is more traumatic for some than it is for others. Some babies are breached, some babies have to be taken caesarian, some Children have excess fluid in their lungs, and the memory of this birthing process is actually hidden in the cells during and after birth. As more and more fluid is excreted, as a person learns to breathe through this past experience, they begin not only to expel the toxins that go all the way back to their birth in their body, but they can even sometimes release the drugs their mother took when they were in the birthing process. As they learn to breathe through the memory of their birth, they re-awaken the emotions connected to their own birthing process.

What is the seed emotion related to the birthing process? Consider the birthing process for a moment. When a fetus is being born into the world, they are trying to move down a very narrow passage way. They are at times an 8, 9 or even 10 lb baby trying to move down a tiny birthing canal. They're used to getting all their oxygen and nutrition through a chord, surrounded by fluid at 98.6 degrees. It's as if they are completely safe inside an incubation tank, and then they find themselves thrust into a hospital room that is 60-70 degrees. Imagine the shock to the muscles and to the skeleton system as they move through the canal. Then all of a sudden, that newborn Child is asked to do something it has never been asked to do before. It has been safely sucking oxygen and nutrition from the umbilical cord for 9 months and then it is asked to breathe oxygen and clear it's lungs of fluid. Sometimes new born infants are almost forced to take their first breath. And as the new born Children breathe and deal with the fluid in their lungs, they experience deep emotions.

Those emotions circle around these fundamental questions: Am I going to make it? Am I going to survive?

What most people are unaware of is the fact that these seed emotions often carry into adult life. Thoughts of "I'm not sure I can ever survive" plague Children throughout their life at times. Often they surface in their teenage years. If the individuals don't work through these emotions, they can cause tremendous difficulties in their lives. I have worked with many people over the past 25 years who come to discover that emotions seeded in their birthing process continue to stump them in relationships. They cause trouble when they attempt to move forward as entrepreneurs. They have caused difficulty even when those individuals look at themselves in the mirror because they see something different than their good friends and family see. This can be especially true for people who suffer from bulimia, anorexia or obesity. These conditions are simply extensions of or manifestations from the first two basic aspects of the Tai' Chi Gung mastery: Mind and Breath.

So the mind and the breath are at the core of who we are. They're not only at the core of who we are as a human species on the planet, but even who we are as spiritual beings. We are a spirit being having a physical experience and the key to that successful intersection is breathing. If your breathing is expansive, if it is filling your body and filling your energy points or chakras, if it is filling your energy body which surrounds your physical body seven feet in every direction, then your body moves in that energy field with little to no tension, little to no stiffness. And the world does not seem to resist you because magnetically the world is opening up to you in that same energetic way. But if your breathing is small, if you contract your breath, then your whole world becomes contracted, financial success does not flow to you, people do not want to be around you, and the whole world can appear to be out to get you.

As powerful as the mind is, breathing can literally liberate the mind itself. When someone has a breath release, a breakthrough in their breathing discipline, it can completely alter how the mind views the body. At a certain point, breathing becomes almost independent of the body and the individual knows without a doubt that there is an intelligence that is coming from Spirit through the breathing mechanism. With the breath release, it becomes absolutely clear that the breath and oxygen itself is one of the vehicles of energy coming to the human temple.

It is just not possible to be completely human without the capacity to breathe at least 70% of one's capacity. When we breathe less, we begin to act from an animal state of consciousness. We start to entertain lower thought

mechanisms. We begin to behave like animals on all four legs walking close to the ground. But when we inflate our lungs and inflate our being, when we breathe through the pores in our skin and start to open the sinuses in the head, when we can feel breath coming in our hands and through our feet, when we breathe and stand tall reaching toward the heavens, we are a totally different human being. When the breath is done correctly in this way, at that moment, we have what is called a "biological experience with the Divine."

It is in that moment that you feel that you are absolutely and completely free. It has nothing to do with democracy, it has nothing to do with whether you live in a first world, second world, or third world country, it has nothing to do with whether you profess a religion or do not profess a religion, at the moment that you have the biological experience with the Divine through your breath, you open the draw bridge between the Spirit and the body. At that moment you become a very humble Child of the Almighty. You realize that your conscious mind has been expanded into a more super-conscious mind. You look at yourself and know that in that moment you are truly connected to all that is. There is nothing that is not alive in that moment. You also begin to realize in that moment, that all of Nature is also breathing. It may not be taking an inhale and an exhale like you appear to be taking, but you perceive in that breath release that all of Nature is expanding and contracting and that you are part of this ebb and flow in a truly miraculous way. When the breath release happens for you, it is just incredibly powerful. If you have never experienced it, then there is a major part of you that has never really lived. Part of you has never really experienced what it is like to be fully human yet. In one sense, you have never been fully spiritualized in your physical being.

If the breath release is something that you are searching for, then we suggest that you seek out a qualified Yoga or Tai' Chi Gung instructor, someone who is a good breath coach so you can have that break through. When we do our Circle of Chi Seminar, there are at least a half a dozen breathing exercises that are done throughout that day. We spend about 7-9 hours covering the Chi and the 8 principles of the Chi, and as you do Tai' Chi Gung on that day, you learn how to actually milk the breath. You learn how reach out and want to breathe, even when the smaller mind appears to be in your way and seems to try to inhibit you from breathing. A crucial perception about the mind is important to remember. As beneficial and as powerful as the mind is in relationship to bringing your dreams into reality, the mind at best is a great servant. It can be a very bad master. When the mind locks into serpentine consciousness and begins to beat itself into a corner, not able to change

direction, in that moment, the mind has become a master, and you have surrendered as its slave.

The moment that you breathe again and expand your being again, you leave the serpentine mind set behind. Your horizons open up, the world is your oyster and you know there is nothing, absolutely nothing that you cannot do. You can do anything because you are a Child of God and you are getting in touch with truth, simplicity and love.

The key to action in the arena of physical health, mental and emotional and spiritual health for that matter is to understand the breath. Cause and effect in the physical universe is a function of breathing. While breathing oxygen is ok, it is the human being that breathes the energy, breathes the Chi, it is he or she that is working consciously in their body to promote health. After the umbilical cord is cut at birth, a psychic or energy umbilical to the Divine manifests 1-2 inches above the navel. It is there throughout one's life. Breathing through this connection, re-connects one to the Chi. Not by accident, the navel chakra is often called the regenerative center in the physical body.

How important is the breath? Some people believe that the mind is the most important function in the body, that the mind sits at the top of the food chain. However, there is something that is more fundamental than the mind, that is: breathing. If the safety of a human is threatened, the mind often retreats into temporary insanity. In crisis, the unconscious fears often surface, and they are being back to the individual through the outward world.

In Tai' Chi Gung, it is understood that the will to live and the will to breathe are inseparable. They are one and the same thing.

When I was on the mountain top in Tibet for 45 days without seeing another human being, there was a time, about 10-12 days into the test, when unconscious fears began to manifest. Here I was, all of 20 years old, on a mountain top in Tibet, all alone. No cell phone, no internet, no way to communicate. What had I gotten myself into? If I died, no one I knew would know. Not even my parents knew where I was. As this fear came and a whole series of fears that followed after it, at a certain point, a phrase began to resound in my head like a chant, over and over again. "I stand before you. You must choose. Will it be life or will it be death?" In the breath is the choice and the will to live. We have the conscious choice to stay or leave. It is us who chooses.

It is often the repetitive thoughts lower thoughts we breathe into our bodies over long periods of time that carve the lines of aging and illness in the body.

Reversing them is a process of breathing higher thoughts into the body. They act like needles reaching out to the universe to catch threads of light and reconnect it to the body through the energy field. In doing so, consistently over time, the new, healthier body manifests.

To begin the process, it is helpful to understand that in the beginning, the mind must become the servant of the breath, it must become the student of the breath, take a back seat. Three paramount ideas reign in beginning to breathe consciously in Tai' Chi Gung. In the beginning, 1) breathe consciously about 5-10 minutes a day. Inhale through the nose and exhale from the mouth. 2) Expand the abdomen when you inhale like a soft balloon inflating below the rib cage in the belly. Exhale and allow the belly to return back, blowing the air like blowing out a candle 6 inches in front of your mouth. 3) When you start a deep breathing exercise, don't start deep breathing. Breathe small and gentle in the abdomen.

Most adults breathe from their chest and actually hold their breath in their chest most of the time. This raises blood pressure over time and increases the anxiety syndrome. The muscles have developed a habit of fighting the chi in the chest. To avoid engaging them in a battle, the gentle abdominal breathe introduces a regenerative pattern that eventually washes over this old habit and replaces it.

A thought to challenge you: God is all powerful. Is it logical to think that God exists less in the physical universe than anywhere else? The world teaches, and many religions speak and act as if this is the case. By definition, God must be omnipresent, or He/She is not God. How would we treat the physical body if we knew that God was equally present in all dimensions simultaneously?

Isn't it ironic and isn't it divine, that God set up the human existence in such a way that the one thing that we need the most in every hour and every minute of every day, the one thing that can quicken our health faster than any other, the one thing that will liberate you spiritually and transform you faster than any book or course you could possibly take to elevate your understanding, is also something that is completely free and available to us every second of our existence, and is at times the least appreciated, least understood and least used gift we have received from the Divine?

When you think about it that way it almost makes a case for the existence of God Him or Herself because only God could set something like that up. The freedom available through the breath is just incredible, absolutely incredible.

CHAPTER 4 MOVEMENT

Movement has played an important part of the 3300 year old discipline Tai' Chi Gung. The original master Lao Tzu coined the phrase fluency of motion to describe the art. Take a moment to consider movement itself. For a moment picture the most incredible ballet dancer you can imagine moving across the stage in the air. Now see a gazelle bounding across the African plain. Now see a cheetah chasing another cheetah through the woods. Be aware of how the cheetah strikes the earth with its paws, but notice also how it moves through the air. Flash between the cheetah and a ballet dancer like Rudolph Nureyev and you will see that there is a wonder in movement itself. There is a mystery there worthy of consideration.

Some of the most amazing experiences I ever had with movement came on stage during performances. Many people are not aware that I danced professionally in NYC and other places. I have been fortunate enough to be on stage with people who danced at the same level as Rudolph Nureyev. Because of these experiences, there are many things that I want to do in the arts. There is such a natural intersection between energy and movement. It's hard to imagine that the two disciplines do not interact.

The entire human race is now rooted in the age of energy and communication. This was predicted by Sri Yukteswar, the great Indian Hindu saint and a master of Kriya Yoga. Movement has a very important role to play in this age in many different ways. Consider the financial markets. We are moving into an age of liquidity and there are certain aspects of the financial world that just will not be able to keep up. They even call the world financial crisis that manifested in 2008 a crisis of liquidity. As a human race we are evolving, and certain aspects of our existence will need to evolve and change in order to remain in existence. Some things that most people consider permanent just will not be able to keep up.

Movement plays a role in many different aspects of the Circle of Chi. We'll soon talk about nutrition and work and money in more detail, and as we do, it's very valuable to connect these aspects to a phrase shared by one of the greatest Yoga Masters that has ever existed. It is a phrase that is worth considering. A real spiritual life is based on these three principles: Truth, Simplicity and Love.

One of the ways that Truth, Simplicity and Love can be applied in a practical way in your life during this age of energy and communication is to make yourself more mobile. The age will require you to make this adjustment. Your

resistance to being more mobile is actually your resistance to growth. It is your resistance to expanded consciousness and awareness. From the market place of Wall Street to the industries of Main Street to your growth as a spiritual being, movement in this age has already been designed to follow a pattern. You're already in the pool, and the water is wet. You'll need to swim if you'd like to stick around and enjoy the view.

As we move into a more energetic time, one that is higher than we've experienced on this planet for thousands of years, the Spirit of Nature, the Spirit of you, the great white Spirit, to quote the native American Indians, is calling for us all to move in a more fluent *and* more consistent basis. Yes, it is good to take time out every day, to spend time praying and meditating and contemplating, but if you can't get to the place where you do all those things while you are simultaneously on two feet moving, you will be left behind in this new age. If you can understand this concept, then look through that perspective at the world we live in now, you'll have a much better awareness of what is happening in the world. The companies with executive leadership that now think on their feet and adapt to market forces shifting in 90 day cycles instead of 9 month or 9 year cycles, these are the companies that are thriving. People who are unable to embrace this new fluidity, are getting passed by.

And the core reason that institutions and individuals are getting passed by is that they do not want to change and they do not want to grow. They do not want to embrace the energy level that is transforming them. And this age is just in its infancy. We're just getting started. So be ready and understand this, a system like Tai' Chi Gung is absolutely ideal for an age like the one we're moving into now on the planet. Tai' Chi Gung is a movement system that is trying to free you up. It is trying to free you up in the physical body by overcoming tension and any inability to move fluently. It is trying to free you up financially. Donald Trump coined the phrase, cash is king. It is just another way of defining how liquid you can be and need to be in the coming age.

Those people whose assets were more liquid when the adjustments hit in the financial markets in 2008 are the people who are least affected by the recent changes. They are the ones who have conscious choices to make today. Everyone else feels like they've been hit by a hurricane. And it's valuable to understand that the energy of a hurricane like Katrina and the energy that hit the financial markets and sent them plummeting by 40% is actually the same quality of Chi flow, it is the same energy. Yet if you are able to merge yourself with that turbulence, then the storm moves through you as if it is light. If you are a prism or crystal, that storm will pass right through you. What is to come

will move right through you. The light of the storm is intensifying, but it will not bother you if you remain transparent. The only time that light or liquid or energy or substance of any kind can bother you is when you resist its flow. It only bothers you when you resist in your spirit, when you resist in your mind or when you resist in your body. That very resistance causes undo pressure, eventually pressure leads to tension, and long term tension can lead to stress, and unfortunately there is no other way to describe it, stress kills.

As you practice Tai' Chi Gung, you begin to tune into the fact that movement is life itself. Oddly, resisting life itself will kill you. Movement propels the planet earth through the Milky way galaxy. It dances through the stars in the night and it continues to move forth. Within your body there are many, many galaxies. There are many many universes dancing around in every cell in your body. If you could view yourself on a molecular, atomic level, you would understand that around and through your human vehicle is an energy that swirls and flows just like it flows around and through the earth, just like it flows around and through the galaxy. As you tap into this energy and are guided by your spirit to move with this energy, the movement that you are doing is called Tai' Chi. That movement just basically yields to the way of the energy field that has been around forever. The energy field that you tap when you do Tai' Chi Gung was here long before you were and it will be here long after you have evolved to another form.

So much of the confusion on the earth right now comes from the fact that so many people are just not consciously aware that they live in the midst of a quickening of Spirit. In the religious books of the world, one of the basic definitions of Spirit is 'to quicken'. There is a quickening in the level of light emissions bombarding this Universe. And it is taking place right now. They are intensifying every day. We're in the early stages of this intensification. This acceleration is bringing certain people into enlightenment, and it is driving other people into temporary insanity. The energy and light increasing around and through humanity is bringing healing to some, and causing others to experience pre-mature heart attacks and strokes that the medical field have tremendous difficulty explaining.

