

The
**Bearded
Hippie
Wizard's**
Tai Chi / Qigong
Home Study Program



The Bearded Hippie Wizard's Tai Chi / Qigong Home Study Program

Peace ☮
Love ♥
Happiness ☀



HARMONIZE BODY, MIND & SPIRIT
THROUGH MOVEMENT, BREATH & ENERGY
Cultivate Peace ☀ Radiate Love ♥ Live in Happiness ☀

Waiest Qigong (way-est - chi gong) A Martial Art for the Mind – To be a Waiest Spirit Warrior is To conquer the warrior within!

Waiest Qigong Home Study is the art of one's journey, the art of one's life. It is where one looks to oneself, the teachings of life, and the journey as the Guru.

Waiest Qigong is a Personal Success Home Training Program where you will discover new and ancient forms of meditation, philosophy, natural health, and chi training that will balance to your life.

Waiest Qigong Home Study offers you a life toolbox where you can pick and choose the tools that best help you along your individual journey. Use the tools like an exercise/meditation course to increase health and relieve stress. Or come at it like a Samurai warrior monk forging a new path. It is your journey and the Waiest Qigong Home Study program conforms to you.

Waiest Qigong Home Study course suggestion:

1. You can study and train just like in any exercise program like Yoga or Tai Chi. Find most of this information in your "Waiest Qigong training manual". This also goes along with the DVD and digital videos.
2. You can study, take a spiritual journey, and train on the path of a Waiest Qigong Spirit Warrior. These tools are in the book, "The Door" and in "Waiest Qigong training manual". This also goes along with the DVD and digital videos.
3. The "Way of Middle Path" helps you along your path of philosophy, personal success, and a more Zen lifestyle.
4. You can also pick and choose from all the books and training tools, creating your own exercise and mental training program using the material that works best for you.

Do not worry if the ideas behind Waiest seem somewhat unattainable. For that is the point. I have set a bar so high that I can't even reach it, but by reaching for the stars you'll reach further than you ever thought you could. So use the tools in this program in the best way that suits your needs. It could be an exercise form that helps you obtain more physical health and fitness. You could use it to reduce stress and strengthen your mental health or as a mindful spiritual journey. It's up to you.

As your journeys' path grows and changes Waiest Qigong will grow and change with you!

Be at one with the life energy that flows all around you, that flows through all things. You are a part of it as it is a part of you. It binds and connects all that exists. There is no separation

I am honored to have you as a student and as a member of our program!

Namaste ॐ अहं हम्

Dorje Robert W Wiest ~ CHS

About the Founder:

Dorje Robert W. Wiest (Aka: The Bearded Hippie Wizard)

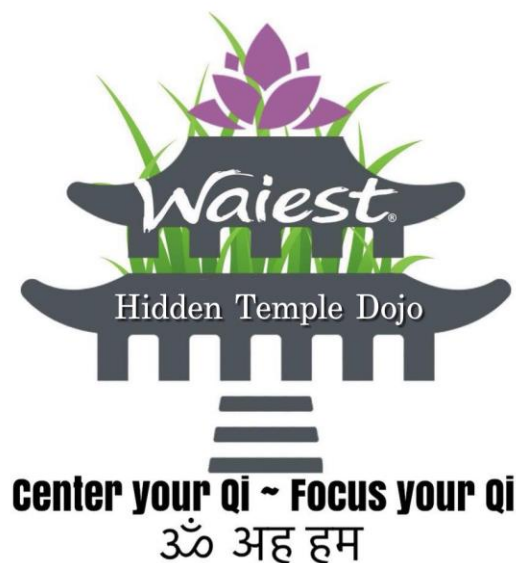
- Author. Producer. Musician. Founder and Creator of Waiest Qigong international training

Dorje's training exceeds over four decades. He has studied with monks, shamans, gurus, martial arts masters and mystics from around the world. He began training at the age of eight and started teaching at thirteen. Dorje holds certificates in Buddhist philosophical studies, Mikkyo, and received his diploma as a Certified Health Specialist from Trinity College of Natural Health.

When you feel anxiety and stress in your life, repeat this Waiest Qigong Mantra.

I will hone my Qi to bring a sense of Zen, serenity, inner peace and balance to my life.

I will hone my Qi to be at one with nature, to be at one with the life energy that flows all around me, that flows through all things. ~ Dorje Robert W. Wiest



You will see things repeated in different ways throughout this book. Like a good martial art technique needs to be repeated over and over again to teach the body muscle memory, we do the same thing with the mind, spirit, and body. This is why a monk repeats Mantras over and over and over again. Because we are creatures of complacency, easily falling backwards within our journey, repetition helps to maintain focus! **This will help you in your pursuit and keep you driving forward!**

Everything taught in Waiest Qigong leads to this one concept: Follow the Path of the Way ~ Waiest Qigong Spirit Warrior - The only actions you can truly control are your own, the only warrior you need to conquer is the warrior within, and the only person you are ever in competition with is yourself! You may not be able to change the world but you can take control of yourself! Make a difference the only way you truly can, from within yourself.

When you feel anxiety and stress in your life, repeat this Waiest Qigong Mantra.

I will hone my Qi to bring a sense of Zen, serenity, inner peace and balance to my life. I will hone my Qi to be at one with nature, to be at one with the life energy that flows all around me, that flows through all things.

I am not just an individual ripple in the water. I am the water.
All things are in a constant state of transformation, a constant state of change. This is the journey! ~Waiest Qigong. ~ Dorje Robert Wiest



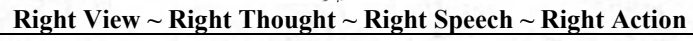


What is Waiest® Qigong? Waiest Qigong (way-est - chi gong) or, the Waiest® Arts, is a personal success home training program where you will discover new and ancient forms of meditation, philosophy, natural health, and chi training that will bring balance to your life. Waiest Qigong was developed as a home study program to help you find the guru within. Qi (chi) training is meant as a personal individual journey that only you can take.

This system was developed with extremely unique qi training forms to hone your energy and your oneness with universal life. Through years of study and training, we've also developed some of our own unique forms, which are called Chi Focus Katas™. Waiest® Qigong is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. The Waiest® Arts are a unique form of study with roots in Chinese medicine, martial arts, metaphysics, and philosophy. Waiest® Qigong is viewed as a practice to cultivate and balance qi (chi) or what has been translated as "intrinsic life energy". Waiest Qigong exercises have three components: a posture (whether moving or stationary), breathing techniques and mental focus on guiding qi through the body with the result being a calm, relaxed state of mind. Waiest Qigong is now practiced throughout the world and is considered by some to be exercise and by others to be a type of alternative medicine or meditative practice. From a philosophical perspective, Waiest Qigong is believed to help develop human potential, allow access to higher realms of awareness, and awaken one's "true nature".

Waiest Spirit Warrior/Chi Monk ~ We use the phrase **Spirit Warrior/Chi Monk** to describe our different training levels in the **Waiest Arts** like a martial arts system uses different belt levels. We use the idea of a monk to describe ourselves because of the **discipline and dedication** that the idea of a monk inspires. **The premise to being a Waiest Qigong Spirit Warrior** is that the only actions you can truly control are your own, the only warrior you need to conquer is the warrior within, and the only person you are ever in competition with is yourself!

*What is written in our books is to engage your mind in thought, to open your mind to new vision, to test your mind of will. The point of using certain words in our texts is to make you think. **The ideas herein are not to be agreed with or disagreed with but meditated on and contemplated.** This is why it is a mental discipline, a mind science. You must find your own way and only those who study diligently will find all that has been laid out within each book of the Waiest® Arts.*

6



Contents

Part One

Waiest® Discipline - <i>Beginning Principles</i>	9
--	---

- ☪ Warrior's Path Home Certification Program™ 10 -12
- ☪ Warrior's Path Curriculum 13
- ☪ Warrior's Path Wellness Life Plan 14
- ☪ Waiest® Discipline - Postures 15
- ☪ Breath of Life 16
- ☪ The Waiest® "Spirit" Warrior 17
- ☪ Universal Life Force Energy 18
- ☪ Wai Dan and Nei Dan 19
- ☪ The Mudras of a Waiest® Chi Monk 20-21
- ☪ The Mantra of a Waiest® Chi Monk 22
- ☪ The Malas of a Waiest® Chi Monk 22
- ☪ Meridians 23
- ☪ The Pathway 24-25
- ☪ Focus Points 26-27
- ☪ Daily Renewal 28-30
- ☪ Meditations To Help You Along Your Journey 31
- ☪ Intention Ritual & Waiest® Spirit Warrior's Sanctuary / Sanctum 32
- ☪ Purifying Your Spirit, Mind, and Body 33
- ☪ Quick Recharge & Warm Downs 34

Part Two

Chi Focus™ Katas ~ Peaceful Warrior	36
☪ Chi Focus™ Kata ~ Peaceful Warrior ~ Limberness Training 39-41	
☪ Standing Meditation - Hugging the Tree 42	

Part Three

Chi Focus™ Katas ~ Warrior's Path.....	44
☪ Chi Focus™ Kata – Warrior's Path ~ Base Set 45-50	

Part Four

Chi Focus™ Kata ~ One Finger Zen.....	52
☪ Waiest® Moving Wai Dan 53-55	
☪ One Finger Zen 56-59	
☪ Earth Sky Meditation 60	

Part Five

Chi Focus™ Kata ~ Elemental Healing.....	62
☪ Elemental Healing 63-65	
☪ Healing Sounds 66-67	
☪ Waiest® Spirit Warrior / Inner Temple Meditation 68	
☪ Small Circulation 69	



Contents

Part Six

Chi Focus™ Kata ~ Thousand Petal Lotus.....	70
❧ Thousand Petal Lotus - Directing Life Force Energy	73-78
❧ Waiest® Moving Wai Dan	77-79
❧ Thousand Petal Lotus	80-81
❧ Thousand Petal Lotus - Chakra Meditation	82-85

Part Seven

The Modern Shaman	86
❧ Waiest® ~ The Modern Shaman	89-93
❧ The Waiest® Chi Monk's Morning Star / Grand Circulation	95
❧ Letting Your Spirit Soar	96
❧ The Waiest® Chi Monk's Universal Life Meditation	97

Part Eight

The Waiest® Chi Monk	100
❧ Waiest® Journeyman Completion Test	101-102
❧ About the Author	103
❧ How To Contact Us / Special Thanks	104

BASIC PRONUNCIATIONS

Waiest® (<i>Way-est</i>)	Mala (<i>Ma-laa</i>)
Chi (<i>Chee</i>)	Ren Mai (<i>Ren - Mi</i>)
Ki (<i>Key</i>)	Du Mai (<i>Du - Mi</i>)
Prana (<i>Praa-naa</i>)	Dan Tian (<i>Daan - Tee-n</i>)
Wai Dan (<i>Wi - Daan</i>)	Lao Gong (<i>L-ow - Gong</i>)
Nei Dan (<i>Nay - Daan</i>)	Yong Quan (<i>Yong - Chwaan</i>)
Mudra (<i>Mu-draa</i>)	Nei Guan (<i>Nay - Gwaan</i>)
Gossho (<i>Gaa-show</i>)	Wai Guan (<i>Wi - Gwaan</i>)
Shanti (<i>Shaan-tee</i>)	Ren Zhong (<i>Ren - Jhong</i>)
Mantra (<i>Maan-traa</i>)	Bai Hui (<i>Baq - Way</i>)



The Waiest® Om is the symbol of the **Waiest® Spirit Warrior**. It symbolizes universal life journey. It consists of a Zen circle that represents the journey combined with the Om that represents universal life.



PART ONE

BEGINNING PRINCIPLES

Waiest® is Different to Each Practitioner ~ This is the point of Waiest! It is the art of your journey! The art of your life! Each Waiest is on their own personal journey and is their own personal temple. The core idea behind Waiest is that every Waiest is an individual living individual lives and with individual beliefs. We all must find our own way.

Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey.

Everywhere is your temple, every day is your special day, and universal life is your teacher. Be not confined by book, building, or idea but open to the very essence of universal life and all within the journey.

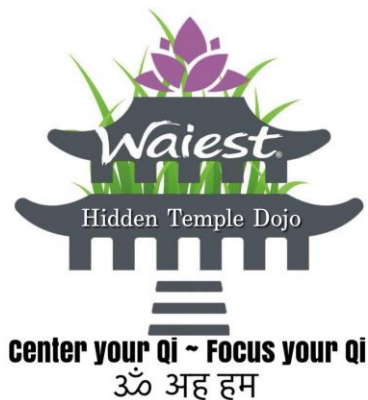
Waiest® Qigong offers you the opportunity of a home study program, a path, **THAT HELPS YOU TO HELP YOURSELF.** **We are not here to tell you what you should experience or how you should experience it!** All we do is offer you tools that you can use that may help you better understand your experiences. All we do is point to the mountain and tell stories. It is you that must climb the mountain, listen to the stories and determine how this information best benefits you! It is your journey, your path to walk.

Waiest Qigong includes physical training forms, mental training forms, and philosophical training forms to train body, mind, and spirit. With Waiest Qigong all we do is offer you a “toolbox.” It is up to you to decide which tools may best work for you along your journey.

Study Waiest® Qigong on your own terms!

- Waiest can be followed as a philosophy, as a set of suggested guidelines.
- Waiest can be followed as an exercise, martial art and/or energy training form to be practiced daily to build strength and balance in your life.
- Waiest can be followed as a spiritual quest where one would follow it step-by-step to help bring enlightenment to one's journey.
- Waiest can be followed as all of these concepts, as one's life is made of many experiences, or Waiest can be practiced in a way no one else has ever dreamed of before because it is your journey.

Waiest® Qigong is what you make it! We wish you peace and happiness on your journey.



Waiest® Qigong ~ The Internal Arts™

How to describe the Waiest Arts to others: Here are some ideas on how you can describe what the Waiest Arts are or what it is to be a Waiest (Spirit Warrior) Chi Monk to another. They start with a quick and easy way at first and work their way down to a more elaborate way to describe the **Waiest Arts**. Remember, if you cannot put your goals into words, they are not goals. If you cannot relay your philosophy then you do not have one. **This is very important to commit to memory as it will also help you to stay the path.**

Waiest Qigong (way-est - chi gong) A Martial Art for the Mind – To be a Waiest Spirit Warrior is to conquer the warrior within!

Waiest Qigong & Meditation Home Study Program (Waiest® Qigong) is a form of personal success and mental discipline training where you will discover new and ancient forms of meditation, philosophy, natural health, and fitness guidance that will enhance your natural physical and mental abilities.

Becoming a Waiest Spirit Warrior/Chi Monk is a way to take a stand! Taking this action states, “I may not be able to change the world but I can take control of myself, of my life’s journey.” and, by doing so, the world changes for me! **To walk the path of the Waiest Qigong Spirit Warrior** is a lifestyle and a way of thought. It is an empowering code of conduct and a personal discipline akin to that of a modern samurai’s, knight’s or monk’s life code that helps you to achieve **personal strength, personal success, and personal freedom of journey!**

The Reason ~ There has never be a time in our history where there were so many people vying for the same limited resources. More so than ever, we exist in a mental battlefield. You will not wield a sword in the name of justice or garnish a six shooter to overcome the lawless. No, those are weapons of another time. In this day and age it will be the **Disciplined Mind that is the Sword of the New Age** and it will be those who have prepared and disciplined themselves that will achieve success in this new time!

Waiest Qigong & Meditation Home Study Program is a Martial Art for Your Mind™ where you will learn life skills that are needed to excel in today’s more competitive world! This mental discipline training will enable you to achieve a **personal strength, personal success, and personal freedom!**

Wisest® Qigong is the art of your journey, art of your life. All we do is offer tools. You determine which tools work best for you at this time and point in your journey. Your journey is ever-changing. What works for you today might be different than five years from now. You’ll need different tools as you grow and change. Our home study program offers those tools. At the end of the day, no matter what is shown, taught, or learned, we each must find our own way. Waiest is to follow your own heart in your own way on your own journey.

The Waiest Qigong Spirit Warrior is the warrior monk of the modern age. The Waiest Spirit Warrior Monk is a non-religious group of martial (warrior) monks that make a study of the journey and strive for mental discipline and, through faith, honor, actions, and deeds, hone their minds as a weapon to overcome the trials of life, to conquer the warrior within, to better themselves daily, and to achieve enlightenment in their journey.

To conquer the warrior within means that one must learn to control their emotions and thoughts rather than being controlled by them! You may not be able to change the world but you can take control of yourself! Make a difference the only way you truly can, from within yourself.

The premise to being a Waiest Qigong Spirit Warrior is that the only actions you can truly control are your own, the only warrior you need to conquer is the warrior within, and the only person you are ever in competition with is yourself!

The **Waiest Qigong ~ Hidden Temple Dojo** is a global organization dedicated to the pursuit of enlightenment and to better our world through individual growth. The **Waiest Qigong ~ Hidden Temple Dojo** is not confined to a building or to one idea but is open to the very essence of creation and the idea that **everywhere is our temple, every day is our special day, and universal life is our teacher.**

Our most important decree is not to impose our lives on others. The **Waiest Qigong ~ Hidden Temple Dojo** offers self-help programs that facilitate taking your life to the next level. We will never tell you what to believe, how to believe, what you should experience, or how you should experience your journey. All we offer are tools to help you to better understand your experiences, to control your emotions, and to formulate better decisions; therefore, making the best of your life journey.

There is only oneness with universal life and the flow of one’s universal life’s force, qi.

How to use your Waiest Qigong & Meditation Home Study Program

As a new member of the Waiest family, you've taken your first step on the path of the Waiest (Spirit Warrior) Chi Monk. Waiest Spirit Warrior is a philosophy, an understanding of how to achieve **personal success, personal strength, and personal freedom in your life journey**. This understanding is based on the concept of balance, which is expressed in the **Warrior's Path Home Certification Program™**. Maintaining a balanced lifestyle enables you to enjoy every day to its fullest and creates a higher quality of life.

A great way to get started is by trying to learn something new about your Beginning Principles each day or each week. Do not feel frustrated. This is not a race. Take your time, pick one subject or idea and try to remember it for that day or that week. Just imagine how much you will know if you do this every day or every week for a year.

With the Waiest Qigong & Meditation Home Study Program you have received:

- The Door©
- Way of the Middle Path©
- Waiest® Discipline Chi Focus™ Warrior's Path Manual©
- Waiest® Discipline Chi Focus™ Life Force Energy Training DVD©
- Chi Focus™ Sounds of Meditation CD© (not included on digital purchase)
- Mala Beads (not included on digital purchase)
- Certificate of Completion Opportunity
- Nag Champa incense is a special blend of natural herbs, resins, flowers, and oils hand-rolled to perfection. Its rich, earthy fragrance will enhance any environment. (not included on digital purchase)

Nothing will be mailed in a digital purchase. In a digital purchase all material will be downloadable.