The inability of the medical world to adequately explain many of these medical conditions is not too hard to understand. How in the world can the medical field explain conditions that are caused by changes in the magnetic field, if the medical field is only in the very early stages of recognizing the existence of magnetic fields around the body? We are electro-magnetic-biological beings. How in the world can you treat someone if you only address the plumbing? And to give them credit, much of the medical world

is starting to evolve into a more holistic approach. That being said, there are many, many medical professionals who spend \$250,000 or more on their education, they set up a practice and then go about treating the plumbing and get paid very very well for performing a function that remains ignorant of the basic fundamental make up of a human being. To achieve healing, one must treat all of you, including your energy field.

The concept of holistic means the whole of you. So let's address the whole of you. Let's address your light and your energy, *and* your movement. The day that you decide to stop moving, is the day that you die. It doesn't matter if your body has figured it out yet, it doesn't matter whether it shows up in your life yet, or anyone around you has figured it out, but the day that you deny yourself movement, the day that you stop moving forward or moving on, is the day that you begin to die. As you resist movement because you're fearful of moving, you're dying. If you're not moving, you're dying.

In the midst of movement, there is a profound paradox. My teacher in Tibet once led me to a mountain top retreat where he left me behind and unknown to me when we first arrived, I would be required to spend the next 45 days without seeing, hearing or talking with another human being. I remember sitting in meditation, doing yoga and Tai' Chi Gung about 5 to 6 hours a day and meditating somewhere between 5-6 hours a day. I was just getting ready to turn twenty years old. I remember how the 45 days of solitude began to change me. By the 45th day, I came to a state of being where I released the need for another human being. I really didn't care if I ever saw another human being again. I released enough of my fear of death that I didn't really care if I died or not. I was moving into an energy level of so much abundant life that it is almost impossible to describe. It was in the midst of this experience that the core essence of movement within Tai' Chi Gung came to me. In the Stillness is all the movement; and in moving, one must become still. I realized that when it came to movement, that phrase was the secret of the universe.

If you understand that phrase, if you could reach into that idea, you would never go a single day without moving your body at least one hour. Your body is over 70% liquid, and in that regard we're just addressing your plumbing. Since you are 70% liquid, it's vital to your health to move a minimum of one hour a day. If you did not move that day, basically, you died that day. And it's ok if that is what you want to do, but it's really not ok if you understand how powerful a being you are. It's not ok if you realize that there are probably many people connected to your universe that depend on you or love you or count on you or hold you accountable. It is important to realize that in life,

there is nothing that you do; and as my master liked to also add to this phrase "there is nothing that you do not do", that will not send a ripple into the universe. It is a ripple that represents a quality of energy. It is a ripple that says something about who you are. You're already in the swimming pool of your universe. What you do or do not do there does matter.

Every time you come into somebody else's magnetic field, every time you walk close to them, you have parted their energy field. You have made an impact no less significant than Moses parting the Red Sea. Sometimes you're aware of it, and sometimes you're not. Sometimes you're welcomed with open arms and sometimes they are ready to fight. Sometimes you're just not clear why they respond one way or the complete opposite. But always examine your heart and weigh the impact that you have there first.

I used to ask my teacher, "Bo-yang, why do I have to practice Tai' Chi Gung every day?" He said, "Rasaji, practice your Tai' Chi Gung every day until you can love unconditionally, all day long." What the kids today would call 24/7. He went on to say, "When you can love unconditionally everybody and everything 24/7, you won't ever have to do Tai' Chi Gung. At that point, everything that you do or you do not do will be Tai' Chi Gung."

In essence, all movement is an active expression of what we call love. And love is that active expression of this great white light mentioned in all the religions of the world and called God. On the most fundamental level, you are God in action. That is who you are.

But if you're not acting, and you're not moving, then you're God stagnant, and you're resisting the very reason you chose to be created and manifested in this world in this physical universe. When you can tune into that, you will know that God is equally present in this world. He or She is here just as much as any other world in any other galaxy. And God wants to do the dance of the Tao through you. He or She wants to do this so that your life is an incredible metaphor of what He can do and what She can do; a life that honestly can *only* be done through you. Certain concerts that need to be played, can only be played through you; certain songs that need to be sung, can only be sung by you, certain businesses that need to be created can only be created through you. All of these things are God in action and they all have to be movement. But if you're not moving, you're in denial. You're not in denial the way that psychology describes it. You're in a blasphemous denial. You're denying your own true self.

As strong as that statement is, it is meant as a call to action. Challenge yourself. Ask yourself in meditation, what is your Higher Self, what is your God

Self, what is your Christ Self asking you to do? Until you're absolutely conscious of what it is asking you to do, go do something with your body. Move a minimum of one hour a day, whether you walk, or do yoga or Tai' Chi Gung. Just move. Because when you ask enough and do enough, you will get your answer. You will know.

That being said, let's put things into perspective. Outside of the importance of moving and asking, don't sweat the small stuff. Besides those two important things, moving and asking for guidance about what you are created to do here, if you can take another breath, if you can take another step, then it truly doesn't matter what has happened in your life up to today. It doesn't really matter what is going on in your life right now. Tomorrow that can change. You can learn to use your mind and your breath and your movement to change recreate yourself, so... don't sweat the small stuff

I'm reminded of a time when I found myself in India around Mount Kalesh. According to most mystical Indians, the physical universe was created from Mount Kalesh. In any case, I was meditating there. The energy and prana on and around Mount Kalesh is just off the charts. It is a regeneration machine. As I was meditating I found myself dwelling on the very same things we just discussed, namely, how do we discover our purpose? How do we gain clarity of action in the world? Why would we want to take action in the world? This musing led me into a self realized state, and from this state I was reminded of the many Oriental and Indian masters I had met and seen. I was struck that they all shared one thing in common. They all had this huge smile on their face. They just walked around with a big grin from ear to ear. When you realize the truth in movement as we have described here, you'll understand their joy and you'll come to know what the meaning of true freedom is.

RASAJI'S TAI' CHI STUDENT LOST 68 LBS IN 6 MONTHS

Seven months ago one of my private students, with me for a few months, said he wanted to lose 60 pounds in 6 months. I asked him what why he wanted to do that. (It is worth mentioning, that in my own opinion, he needed to lose about 100) But I wanted to hear his answer because it was important. I knew that to him, and to all people who go for a goal, it needs to be for the right reason, or what they believe to be the right reason. We'll call him Ralph. Ralph said that his self esteem had hit bottom. He said that his wife found him undesirable and his father-in-law thought he was a lazy bum. I answered, "What is most important is what you think, but if you are going to include other people in your own decision about losing weight, you might as well have some more fun along the way, especially if you're going to include them also. Ralph said, "What do you mean?" I said, "What would you like from your wife? He said, "A certain sexual fantasy." And I said, "How about your father in-law? He said, "He owes me money from a card game." I said, "There you go. Go and ask them and ask them big. I mean really big, for what you want from them and then tell them you want it when you lose 60 pounds in six months. They will laugh and say something like, "Sure you're going to lose 60 pounds in six months, like that will ever happen. And then you will laugh. You'll laugh inside now, and outside six months from now." So Ralph said, "How do I do it?" I said, "it's so simple, it will blow your mind. All you have to do is read a ten page chapter of my book "Circle of Chi" that you can get from www.rasaji.com every day for 40 days." He is a Christian, so he knew that 40 days was a big deal. "That's all?" Ralph asked. I said, "After 40 days, your mind will tell your body exactly what you need to do to make it happen and to reach your goal in 6 months." In 5 months and 21 days, he lost 68 lbs. His wife rented a limousine, and they rode around until he was exhausted. Now they are renewing their wedding vows after 15 years of marriage; before they were thinking of divorce. Oh yeah, he got ten times the money his father-in-law owed him: \$1,000.00 cash, after taking both of them to a fancy steak house. And his father-in-law gave him a promotion. "Wow Rasaji," he said, "Your system is great. It really works." I said, "It should. It's been proven for over 3,000 years.

Enjoy your life, or change it!

CHAPTER 5 NUTRITION

Tai' Chi Gung approaches nutrition from many different levels. A holistic approach to the bio-electro-magnetic being that you are will provide insights in nutrition that go beyond your plumbing. The first level of nutrition we will discuss is perhaps the least recognized and the most advanced form of absorbing nutrition. Most of the human race is not yet aware of its existence. My Yoga teacher Babaji from the Haldwani area around Nepal and North East India once meditated in 1970 for over 45 days without eating, without drinking and without going to the restroom.

Then on the 46th day, he opened his eyes and told the 200 to 300 people who had gathered before him that he was hungry and ready to eat. The very interesting thing about this process is that in the beginning he ate fruit and drank milk, very much like a young Child or a baby does in their first or second year on the planet. With that diet, more Indians showed up to be in his presence. When he moved to eating two meals a day, people from the Western world began to show up to be in his presence. That change in diet, and the change in who was able to be in his physical presence reveals a very profound spiritual law. There is a strong connection between a person's diet and the quality of their relationships.

Obviously, Babaji has attained a level of true Tai' Chi Gung 101 that is very advanced. That is, he can derive his nutrition in its purest form directly from the ethers. Actually there is an ancient Sanskrit record that validates the presence of beings on the planet earth that have achieved this level. Babaji is not the only person to have accomplished it. In fact, every one hundred years or so there are examples written about individuals who mastered this form of nutrition. They are even mentioned in the different religious books of the world. In the Judeo-Christian tradition, Enoch spent several years with God the Father and he was asked afterward if he needed anything to eat. He replied that he no longer needed to consume food as other human beings did.

What Babaji demonstrated in 1970 was that an individual who masters their body is able to get nutrition from many different grades of energy. Our bio-electro-magnetic vehicle is capable of much more than most people believe possible at this point in our historical development. In that 45 day meditation, Babaji basically defined who and what we are. We're not just a being that works like a combustion engine. We don't just take in solid mass every day with a certain density, break that solid mass down and burn the carbon to

derive the energy that we need like some steam engine or automobile. The human body and the human beings that inhabit physical bodies are capable of much more than that.

The next level of nutrition has been demonstrated quite often throughout the different organized religious sects of the world. The Catholic Church comes to mind. One modern day mystic is Theresa Newman. She is a Catholic stigmatic. A stigmatic is a person who actually receives and manifests the crucifixion wounds of Christ Jesus. Theresa Newman actually went through the crucifixion experience every Friday for many years, bleeding profusely from her palms or wrists. Her physical weight fluctuated almost 10 pounds each week based on her identification with the passion. What is so profound about Mary Newman is that during this period, and for over a 120 day period in a row, she ate only the host given in communion, which is a single small wafer of unleavened bread, probably less than 1 calorie of outward nutrition. Yet her physical body was sustained and she continued in her service throughout. This is another outward example that nutrition goes beyond just the 5 senses in our physical body. A Christian devotee might describe it in the words of scripture: Man does not live by bread alone.

On a very down to earth and practical level of nutrition, it is valuable to consult contemporary cutting edge bio-chemistry. Most of us entertain a regular daily diet that allows us to live and function in society, raise families, go to work, etc. We are striving for a nutritional intake that balances and regulates our Chi flow in this area.

There was an interesting study done in the last 12 to 18 months by the University of UCLA in Los Angeles. The study was trying to identify from a physical plumbing perspective, what was going on to cause the aging process itself, or at least determine what was speeding it up, or slowing it down. I thought this to be quite interesting, being an avid student of Tai' Chi Gung for over 36 years and a student of health and longevity. You can imagine that a third party, scientific validation would really peak my interest.

The study was investigating the cause of the aging process. One area of interest focused on excess inflammation in the body. They discovered that inflammation was profound around many internal organs of some of the patients in the study, and this excess was one of the primary contributors to accelerating their aging process. Most people are aware of inflammation in the joints. The pharmaceutical and the medical world call these conditions bursitis and arthritis. It is generally in the joints that we feel pain and discomfort. We reach out for Ibuprofen or some other cox1 and cox2 inhibitor. While these remedies address the pain, they do not bring an individual to an

awareness of what is going on underneath, on the sub-clinical level in the organs and tissues of the core. It is the inflammation in our internal organs that is actually speeding up the aging process. And none of the pain medications are designed to address this inflammation. Among other things, this level of inflammation makes it very hard for the nutrition we do get through our food to be metabolized and absorbed into the cell wall. There is a kind of firewall of inflammation surrounding our cells, connective tissue and organs that is preventing us from absorbing nutrition or allowing for normal metabolic activity.

The second area of aging addressed in the study concerned something called oxidative stress on the cell wall itself. It was discovered that an average cell is taking anywhere from 5000 to 10,000 hits a day from what they call free radicals. A simple way to describe oxidation would be to picture leaving an unprotected metal pipe out into the weather for over a year. If you did that and came back to examine it, what would you find? That pipe would be rusty. The wind, sun and rain would cause oxidation. The elements would start to break that pipe down into another form. . Basically they have discovered that our bodies are subject to the same process internally from elements in the body called free radicals. Being in Florida, one only has to think about what happens to the finish on cars that stay out in the sun, rain and salt near the ocean. The paint jobs don't last long if the car is not protected.

So when you examine your Circle of Chi and you begin to reach beyond proper movement, beyond mastering your mind, and beyond mastering your breath, you will want to look at your basic nutrition. Your nutrition program should include things that you eat and drink that address excess inflammation and oxidative stress in the physical body. These two factors are considered the major biological causes of aging in the body.

The solution can be very simple. You'll want to take in high berry concentrates on a regular basis. These include cherries, blue berries, and blackberries. Any fruit that is deep red or burgundy; basically your diet should include fruit that has the color of very healthy blood. It helps not only the blood itself, but the cell wall through its anti-oxidant properties. It is also very good brain food. Berry concentrates increase the circulation to the cerebral cortex of the brain. These berry concentrates also perform another very valuable function. They begin to lubricate the cell wall and actually begin to break down a bio-film that often forms around cells due to improper eating, lack of exercise and lack of proper breathing. Over a period of time the residue of the food we do not digest, the pharmaceuticals we take, and the environmental toxins we are exposed to congeals to a thick gooey paste that

coats the cell wall, very often in the connective tissue first. Berry concentrates have the ability to help the body break down this film. Why is that important? Because as bio film is broken down and removed, the cell can finally begin to absorb the nutrition that it needs to perform at its optimal level.

So the old adage, "we are what we eat" is not really accurate. Based on a metabolic understanding of nutrition, "we are what we are able to absorb." And so if you're unable to absorb nutrition from the food you eat, you're in sort of a tight spot. You'll probably want to over eat because you're not getting the nutrition you need from the food you eat. So the old joke applies in this case. You're in a position where you're actually trying to get nutrition like a guy who thinks he can eat a T-bone steak by rubbing it on his skin. When the nutrition from that steak can't get through the cell wall, you might as well be wearing the beef. It's doing you about the same amount of good at that point.

To address inflammation, there is a product developed by a company called Univera that is worth investigating. Univera is a Latin word that means one truth. This product is supported by full double blind, third party clinical trials. It was given the international Nutricon award in 2005, chosen among over 1300 applicants for the most significant advance in nutritional science for that year. The compound is called Protectin. Univera uses it in 3 or 4 of their products. The ingredients come from the Far East. Actually both ayurvedic physicians and Chinese herbalists are familiar with these two compounds. One is acacia bark and the other is scutalaria root. Both are considered a natural organic anti-inflammatory. It took a group of scientists in Univera's subsidiary Unigen Pharmaceuticals several years to put just the right combination and potency of acacia bark and scutalaria root together to make the compound they call Protectin. It is their synergy together that releases such a profound benefit to address this aging problem. .

The story of Univera is quite extraordinary. There was a billionaire in South Korea who fell ill and exhausted the help of the best Western medical counsel he could find. When he returned home to put his affairs in order, a friend suggested that he investigate botanicals. He had what most people would consider a miraculous recovery. When he discovered that there was little solid scientific documentation of the health benefits of botanicals, he began to invest his wealth into basic research. This included collecting medicinal plant specimens from all over the world, bringing them into a pharmaceutical grade laboratory and documenting carefully, the chemical compounds present in the different parts of the plants. So the research arm of Univera has a the largest plant library in the world outside of the Smithsonian museum, and

it is much more significant because every plant, now over 250,000 fractions, has been cataloged and exists in a data base run in the lab with support from a link to an MIT super computer. They can now analyze the effect that botanical compounds will have on human DNA at a speed that is nothing short of astounding. What used to take a team of bio-chemists 4-8 years to accomplish, can be done in less than two hours with their present computing power.

So while herbalists have been using plants to help the body heal for well over 5000 years, observing the cause and effect of administering remedies from various parts of plants prepared in a wide variety of ways, Univera was the first company to really sit down and scientifically document these interactions in such a profound and comprehensive way. So a company with abundant financial means brought the holistic world together with the scientific world and formed a 30 year old facility that has today over 50 full time research scientists and bio-chemists working around the clock to discover compounds that can be used safely without the side effects of prescription medications.

I have been using some of their compounds the better part of 4 years and my wife is also using them. Many of the Tai' Chi Gung students that I work with on a regular basis are also using them with the same profound results. If you would like more information, you can click on at www.rasaji.com, follow the nutrition links to view a video clip that discusses the back ground of the company, a video clip that describes the science behind the products in more depth, and a video clip that describes 4 or 5 of the core products that people are using on a regular basis. This is basically cutting edge nutrition. We'll touch on just three of them lightly here.

Their high berry concentrated is called AgelessXtra. It is made up of 4 or 5 different berry concentrates, plus the Protectin we discussed before. It also has several other compounds including Cordyceps sinensis which is a mushroom that is grown in the foothills of Tibet. I actually went out a couple times a week to pick this mushroom with my master Bo-Yang so I was very excited when I saw that this was one of the compounds in the product. Cordyceps is very good for anaerobic and respiratory function. AgelessXtra also contains a very high quality green tea extract. There is next to no caffeine in the product, but for those who are curious, if you swallowed a single teaspoon of regular brewed coffee, AgelessXtra would have less caffeine from the tea extract. And most people are unaware that the highest quality of green tea, used in the product, also contains a compound called theanine. The presence of theanine actually has a calming effect and neutralizes the caffeine anyway.

The product somehow has a way of helping balance the blood sugar and balance metabolic energy at the same time. It does this consistently for four to eight hours without putting a spike in the energy output and without stressing the adrenalin glands. It is an incredible stabilizing drink. We've watched people effortlessly decrease their alcohol intake. Alcohol is a very yin, expansive drink. Sugar in the diet actually performs the same function. We've also watched people back away from caffeine and carbonated drinks very quickly. These are drinks that rob the body of calcium and rob the heart of magnesium. So taking this drink and then doing Tai' Chi Gung or yoga has brought tremendous benefits to those who have combined them together. Tai' Chi Gung works on the magnetic field and the nutritional products work on the DNA level. Doing both allows you to bring regeneration on the cell nutrition level and also in your magnetic field, both at the same time.

Univera was able to take Protectin and put it in higher doses and combine it with the other proven joint building compounds like glucosamine sulfate, chondroitin, the MSM and vitamin C. These compounds have been tested since the 1990s and have been shown to help repair and regenerate connective tissue and even cartilage. But one of the key problems in the past, one of the things that has limited the effectiveness of these other joint remedies, is the fact that inflammation in and around the joint and connective tissue consistently prevented any of the repair nutrients to reach the joint where they were needed. So Protectin clears the way, takes down the firewall, reduces the inflammation and allows the repair nutrients to get the job done. It's just amazing to watch the impact on students who take these two products together. They increase their range of motion, they see a noticeable decrease in their joint discomfort.

Basically, the use of these two products directly addresses what the UCLA study says needs to be attacked in the aging process to overcome it on a regular basis. . There is a third product worth mentioning because it is so important. According to the Tai' Chi Gung masters, the endocrine gland system is the software of the human body. And so many of the things that affect us on a spiritual and psychic level are connected to the endocrine gland system and how well it functions. The endocrine glands sort of represent the black and red cables on a battery. They need to be grounded in order to function properly. A lot of imbalances that are going on in people's bodies, a lot of the symptoms that arise, are deeply rooted in a malfunction with the nerve plexuses, the seven major pressure points, and their connection to the their physical counterpart, the endocrine glands.

The Chief hormone needed to sustain balance in the endocrine gland system is a compound called DHEA. DHEA was viewed as a junk hormone for many, many years, but the Univera organization under the tutelage of Bill Lee, who is the present owner and son of the original founder Yun-Ho Lee, was smart enough to seek out a great scientist by the name of Steven Cherniske. Stephen Cherniske is an author of three bestselling books. His most recent book "The Metabolic Plan" is a must read if you're serious about nutrition and interested in helping your family experience biological nutrition on the higher level. While Stephen Cherniske was not the scientist who actually found the DHEA compound, he is the scientist who discovered a way to process and ingest a plant based version safely. He has run the most comprehensive studies on DHEA on the planet. He is a world expert on the compound.

The product that is offered by Univera is called Prime. Prime has the DHEA in it and it also has what they call the 7 keto DHEA. 7 keto DHEA helps the body begin to reach out and produce its own DHEA. This concept is more in line with the principles of Tai' Chi Gung. Prime also includes high levels of B-12 which can have an enormous calming effect in the endocrine system, and B-12 is also an important nutrient for the brain. DHEA is often considered a type of growth hormone and is Yang in the body. What happens in the latter years as people move from about age 35-50, is that their signal system, the part of their endocrine system that is sending out the restore and repair signals begins to drop off as the DHEA is no longer produced in high enough quantities to maintain health. The hormone actually is in control of over 150 functions from the brain to the endocrine gland system that basically tells the software of the body to keep the hardware in the body going. DHEA helps in the bodies monitoring process. When it drops off, the body systems start to break down and shut down, close up shop. This is a profound break through. In my opinion, it could be the most significant breakthrough in nutrition in the last 50 years. Someone who is age 35-50 basically needs to be taking a DHEA supplement if they are at all serious about pursuing health and longevity. It is something that you don't want to be without.

Those who take Prime show some amazing benefits. Their muscle mass begins to develop. Lean muscle tissue grows, bone density increases. These are benefits of Tai' Chi Gung also. DHEA is also produced in the body naturally. There are three or four common ways that you can increase your DHEA levels. You can remember to get a good 7 to 8 hours of sleep a night. Deep REM sleep can elevate your DHEA. You won't be surprised to know that regular practice of Yoga or Tai' Chi Gung exercises will also increase the DHEA. A light weight lifting program or brisk walking will also increase your DHEA. While

all of these help, you also really need to keep your DHEA levels elevated on a metabolic level.

So when it comes down to nutrition for your physical body, you deserve to know the best of what we have found to date. If you would like more information, you can watch three short video clips on www.rasaji.com. Just click on nutrition and follow the hyperlinks when you arrive on the nutrition page. From www.rasaji.com you can go to www.univera.com, learn all about their products and place an order if you like. You can call them directly at 877-627-4787. When they ask you, use this ID number: #1117802. The Univera company stands behind their products so much that you are able to use them knowing that you have a 90 day money back guarantee. I stand behind them because of all the feedback that I have received from my students. They have benefitted tremendously from using them, not to mention the profound help they bring to me and my family.

I have worked with high quality people all my life, quality instructors and quality masters who stand behind what they do, and I found that this company also stands behind what they do. I have a very good feeling about them. One of the things that I'm very clear about Univera is that the vision of this company is very similar to the vision of a lot of the teachers I have studied with over the years. The company is in the process of creating holistic spas with alternative holistic practices all over the world to help educate people about this global transition into health. Bill Lee is a billionaire who is putting his money where his mouth is, and he is intensely focused on health and longevity.

I heard Stephen Chemiske say recently that that the average human being today should be looking to live to the age of at least 120 to 150. This is the same figure that many Tai' Chi Gung masters focus on. They want people to think about that as the launching pad, something that is attainable. So in Tai' Chi Gung, middle age is somewhere in the 90 to 100 year old range and not anything like the 50 to 60 year old concepts of middle age that move through the mass conscious world.

There are several very basic things that you can do on a day to day level to improve your nutrition. They are extremely economical. You can start them today. When I first began to train in Tai' Chi Gung, when I was working through my kidney illness, one of the most incredible things that my master taught me was that no matter what you drink on a regular basis, make sure that you drink 50 to 60% clear liquids every day. By drinking clear liquids we get the same benefits that we discussed about the breathing. You alkaline the blood stream and really help slow down the aging process.

So if you're a person that has already been told that you're pushing the limit with your acidity level, then you'll want to embrace the 50-60% water suggestion right away. You can find this out in your next physical, or do a blood Ph test yourself to see where you measure up. Women should be slightly more alkaline than men. If your tests indicate that you are too acidic, seriously consider removing carbonated drinks from your diet. Carbonated drinks are absolutely number one on the list of drinks that accelerate the aging process. I have gone off carbonated drinks for anywhere from three to five years at a time in order to accelerate the alkalinity in the blood. All of your dark liquids outside of berry juices, but especially teas with caffeine, including things like Chai tea which some people assume are so good for you, can actually produce a very acidic situation very quickly. Of course eating fried foods along with other saturated fats will increase your acidity level. And because this is true, you may want to begin to decrease them.

If you want a very comprehensive alkaline based program, generally increase your water intake until it is 50 to 60% of all that you drink. Take some high berry concentrates daily. Begin to broil your food. Eat somewhere between 20-40% of all your food in its raw state, things like salads basically. Or if you want cooked food, steam your vegetables lightly and arrive at the place where 25-40% of what you take in your body on a daily basis is either in its most natural state or lightly steamed. If you do those things, you'll be amazed how your body will respond.

When you do eat animal protein, do so consciously. That is, try to eat your animal protein with as few other kinds of food at the same time as possible. It is much easier to break down a steak or Chicken or fish or fowl if your body is not faced with trying to digest other forms of food at the same time. Adopt the habit of starting the digestive process with a prayer. Begin with a moment of recognition. Acknowledge that energy and light flows from your spirit to your food and from your food back to you. Declare that the vibration of this food and this drink is perfect for you in every way. That affirmation is the first level to begin to "eat your drink, and drink your food"; which is a common adage given in the east for good health. So chew your food and enjoy it. Eat when you eat and try not to be in a hurry when you do so because the enzymes in your digestive system work much better if you're in a more calm meditative state when you go to eat. If you are too anxious and you're worried about getting to the next appointment, you won't absorb the nutrition from the food you eat as well. Start to slow yourself down around meal times as you are able to.

Think of the things that are important to you, like the time that you spend with loved ones, like the time you spend in meditation. Think of any time when intimacy, being there with all your spirit, mind and body present is important, and begin to make meals one of those times. Try to make at least one meal a day like that. Maybe you're a little bit too rushed yet to ask yourself to do this at every meal, but let's ask ourselves to be more present at least one meal a day. Whether you eat two meals a day, or three meals, or if you are dealing with blood sugar imbalances and you are eating 4 to 5 small meals a day, try to take one meal a day a time where you literally self reflect. Make it a time when you push the world aside, quiet your mind, do a little bit of your Tai' Chi Gung breathing and everything is flowing; when you participate in the light and the energy that flows between you and the food. Let it be a time when you give thanks in the way that you're most guided to give thanks, whether you profess a religion or not. The point is, whether you profess a religion or not is not important, you are still a spiritual being. Recognize that spiritual connection and that energy and Chi connection to everything that is, so that when it enters your body it is already being changed. It has already been influenced by the Chi. The magnetic and electrical energy of the solid and liquid mass can change you so quickly, if you take the time to change them as they approach you.

TAI' CHI GUNG 102

How to integrate the Chi in, through
and around your daily life

WORK

MONEY

FRIENDSHIPS

NATURE

FROM A CIRCLE OF CHI SEMINAR PARTICIPANT:

I found the recent Circle of Chi Seminar with Rasaji very inspiring, and at times extremely challenging to my limitations. After more than 20 years working with Rasaji as a private student, I was curious to see what would happen if I spent an entire day listening about and doing Tai' Chi Gung with him. While I picked up several things related to mind and breath and movement, this particular seminar seemed to help me the most in my work. I've been cultivating multiple streams of income with Rasaji's help for a long time, but I never really stepped back to notice how much he had helped me over the years, until his talk about work brought my past efforts with him into focus. Not only do I have seven clear sources of income coming to me now, but with the help he gave me in the seminar, I was able to determine where I wanted to expand and develop each one over the next several months, even though I had no private conversations with him on that day. Again it showed me how valuable it is to raise your personal vibration to gain clarity. I'm beginning to see why I felt a bit overwhelmed with my work recently, but with this transition brought on by attending the seminar, I'm much more relaxed. I can see what needs to happen, regardless of how long it might take. I'm excited again about work, and I can see now that I'm doing the right stuff for the right reasons. It's an incredible feeling.

Thank you Rasaji very, very much!

David

Rasaji offers the Circle of Chi Seminar in a series of classes, a week end retreat or as a one day event. To bring Rasaji to your group or organization so that the Circle of Chi expands and accelerates your dreams into physical reality, contact Rasaji for his availability. 904-994-1085, rasaji@rasaji.com.

CHAPTER 6 WORK

Before discussing work and passion in detail, it is important to realize that everything connected with Tai' Chi Gung 102: Work, Money, Friendships and Nature actually grows out of the foundation that you establish with the Chi supported through Tai' Chi Gung 101: Mind, Breath, Movement and Nutrition. In other words, the relationship you have with your Divine self based on your use and mastery of your mind and breath, of your movement and nutrition will always determine the quality of the relationships that you have in your work, your relationship to money, your friendships and your relationship to Nature.

So before we discuss money, we'll do a quick overview of our discussion of the Circle of Chi. The Chi of itself is the sustaining force to all that is and all that we do. Those people who work consciously with the Chi are on a path to uncover super humanness. They aspire to achieve nothing less than miracles.

The mind is the first great influence in the Chi. The mind determines what moves from the un-manifest world into the physical domain. The mind is a great servant, but it can be a very bad master. Many people do not understand that all their thoughts are creative. They miss what the mind can do for them from day to day.

In the breath we find the true draw bridge to the Spirit world. A lot of people's success patterns in the aspects of Tai' Chi Gung 102 are actually being influenced unconsciously by their own experience of the birth process itself. A breath release can alter and improve the success patterns of many people almost overnight when they choose to break through the coding and fear that is locked in at birth as they took their first breathe of air.

The goal of moment in Tai' Chi Gung is to learn to move in a way that is pleasing to Nature. When you do this, all of Nature begins to yield to you and the peace that you radiate brings all of creation to you to aid and assist you. In the midst of moving with Nature, you begin to understand that Nature is God's playground.

In order to balance nutrition in your Circle of Chi, you begin to be aware of the different levels of nutrition that actually feed the physical body. These include the purest spiritual nutrition where an individual draws sustenance directly from the ethers through the proper use of the mind and breath. In the Far East they call this mastery: asawa di kanwali which means, "I eat or partake directly from the nectar of God." And they also include metabolic nutrition that enables nutrition to be absorbed properly on the cellular level.