1. Way of the Middle Path© ~ From author, Waiest® Master, and Certified Health Specialist, **Dorje Jangbu Robert Wiest**, this is a beautiful book of discovery based on your individual journey. Way of the Middle Path© can be consulted as a daily oracle on your life's journey to help you reach your full potential; however, it has also been written in the style of a Zen teaching riddle and is a paradox that is to be meditated on to help one achieve enlightenment. The Waiest Discipline is your guide to individual enlightenment and personal success. The Way of the Middle Path© should be read a little each day, as you ponder the meanings of life's journey. *A Koan or a Zen teaching riddle in the form of questions or statements assigned to students by their master. Classically, koans are attractive paradoxes to be meditated on. Their purpose is to help one achieve enlightenment. A well-known example is "What is the sound of one hand clapping?" The clue that was given to me by my master was not to think of the person asking the question or of the question but to think of the person answering the question.*

2. The Chi Focus™ Life Force Energy Training DVD© will teach you the basic movements of each **Waiest Discipline Chi Focus Kata™**. Your guides on your DVD are moving at a moderate beginner pace to get you started. As you progress you may move slower as you feel comfortable. Follow along as best you can. Do not worry if you do not get all the movements right away or if you feel a little lost. That is part of the learning process so do not be self critical. Just relax and have fun.

3. The Chi Focus™ Warrior's Path Manual© goes deeper into the theory and detail of each **Waiest Discipline Chi Focus Kata™** and curriculum of the **Waiest Spirit Warrior**. **The Chi Focus Warrior's Path Manual©** is also your **Warrior's Journal**. Maintaining your personal journal can help you keep issues in your life in focus, organize your thoughts, keep track of your progress, give your goals a physical foundation, and is good mental therapy. Keep track of your daily and monthly training. This will help you to be honest with yourself concerning whether or not you are achieving your goals. *Your DVD and Warrior's Path Manual© are to work in conjunction with each other. The DVD provides the basic movements as the Warrior's Path Manual© provides the instructions. With the Warrior's Path Home Certification Program™ there is no way to train wrong so go at your own pace and do what is comfortable for you.*

How to use your Warrior's Path Home Certification Program™

Starting on the path of the Waiest® Spirit Warrior ~ The most popular reason we hear people say they don't train is, "I don't have enough time." Yes, we are very busy with work, children, and relationships. You may find it hard to find some "you time". Having time for yourself is extremely important. It will relieve stress making you more effective with your time management and eventually allowing you even more quality "you time". Do not allow the fact that you cannot make it to the gym or train for a full hour cause you not to train at all. The **Waiest Qigong & Meditation Home Study Program** has been designed with your busy lifestyle in mind. We have developed the Warrior's Wellness Sets for maximum effect in the shortest amount of time. The idea is for you to allow yourself five minutes a day. Do this and you will become more relaxed, less stressed, and more efficient with your time. Before you know it five becomes ten and ten becomes twenty as you form a Warrior's Habit. This, in turn, will allow you more quality time for yourself and with your family. With five minutes a day you are not going to lose 50 lbs. in a week or get the perfect body but it is the first step in your new path, which is the key to your future change. So commit yourself to just five minutes a day for "you time" for a healthier, happier, stronger you! Once you've given five minutes you'll want to do more.

- *Look for the **Warrior's Wellness Sets** key throughout the manual. These are relaxing and designed for maximum effect in the shortest amount of time. Look for the small Waiest® Journey Circle. Warrior's Wellness Sets take one part of a Chi Focus™ Kata and allows you to train in it as you work yourself up in your training time or just when you need a quick boost or rebalance in your day. Your goal is to work up to doing a full Chi Focus™ Kata and Warrior's Path Meditation each day.*

The **Chi Focus™ Katas** have been developed by taking the best ideas of Yoga, Tai Chi, Tai Chi Quan, and Qi Gong and reforging, enhancing, and taking them to an entirely new level. **The Waiest Spirit Warrior's Chi Focus Katas are the evolution in energy form training.**

Let's Recap:

- **Warrior's Wellness Sets** can be fun five minute exercises you can do to maximize mental discipline and decision making capabilities.
- Our **Warrior's Wellness Sets** are designed with your busy life in mind.
- Before you know it 5 becomes 10 and 10 becomes 20 as a Warrior's Habit begins.
- It takes about 40 consecutive days to create a Warrior's Habit.
- Go at your own pace as you build your Warrior's Habit.
- With 5 minutes a day you are not going to lose 50 lbs. in a week or get the perfect body but it is the first step in your new path, which is your key to future positive change and good decision making skills.
- Look for the **Warrior's Wellness Sets** logo throughout the manual. They are relaxing and designed for maximum effect in the shortest amount of time.
- Once you've given yourself 5 minutes, you'll want to do more.
- Your ultimate goal is to work up to doing a full Chi Focus™ Kata and a Warrior's Path Meditation each day.

5. Your Waiest Qigong & Meditation Home Study Program Sounds of Meditation CD© is a beautiful and enchanting CD with music and natural sounds designed to help you reach an inner focus as each song is a meditation timing tool. There is no need to watch the clock. Just sit back, relax, and let the delightful music do the work for you. Hardcopy Format Only

6. Certificate of Completion Opportunity ~ In the back of your Waiest Qigong Manual is your **Waiest Spirit Warrior** completion test section. You can do this as you are building your daily Warrior's Habit to help keep it in your mind. Take your time. There is no rush. Finish it at your own pace. When you complete it you can send it in for your Certificate of Completion as a **Waiest Chi Monk**. Upon the completion of your **Waiest Journeyman** level you will also receive a new book for FREE called "The Teachings" that will help you to achieve your next level of **Waiest Guru**. Good Luck!

Waiest Qigong & Meditation Home Study Program Curriculum

This **Waiest Qigong & Meditation Home Study Program** Curriculum is just a suggested study format. It is your journey and can be done at your own pace so do what is comfortable for you. Our suggested curriculum is at a steady learning pace. The way is in training. Set aside time every day when you will not be disturbed for training and studying. No need to dive head long into it. You will just burn yourself out and this study course will go the way of your newest exercise machine that is now a very expensive clothes hanger. At first you need to build your Warrior's Habit at a pace that is comfortable for you to see results. Start with five minutes a day and work yourself up to a full twenty minute set, which is an ideal training time. You are only going to get out of it what you put into it. It's going to take a little bit of work, willpower, and determination to achieve the goal. During the first few weeks of training, increase the length of your practice gradually. Stay within your comfort range and work up to three full sets a week.

Waiest Qigong Chi Focus™ Katas	Waiest Qigong Meditations*
~ Peaceful Warrior ~ Limberness Training ~ Warrior's Path ~ Base Set ~ One Finger Zen Set ~ Elemental Healing Set ~ Thousand Petal Lotus Set	~ The Breath of Life – see DVD ~ Earth Sky ~ Waiest Spirit Warrior / Inner Temple ~ Small Circulation ~ Thousand Petal Lotus ~ Shamanic Journey ~ The Waiest Qigong Morning Star ~ Grand Circulation ~ Universal Life
All Chi Focus™ Katas can be seen on the DVD.	

This easy to follow, step by step, month by month Waiest Qigong Curriculum is designed to build and renew your universal life force energy at a steady learning pace, helping you to discover your metaphysical abilities. Take it slow, month by month. Do not feel the need to rush. It is ok if it takes longer than twelve months.

Month 1 Breath of Life Peaceful Warrior ~ Limberness Training Hugging the Tree Breath of Life	Month 2 Breath of Life Warrior's Path ~ Base Set Hugging the Tree Breath of Life	Month 3 Breath of Life One Finger Zen Hugging the Tree Breath of Life
Month 4 Breath of Life Review Month 1 thru Month 3 Earth Sky	Month 5 Breath of Life Elemental Healing Set Waiest® Spirit Warrior / Inner Temple	Month 6 Review Month 1 thru Month 5 Small Circulation
Month 7 Breath of Life Thousand Petal Lotus Lotus ~ Chakra, Spiritual Centers	Month 8 All Previous Shamanic Journey	Month 9 All Previous The Waiest Qigong Morning Star Meditation
Month 10 All Previous Grand Circulation	Month 11 All Previous Universal Life Meditation	Month 12 Review All Test your Knowledge

- *The meditations in this manual are self explanatory. Just follow the instructions. All you need is a little imagination.
- One who never quits, never fails. The key to achieving ones goals is to stay the path.
- We suggest that you first watch your **Chi Focus Katas** on the DVD as you read through the manual. The DVD and manual are meant to work in conjunction with each other.
- Remember; **commit yourself to five minutes a day** with the **Warrior's Wellness Sets**. Try to work up to a full **Chi Focus Kata** a day. Do not be self-critical if you miss a day. You can just take a favorite part of a **Chi Focus Kata** and do it for that day as a **Warrior's Wellness Set**. It is ok. The **Waiest Qigong & Meditation Home Study Program** has been developed so you can not do it wrong. The fact that you are trying makes it right. So relax and have fun.
- Remember; try to learn something new about your Beginning Principles each week.