So as you learn to build a good foundation in Tai' Chi Gung 101, work and passion become the next logical aspect of the Chi to embrace. Basically, your work and your passion should really go together and stay together. In the Christian bible, Master Jesus always referred to the importance of letting others know you by your works. If you reflect, it's not hard to identify a very large number of parables in the bible and many other religious books of the world that discuss work and money. And yet, when you turn around and look in the world as it exists today, how is it that work and money appear to be in such chaos? As of this writing in 2008, the stock market has been clipped off at the knees. We've lost nearly 50% of the net gain in the DOW and the S & P since the beginning of the year. Main Street is feeling it. The impact is so strong that even though the dollar has begun to recover in the last 6 to 7 months and is actually beginning a turn around, we have fuel and oil prices at the lowest point they have been in the past 10 to 15 years. It's pretty amazing. Hardly anyone would have predicted such a thing could happen.

As we talk about money in the current context of world events and the Circle of Chi, I want to give special credit and thanks to a man who I feel has become a mentor and guide. I'm deeply indebted to his assistance and the clarity he has helped bring to my own appreciation of money and how it operates in the physical universe. About five years ago I was given a copy of Robert T. Kiyosaki's book "Rich Dad, Poor Dad." Then shortly after that, I read a second book of his called "The Cash Flow Quadrant." When I take on the mission of learning from someone, I do so very intensely. I love to become the student, and I begin to immerse myself in their teachings. I highly recommend that anyone making an effort to understand money, go out and purchase a copy of Robert's books, especially "The Cash Flow Quadrant." They are available at any major book store, and also online at Mr. Kiyosaki's website: www.richdad.com.

Robert Kiyosaki is a person that thinks of money in a way that is very similar the Tai' Chi Gung mind set. He was actually interviewed recently on national television, just before the most recent presidential election. His answer was very interesting when they asked him point blank, whose economic plan was better between the two candidates.

He basically told them that he didn't like either one of their plans. But he thought that the very best way to fix or make a positive change in our economy was to fix it one house hold at a time by encouraging and showing people how to take control of their money and their financial situation. This is just how we would see it in Tai' Chi Gung. We would see money first as energy flowing to and from the source, to and from each person as an individual, to

and from each household. In Tai' Chi Gung we would establish a flow of energy through money that by its design, would begin to feed your health and not just deplete you. It would be a structure that followed the discipline of increase. Remember, Tai' Chi Gung is a system of regeneration, as opposed to a system of degeneration.

To establish a regenerative flow of Chi called money, it is important to grasp the mind set shift that must take place. So it is vital that you go back and review Tai' Chi Gung 101 in order to grasp the concepts of regenerative cash flow and wealth management in Tai' Chi Gung 102. It is in the mastery of the mind, of breath, of movement and nutrition that the door to a higher understanding of work and money are possible. And while this chapter is focused on work primarily, money and work do intersect, and they are complementary in everyday life.

It is in Kiyosaki's Cash Flow Quadrant diagram that an understanding of passion and work take root on a practical level. We highly recommend that you purchase his book and read it so that you can understand the profound insight he brings. We present just the barest outline here as a reference for our discussion of the Chi in work.

It is possible to understand the world of work by dividing the sources of income into four basic categories. You derive income from one of these four activities: Either you are an Employee, or you are a Self Employed person, or you own a Business, or you are an Investor. Based on the insights Robert has shared over the past 20 years, most people exist in one or possibly two of these quadrants, and they derive basically anywhere from 5% to 90% of their income from that one source. Most people are very lopsided. They are very unbalanced in these quadrants. A vast majority of people essentially spend all their working years either in the employee quadrant or in the self employed quadrant. Mr. Kiyosaki shares brilliant insights in his books about the motivation of individuals in each of these quadrants, as well as their advantages and disadvantages. Briefly, an employee is motivated by the need for security and relies on an outside source like an employer to cut him a paycheck every week or every other week. It is a mindset that is not unlike an individual who looks to the government to take care of them. A self employed person takes the cap off their earning by moving out into the work place to offer a product or service they know is unique or superior. Yet they are limited by the number of hours available in a work week. And if they stop working, they stop earning. A business owner develops a system of duplication that allows his or her efforts to be multiplied by training other people to do the work and then taking a percentage of their effort as profit. And an investor allows money itself to

generate income, it is not tied directly to their participation in the exchange of goods and services, but rather rides the increase of investment entities that rise in value in the market place.

Tai' Chi Gung is a system of regeneration and balance. Most students of Tai' Chi Gung who consult with me about their work, are often somewhere between the Employee and the Self Employed person. They generally are looking for a way to leverage their time by participating in a business or maximize the earning potential by learning how to leverage their investment dollars. They come to me because they want to understand more about how the Chi operates in their work, and they are searching for spiritual insights as they create a plan of action.

One of the basic exercises I ask these students to do is to take out a blank sheet of paper, draw a vertical line down the center, and then list all the things that are they qualified to do and all the things that they love to do on the left side. Then I ask them to write down on the right side of the paper, all of the things that they absolutely detest doing, all the things that they absolutely do not like to do. I ask them to take that paper and keep it with them over several weeks and actually think about the two columns in depth. I ask them to have at least 10 to 20 things written down in each category. This becomes a very powerful tool. It is very revealing to them. Often they are shocked to find out that maybe thirty to fifty percent of what they're doing now for an employer or doing for work as a self employed person they actually enjoy. But often they find that the other 50 to 70% of what they are doing for employment, they do not like at all. They realize, sometimes for the very first time, how many things they're actually getting paid to do that they do not like to do. And why is this powerful? Because it is an important part of the self realization process. We don't just want to trade money for time spent. When there is no passion in the work for you, it is not feeding you, it is not regenerative.

There are two things to understand when it comes to passion in the work place. When you get in touch with what it is that you really want to do, and you begin to work in that arena, you invite a higher level of Chi flow into your magnetic field. Your work begins to be regenerative when you love what you do. And when you do what you love, you naturally use your mind and your breath and your movement to attract people into your world who are also passionate about what they do. You begin to feed each other and prosper in a high energy environment.

But if for some reason, you don't feel that you deserve to be paid for doing the things that you love to do, you'll never operate from that higher level of

consciousness. This may be rooted in a birth experience; it may be rooted in the programming of your youth. But in order to move into that regenerative work, that passionate work, you will make the changes in your mind, breath and movement, or you'll find yourself stuck back in the employee quadrant. You'll assume what we call the master and slave mentality. And it will be hard to evolve out of that. Or you might find yourself stuck in the self employed quadrant because you will always want to maintain so much control that you will not relinquish it long enough to prosper and build and share relationships with people who can help you be in business working a system, helping other people evolve to their next level of work.

I'll give you an example of helping people evolve to their next level. I remember years ago, after reading maybe a hundred self improvement books, I was about in my middle twenties at the time, I decided one day that I had experienced so much, primarily on mountain tops in Tibet and India and China, so many profound experiences with Tai' Chi Gung 101, that I decided to just take all those self improvement books and begin to burn them. That was my mindset. But just as I was about to get rid of everything and just clear out the cob webs and get everything done, I remember my master actually pulling me back.

He said, "Rasaji, what you feel is bogging you down now, will be raising someone else up." We mentioned Lao Tzu's description of the two fold purpose of a human being. First to pursue self development, and second to reach down and lend a hand and help others as you ascend. So as you begin to move through the quadrants of work, discovering your passion and cultivating a group of individuals you work with, helping them as they help you, it is important to realize that in the world of work, you may find yourself on both ends of spectrum. You might be in a W-2 relationship to your employer as he or she helps you. You might 1099 someone who performs a task for you. You might have a host of W-2 employees someday and carry the responsibility of creating a work environment where they can evolve and grow as human beings. At every step, there will be the door ways to walk through in your own self development, and calls to reach down and help others.

There is yet another source of income that is not widely talked about or recognized. But over time, with the evolution of society and commerce, it will become a stronger force in the economy. That category is tithing. It exists at times with conscious beings in a way that is quite different from the concept of charity that most people associate with the word tithing. One day the Chi in your Tai Chi Gung 101 becomes so high that you start to give a percentage

of your income to an individual, just for the honor of being in that person's presence.

This is partly due to an underlying truth about work. When it really comes down it, what you do for a living is actually very secondary. It can be anything. The money that people pay you has a lot to do with your quality of energy and the presence you carry in your energy field. People like being around people that they resonate with. It's good for business. Yes, you are paid for what you do, but it is 'who you are' that is reflected in 'what you do' that makes people want to keep you around them. So the "politics" of work has a silver lining that functions whether we recognize its power, or attempt to ignore it. If we learn to appreciate each other in the way we'll talk about during the Friendship aspect of the Circle of Chi, it won't take anyone very long to excel at the cooperation that makes you a valued employee or an admired manager or owner.

The titling concept, being paid just for your presence, is a phenomenon that the economies of the world will evolve to gradually. James Redfield discusses it in embryo when he clarifies the coming evolution of the global economy in his book, "The Celestine Prophecy." If you read about and study and pay attention to what is happening in the world economy today, you'll see that part of what we're going through financially is the beginning of the transformation that Redfield talks about. In the new economy we are evolving to, goods and services will be exchanged in ways that we have never seen before. . The synchronicity of events will drive commerce. People will come into your life, into your Circle of Chi, and they will have important information for you. You may hardly know these people, but their assistance will be so valuable to you, that you will feel compelled to give them money for that information. This level of exchange will become a whole new level of commerce. And you will pay them directly just for the privilege of being around them. You will gain from their knowledge and their guidance. At times, you will pay them just because they raise the vibration of your magnetic field and clear your path. It will be given to them out of true generosity.

You have to understand that generosity comes from a much higher place than charity does. Charity is giving to someone who we basically feel needs our help. Generosity is giving to the person because they have taken us to the highest level of existence; taken us to a place higher than we have ever trekked to before. We give to them because they have more clarity, they have our best interest at heart; they are able to see not only the forest from the trees, but they are able to see to the other side of the forest. They see the mountain tops, and they even see what lies beyond the mountain tops. They

see it because they have been there. They know where they are going and they can help you along the way. Giving to them does not happen because they need it. Of anyone, they probably need it the least. But we give to them because it helps us.

There are examples of these kinds of relationships in the religious books of the world, even in the Judeo-Christian texts. The relationship between Abraham and Melchizadek was just such a generous relationship. And the consequences of its scientific, or disciplined use by Abraham, brought untold wealth to him, both spiritually and financially. It's a very powerful, very revealing financial insight. It is also mentioned in the Bhagavad Gita, one of the four core sacred Hindu texts.

There is a direct connection to between spirituality and the concept of abundance. This concept of abundance actually signifies regeneration, replenishing, having more than enough. In order for abundance to appear in your life as a consequence of your work, it is important to understand true abundance. James Redfield's third rite states that once individuals realize that they exist in a world of infinite abundance, they no longer feel the need to steal energy from another human being. They no longer need to possess another human being in order to get what they want. They do not need to steal their energy because they are still trapped in fear based consciousness, or steal what another person has, or is inspired to do, but rather they are able to reach down inside themselves. And they can feel inspired by those people they see around them.

When you understand that the Chi is abundantly available to everyone all the time, then one day you'll be able to focus on your work, your passion and money, see that it is also abundantly plentiful in every way and not be drawn into operating from a mindset of scarcity. You will come to know that there is more than enough for everyone and everything. The evidence that money is no longer moving in the USA in late 2008 just meant that as a collective group of people, we began to process what is called in Tai' Chi Gung, a death urge. So when people feel their mortality issues, when these survival issues are being pushed to the surface and must be wrestled with, they feel compelled to hurry up. They create urgent situations and anxieties to propel themselves even faster. And unfortunately, feeling rushed and anxious pushes us into making very poor decisions, as individuals and as nations. When someone begins to commit suicide based on their financial difficulties, they feel like they have been forced into a corner. They are trapped in serpentine consciousness. They lack the ability at that moment to back up, to reconsider, to take a new thought, to go the other way. There is always

another way. There is always a way below, or a way over and around. If you take another breath, if you aspire to a higher conscious mind, a new thought will come to you. What would it be worth to an individual, an organization, a counselor, what would it be worth to the ruler of a nation, if they learned to cultivate a daily practice that stimulated new thought constantly? It is one of the most extraordinary powers within the Tai' Chi Gung system. It served Lao Tzu in China and it can serve you well also.

So when you look at the cash flow quadrant that Robert Kiyosaki pioneered and you want to connect it with the Tai' Chi Gung mindset, where should you begin? Search for balance. In what areas of Kiyosaki's Cash Flow Quadrant do you derive income or cash flow? Do you have enough income coming to you as an employee? Does your employment cover your financial needs? Are you able to liberate your financial world doing what you are doing now? Are you self employed now? Do you set your own schedule? Is your financial life limited by the hours available in your work day? Are you a business owner? Have you considered starting a business? What should that business be?

One of the key things that I have heard Robert Kiyosaki say several times in the last year concerning starting a business, is that when you consider all the different industries of the world, when you consider where the trends are moving the world economy, and when you consider the options available to the average person who wants to accumulate wealth, the direct sales industry is by far the best choice for the person just beginning to accumulate wealth.

Ask yourself, am I in a home based business? Do I have a home based business that has the potential to become a residual or passive income? The trend indicates that direct sales are overtaking retail sales. It already outpaces retail sales in percentage of growth. That shift is already 8 to 10 years in motion. Direct sales are outgrowing retail sales by 4-5 % a year. What it basically means is that about 10% of the population in the world would rather go to the internet or call an 800 number or both, and get products shipped directly to their homes, than get up and go into the mess we call black Friday, much less continue the stress of black Friday all the way to Christmas. Even though retail sales will probably be around for another 25 to 50 years, some economists project that direct sales will double retail sales sometime in the next 10-20 years.

Now if I'm a business person, and I begin to think like a business person, I will adhere to one powerful truth to help my business grow, I will come to understand that the trend is my friend. You'll want to learn to pay attention to

the business trends and make them work in your favor. When you go to www.rasaji.com and the link to the work page, you'll see a link that will take you to information about that kind of opportunity. And if it is something that you're interested in, then you can call Rasaji 904-994-1085 or e-mail your inquiry to rasaji@rasaji.com and he would be more than happy to send you additional information about some good companies.

There is something to keep in mind about direct sales companies. There are some very good ones out there. The direct sales industry generated over a 120 billion dollars in sales during 2008. There is a company by the name of Avon that will do 28 billion dollars or more in 2008. Companies like Avon are not heading to the government to ask for a bail out. They are not like some in the auto industry, or some in the financial industry. They are among the companies that put a model together and now run it in a more abundant way. They are willing to share the wealth with enough people and maintain a good enough product so that the figure eight of Chi flows to and from them in a cycle of abundance.

Actually the top 10 direct sales companies are incredibly financially solvent. And many of them are doing only 8-10% of their annual sales within the USA. They are already global concerns, and they are structured to move and grow with the world economy as it grows. So in a sense, they already do what the internet promises the potential business owner in the world economy.

In the money segment we will examine the fourth quadrant that Robert Kiyosaki mentions, the investment quadrant, what we call in Tai' Chi Gung, the back door or passive income. When it comes to the front door, whether you find yourself now as an employee, or self employed person, or a business owner, the important thing to remember is that you will want to establish a balance of these quadrants in your life. One of the most important parts of establishing health and longevity involves being able to eliminate the extra stress in our lives. One of the biggest stresses in most people's lives surrounds their financial world. It is important to strive to eliminate that stress. You'll want to reach the point where accumulating wealth is a spiritual transformation. You'll evolve to the point where you can see how your wealth will help in the transformation of planet earth. That is the mindset of Tai' Chi Gung.

CHAPTER 7 MONEY

To move into the Chi of money, it is helpful to extend the exercise presented in the work section. To do this, simply take a blank sheet, divide it in three sections instead of two and draw vertical lines down the page. In the first column put, things I am qualified to do. In the second column put things that I love to do or dream to do. Put things here that you've maybe never done before but have always wanted to do. When I'm talking to the ladies, I often tell them to put shop 'til I drop, if that is really what they love to do. This is important: put all the things that you really love to do as a human being in the second column, anything that really floats your boat. And in the third column put all the things that you absolutely detest. Things that make you cringe like the sound of fingernails scraping down the chalk board when you even begin to think of doing them. (Download a free copy of this worksheet from www.rasaji.com.)

One of the things that I was taught years ago was that the energy of the Chi is basically divided into three major aspects. First there is a creative aspect. In the Judeo Christian world we would probably call this God the Father. In the Hindu sects, they call this Brahma. Second, there is the energy of regeneration. That is the energy of saying, "I've been doing this for awhile and it is working out for me, if I do a little bit more, it would have a more regenerative effect. It would be a source of feeding me." We look to this energy as the Holy Spirit. This sustaining, this regenerative force in the bible is also referred to as the quickening. In the Hindu religion it is referred to as the energy of Vishnu, and it is sometimes referred to there as the feminine energy. The third energy is the energy of Shiva. And this energy of Shiva talked about in the Hindu religious texts is actually what the Judeo-Christian world refers to as the Christ. In the bible this energy of the Christ is described as death being swallowed up into life.

It is interesting to reflect on symbols. One powerful symbol used by the medical world, sometimes called the caduceus, is a figure with two serpents wrapping around each other, ascending and making the figure 8 and then the two heads, the two opposing forces coming together at the top represents actually a symbol of balance of these three energies, a symbol of knowledge and expansion.

So let's examine these three energies in a bit more detail. It won't surprise you now to connect the creative energy with the mind. Thought is creative. You are a creative being. The question is, are you creating from your past, from

your present or are you creating from your future? As Dr. Deepak Chopra says, "Use your memories. Do not let your memories use you." In other words, ask yourself and reflect, are you the source of your creativity? Or is CNN and Fox News the source of your creativity? Are you the person that is the rudder of your boat? Or is everyone that is around you the rudder of your boat?

When it comes to the regenerative energy, ask yourself, "Am I conscious of the force that is sustaining me and sustaining the things that are benefiting me and my family and my loved ones? Am I paying attention to that? Or is the sustaining force something that you run away from and you don't even believe in? Sometimes people are living so deeply in the victim state of consciousness that they are unable to see and appreciate the things in their lives that are actually supporting them.

The third energy is probably the most misunderstood when the different concepts of the Christos and Shiva are placed side by side. But they are indeed the same energy, they perform the same function. They are the idea of death being swallowed up into life. It is just another word for regeneration. For whatever reason, the Shiva, or destroyer of death is very misunderstood in the western world. Shiva, the consult, the Shakti or the energy and the power, is what they sometimes call the Kundalini energy. The original master of Tai' Chi Gung was a master of Kundalini. Through the ascetic practice of Kundalini Yoga, Lao Tzu became aware that the human being basically has two switches in the body. There is a switch for life, and a switch for death. You are the one that makes the choice, and these choices are going on constantly.

When you examine the choices available to you, you will notice that there are things going on in your life with money, with work, with the people you associate with, even with Nature itself on a daily, hourly, even moment to moment basis. You choose to engage or retreat, to embrace or destroy your connections around you all the time. If you are constantly being driven by your biological clock, or your emotional clock, if your choices are being driven by an urgency that you feel you are running out of time, who is in control of your inner life?

As you evolve toward a spiritually self realized being, there are two things that you will want to take into consideration. First, you will want to become more and more self controlled in your life. You will want to become the captain of your ship. And second, you will want to relinquish control of everyone and everything around you.

So with that in mind, let's examine the work sheet and the cash flow quadrant and see how this applies to your money. The question to ask yourself about accumulating wealth is this: how will I deal with the money that comes in? How will I achieve balance? In the section on work we recommended that you create a balance in how you derive income. Here we will consider what happens to the money when it comes to you. I'm reminded of a humorous phrase coined by a self improvement master by the name of Stuart Wilde, "The trick to money is having some."

Once you go through your work sheets and begin to establish work in your life that is driven by your passion, once you begin to work with the concept that people are also paying you for your divine presence, as you uplift them as they uplift you, then you are approaching true compassion. Compassion is simply communicating your passion. It is that simple. When you do that, you are setting up the Chi to flow in a regenerative way in your work. It is very important. Many people spend more than two thirds of their waking hours working. Regenerative work is very important for your health and longevity.

So looking over at the employee quadrant, we suggest that you derive 5 to 25% of your cash flow from that quadrant. Some people who have been self employed for a long time often wonder why in the world they would ever go get a job. There are a number of very good reasons to do that on a spiritual level. There is growth when you learn to be a servant at your master's table pausing to listen to what that master is trying to share with you. A W-2 relationship opens the door for an employee to cleanse the master/slave syndrome from their being. It can be redeemed and transformed by effortlessly moving through the trials as someone is actually trying to control you. When the roles are reversed, you will be a much different master. At the same time, you are able to see beyond the situation, be grateful to offer a service that you are being paid money to do, and in the process you will gain detachment, you will gain the power of what they call in the East "veragji". So, with the cash that flows from the employee quadrant you are going to direct some of it into a savings account, or possibly a money market account. You'll begin to take a portion of your employment earnings and put it in the investment quadrant. You can place it in a bank that is obviously solvent and very sound.

You'll want to consider self employment of some kind. What product or service, what consulting or coaching, what goods can I offer that are unique? How can I take the cap off my earning ability by taking something directly to the market place? When you have that established, you take a portion of that money and also direct it into your savings or money market account.

You can draw income from both quadrants and start to build your investment quadrant. Start with anywhere from 1% up to possibly 20% of your revenue.

You'll want to begin some sort of business. A business will use systems that can be duplicated. This leverages your time. Consult Robert Kiyosaki's materials to understand the concept of leveraging. It is a critical idea to embrace when you begin a business. A franchise is probably the most obvious example of a series of systems that are duplicated, but the direct sales industry offers options that cost a great deal less, and can be done part time much more easily. You will want to find a company and a business that you share core values with. How do you determine your core values for a business? One good place to look is down the center and right columns of the list you made. Find a business that includes things that you love to do, and things that do not include stuff you detest doing. A portion of your income from your business will also be placed in your investment quadrant.

So the investment quadrant behaves like a catcher's mitt. You'll be collecting streams of money coming from three different sources. This diversification will give you peace of mind also. If one segment of your front door income is hit, you can build up the other two, or even replace aspects of an entire quadrant if you find something that you are more passionate about. Who benefits from this investment quadrant? Well eventually everybody does, but initially you do. And because it is you that benefits, sometimes on the path to self realization, accepting money for yourself can be the most difficult thing you will have ever tried to do. This is true from a personal growth stand point, but it is also valuable to notice that the world is currently set up in a very degenerative pattern when it comes to money.

The pattern out in the world looks a bit like this: work 60-70 hours a week for less money than you are worth, don't save a dime of it, much less a dollar, go get yourself in debt. Be in debt not just a little bit, go do it in huge chunks, your car, your home, your education. It is a pattern that you seriously want to consider breaking. To break that habit, you will want to look at the quadrants and your investment strategy.

The strategy can begin with as little as 1%. You might wonder, "How in the world will putting 1% of my income make any difference in my financial life?" It makes a profound difference because when you decide to do it religiously, you are building a discipline of power. When I was in Tibet on the mountain top, my master Bo-yang would tell me again and again, "Rasaji, in order for the spirit, mind and body to get behind a new discipline of energy, it usually takes about 3 months or 90 days. Somewhere during those 90 days, the part of the mind that is so much trying to reject the new discipline will roll over like a

puppy dog that wants his belly rubbed and embrace the new habit. The rational mind says, "Hey, I give up. I'll honor this new discipline." And that is exactly what will happen with your investments.

Once you have the investment account created, you will begin a whole new set of circumstances. How are you going to keep from spending it? Some of the very best answers to questions like this are addressed in a short little book, a true classic in financial self development called, "The Richest Man in Babylon." by George Clason. If you have not read it, it is an absolute must read in order for you to deal with the shift from a degenerative mindset to a regenerative mindset about money, finance and accumulating wealth.

How did our concepts of money become so depleting? Well, over many centuries, actually over many millenniums, the concept of mortality and death and anxiety and urgency was sold to the human race. And it was swallowed hook, line and sinker. The media outlets throughout history, including governments, educational institutions, and religious organizations sold us the mass thought of poverty and we as a species bought into it for the most part. Our forefathers bought into it, they passed it down to their Children, and so on and so forth. It is a prime example of a phrase often sited from the Christian bible, the sins of the mothers and fathers shall be passed down from generation to generation.

The whole concept of the Christos, the whole concept of the Shiva energy that exists in you is that you have the capacity, the power to liberate yourself from just this kind of error in thought and action. You are capable of putting death to death, of putting death to degeneration. This includes degeneration in your bank account. Many people are defeated in the very early stages. Just suppose you get excited about it, but then for some reason, you just can't seem to get by the bank to set up the account. When that happens, it is the mass programming that has taken over for a moment. Rest assured, if you don't get by the bank, if you don't open the account, if you don't start to put 1% or 2% or more in an account, you won't understand a very powerful Tai' Chi Gung lesson. That lesson is something called an action affirmation.

You can have a verbal affirmation. "I will be healthy." "I will be wealthy" "I will be thankful in all things". These are very important. They work. But in the same way, your actions are also an affirmation. If you go by the bank every Monday and deposit 10% of your income from all three quadrants you have flowing to you with cash, wealth will shower forth in your life in ways that you cannot even possibly imagine right now.

When you begin a discipline, when you begin to set the Chi flowing in a figure 8, that is, when the Chi flows out from you in your work as compassion, communicating your passion, and the Chi returns to you in the flow of cash and friendships back to you, you have a complete figure 8 pattern. You have regeneration. If you could see your magnetic field you would observe this principle. Whether you see it now or do not see it, know that it is operating all the time. It is part of the owner's manual for your body that up to now, you may have not known about. When your account is active and you are putting funds in it, you will begin to understand the power of the spiritual and the psychic flows of energy that operate in work and money.

If you have not done this, or you stopped doing it for one reason or another, don't worry about it. You've come to the information now in the perfect time. The whole world may be trying to go to hell in a hand basket financially, but you don't need to do that. It is time for you to be strong. It is time for you to get your Tai' Chi Gung 101 in place. Get your mind right. Practice breathing every day for 5 or 10 minutes, to discover and know that you are an eternal immortal being. Move with the fluency of motion so that all of Nature and all of life begins to yield to you because you are aspiring to greatness. Then put the right nutrition in your body, nutrition that works on the DNA level. Get the best you can find. Then go to your money and your work, examine Robert's cash flow quadrant, go to your list of what you can do, what you want to do and what you detest to do, and use the three powers of the Spirit to take control of your life. Make a plan. Make this the year that you're going to take ownership of your capital. Make it the year that you're going to become a balanced being. And make it the year that you will accumulate wealth for yourself and for your family and for your loved ones and eventually for the planet earth itself.

Just imagine and visualize if a 1000, or maybe 10,000 or even 100,000 people starting to practice these regenerative concepts in their households? What would begin to happen? If you were among those that did this, one of the first things that would happen is that you would not concern yourself with the rate of return at the beginning. The action affirmation of your investment account would drive so much creativity and power into the other three quadrants that your income would begin to grow by leaps and bounds. You would figure out how to manage your time so you would be paid more from all three quadrants.

Then when you put 1% to 20% in that account, you'll look over at it one day and it will be large enough that the bank will come to you and put three little letters by your name. To them you will become a VIP. And what do they try

to do for their VIPs? They try to give them a higher rate of return. When they do that, the regeneration starts to accelerate in the investment quadrant itself.

Now that you're at the starting block in your investment account and now that you've been putting money into it for months or maybe a couple of years, suddenly you're looking at interest. Your money is making money. You're making a couple hundred, or a couple thousand extra dollars a month. What are you supposed to do with that money? To be honest, you're way ahead of the game at this time, but let's keep everything very simple and basic. My teacher said that everything in life that is worth anything is always based on truth, simplicity and love.

What is the simple way to accumulate wealth? I know some people will read this and they will be light years ahead in investing, but if they take the time to examine the Circle of Chi, the implications of balanced work, the power of regeneration that takes time and doubles or triples the amount that is given to each person for passionate work that spans decades, they will begin to see that this little simple idea is the most easily duplicated within society. It could literally change the economy of the world if these spiritual principles were practiced. When that potential is examined, the simplicity of this investment strategy for accumulating wealth and its power for change is absolutely phenomenal.

One of the things that is tremendously empowering from the investment account comes when you focus where to distribute the profit or interest on the savings. Again, this is very simple. Take one third and leave it there to compound. Imagine how exciting it really is to have 30 % of the interest compounding, growing in the account. You of course continue to add to it every month from the E, S, and B quadrants, so now you have an incredible thing going in four different quadrants. One day people are going to come up to you and just hand you money and say, "I love your idea and I'm going to give you a \$1000 just because I love who you are. I love being in your presence. I love where your goal is heading and I'm going to get behind what you're doing." Now you have money coming to you from tithing also. You have your investments fed from 5 different cash flows. It will be amazing.

So, you're freeing yourself up financially, and then you take the second third and you go ahead and pay this back to yourself. That's right. You really need for some of that profit to be paid back to you. It should go back into the family budget. What are you going to process when this money comes back to you? It's really going to feel like free money. It's going to feel like abundance. It's going to feel like its money with no attachments, and its

money that is coming to YOU. . Do you think that the Chi of prosperity coming from that transformation you set in motion is going to hit your consciousness and flood you with ideas to help you uplift and change every one of those quadrants? You better believe it will. And you'll be having an incredible time doing it. You'll be so excited your veins will have a hard time holding your bloodstream; you'll be flowing with so much Chi.

What will you do with the final third of the profit? Well, you'll take it and begin to invest in something that has a higher rate of return. It will come with a higher risk, but that's ok; you'll be ready by then. You'll find something to invest in, possibly precious metals, possibly a mutual fund, possibly the stock market, possibly real estate, possibly a mutual fund in any one of those aspects, possibly an index fund. You take that one third profit and invest it religiously. You'll do what they call dollar cost averaging. You'll put it in whether the market is up or the market is down. You'll win both ways. If the market is up you're at a higher value, and if it's down you're buying more units or shares. And since you're not bothered by the fact that the market is up or down when you practice dollar cost averaging, you maintain a mind set of detachment, you don't add to your stress level, you reduce it. You are a being who is freeing itself from the confinements of debt. And you are growing exponentially.