Waiest Qigong & Meditation Home Study Program Wellness Life Plan

- ☯ **Diet-** A healthy diet should consist of 70% water-rich foods to assist in the cleansing process; vegetables, fruit, whole grains, soy products, and fish rich in omega – 3 fatty acids, little or no dairy or sweets, and no processed or junk foods plus several cups of green tea and distilled water per day. You can not just jump into a new way of eating. Your body needs to get used to it first. So start slow, add some vegetables or fruit to a meal a day to start. Figure out what you crave and find healthier solutions to satisfy your cravings and reduce junk food intake. Do not feel guilty if you treat yourself once in a while. That is ok. Eat until you're almost full because staying lean reduces the risk of chronic illness. To do this, eat about half the portion you usually consume. Wait twenty minutes, and you'll probably be full. You can get used to eating less food in just a few days.
- ☯ **Stay active** – Walk, garden, and train daily in **Waiest Qigong**.
- ☯ **Get spiritually connected.** In this life one may have a strong spiritual philosophy, but not a spiritual existence. We are so tied up with the lives that we live that we ignore the life energy that lives them. This is like your lungs without the air that you breathe. You need one as much as you need the other. The life that you live is your journey. The life energy that lives it is a part of all. Practicing meditation and daily wellness sets will help you become spiritually aware. Cultivate your universal life force energy and innate enlightenment - spirit, mind, and body. To help you get started in your **Waiest® Discipline Philosophy** training, first study a little of “Way of the Middle Path©” every day. In the first three months, memorize “The Way of Eight.” In the second three months, memorize “The Path of Enlightenment,” and in the third three months, memorize “One Who Follows the Way”. Wisdom is not knowledge until it is applied to life. Most importantly, be laid back, easygoing and relaxed.

Do not exist in the past, but show your knowledge through strength of growth. Do not cling to the present, but live for the now. Do not worry about the future, but strengthen your roots for new growth.

Here are some other helpful hints to get you started on your new journey.

- ☯ **Waiest Spirit Warrior's Sanctum** - Create a natural atmosphere of peace and purity in your home, your sanctum with plants, incense, and relaxing music. You may want to make an altar out of special items that exist with you along your spiritual journey. See “Waiest® Spirit Warrior's Sanctuary / Sanctum” on page 33.
- ☯ You may find a quiet place outside to train such as by a river, lake, pine trees, which give off great amounts of oxygen, or another beautiful natural setting to bring you back into balance with the Earth. Only train outside on days and nights that aren't too cool or too hot, but are comfortable to you.
- ☯ Train away from or turn off electrical appliances. TVs, microwaves, cell phones, and other electrical devices will interfere with your energy. It is ok if you have a stereo playing your music.
- ☯ Wear natural, loose fitting clothing.
- ☯ Do not train right after a big meal or if you are extremely hungry. Go to the restroom before you begin training. Do not smoke or drink alcohol.
- ☯ Meditate in the morning or evening so not to be interrupted and when the atmosphere is charged with special spiritual forces.
- ☯ Face east in the morning with the rising sun. Face south or north in the evening taking advantage of the favorable magnetic vibrations. You may also face your altar. It is your decision. Do what is comfortable for you.
- ☯ Relax and take your time. Do not force it or feel the need to rush. Just relax and breathe before moving on to a specific exercise. Let your intuition guide you.
- ☯ The reclaiming of your life energy is a very necessary thing. As the day progresses, your life energy is tugged at and depleted by the needs of others and the events of the day. You need to take the time to replenish your depleted life energy refocusing and balancing your spirit, mind, and body.

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Postures

Chi Focus Base Stance is a posture that centers you and makes you a portal for universal energy.

- ॐ Stand with your feet about shoulder-width apart.
 - ॐ Relax your body.
 - ॐ Slightly bend your knees and sink your weight through your feet "rooting" to the ground. Imagine that you are a tree and your roots grow strong into the ground.
 - ॐ It is very important to pay attention to your posture. Do not slouch or hunch.
 - ॐ Imagine a "white light" holding you up from the base of your neck to the heavens, connecting you to the universe.
-
- ॐ **THE BREATH OF LIFE** - Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. Visualize that you are breathing in from between your legs. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Clear your mind. Allow inner silence. Focus your mind just on your breathing. Relax your spirit, mind, and body while entering into a natural state.
 - ॐ The tip of your tongue should be touching the roof of your mouth, which is connecting the Governing and the Conception Vessels sending life force energy pulsing through your body.
 - ॐ Clear your mind. Allow inner silence. Focus your mind just on your breathing and your lower Dan Tian/center of energy, which is three fingers width below your navel.
-
- ॐ **Chi FocusTM Sitting Posture** - Sit with your legs crossed. They can be normally crossed with both feet under your legs, in a half lotus with one foot on your opposite thigh, or full lotus with both feet on your opposite thighs. Follow the same instructions as the standing posture.



Note: If you are not capable of standing or sitting in a Chi Focus posture, you may lie down (try not to fall asleep) or you can sit in a flat backed chair, which is called "the Egyptian Posture." You can participate in a wheelchair as well. Do not let anything be an excuse not to train. A metaphysical discipline is open to some interpretation as long as you stay true to the fundamentals.

Waiest® Discipline ~ Breath of Life

The Breath of Life is the foundation and the starting point of all other **Waiest® Discipline** meditations. You will start all **Waiest Discipline** meditations with the breath of life. No matter which one you are doing - sitting, standing, or moving - all are to be done as you practice the breath of life.

The Breath of Life ~ You can go a little while without food and water, but without breathing you could not survive too long. Breathing is one of our most important functions, yet it is rarely practiced or even thought about. Deep breathing is a great focus point, helping you to shift consciousness to a meditative state. It is essential for the building of life force energy. It also activates the lymphatic system which is the sewer system of the body and can help to cleanse your body. Breathing is also one of our buffering systems that helps to eliminate cellular waste build up in our bodies. The body's cleansing process is increased by up to 15 times the normal pace just by deep breathing. When you breathe, oxygen does not just go in and out of your lungs but the process takes place throughout your entire body, bringing more nutrients into your system, nourishing, cleansing and absorbing life force energy making for a healthier body. Every time we breathe, life force energy flows within us. Allow your breath to become one with the rhythm of life's energy all around you.

Waiest® Discipline's "Breath of Life" can be done anywhere at all and with no one else knowing. It can be done at work, in line at the store, on a long trip, at the beach, watching a movie- anywhere at all.

- ☸ **The Breath of Life Meditation** - Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. This diaphragm, or deep belly breathing, is the focus of the Breath of Life and is done throughout the meditation. Visualize that you are breathing in from between your legs and out through your arms. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Now imagine that you are a tree and your roots grow strong into the ground from your hips, legs, and feet, rooting and balancing you and connecting you to the chi of nature. It is very important to pay attention to your posture. Do not slouch or hunch. You cannot breathe freely when you do. Imagine a "white light" holding you up from the base of your neck to the heavens, centering you and connecting you to the chi of the universe. The tip of your tongue should be touching the roof of your mouth, which is connecting the Governing and the Conception Vessels, the Yin and Yang, sending life force energy pulsing through your body. Clear your mind. Allow inner silence. Focus your mind just on your breathing and your lower Dan Tian/center of energy, which is three fingers width below your navel. Relax your spirit, mind, and body while entering into a natural state. Allow your breath to become one with the rhythm of life's energy all around, becoming one with the nature of things. You can stay in this focused state of meditation, balanced and aware of life energy all around you, for as long as you like. Just go with the flow of the universal journey and let your intuition be your guide.

Tips that may help –

- ☸ This form of meditation is called a singular meditation and will help you to focus your mind on one thought. One of the concepts of this meditation is to learn to focus your mind on one thought without being distracted, yet being aware of all around you. This will take practice to achieve.
- ☸ Breathe through your nose deeply, slowly, and silently. The Breath of Life is like a wave, building up life force energy within your body (abdomen). You may feel a warm or tingling sensation as you build your life force energy. Don't worry if you don't feel anything immediately. Sometimes it takes time to feel it. Just relax. It will happen.
- ☸ Focus on the inhale and the exhale with no tension or pause between breaths. You do not want to have any tension in your breathing, so only fill your lungs to about 80% capacity. Later, you will try to make your breath even slower. The slower you breathe, the more freely life force energy will flow. Eventually you may only take one to five breaths in a minute but do not force it. Work your way to that goal naturally.
- ☸ If your mind becomes "noisy," as it will, do not be self-critical. Let the thought move through your mind like a cloud in the infinite "sky like" nature of your mind, holding no attachment to it, and simply become aware of how you are breathing. Refocus on your breathing and your mind will become silent again.
- ☸ Relax your body. The more you relax the better life force energy will flow. By saying to "relax" your body is not to say you are not using your body. Your muscles will be used to stand, sit, or move, but they will be relaxed not tense. Start to feel each individual muscle. In time you may be able to sense your individual organs, bone structure and different focus points, flowing your life force energy to different parts of your body for cleansing and healing. As your training progresses you may even become aware of the life force energy flowing beyond yourself and a spiritual awareness of all.
- ☸ A key element to The Breath of Life is to eventually achieve the point where you no longer need to think about deep breathing but it just becomes a habit.

Center your mind, your breathing, and your body. The Breath of Life will calm your spirit, focus your mind, and cleanse your body. **You have no excuses not to train when all you must do is breath.**

Follow along with the DVD for a five minute Warrior's Wellness Set.

The Waiest® “Spirit” Warrior

We have all heard the saying “body, mind, and spirit” when in reality it should be spirit, mind, and body for it is your spirit that truly makes up who you are. Throughout our lives we have all trained our bodies and minds in some manner, only meeting the minimal daily requirements to get us by in our day to day lives. So, what about your spirit? Most of us do not even meet the minimal daily requirements to replenish the spirit. Most people can’t even identify their spirit or place their finger on exactly what their spirit is. We would like to think we can get by training once or twice a week in a watered down version of Yoga or Tai Chi that only truly meets a physical need at best. Spiritually, this is equivalent to only eating once or twice a week or sleeping for only one night a week. Imagine how your body and mind would feel. That is how your spirit feels and you wonder what that empty feeling inside you is.