So in one respect you will need to ask yourself, how much do you want to grow? One thing to understand very clearly, very quickly is where to find the most expensive money in the world. It is just something that you will want to figure out financially for your household, your family and for your loved ones. The most expensive money in the world is debt. Debt is very connected to the death mentality, but it's also what my teacher Bo-yang used to call, "a false sense of grounding." As you dissolve debt, you better have a little bit better handle on how you're going to ground yourself, or you're going to find yourself floating away, because you're going to be so phenomenally excited that you have no debt. It's as if the outside world sells us on the idea that we need to be in debt almost as much as it sells us that we're going to kick the bucket at 77.3 years; and 77.3 years is not even middle age yet for a Tai' Chi Gung student. So how far off balance is the world right now? Well, pretty far off balance! And the world repeats this message over to you, day after day after day.

So as you start to contemplate ways to decrease debt, you can turn to some of Robert Kiyosaki's books and CDs. One concept he shares that is very valuable is something called the wealth factor. You will want to continue working until you have achieved a wealth ratio of at least 2 to 1. Ideally, 3 to

1. Over the next 10 to 20 years you will want to evolve to the place with your cash flow exceeds your budget by 2 to 3 times. That flow of income will come into your household from all of the 4 to 5 sources we have discussed. So if your budget is \$5000, you want to have at least a \$10,000 a month cash flow, or better yet a \$15,000 dollar a month cash flow. This insight did not just magically appear for Robert Kiyosaki. This was a guy who in the 1980s, together with his wife, had about 300 to 400 dollars to their name. They were living out of their station wagon. And just last year his net worth was right at the 1 billion dollar mark. That is pretty profound. Obviously he's done some things right.

We mention the wealth ratio here not to discourage you, but to reveal how those who are truly wealthy manage their cash flow. The important place to begin is to really know where your money is going, know where it is coming in and take control of it. If you have a budget of \$5000 in expenses each month, and you only have \$4000 a month coming in, you'll obviously want to make adjustments in your life to bring your household back into balance. And there are a number of things you can do. You can cut costs or you can increase cash flow. You can go to the E quadrant, you can go to the S quadrant, and you can go to the B quadrant. You have a lot of options when you sit down and think about the issue. Somebody might say, "Well, I want to go to the bank and get a loan." Tilt! No you don't. You really don't want to do that. Putting yourself in more debt will not move you in the direction of abundance.

You want to get yourself out of that mind set. For all the reasons we have discussed, but also because a lot of the banking industry doesn't know what they are doing. If they knew what they were doing, why would they be lining up at Uncle Sam's door asking for a bail out at the end of 2008? Get clear about who you want to associate with and why. Take control of your own household. Become your own bank, the bank of you. When you take control of your cash flow and expenses, you will attract other people into your life who are also in control, and working together with them, you will magnetically pull an entire mini-economy of prosperity into your orbit. But for this to happen, you must be willing to take control of your own financial destiny. Take responsibility and move forward. That is exactly what we want to do.

To take command of your financial destiny, remember the first comments made about work and money. The activity or inactivity, the success or struggle of the elements in Tai' Chi Gung 102: Work, Money, Friendships and Nature, depend on your commitment to develop a strong relationship to the Chi in Tai' Chi Gung 101: Mind, Breath, Movement and Nutrition. Look at your

money and work through the sieve of self improvement and you will begin to turn things around, or expand the good that you accomplish exponentially. So if you're not practicing your yoga or Tai' Chi Gung, it is affecting your level of expansion. If you're not practicing affirmations, if you're not spending your time thinking about positive things and searching for solutions most of the time, then your mind is working against you. You do not want to become a slave to your mind. And if you're not breathing at least 10 minutes a day consciously so that you can feel that immortal breath coming into your being, then you won't conceive that you're immortal, which can be described as "the ability to start over." Without cultivating the freedom that proper breathing gives your spirit, mind and body, your limited mind will try to sell you on the wisdom of staying in serpentine consciousness. It will try to convince you to keep doing the same things, keep the same approach to finances, and keep the same attitude toward money. You know the definition of insanity: continuing to do the same thing over and over and over again thinking that you're going to get a different result. It is a circle of cause and effect that you really can break out of.

It's time to change. There is one other key ingredient to your success with your money that is important to mention here. You will want to learn to move like Nature moves. You have to move in a way that the squirrels, the birds and all of the animal kingdom and the entire plant kingdom will yield to you. You have to move in a way that resonates peace. From the vibration of peace, your prosperity will take root. The two qualities actually go together. If you're producing an energy of anxiety, you can never be truly prosperous. Wall Street and Main Street in the last 6 to 18 months should have taught you that.

And if "bad news" becomes too difficult to deal with, turn off the TV for awhile, don't read the paper for awhile. Just use them first for what most people end up using them for anyway, lining the bottom of the bird cage or kitty litter box. Learn to protect your mind set. Learn to focus on what is important in your life and your family's life. You have to be in control. And when you're in control, you'll begin to relinquish control of everybody else and everything else. Then the universe and the Holy Spirit can begin to yield everything to you as it looks to you and says, this is a being of power. It will be as if the Holy Spirit can address you and say to the universe on your behalf, "This is a crystal of light and energy. The abundance of the Spirit that I am, I can open doors of abundance, I can build the bridges, I can create the dams of energy that will bring abundance through this human being. And I will do so now and funnel them through this being because this human being has proven to the universe that he or she is responsible enough to handle a

higher flow of Chi, a more abundant flow of money, the abundance that we call wealth."

In the arena of money, the energy centers also come into play. If one has no money, (which by the way flies in the face, is a contradiction to the omnipresence of the Divine) it is a situation where an individual is working on their power center. In the power center, or throat chakra, one's self acceptance and self esteem is at play. It is feeling, thinking and acting 'as if' one was not worthy that causes a lack of money to manifest. If money is not showing up for you, it is still mental money. It is in the etheral. The element of the power center is ether. It must be breathed into the physical world. (Breathing facilitates cause and effect in the physical universe. Learn to breathe and learn to think properly, and money as well as health in the body will take place.)

Managing money in harmony with the energy when it actually arrives in your universe is important. There is money that should be earthly. There is money that should move like water. There is money that behaves like fire, there is money that is managed like air.

Warren Buffet does not buy a company that has less than 20% of its assets in cash. He says, that money is a 'bad' investment, but it sure helps him sleep at night, and he keeps a lot of it around. The key is to do so at all times. Warren Buffet had the cash to buy some stocks at a 80-90% discount and watch them ride up 60% in less than 12 months. The concept of making money in the stock market remains very simple. Buy at a low price and sell at a high price. How can you buy something if you have no cash?

How much is the right amount? To understand this, it may be helpful to hear a central piece of advice given to me by my master, Bo-Yang. He said, "Rasaji. Look at what the world is doing, and do the opposite. If you do this, you'll be right on target, about 98% of the time." How much cash? 50% of your assets. Now there is an opposite that will make your mind do cartwheels, and your financial planner flip his charts.

So cash is the primary vehicle in the air element when it comes to money. What is the primary vehicle in the fire element? The currency market. The currency market trades 10 times the volume on an average day than the equity, commodity and futures markets combined. It is considered the most risky. You can get burned in the currency market easier than any other place. Knowledge of the chi can help you ground yourself (bring sufficient earth into your body) so that you can balance what the currency market will teach you.

Don't be fooled. Banks have a portion of their portfolio in the currency markets. The opportunity for profit is extraordinary. How much of your assets should be there? 25%... if and when you have enough grounding so you can handle the chi that this market participates in. How much chi is there? Consider this. In the stock market, an individual can purchase or sell, 10-20% of a company's stock in a day, and influence the value of that stock tremendously. In the currency market, occasionally a large fund manager may try to influence a currency pair. If they move 50 billion dollars through a trade, sometimes they can control it... for about 20 minutes. The market is so large, that it is free of certain kinds of manipulation that can cost an investor in other markets.

How much return can one get? This goes directly back to the self acceptance of the individual and the use of their mind. The mass of people in the US are satisfied to think that 1-4% return a year on their savings is all they can expect. A good hedge fund manager accepts that he can outperform the market and get 20-30% or even higher in a year. He does so, by the way, by employing the principle of yin and yang. He often buys a stock going long, and shorts it, sometimes in the futures market, to 'hedge' his bets. By learning to flow with the water of the stock market, he is more successful? What is the nature of the water element? Well... it goes up, and it comes down, it goes up, and it comes down.

There are investors who participate in the currency market globally who make 3-10% return or more on their investment in a week. Why don't most people know about this? Because they do not carry the thought in their energy field. They are not running their financial universe, the world is running their financial universe. They have not taken back their power yet, or learned to ground their chi to accept this level of abundance.

One of the most important principles of Tai' Chi Gung and health is to learn how to ground one's energy. What does this mean? Think of the energy flowing through the body like an electrical system in a car or the wiring in a house. For the lights to come on, for the car to start, the circuit must be complete. The black and the red cable must be connected. The yin and the yang must flow to and from, through and around.

The power of Tai' Chi Gung comes to someone, literally as a scientific truth because the grounding wire is increased. A Tai' Chi Gung practitioner knows a simple important truth about these two polar functions. He/She understands that God has already given the red cable. The seed or light of the soul is the red cable. It is the positive charge, and it is completely given by grace by the Divine to every human being.. Since it is already there, it is logical to turn to

the black cable. By increasing the black cable, the red cable also increases. By wiring the house for 220, the current can increase.

In the area of money, it is important to prepare the spirit, mind and body for abundance, or the wealth can burn through one's existence and cause imbalance. The downfall of many lottery winners is an example. But with proper preparation and knowledge and consistent practice of Tai' Chi Gung, it is possible to bring profound wealth into your life and sustain it there.

In ancient China, Lao Tzu often spoke of three pillars of life. Health, Wealth, and Happiness. The pursuit of Tai' Chi Gung is an important way to bring all three into your spirit, mind and body.

Now, a word or two more about giving money: If you have read any religious book of the world, and attended their organization, you will know they talk of tithing 10% or more of one's income or wealth to some charitable organization. Of course, most often, they hope you understand they want you to decide to tithe to them, without them having to come right out and ask you for your money directly. They also hope you'll dedicate 10 % of more of your valuable time to them, or another charitable organization. Don't misunderstand, this is a very good thing, but it is important to understand how tithing of money and/or giving of your time to any group affects you. It affects how you think, what you do and where you are going with your life. It is worthwhile to ask, does the group you are tithing to fit totally with where you are spiritually now? Does it fit where you want to go or who you want to grow into?

In the area of giving money, what some people lump it all into one word: tithing,. But there are actually three important categories to consider. There is charity: giving to those who at that moment are incapable of caring for themselves; there is generosity: giving to those who are walking the same walk you are treading, though in some regard, they are following in your footsteps and are in need of assistance; and third, there is giving to an organization or individual who is farther along the same path you tread and can help you move forward toward that goal. In the bible, Abraham tithed to Melchizadek. This is an example of true tithing. Melchizadek, the king of Salem certainly did not need the money. The result of Abraham's tithe was that he became an extraordinarily wealthy man. This is an example of how the chi actually flows through the vehicle of money between people. It operates constantly. It is in that respect and exact science, even down to the kind of food you choose to buy and the kind of food store you choose to patronize. We are all patrons with our money, even if we don't think of ourselves as patrons in the normal sense of the word.

Another simple way to think about it is this: an act of charity is like giving a person a fish to feed them today. But an act of generosity teaches them how to fish themselves so they are fed for a life time.

In determining the best course of action, a Tai' Chi Gung player looks toward establishing and maintaining balance. Look at the giving that you do and examine which of the three categories it falls into: charity, generosity, or tithing. If all of your "charitable" giving is only to one category, it is telling the Universe that you do not want to participate in the others, nor reap the benefits they offer.

There should be a balance in your life between giving to the needy: people who need to be fed today; giving to people you choose to help teach how to feed themselves and others; and giving to a person or organization that sees the whole truth, and takes action on this truth! This triple concept of giving is based firmly in the teachings of Truth Simplicity and Love of which the teaching of Master Jesus are a part

Of course, if you give to the needy, you are compassionate. You are giving to those less fortunate and it will keep your heart open on one level. But if that is the sum total of all of your giving, you have now aligned yourself with the needy only. This means that you will always have need. And those you give to, if they stay in this kind of relationship with you or someone like you, they will never grow out of the mindset where they are looking for a hand out. And it is worth asking yourself, is that what you truly want for them and for you? Do you want them to remain dependent and you beholden to them?

It is important to realize that in the physical universe, actions speak louder to the Holy Spirit and God than words do. Do you know what your tithing is saying?

If you are giving in a way that helps someone learn to fish for themselves, you have aligned your spirit and their spirit to self respect, self esteem and self worth. It helps them to believe that they are worth something, not just money.

And if you give alms to a real master, someone that is going in the same direction that you are going spiritually, but they are further along the path; then you have entered the third level of giving. You have begun what may be called true "tithing". When you do this on a physical level with your time or your money, you are on a path to true mastership in this area of money in the Circle of Chi.

CHAPTER 8 FRIENDSHIP

Relationships between individuals are profound in every way. The Chi that flows through personal relationships, whether between business partners, between spouses, or between Children and parents is something so unique that it is almost indescribable. When I was in Tibet, I remember that my master Bo-Yang once told me that the core principle working in the family should be this: it is the job of parents to protect the natural divinity of their Children and it is the job of Children to liberate the parents. There is probably nothing more vital to a relationship than the ability to move past serpentine consciousness. That is, the ability or inability to change direction, go another way, see over, see below, see around and gain a new perspective, be able to recognize the forest from the trees. This skill is incredibly important when mastering the Chi that flows between people.

This is true because the Chi that exists between people is very very powerful. It creates a thin edged sword that can easily cut both ways. The Chi and the energy that flows between two human beings can be one of the most liberating forces in the Universe, and at the same time it can become one of the most controlling, one of the most restricted energies on the earth. And it is an amazing thing to watch happen.

It is in relationships that flow between human beings that the true value of Tai' Chi Gung 101 is made most clear. Let me clarify that. Over the past 25 years of teaching, I have had the opportunity to work with a good number of therapists. By profession, they spend a great deal of time listening to people talk about their problems. What I have noticed, is that as a group, therapists tend to know very little about the basic function of thought, breath, movement and nutrition in the life of a human being. One of the most fundamental parameters of emotional and psychological health is often left completely out of the equation. Of course, not all therapists do this, but broad spectrums of them do ignore the basic function of the magnetic field, and this truly limits the effectiveness of their treatments.

The reason why it is so important to keep Tai' Chi Gung 101 in the equation with relationships is, because as human beings we need to be able to clear our energy field. That is to say, we need to have a strong relationship to the Chi, the intrinsic energy in our own magnetic field and know how to use the mind, the breath, movement and nutrition to clear it so that we can see the forest from the trees in relationships. When you expand your mind and breath with the Chi, when you move and get adequate nutrition, you gain the

conscious perspective that is necessary to make positive changes. Yes, it may be possible to learn to run with your shoe laces tied together and your arms strapped down tight next to your body, but it's just a lot more difficult than it needs to be.

What many people do not realize is that whenever you are with another human being, you are constantly absorbing their energy. If you recall, we explained earlier that an energy field surrounds every living person seven feet in every direction from their sternum. Basically when you come within four to five feet of another individual, you are influencing that person's energy in a profound way.

One of the most profound examples of that came up in a recent Circle of Chi Seminar I led. The next time that you are around an infant that is being held by an adult for any reasonable period of time, notice what happens to that infant's breathing pattern, especially if that Child that is in its first 6 weeks to 6 months of life. It is a profound thing to experience. You will observe that the Child adopts the breathing pattern of that adult. When you dwell on the implications of this, given the role of breath and mind already discussed, your eyes and mind will be opened in a profound way. Here is the other aspect related to that phenomenon. When any adult spends time in the magnetic field, or the spiritual energy that is around and supporting that infant, the adult will begin to take on the eating habits of that Child. This is why the joke circulates that the mother gains the weight during her pregnancy, and the father gains weight after the Child is born. The overlapping of the energy fields have a lot to do with this. And it is happening primarily on a psychic/emotional level.

Your energy body or magnetic field surrounds your body. It holds a great part of your spirit, but it also holds the influence of the mind, and because most people who are on the earth right now are for the most part, very unconscious of what their energy field is doing, they are not aware how they're being influenced by other people. Yet another example that is a bit more precise will make you aware of this influence. Remember a time that you went shopping for a house. Did you ever wonder why walking into one home felt so completely different than the one you just finished looking at? The reason you felt that change was that there was a pre-existing energy field in that house. It permeates even the walls and floors in that home. It reflects the quality of energy of those who lived there previously. You often notice this by contrast. Your entry into that space created an atmosphere of change the moment that you walked in. You're able to pick up intuitively and psychically on this energy field.

I was recently counseling a student going through divorce. She began to notice the contrast of going from one household to another. Through contrast and an understanding of the Chi, and working with me over a period of 18 to 24 months, she could clearly feel and see the total difference in the energy. The realization of the difference in the energy fields helped her understand what action that she needed to take. It is a profound tool, when you stop to consider the implications. Now we don't claim to be therapists. We don't claim to diagnose or to treat anyone, but this is an awareness that any human being can learn. It can make a profound difference in what you decide to do.

You can take this idea a little bit further. Remember a time when you travelled to different cities. Can you recall how certain cities had extremely high energy, and others had extremely low energy? Do you remember noticing that the energy of some places felt somewhat light in nature and sometimes the energy of a city felt very heavy?

Why are there so many people in the world that are not paying much attention to this right now? Well, it really comes back to Tai' Chi Gung 101. In other words, what do their minds spend the most time thinking about? Do they breathe like they used to breathe when they were six weeks to six months old or are they breathing more anxiously? Are they breathing at 80% capacity or 50% or even 30 % capacity? When they move, if they ever move during the day, or if they even have the ability to move, are they moving with the energy in a way that warrants all of Nature to pay attention and to yield to them? Are they moving in a way that tells Nature, this is a peaceful being? In the Far East, in Sanskrit, they call this being Om Shanti. It is just an incredible form of peace. The Hebrew world calls it Shalom. This is the concept of peace.

It is important to realize that nothing of real power happens until you have a form of inner peace. I remember one time I was meditating in India. My Indian master Babaji was discussing the principles of Tai' Chi Gung with me. In the simplicity of Yoga, in the 3300 to 5000 years of Yoga discipline, in the Siddhana itself, which is just another word for, "I practice this discipline", so much of what people want to accomplish in their lives is released to them. In Tibet they refer to this practice as the rite, and out of the rite the student does something and then is able to measure something. It is from the word rite, that the word ritual came into being. Babaji would demonstrate wonder after wonder, and basically I finally asked, "Why is it that you can change your world and everything around you and then everything and everyone around you begins to respond?" Babaji said, "The mind and the breath are the key to

all that we do, they are the key to who we are and what we express to the world. Every time that you change your mind and you are also breathing, it creates a ripple effect in the atmosphere. It creates a ripple effect in the conditions around you and it creates a ripple effect through the human beings that you are in the process of meeting that day. And it creates a ripple effect to all of creation."

Pause for a moment and dwell on that idea for a second. See how it affects you. We see humans every day. Some of us see more, some of us see less. When you consider the attributes, the quality and the practice of the saints, whether they come India or the Middle East or Europe or from the Far East or even saints living today in America, all of them will have spent some time apart from other human beings.

I have met adepts that have spent weeks in solitude. I myself once spent 45 days on a mountain top totally removed from the influence or presence of other human beings. I was removed from their thought, their breathing patterns, their movements or anything they had going on in their magnetic field. It was amazing how clear my mind and my breath and my movement and my understanding of nutrition became during that time. All four elements of Tai' Chi Gung 101 went to an incredibly deep level. I remember being so thankful that on the 46th day, the first person that came in contact with me was an adept who was well over 100 years old, an adept that had been working on himself for over 90 years in the physical. I had a chance to experience the overlap of energy fields after a long break with none other than a Tibetan Saint. My magnetic field had evolved over this period to be almost completely transparent. My energy was so pure and I was so impressionable, that it was as if I was just like an infant or a very small Child again.

That experience of purity taught me by contrast, something that is also true for every human being. You need to understand that you are basically a new creation every day. Every day that you think, every day that you breathe, every day that you move, you are a new creation. Ask yourself, are you happy with the creation that you are re-creating every day? Take a look. Where are you spending your time? Are you spending the time to invest in you? Are you spending the time to understand the life force that moves through you? Are you spending the time to learn how the Chi moves through all of creation, through the human beings around you, through Nature and especially through your family tree?

Because every time that you alter your mind and your breath, and also your movement and your understanding of nutrition, you will automatically alter

Tai' Chi Gung 102. You'll alter your relationship to work and to the passion you have for your work. It will be cleared. How you address Tai' Chi Gung 101 will alter your relationship to money. Ask yourself, am I dwelling in poverty consciousness or prosperity consciousness? If you are stuck in poverty consciousness you will have the tendency to be anxious, you will feel fearful, you will feel like you can't move forward because the change scares you. But if you reach inside of yourself and breathe a little bit more, if you focus your mind a little bit more, if you ground the energy like we do through the exercises of Tai' Chi Gung, you can change that. When you click on the movement page on www.rasaji.com you can do the warm up exercises free of charge. You can open up your heart if you practice these warm up exercises for 8 to 10 minutes. You can flush your spiritual, your psychic and your physical heart, then your attitude toward money and your attitude toward relationships can change. You can become someone who is hungry to be on the planet.

One of the most basic indicators of health is your ability to be hungry. Ask yourself today, am I hungry for work? Am I hungry for passionate work? Am I hungry to be in relationships with people of high vitality? Does the thought of being in a relationship immediately begin to drag my mind down? Does it begin to shut my breathing mechanism down? If that is true, then there is something there that you want to transform. There is something that you want to recreate.

This ability to change, this ability to recreate really everything you face in relationships with other human beings, will always come back to your relationship to the Chi. How are your mind and your breath relating to the Chi? How are your movements and your nutritional values relating to the Chi? Do you see people as beautiful, and interesting and valuable? Do you see people coming to you and helping you? Do you see yourself helping them? Do you see abundance flowing from them? Do you recognize that they have a message for you to change your life on a daily basis? Do you notice that you have a message for them? Do you see a beautiful harmony that's being orchestrated between you and all human beings you come in contact with?

To borrow a phrase from the Judeo-Christian bible, do you see the living Christ in every individual? Who do you see in every individual? Do you see Lazarus, still dead in the tomb? Or do you see the resurrected or Transfigured Christ in this individual before you? Within each one of us, as we interact with other human beings, we have the power to alter their state in a positive or a negative way. We can uplift people or we can tear them down.

If we work to spread this message throughout the world, then people will start seeing other people profoundly human again. Charity and generosity will go to a level that has never been known on this planet. Love will be shared on a level that has really never existed here. The world will change. How powerful would it be? Well, you should know that love has the power to put water in the desert, that love has the power to calm raging fires in California, that love has the power to calm the most powerful hurricane. And love has the power to intercede in the life of a homeless Child, a Child living without a parent, a Child walking the streets wanting to be loved, a Child that feels like no one or nothing in the world cares. Love has the power to move us to suddenly reach out and comfort that Child and give that Child direction. As powerful as that probably sounds to your heart, you need to understand that there are just as many adults living today that feel the same way as that Child feels. There are adults that walk the planet feeling they are empty. They feel that they are not loved, that no one cares for them. No one takes the time to share with them, or invest time with them.

And as strong as that call to help is, we'll never be worth anything to anybody, if we don't take the time to look at our own selves, spend time with ourselves and develop a beautiful relationship with our own spirit, mind and body. You see, if you don't think that you're this incredible being, if you don't think that God dwells in you in the highest way, if you don't know that it is only through you that God can manifest His or Her beauty and His or Her glory in your own special miraculous way, if you don't understand that this is why He or She put you on the earth, that this is why He or She designed you to be the person that you are; then how in the world will you ever be able to see this beauty in another human being?

I can tell you that I have been deeply blessed by the teachings of my Masters for almost 40 years. But the blessing to me that I feel is even larger than that is the fact that, after 40 years of training and working on myself on a daily basis, I am surrounded by friends in a way that I actually did not think was possible. I have the wife of my dreams. I have Children that I adore. I have friends that make my heart dance, friends that I am proud of every day. More importantly, I have been given the awareness and the ability to recognize the value of those friendships. I've been given the ability to pay attention to that and to honor that. I've been given the gift to tell someone every day that I care about that I love them, that I respect them and that I am proud of them. And I do it because I believe it is very important. I truly believe in my heart of hearts that giving respect to another human being is one of the highest honors you can pay to all of creation.

As you reflect on the audio samples and the excerpts from the Circle of Chi Seminars on the pages of www.rasaji.com, please take time to invest in your own health. Take the time to become a self realized being. Take the time to understand why God put you on this planet. Reach inward and upward for the things that will help you liberate and transform your spirit, mind and body. Do it so that you can follow His or Her guidance and so that you can impact the people flowing through your circle of Chi in a positive way. Do it so that you can be a light on a hill shining brightly to everyone.

And make sure that you create balance in relationships. Make sure you spend enough time for yourself so that as you enter relationships, whether they be professional, personal, or relationships of any form; make sure that you have the ability to always be clear what you're planning to do with this relationship. Move with specific intent. Try to let go of the ego mind and relinquish the hidden agendas that crush and destroy relationships on a daily basis. People deserve the whole of you when you are with them. They deserve the all of you. It is better to give the all of you for 5 minutes than to give a part of yourself all day long. Never forget that. Whether you are with your Children, your family or your friends, when you're there, give them the all of you. And know that your Chi flows like a blazing river. That is who you are, that is your Chi level. That is your capacity to give and to share and to increase that vitality and energy in every human being that you come in touch with.

So from now on, when you come in touch with other people, see them radiating like a sun, or see and feel the energy flowing from them like a water fall. Do it and then watch what begins to happen. You will be amazed. You'll discover that somebody is coming into your life tomorrow to bring you a miracle. Somebody is coming in your life tomorrow to liberate you. Somebody is coming in your life tomorrow that you are supposed to resurrect and help transfigure. Somebody someday will walk into your circle, you won't even be aware of it, but that person may have been contemplating suicide. And without knowing how or why, the two of you will cross paths. And your divine presence in that moment, the glow of life in your magnetic field will uplift them, and a voice inside them will say, don't do it, don't take a life, embrace life, go on, find another way, start over. That can be the power of friendship. It is one reason that friendships are so important. You know Master Jesus said at the last supper, "Call me friend." It is one of the greatest honors you can give another human being.

CHAPTER 9 NATURE

Nature and a human being's relationship to Nature is a topic that is very dear to my heart. I guess it sort of came into my being at the end of the first year in Tibet. I was sitting on the mountain top in my 44th or 45th day of meditation and I had been with Nature completely, without any interference from another human being for that entire period. Beyond my own experience though, and in some ways much more important, Nature has become very dear to me because of the things that I learned from the lives of the great Yoga and Tai' Chi Gung masters who had spent their time in Nature.

By spending a long period of time away from human interaction and completely immersed in Nature, I was able to become aware what happens to the spirit, mind and body when there is an over emphasis of mortal thinking, or being with humans driven by urgency. This became especially clear toward the end of the 45 days on the mountain top when the spirit, mind and body had reached its purest state. There were a number of very profound things that happened in connection to this experience. One of the most humbling came when my master Bo-yang approached on the 46th day. As we began to talk, he told me that the place I had been meditating for 45 days was the exact place where the original master of Tai' Chi Gung, where Boganathar, known to the world as Lao Tzu, the great Chinese philosopher, began his formal teaching and formal contemplation.

I don't even have to begin to tell you the power and the Chill that came to me when I heard that. It was incredible to learn that you had just spent 45 days in the exact place on the earth that millenniums before, something of pure conscious intent came into being, shared by such a highly evolved and developed soul, started by the first Bo-Yang in a long lineage and mastership, the beginning place for one of the most pure arts ever brought into being.

It was very clear being in Nature that long, that the relationship of a human being to Nature is very very powerful. In the early part of my meditations on the mountain there, I spent some time reflecting on my early Childhood. I remembered that when I was ill or something wasn't going well, I would find myself drawn outside into Nature. I remembered many occasions when no matter how much pain I was in, or how bad I felt, every time that I was involved out in Nature, whether it was just a place I'd be so I could self reflect, or whether I was there unconsciously, being drawn into contemplation, it was in Nature that I would always feel emotionally and psychologically better. Years later as I began to be out in Nature with specific conscious intent, when

I started to investigate different sects on the planet who had mastered health, longevity and spirituality, I realized that Nature played an incredible role not only in the health and wellbeing of the human being and the human race, but that the reverse was also true.

Our ability to expand further spiritually as a human race, has been greatly reduced by the conventional thinking of the world for many years. And this is partly due to how extremely far our civilized culture has pulled away from the elements in Nature, and it is partly due to the mindset of scarcity that dominates so many human beings.

It is important to understand how a being evolves. A person's relationship to Nature and their involvement with the Mind, Breath, Movement and Nutrition; these are the ways that someone can learn how to evolve as a spiritual being on this planet. The elements of Nature that we deal with: earth, water fire and air make up what is called in the Orient, the four square gospels of the body. The root of Tai' Chi Gung is in Hatha, Pranayama and Kundalini yoga. As you know, the original master in our system took those yoga systems directly into Nature to discover the secrets of our interaction with it. Lao Tzu also uncovered the natural evolution of a spiritually minded being in the same process.

If you self reflect for a moment, you will be able to connect Lao Tzu's discovery with the other great masters that have lived over the millenniums that have come before and have followed him. All the masters of the major religious traditions in the past 2000 to 7000 years spent extended periods of time in Nature and they gave reverence to Nature. You will find this to be true if you follow the Judaic masters like Moses, Elijah and the Prophets. You will find this to be true if you follow Master Jesus. You'll discover this to be true when you study the great religious traditions of India through their sacred texts, the Bhagavad Gita, the Shiva Purana, the Ramayana or the Upanishads especially in the dialogue between Krishna and Arguna.

As we look at how our modern day religious and political structures have evolved over the last 6 to 7 thousand years, one thing becomes evident. These organized bodies have grown more and more disconnected from the light and the energy in the Spirit. As they evolved, they began to focus more and more on keeping individuals in alignment with their dogmas, and less and less connected to the expansion of Spirit that invigorates and keeps the group consciousness or organization alive, growing and reaching forward.