Spirit ~ Your spirit is the whole of you. It is the veracity that you confront life’s trials with. No matter how fit you are mentally and physically, if your spirit is not fit, everything suffers. Your life in this world is a journey in which you discover your true spirit.

It is in the harmonizing of body, mind, and heart that we find our spirit.

- ☸ **Personal self** is your energy that emanates from your physical being. You are somewhat familiar with your personal self. It is the linear where your physical being resides and handles the details of day to day life. It is your state of conscious mind, personality and the ego identity. This part of you spends a lot of time reflecting on the past and planning for the future while dealing with the present. The body relates to the linear nature.
- ☸ **Natural self** is your energy that is derived from nature. You are also somewhat familiar with this energy. It is your intuition and the force of nature that you are. You are as much a part of nature as the stars, the moon, or the wind, serving to strengthen the greater whole. You can not live outside of life but only exist as life. By relaxing your conscious mind you can move through the doorway of your personal subconscious to your natural self, a realm of greater awareness and insight. The mind relates to the natural nature.
- ☸ **Universal self** is your energy of the universe and involves the idea that all life is as one. Most of us are only vaguely familiar with our universal self. It is our spiritual nature, not bound by the linear. It has a greater perspective of our life journey, moving beyond form and intuitively seeing beyond how life is presented to you. The universal self offers intuitive knowledge to the personal self through the natural self. It is believed in some shamanic cultures that the raw material of your thoughts, words, and actions of your personal self are taken by your natural self while you sleep and relayed to your universal self, creating the building blocks of your life. The spirit relates to the higher nature.

Levels of Consciousness

- ☸ The brain functions through waves that are measured in cycles or hertz. The brain functions normally at **beta level**, which is a normal waking consciousness. This frequency is 13 to 16 hertz. There can be a high beta function having frequencies of 16 to 30 or higher, putting you in a battlefield condition or divine inspiration.
- ☸ In a meditation you are in an **alpha state**. Alpha is right below beta. You have greater awareness and intuition. The **natural self** is accessed, and you are able to move and flow energy. You are relaxed, yet aware. This frequency is 8 to 13 hertz.
- ☸ **Theta** brain waves are a deep meditative trance state where you are attuned to your spiritual nature, making a connection to your **universal self**. The frequency in this state is 4 to 9 hertz.
- ☸ **Delta** wave is the lowest state of brain function. They occur during sleep or in a deep shamanic trance. The frequency in this state is 4 to 5 hertz.

Life Force Energy Training™ is a natural function of life and will teach you how to identify your spirit, how to raise your spirit, how to meet your daily needs of your spirit, and how to have a relationship with your spirit, thus raising the vitality of your spirit, balancing the whole of your being, and unifying “spirit, mind, and body.” In turn, this increases the awareness of universal life and self, allows you to make better decisions, and creates the means to a fulfilling, productive, and happy life.

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Chi – Universal Life Force Energy ~ Chi, Qi, and Prana are names from different cultures that describe **Universal Life Force Energy** or what a **Waiest® Spirit Warrior** may refer to as Life Force Energy or Chi. There are three levels of chi. Individual chi is the energy of you. Natural chi is the energy of nature, and universal chi is the energy of all.

Life force energy is a focal point of our **training**. Life force energy is the spiritual energy of life. It is in all things, and it is universal. Life force energy is the very living energy that is life's spirit within. Life force energy is the very spirit of creation. It flows within all things; it surrounds us and penetrates us, and is what binds the universe together. It is the sum total of all things. You will feel it more intensely from living things but it flows through all things, living or not. You are a direct link to creation. You are of creation. Books, buildings, governments, and religions are secondary, man-made items. They are important in that they can spark the truth within, but it is within that the answers are found. A **Waiest® Spirit Warrior** will learn to journey within, to flow with universal life force energy, and to feel universal life force energy all around you. A **Waiest® Spirit Warrior's** strength flows from universal life and universal life's energy. Through it we enhance our natural, physical, and mental abilities, taking our lives to the next level. Every time you breathe, eat, or traverse the world, you absorb, emit, interact with, and are life force energy. With mental and physical practice you can focus your life force energy, unlocking the energy of life, becoming one with the universal process.

See it as like being a ripple in the water. The ripple cannot take or give to the water for it is the water, but it can draw its strength from being the water. Working with the forces of change within your individual environment stimulates your healing power, physical power, mental power, and spiritual power, allowing you to achieve a stronger spirit, mind, and body. **Physics 101- Energy is neither created nor destroyed but can be transformed.**

What Life Force Energy Feels Like To You - The feel of life force energy varies from person to person. It is a universal energy that does not have boundaries or fit into any set of rules. Most likely, when you inhale you will feel a cool sensation, and when you exhale you may feel a warm or tingling sensation. Life force energy can feel warm, cool, smooth, tingling, light, flowing or possibly perceived as a color, taste, sound, or smell. In time you will learn to move life force energy throughout your body and even send it to others or into the environment. It is also possible to learn to absorb life force energy from the universe. Do not be self critical if you do not feel anything at first. Simply be aware of yourself and it will come.

To Help You Feel Your Life Force Energy

Feeling The Flow Exercise - Begin in a Chi FocusTM posture and with the Breath of Life. Raise your dominant arm to your side, shoulder high, palm up, and relax. Try to maintain this stance for five minutes. After five minutes, slowly lower your arm to your side. You will feel a tingling sensation and the feeling of life force energy flowing and surging into your hand. Visualize the healing energy flowing throughout your body.



Waiest® Spirit Warrior ~ Life force energy is the spirit of life, the spirit within a living thing. Life force energy vitalizes and sustains our bodies. The personal, natural, and universal selves make up your spiritual self. All aspects of self are needed to bring the spirit into balance. We are not human beings having a spiritual experience but spiritual beings having a human experience.

CHI FOCUS

LIFE FORCE ENERGY TRAINING™

Wai Dan and Nei Dan

Wai Dan (External Elixir) - Every molecule is a part of and flows with universal life force energy. In the beginning of your training, you will move life force energy using various physical postures and exercises in order to build up a surplus of life force energy in your limbs. Then, you will lead it into your body directing it with a physical motion or through a natural flow for nourishment to clear tension and blockages that you may have in your body. This will enable your life force energy to flow smoothly, naturally and increase your over all health. There are still wai dans and moving wai dans which will help you learn to direct your life force energy in a natural flow.

Nei Dan (Internal Elixir) - These build and move life force energy with mental control. Life force energy is built up within your body with a series of physical (wai dans) and breathing exercises. Then it can be circulated through your body using your mind. For a beginning apprentice most of your effort will be with the wai dan. It is the best way to start so that you can build a connection with your life force energy and have a better understanding of it. You can start both training styles simultaneously because nei dan training will take longer and there is no harm in trying. Nei dan is more complex and more challenging to learn. It can be a very effective way to emit or absorb life force energy or to direct your life force energy throughout yourself or your individual environment, working with the forces of change to influence or stimulate a desirable outcome. It will take a greater degree of mental control.

- **Nei Dan Visualization Exercise:** Begin in a Chi Focus™ posture and with the Breath of Life. Try to visualize your life force energy flowing into different parts of your body that may need the energy; warming it, moving through it, around it, and helping heal it or to center and energize the whole of your being. *Where your mind goes, your life force energy goes.*



- **Waist® Spirit Warrior Mind Rejuvenating:** Chi Focus Life Force Energy Training can increase your intelligence by requiring you to utilize a larger percentage of your mind. It can be used to develop your intuition and senses, to cultivate skills such as logic, memorization, awareness, creativity, perception, and imagination, and to open your mind to a host of new possibilities. To help you rejuvenate your mind you can send your chi to your head. Utilizing the Breath of Life as you exhale, imagine your chi flowing to your head. Feel it moving inside your mind - energizing, rejuvenating, and increasing your awareness.

CHI FOCUS

LIFE FORCE ENERGY TRAINING™

~ The Mudras of a Waieist Chi Monk ~

Mudras redirect energy which emanates from your fingertips back into your body. Each finger emanates a different type of energy and corresponds differently to aspects of your mind-body. The thumb corresponds to universal energy. The index finger corresponds to self-awareness energy. The middle finger corresponds to stabilizing energy. The ring finger corresponds to personal energy, and the little finger corresponds to intellectual energy. When we connect the fingers, we create a circuit that has a subtle effect on the energies of the body. Mudras are also highly symbolic and create a psychological trigger in your mind. If you associate a mudra with a certain feeling or state of mind then you can recall that state of mind by creating that mudra. Match your mudras to your needs of the day. You can use different mudras to fit how you feel. You can customize and add flavor to your meditations with a hand gesture.



Om Mudra

The Om mudra joins the divine and the self, becoming one. The tip of the index finger touches the tip of the thumb, and your hands are placed on your knees palms up.



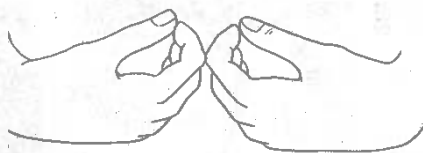
The Earth Mudra

The Earth gesture focuses a great stability and a oneness with the Earth. Join the index finger to the first joint of the thumb and separate the fingers, placing your hands on your knees palms down.



Unified Mudra

This gesture unifies the spirit, mind, and body. Interlock your fingers together with the thumbs lying on top of each other or tip to tip, placing your hands in your lap.