As discussed earlier, when a human being becomes more spiritually evolved, they become more unified, more one with the health of their body. As this

happens, they come to know two things. First, they come to know that an individual is intended to take more and more self control of their own spirit, mind and body. And second, they are intended to relinquish more and more control of other human beings, including the people they are the closest to, even the person that they lie beside through the night; including sometimes Children, business partners and even sometimes the people that we hold dearest in our lives.

Think of those people just mentioned in your own life and go through this contemplation. What kind of relationship do you have with that person and why? What is your agenda with that person? Do you have their best interest at heart? Do you have a pure parent/child relationship? That is, is your goal to protect the natural divinity of that human soul? Is your goal to liberate them? Is their relationship to you also liberating you? Is that relationship holding you accountable for yourself? Is it helping you to stay on your own spiritual path so that you can relate?

The beauty of Nature is that it has a profound healing element. It will expand your consciousness. It will hit your spirit with such an immortal vibration that it will begin to free your mind. It will free your spirit to live again. It will inspire you to do the dance of the Tao, which later was called Tai' Chi Gung. .

Men and women of any and all the world religions became saints by their conscious relationship to Nature. Let me say that again. Their evolution, their transformation into who they were and what they did for humanity came from the relationship they had to Nature. Their relationship to all that is: Light, Sound, the Mind and the vibration of sound itself which brings forth creation, all this came through their connection to Nature. They became aware that solid mass itself exists not only in the 2nd and 3rd dimensions of being, but it also exists into the 4th and 5th dimensions of being.

I remember when I was in India with my great master Babaji, I had spent 10 to 12 days in a secluded place and I was meditating, training and doing some very advanced yoga siddhanas. I was in the midst of mastering the different rituals he guided me to practice. One day I noticed that I could look through my spiritual eye and then open my physical eyes, and go back and forth between the two very easily. As I did this, I noticed that not only did the solid mass of fauna in this high energy place exist in a tune in the third dimension, but it was also aware and physically manifested in the 4th dimension at the same time.

I remember how shocked I was at this phenomenon at the time and I asked Babaji how that was possible. He said to me, "God's basis is the basis in

Nature and Nature itself is God's playground. And Nature in itself, like all of creation is rooted in light, sound and vibration. At the very core element of Nature, God is equally and dominantly present. God is Omniscient and Omnipresent at all times."

I remember that I was aware during this meditation that my body began to change. I felt that my body's gravitational pull toward the earth, even the solidity of the skeletal system in my body was being changed. I could feel it begin to float, as if a ribbon was being blown into the wind and that ribbon was my spinal column. At the same time, I could see the moving prana, the moving Chi coming out of the foliage of Nature and I knew that I was sharing something that had been known for the ages by all the yoga saints of the world.

I remember coming down the mountain in Darchen in Tibet. We went into a small village of about eight to ten thousand residents. As I began to talk to the local villagers about the temple and about the way that we were studying, sometimes they would look at me in a puzzled way as if I was talking about something that they were totally and completely unaware of. When I returned to the temple I shared my experience with the other monks and I asked them, why the villagers seemed shocked to learn of the temple that was obviously right in their neighborhood. Their answer points to the fluidness of creation across the dimensions. They said to me, "Rasaji, don't be so surprised. All human beings live in a mold of vibration. The patterns are like music within a scale. That music moves in different octaves. Some musical notes vibrate at a lower speed, and some notes radiate at a higher, finer frequency. The villagers are puzzled simply because so much spiritual art has been practiced on this mountain for so long, that over the millenniums of time that have passed, the monastery and the monks themselves are not visible to the average person if they are not attuned to the energy of Chi.

If the solid mass is vibrating at a more 4th or 5th dimensional vibration and a person's awareness is attuned to the gravitational pull of a 2nd and 3rd dimensional vibration, then that mass disappears to them. When the monks shared this, the whole universe began to open up to me. It is an insight that explains many things that have happened since then. It explains how I used to sit in a coffee shop when I was in Manhattan, and at times, the waitress would walk right by me again and again without seeing me. And I remember having a similar thing happen in later years with entire groups of students, friends or family. We would be on what would probably be called a natural high, and we would laugh sometimes, guessing how long it was going to take before the waiter or waitress actually discovered that we were filling

up his or her section. It was later on, that I began to understand that this phenomenon is a constant reality.

Reality for any human being is based on just a few factors at any given time. Reality is determined for that person at that moment, based on their belief system, how they hold the content of their conscious intention to the fixed energies of Chi and prana, and how they adapt or identify with masses that are constantly moving in and out of spirit and energy.

Some will be surprised to learn that human beings, in reality, are solid mass in 3 to 4 dimensions, liquid mass in more than 7 to 8 dimensions and gaseous and ethereal in more dimensions than science itself has currently validated. Yet, the great Tai' Chi Gung Masters, the great Siddha Yogi Masters have known that this is true for thousands and thousands of years.

What I'm trying to share with you is this. When you self reflect, when you go back to www.rasaji.com and begin to understand who you are, when you begin to recognize that you are a spiritual-electro-magnetic-biological being; you will grow to understand that your solid mass, the things that you may be convinced that you really are right now, you in fact, really are not.

What are you really? You are a unit of awareness that is clothed on many levels. Sometimes the clothing is dirty and sometimes it is clean. Moving from dirty to clean in the spiritual realm is called purification. I remember a phrase that my great friend and yoga mentor out in California, Leonard Ore used to say when students asked him how they should deal with or react to the outside world. He used to say, "Stay ahead of the pollution process."

What is that pollution process? The pollution process revolves around what you as an individual unit of awareness are spending your time thinking about. It involves the people that you spend your time with, and it involves what they spend their time thinking about. Ask yourself, how are the people that I am around on a regular basis breathing? How is it affecting my breathing? Consider the people that you associate with. Let's say for example that you are living in a retirement home. Perhaps maybe 70 to 80 percent of the people are lethargic when it comes to movement. Are you following their pattern? Are you consciously breaking the lethargy that surrounds you?

Well, you might look to a retirement home and say, well that is just natural. Look at the age of those who live there. It's just a reality. Challenge that for a second. Is it written somewhere that everybody is supposed to unconsciously agree with that? The whole process of aging is greatly deterred by what you set out to think and do consciously with specific intent. It means that with every new thought, your thoughts can be useful, they can be like Nature.

When you examine Nature and our relationship to earth, water, fire and air, you come across an amazing thing. Have you stopped to consider that everything out there in Nature is much much older than you are? As a matter of fact, it is much older than any Christian, it is older than any Moslem, any Hindu, or any person of any organized religion for that matter. If you take the average rock, if you take the average banyan tree, the average sequoia today, the average mountain top, if you trace their age, you're talking millennia. What is it that Nature has never forgotten that the human race along many millennia have lost track of along their way?

Have you ever stopped to think and self reflect on the question, "Why did the patriarchs of the bibles of the world enjoy such a high level of spiritual awareness and also enjoy such a high level of longevity?" You know it's almost funny when one looks at the world today. The world has embraced a microwave mentality; we want it in 30 seconds or less. And the world is so focused on everyone doing the same thing as everyone else around them. Everyone is supposed to become a cookie cutter mold of the people they are with. Everyone goes to school, everyone goes to college. To get respect, you'll either have to be a doctor, a lawyer or a professional artist. Then you're supposed to get married at a certain time, have kids who become doctors, lawyers or professional artists and then you're supposed to grow old and decrepit, and then your kids are supposed to put you in a retirement... *Stop for a second!* Think for a second. Isn't that just a collective unconsciousness? Isn't everybody attuning to that pattern without questioning it? Aren't they just unconsciously following it? And they're following the pattern with a total absence of self control.

It is time for us, as spiritual beings on the earth to do things with specific intent. There is one single thing that you can do that will alter this unconscious lack of self control. It will alter the way you think, the way you breathe, the way you move and the way you understand how the spirit, mind and body derive nutrition. Spend at least 30 minutes to an hour a day in Nature. That's it. That's all you need to do to liberate yourself and make self determined choices. And I challenge you to spend many hours in Nature at a stretch at least once or twice a month. Watch what happens to you when you begin to attune to the foliage of the earth, or pay attention to the playfulness of the squirrels running up and down a tree. Watch the interaction between the animal kingdom, the plant kingdom and a small Child out with his family at the Sunday picnic to see how a Child relates to Nature. You will know that there is a lot more divinity and immortality in that Child's relationship to Nature, than the death and destruction that Nature is labeled with by those who shield themselves from it and spend no time in it.

Master Jesus once said that we had to become as Children to enter the kingdom of heaven. Well if Nature is God's playground and spending time with Nature makes us become like little Children again; then maybe it is within Nature that the answer to longevity and spirituality is deeply hidden. Not only is the answer there, but the answer to how we lost it is also there; the answer to how the religions of the world began to lose it, how the governments of the world began to lose it, how a parent's relationship to their Children began to lose it, and how everyone can find it again is there. The answers to those questions are in Nature, even now as you read this book.

Tai' Chi Gung was given to the human race not only as an operational manual for just the physical body; it was given for the spirit, the mind and physical body. It is a system of self reflection in the physical universe of the divinity that you already are in the spiritual realms. There is no limitation whatsoever upon a student in Tai' Chi Gung who aspires to master the basic exercises and is willing to put in the time and the effort to practice them, to better themselves and become the total being that they were sent here to be.

I remember sitting with my master Babaji after a meditation in India in the early 1980s. We began to contemplate the effect that one individual like a Master Jesus could have and did have upon the whole human race. Babaji said, "One being of this nature, one individual who is within themselves totally balanced of spirit, mind and body, walks in the light of perfection, always humbles themselves before Nature and Children, always acts with specific intent with everything that being sets out to do, keeps its own Divine mission within its heart and then has the strength to carry it out, that soul, that being living on the earth is worth 100,000s, literally millions of souls who are on their knees praying to an unknown God, victims of the circumstances and happenstance of the world, following like cattle to the slaughter without any conscious intent or direction in their life."

In the 23rd psalm it speaks about, "though I may walk through the valley of the shadow of death." Contemplate the shadow and ask yourself today, are you living in that shadow? When you look at the people you're hanging around with today, do they look like the shadow of death or do they have specific intent? Is the light in their eyes of God? Does their faith reflect the spirit of God when you're around them? Do you aspire to the greatness of God? Because if you do not see the Light when you are around them, if you do not feel the light when you are with them; you might want to contemplate why you are spending your time with them. Know this to be true. We are

always influencing everyone. Yes, we are our brother's and our sister's keepers, though more unconsciously than consciously.

You can help the world the most, first by leaving Nature alone; and second by helping yourself. Let Nature do what she does best, heal and transform humans and the planet; and then turn to yourself and invest 20 to 30 minutes a day on your own growth as a human being. When you do that, over the next few years people will walk up to you and say, oh my goodness, what has happened to you? You look incredible. You have a great job. You have a great girl friend. You'll have a great boy friend. You'll have a great spouse. You have a great life. Do this and people will turn to you. They will come to you for counseling. They will want to be with you. And all around you there will be a glow. It will be like the glow that radiates from those Christmas time snow-glow balls; the ones with the clear liquid and the loose glitter inside, the ones that you shake up and swirl around to reveal a magical scene. People will just want to be around you like a moth to a flame. Instead of wanting to run from you, they will be attracted to you. They will come. And as you look around one day, the quality of the people that love and adore you will be higher and will grow higher all the time.

You might say to yourself, "I want the respect of the world." "Well, first of all, you need to know, respect is not a given, respect is earned. The only way that you truly get respect of another individual when you can look at yourself in the mirror, and know that you respect yourself. You honor yourself by treating your body, your mind and spirit as a temple of the Almighty God. Imagine for a moment that God was using your body, your spirit and your mind. If He or She was doing that, ask yourself, "Today, would He or She like what you're doing with your spirit, mind and body?" When you can say yes, you can respect yourself and others will also.

There is a great need in the world right now for people to take spiritual responsibility. Whether you walk the path of one religious tradition or you do not walk a path of a single religion, it does not matter. It is time to wake up to our responsibility as human beings. The earth is going through a spiritual revolution. The only question is, are you going to be part of the cause or are you going to be rolled over by the effect?

May the light of God be with you all.

Baraka Bashad. May the blessings be.

Dear Friend,

Thank you for taking the time and having the courage to read this book. We hope that you will consider going back and reading it several times to absorb more of the content and perhaps even become aware of new ways the Circle of Chi can help you on your way.

So often in life, the circumstances that unfold into the most profound blessings come when you reach out for a new relationship or a new friendship. As we share the Circle of Chi through this book, through seminars, classes, private sessions and web based media, we're still aware that a personal contact between us may be the most significant gift we have to offer each other.

While our schedule is demanding, we make every effort to assist those who reach out to us. We can help you learn more about doing Tai' Chi Gung. And we are also looking for true partners on several levels.

We offer a teacher certification program to qualified applicants. You can learn the Tai' Chi Gung system and share it in your community. For those who stay with us for a number of years, we even invite the advanced students to lead Circle of Chi Seminars. So a career opportunity is open to you, and it may mean that you can earn a living, doing what you love, helping people embrace abundant health.

I have been led by my teachers to begin a new business of some kind at least every 1 to 3 years. If you have wondered what it would be like to become a business partner with a Tai' Chi Gung master, you can contact me by calling 904-994-1085 or send an e-mail to: rasaji@rasaji.com and we'll explore the possibilities together.

We appreciate your comments and suggestions, especially if the Circle of Chi has brought you an insight that you're grateful for.

Thank you again for exploring Tai' Chi Gung,

Baraka Bashad. May the blessings be.

Rasaji

NOW AVAILABLE ON WWW.RASAJI.COM

RASAJI'S CIRCLE OF CHI BOOK

For additional copies of this book, please go to www.rasaji.com. This book is a written summary of the Tai' Chi Gung system shared during the Circle of Chi Seminars, and a tremendously valuable reference guide for those doing the Tai' Chi Gung physical exercises through live classes or Rasaji's Tai' Chi Gung DVD.

TAI' CHI GUNG DVD

This DVD includes 140 minutes of instruction. It includes all of the basic standing Tai' Chi Gung exercises done in a regular class. These core exercises represent the foundation of Tai' Chi Gung movement shared by Lao Tzu. They are the same exercises that Rasaji learned when he lived and trained with Bo-Yang, the current master in direct descent from Lao Tzu in an unbroken lineage that extends back now more than 3000 years.

It also has a series of very special sitting exercises called, "The Emperor Choice Exercises". Developed for the ruling aristocracy in China, who were required by law to remain seated for great lengths of time, these gentle adaptations of the system are ideal for older adults who are unable to stand for a complete class, or are recovering from an injury. These sitting classes are currently being offered by Tai' Chi Gung certified teachers in Independent Living Facilities with great success.

Also on the DVD: the Lotus breathing exercise and the oldest unadulterated Tai' Chi Form in existence on this planet. This form is currently taught at the school of Tai' Chi Gung in Tibet where Rasaji lived and trained with Bo-Yang. It is the original form shared by Lao Tzu when he moved from China to Darchen to teach the system of Tai' Chi Gung openly for the first time.

RASAJI'S CIRCLE OF CHI SEMINAR

Share the experience Rasaji's Circle of Chi Seminar in person! For information about a Seminar in your area, go to www.rasaji.com. To schedule a Circle of Chi Seminar in your area, simply call Rasaji for more information, 904-994-1085 or e-mail: rasaji@rasaji.com