Buddha Mudra

The enlightenment gesture is centering and calming, joining all energies, and enlightens the self to its divinity within. Join your index finger and thumb together just as in the Om mudra, then join your hands together at the knuckles and rest your hands at your lower abdomen.



The Five Element Mudra

Press the tips of your fingers together gently and spread them in the shape of a tent, thumb to thumb, index to index, etc., keeping a space between the palms. Place your hands in your lap. In this very powerful mudra you stimulate the power of the elements with each finger stimulating one of the five elements. The thumb represents void (conscience). The index finger represents water. The middle finger represents fire. The ring finger represents air, and the pinky finger represents Earth.



Chalice Mudra

The chalice or cosmic mudra is very powerful, emanating divine energy. Joining your entire hand together and joining the thumbs, place your hands in your lap. When sitting in the Chi Focus™ position of power, if your right foot is on top then place your right hand in your left hand. If your left foot is on top then place your left hand in your right hand forming an oval.

CHI FOCUS

LIFE FORCE ENERGY TRAINING™

MUDRAS



Gassho

The hands are joined together in front of the heart. The right hand represents awareness and the left hand represents self. It expresses reverence and unity.

Note: Gassho is to be used at the completion of all Chi Focus™ rituals to show thanks, reverence, and the unity of universal life.



Shanti - Peace

Cross your fingers by placing the middle finger on the fingernail of the index finger. This mudra has traditionally been used for blessings. Touch the object that you wish to bless while saying Om, Shanti, Shanti, Shanti out loud or to yourself sending positive vibrations. This mudra is also good for stabilizing and bringing peace to oneself.

Creating Your Personal Trigger

Triggers can be hand gestures, motions, words, or images that when performed help you to reach the higher insight of your natural self. A trigger can help you to become relaxed and focused. A trigger can help you reach this state even in a stressful situation, which you may find to be helpful in your life's journey.

Trigger Programming

- Decide on which hand gesture is comfortable for you.
- Perform Breath of Life Meditation.
- Perform your mudra with both hands.
- Visualize that you are programming this as your personal trigger.
- When done, move on to another meditation ritual or return yourself to a normal state of consciousness.
- With a trigger mudra, you can access a light meditative state any time you need to in order to calm yourself or access your metaphysical abilities. To release this light meditative state just release the trigger.

○ A trigger can be used for many different effects in your every day life.

- To relieve anxiety, pressure, or stress - for example, to calm you before a test
- During a renewal to help you achieve a higher state of awareness
- To help reduce pain or for body control - for example, to help you visualize that you feel cooler or warmer
- To spiritually touch others for blessing or healing - We have remarkable natural healing abilities and your trigger can help to access them to heal yourself or others. For example, visualize an individual with healing white light surrounding the whole of their being. Visualize that the person is joyful and healthy at all levels.
- To help you improve your memory - For example, use your trigger as you focus on something you need to remember and then use the trigger to recall it later.
- Your trigger can be used in times of danger to heighten your awareness and to access your protective spirit like a shield of light surrounding the whole of your being warding off any unneeded energy.
- Your imagination is your only limit to how you may use your personal trigger.

~ The Mantra of a Waiest Spirit Warrior/Chi Monk ~

A mantra is a powerful meditative tool that we use in some of our meditations. A mantra is more than just a point of concentration. It also has the power to cleanse the body and mind, invoke your spiritual power, and even to heal. A mantra can be chanted, sung, thought, or even written. ***A thought manifests as a word and a word manifests as a deed.***

- ॐ **Om** – This mantra represents universal life and the unfolding of creation as you reach up, expanding personal self into universal self.
- ॐ **Ah** – This mantra represents the merging of the universe with the natural being. Imagine a seed that contains universal life. Now visualize that seed growing to the size of the universe and then shrinking to fit inside your heart. You will begin to feel that there is no real difference between outside and inside.
- ॐ **Hum** – This mantra represents the universal self descending into and becoming embodied by the personal self, invoking the power of compassion while balancing all of your being.
- ॐ Other words that contain a spiritual meaning for you may also be used. For example, “I am as one,” or as an affirmation, “I am healthy and happy at all levels.”

The Visual Enhancing of Three - The repetition of a mantra or a Chi Focus™ Warrior Wellness Set three to nine times increases concentration and focus, helping you resonate with the threefold nature of the universe.

- ॐ The first time you recite your mantra or perform a Chi Focus™ routine you are making a statement to the universe and planting the seed.
- ॐ The second time you invoke the energy of the universe.
- ॐ The third time completes the cycle and brings it to life.
- ॐ Performing this whole process nine times yields its power threefold.
- ॐ Three and nine are “healing” numbers with special spiritual properties.



~The Mala of a Waiest Spirit Warrior/Chi Monk ~

A Waiest Chi Monk always wears their mala beads as a reminder of the Waiest Spirit Warrior Doctrines and as a symbol of universal life's journey. They are to a Waiest Chi Monk as a robe is to a Tibetan monk. Mala beads can be worn looped over the left wrist or as a necklace when not in use.

A mala, which is Sanskrit for garland, is a meditation tool used to count the number of mantra. The mala is a representation of nine. A number multiplied by nine results in a number the sum of whose digits are also a multiple of nine. Many specifics may vary from tradition to tradition. Repeating your mantra using a mala is a helpful way to keep your mind focused, making your meditation more soothing, relaxing, and helps to relieve physical tension. A mala contains 108 beads and a “guru” bead. The guru bead is symbolic of the transcended state and indicates the beginning and end of a cycle. The significance of 108 can have different meanings from tradition to tradition, but for us it represents the journey's full circle and our reflection and unity we have with universal life. To use your mala, form your mudra with your

left hand. Hold your mala in your right hand, over your middle finger. The index finger does not touch the beads. Starting at the guru bead, pull the beads toward you, one by one, between your thumb and middle finger while repeating your mantra. As you reach the guru bead move in the opposite direction so not to cross the guru bead. You may also use the smaller wrist mala of 27 beads but you will need to repeat your mantra three more times.

Before starting any practice using a new mala you may want to clear your mala with a ***Smudging Ceremony***. Begin with the Breath of Life meditation calming your spirit, mind, and body. Then place sage or sweetgrass in a pot or other container. Light the herb. (**Warning:** Watch for hot embers and fire.) Hold your mala beads over the smoke and wave the smoke away to remove negative energy from the mala's aura. Meditate giving thanks. ***To energize your mala***, hold it in your hands and visualize that your life force energy is flowing through it. ***To empower your mala***, add a mantra. The mantra meditation should be practiced each day for nine consecutive days. See **“Morning Star Meditation” on page 96**. When the mala becomes empowered it can be worn or lightly placed on oneself or others to transmit the energy of the mantra as well as the energetic qualities of the mala.

The Journey's Full Circle - The universe moves the spirit, the spirit raises the mind, the mind leads the body, and the body experiences the universe.

CHI FOCUS

LIFE FORCE ENERGY TRAINING™

Meridians

Life force energy travels through channels called meridians. There are twelve meridians. Meridians are on the right and left sides of your body and correspond to specific organs of your body. Meridians are like rivers, regulating and transporting this vital energy to ensure harmonious function of the body/mind. The term body/mind comes from realizing that the spirit, mind, and body are not separate entities, but are all part of one. The cycle of life force energy (as shown in the chart) will start in the lungs, go to the large intestines, to the stomach, spleen, heart, small intestines, urinary bladder, kidneys, pericardium, triple burner, gall bladder, and liver. This is a 24-hour cycle. If a blockage happens in one meridian, it could damage all of them or make you sick in that manner. A blockage can be caused by diet, climate, pollution, or stress. Chi Focus Life Force Energy Training™ will teach you to flow life force energy throughout your body along these channels. The ultimate goal of Life Force Energy Training™ is to achieve a balanced life force energy flow throughout your body in order to maintain optimum wellness and live life to its fullest potential.

- ☯ **The lungs meridian** controls the respiratory system as well as the skin and hair. The lungs corresponding yang meridian is the **large intestine**. A blockage in the lung meridian can manifest itself as allergies, lung disorders, coughing or overall fatigue.
- ☯ **The spleen meridian** provides energy for digestion and controls the transportation and transformation of nutrients. The spleen's corresponding yang meridian is the **stomach**. A blockage in the spleen meridian can manifest itself as fatigue, menstrual disorders, or loss of appetite.
- ☯ **The heart meridian** controls the blood and blood vessels. The heart's corresponding yang meridian is the **small intestine**. A blockage in the heart meridian can manifest itself as heart disorders.
- ☯ **The kidneys meridian** controls the body's fluids, separating the pure from the impure, and controls the brain and nervous system. The kidneys corresponding yang meridian is the **urinary bladder**. A blockage in the kidneys meridian can manifest itself as backaches or ear disorders.
- ☯ **The pericardium meridian** protects the heart. The pericardium's corresponding yang organ is not represented by a physical organ. It is the **triple burner**. A blockage in the pericardium meridian can manifest itself as chest disorders.
- ☯ **The liver meridian** controls blood storage, muscles, tendons and maintains the flow of energy throughout the body. The liver's corresponding yang meridian is the **gallbladder**. A blockage in the liver meridian can manifest itself as high blood pressure, dizziness, eye problems, or muscle spasms.

The Cycle of Life Force Energy

Lungs 3:00 am – 5:00 am	Urinary Bladder 3:00 pm – 5:00 pm
Large Intestine 5:00 am – 7:00 am	Kidneys 5:00 pm – 7:00 pm
Stomach 7:00 am – 9:00 am	Pericardium 7:00 pm – 9:00 pm
Spleen 9:00 am – 11:00 am	Triple Burner 9:00 pm – 11:00 pm
Heart 11:00 am – 1:00 pm	Gall Bladder 11:00 pm – 1:00 am
Small Intestine 1:00 pm – 3:00 pm	Liver 1:00 am – 3:00 am

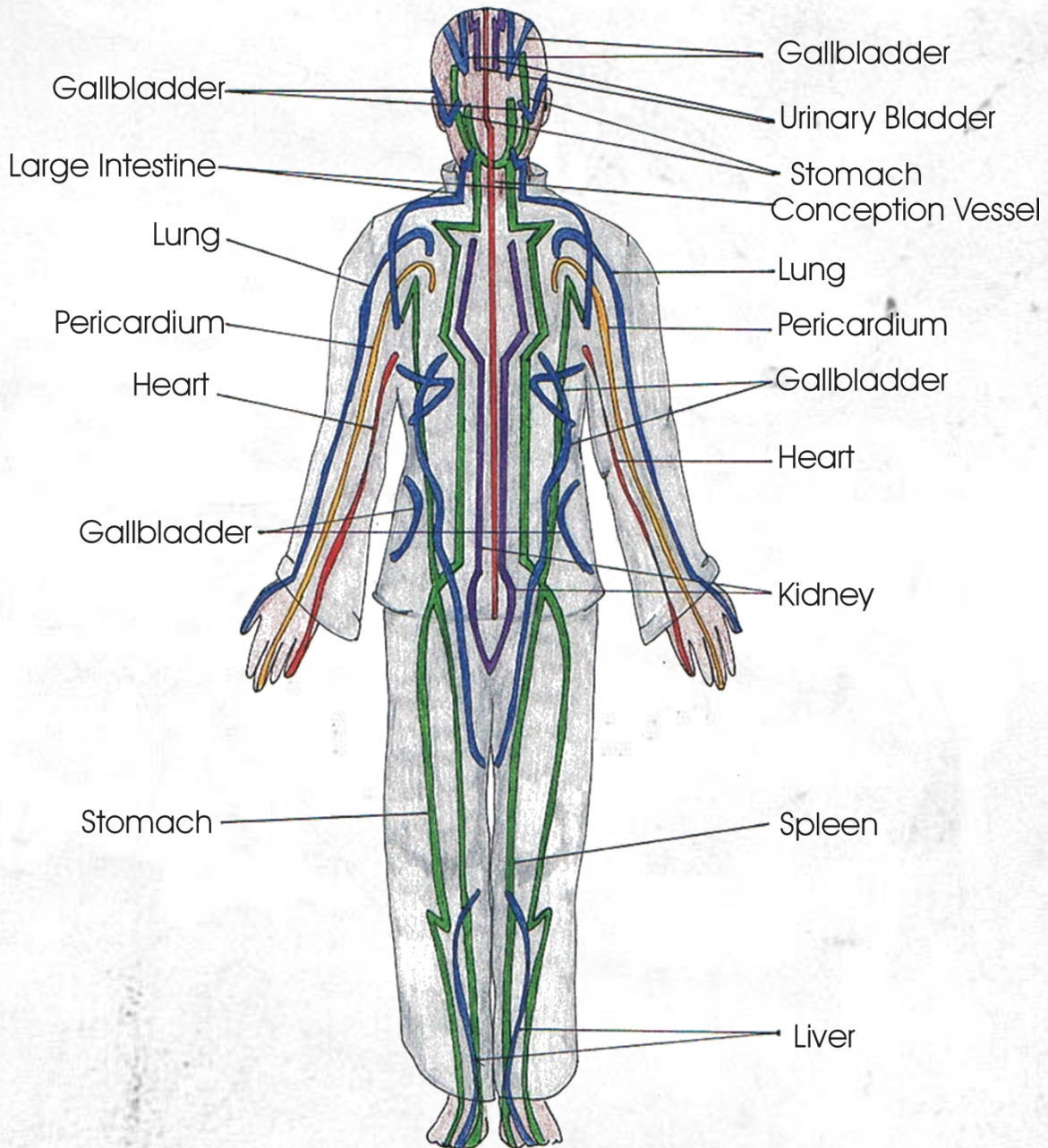
Vessels

There are eight vessels in the body. We are only going to be dealing with two: the **conception vessel** (ren mai) and the **governing vessel** (du mai). The conception vessel runs along the front of your body starting below your eyes coming down around your mouth and down the centerline of your body to your perineum. It is your body's major yin meridian. The governing vessel runs up your back along your spine up to your shoulders then over the top of your head back to the upper palate in your mouth. It is your body's major yang meridian. The meridians and vessels form an interconnected energy distribution system throughout your entire body. They are much like a system of lakes, rivers and tributaries providing vital life force energy throughout your body. **To connect the yin and yang energy**, lightly touch the tip of your tongue to the roof of your mouth behind your upper front teeth. Connect these two vessels to send life force energy pulsing through your body.

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The Pathway

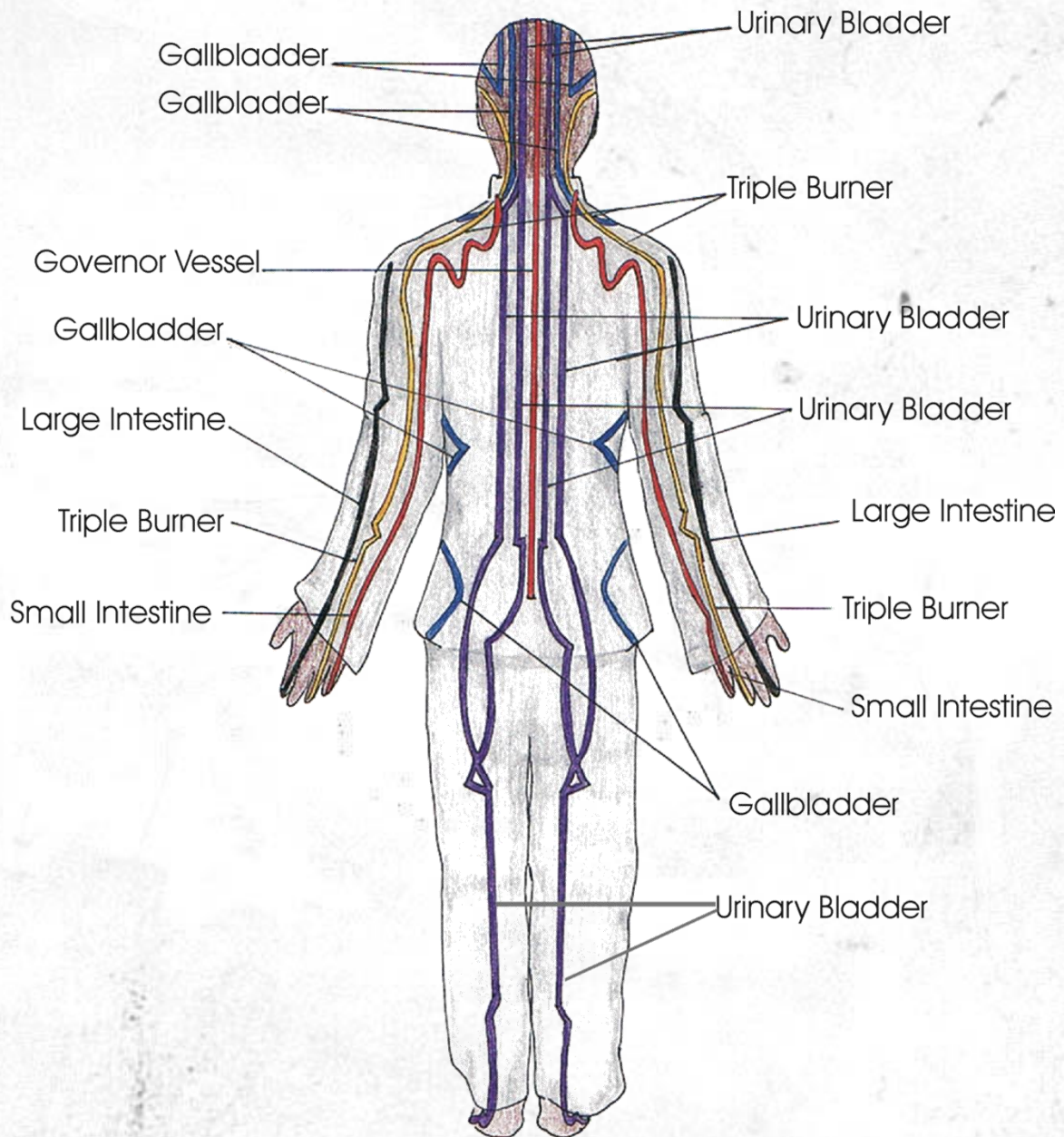


Front View

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The Pathway



BACK VIEW

Focus Points ~ There are seven hundred focus points running along the meridians. We are only going to cover what is needed for Chi Focus™ Life Force Energy Training™ in this book. The **Dan Tian • Elixir Field** is about three fingers width below your navel and marks the center of your body. It is associated with physical energy and is thought to be a storage place for life force energy. You will concentrate on this focus point in a variety of meditation exercises to gather, build, and store your life force energy supply for later use. To locate the **Lao Gong • Pericardium 8 • PC8 • Labor Place** bring your ring finger down and touch your palm. This is one of the easiest focus points to access. It can be used to send or absorb life force energy. The **Yong Quan • Kidney 1 • KI1 • Gushing Spring or Bubbling Well** is located in the center of your foot directly underneath the ball of your foot between the second and third metatarsal bones. The Bubbling Well offers direct access to the healing life force energy of the Earth. These are some of the focus points you will use to send your energy to or draw energy from if you are trying to heal, communicate, receive energy, or gather your energy.

○ Replenish your life energy.

The Breath of Life helps you to replenish your life energy. As you progress in your training you will learn to store renewed life energy in your *dan tian*. You do this by focusing your mind on your dan tian when you want to store more energy. You can access your new surplus of life force energy with your wai dan by tightening a specific muscle group and gathering chi there or using your nei dan, moving your chi with your mind throughout your body to specific areas like your hands or feet when needed.

○ Lao Gong • Chi Ball

Sit with your legs crossed. Center and calm your mind, breath, and body; rooting, centering, and aligning yourself with the Earth and universe. Hold your hands about an inch or two apart. As you inhale, let your hands move a little bit apart. As you exhale bring them back together, staying an inch apart in a pulsing motion. Visualize that you are inhaling and exhaling from your palms filling an empty bowl and forming your life force energy ball. Eventually it may feel as if you are holding something in your hands. Don't worry if you don't feel anything immediately. Sometimes it takes time to feel it. Just relax and focus and it will happen. Later you may draw energy from the environment to form your chi ball or even charge it with intention such as healing or protection. You can give it to other people, animals, or back to the environment with an opening hand gesture releasing the energy or laying on of hands. This can be done to help create a good place for meditation or to send out healing energy. You can also put your hands together and imagine that you are absorbing the energy. Wipe your hands together as if you are washing them and flick dry to discard any unneeded energy.



○ Yong Quan • Waist® Spirit Warrior Walk

Stand barefoot comfortably on the ground. Be aware of the Earth below your feet, your personal energy, and the energy all around you. Visualize that you are inhaling from the soles of your feet. Visualize life force energy flowing up from the earth directly into your soles as you inhale. Visualize life force energy flowing up into your body. As you exhale, visualize it running down your arms and out your fingers back to Mother Earth. Establish a relaxing and healing flow of your life force energy. Now, as you continue this healing flow (Breath of Life) take a **Waist Spirit Warrior Walk**. Just walk through nature letting your feet connect with the earth. Be aware of the life force energy all around you as you take in all of creation's wonders. Reclaim and bring yourself into a natural balance.



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Focus Points



○ Nei Guan • Pericardium 6 • PC6 • Inner Pass or Inner Gate

This point is found two inches or three fingers width from the inside of your wrist between the tendons of palmaris longus and flexor carpi radialis muscles on the inside of your forearm. This can be used in massage for mild feelings of nausea to vomiting. Place pressure on the point and hold until effective, usually within one to five minutes. The Nei Guan opens the yin linking vessel, regulates life force energy flow, and calms the spirit.

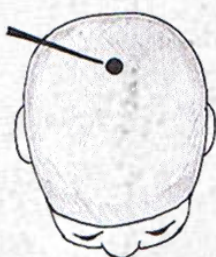


○ Wai Guan • Triple Burner 5 • TB5 • Outer Pass or Outer Gate

This is located on the outside of your forearm between the radius and ulna, three fingers width above the wrist crease. The Wai Guan opens the yang linking vessel and is useful for fever, headache, neck strain, tinnitus, and hand tremors. This point is directly on the opposite side of the arm from focus point PC6. Both points can be held simultaneously with your thumb and finger for added benefit.



○ Ren Zhong • Governing Vessel 26 • GV26 • Human Center or Philtrum • This point is found in the middle of the groove just below your nose. GV26 stimulates mental alertness and increases energy and brain function increasing memory and concentration. It also helps in easing back pain and calms the spirit. You can massage the GV26 if you ever need a quick energy boost.



○ Bai Hui • Governing Vessel 20 • GV20 • Hundred Meetings • This point is located on the midsagittal line at the intersection of a line connecting your right and left ear apices. Directing life force energy to GV20 can help in a number of head related disorders such as a headache. It also calms the brain, calms the spirit, and clears the sense organs. Limit wai dan massaging or nei dan focus to no more than five minutes so not to direct too much life force energy to this point. You do not want to over stimulate it.

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LIFE FORCE ENERGY TRAINING TM

○ Daily Renewal

Take time out of each day for inward study and quiet reflection to nurture and reclaim yourself and to obtain a higher insight of awareness. To hold this insight and evolved awareness may be difficult for we are surrounded by a culture that operates in the old skepticism of the temporary realm. You may find that you are even drawn back into this temporary point of view and unclear perceptions. It is important to take the time within life to focus on your path realizing your inner divinity and cultivating enlightenment. Stopping to reclaim yourself several times a day will help you in focusing your life force energy and maintaining higher insight. *The Way is in training.*

Waiest® Moving Wai Dan: Om, Ah, Hum

You may not have time for a full Chi FocusTM training set on a particular day but you can still take the time to renew and reclaim yourself. The Waiest® Moving Wai Dan is an incredible exercise. It is the movement that is Om, Ah, and Hum and helps to align your personal, natural, and universal selves while clearing and balancing your being. You can do this in the morning before you go to work, in the evening right before bed, or any time you feel that you need a renewal of spirit.



The first movement is Om, which is the unfolding of creation. Lift your arms up from your sides, and bring them over your head placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together.

Gassho

Your hands are joined together in front of your heart. The right hand represents awareness, and the left hand represents oneself. It expresses reverence and unity.



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Daily Renewal

अः

The second movement is the motion of Ah, which is the merging of the universe with the natural being. Bend forward from your waist and try to touch your hands lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to your sides as you arch your back so that your face and chest point to the sky, discharging any unneeded energy you may have picked up along your journey.



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Daily Renewal



The third movement is the motion of Hum, which is invoking the power of compassion while balancing all of your being. As you let your hands drop down to your sides, return to the base stance from the Ah movement. Then slowly bring your hands up in front of your body, palms facing up, as if you are holding something as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the Earth. Visualize storing the healing life force energy in your dan tian.



Performing this entire process nine times yields its power threefold.

Now stop and have some green tea.
Read Way of the Middle Path© or another uplifting book.

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LIFE FORCE ENERGY TRAINING TM

Meditations To Help You Along Your Journey

○ Relaxation Meditation

Begin in a Chi Focus posture and with the Breath of Life. Take a deep breath and slowly exhale. Be aware of your head, all the muscles in your head from your crown to your neck. Feel all the tension flow away. Take a deep breath and slowly exhale, relaxing your shoulders and arms. Take a deep breath and slowly exhale, relaxing and releasing all tension in your chest and from your upper to lower back. Take a deep breath and slowly exhale, relaxing your legs starting with the thighs and moving down to your feet. Take a deep breath and slowly exhale, relaxing your mind. All worries and concerns melt away. Take a deep breath and slowly exhale, relaxing your heart, releasing unwanted feelings. Take a deep breath and slowly exhale, relaxing your spirit. Feel the pulse of life move through you.

Focus Meditation

Start by getting a white candle. Sit it in front of you. If you have an altar put it there. An altar can be anything, like a small table or a bookshelf where you have things that mean something to you such as herbs, stones, crystals, beads, incense, candles etc. (Warning: Do not put the candle where other items can catch on fire.) Light your candle and dim the lights. Begin in a Chi FocusTM posture and with the Breath of Life. Perform the **relaxation meditation** and direct your gaze at the candle but not too intensely. Allow your focus to soften. Do not strain your eyes. Close them if you need to but keep the image or idea of the candle in your mind. You can alternate between opening and closing your eyes. Visualization is another way to shift your consciousness to a meditative state. Visualization is a powerful tool that may be applied to many aspects of your life.

Visualization Count Down Meditation

Begin in a Chi Focus posture and with the Breath of Life. Visualize a blank sheet of paper or a movie screen. This represents your mind's eye. You can recall anything in your mind's eye such as a face, sport routine, business plan, or anything else you wish. On the screen or paper visualize numbers counting down from twelve to one. Project the numbers onto the screen or visualize that you are drawing them. With each number, move deeper into a meditative state. Now in a light meditative state, you will move even deeper to a more focused meditative state, accessing the intuition of your natural self as you count down from thirteen to one. You do not need to visualize this time, just the idea of the numbers will do. You are now in the deepest meditative state. Bring your natural, universal and personal selves into balance. You are one with the nature of things. You can continue with another meditation or just continue in this state of consciousness for awhile. To come out of a deep meditative state, you want to gently bring yourself back by counting up from one to thirteen moving back to a physical state of clarity and balance.

Clearing - Give yourself a clearance at the end of each meditation, balancing yourself with the universe and releasing all energy that does not serve. Raise both hands up over your head, palms facing you as you inhale. As you exhale, slowly bring them down in front of you, past your face, throat, chest, and abdomen pushing out with your palms facing away from you. This discharges any unneeded energy you may have picked up along your journey.

Note: Remember that you can do all meditations in conjunction with all of the others. For example, you may start with a relaxation meditation, add a clearance to the end of your meditations, or end them by gently counting yourself back to a physical state of clarity. Remember that a metaphysical discipline is open to some interpretation as long as you stay true to the fundamentals.

~ Intention Ritual ~

This is a great way to establish your goal in reality and then to achieve it. A goal is not a goal if it is not written down or cannot be expressed properly.

You will need:

1. White candle
2. Paper
3. Pen
4. Thread
5. Other objects that are special to you, such as incense, crystals, etc...

1. Find a quiet place where you will not be disturbed.
2. On a small piece of paper list your intentions.

Example: **I (name) ask in the name of source creation (whatever divine force you are comfortable with) for aid on my path to complete (intent) successfully if it is correct for my highest good, harming none. I ask to be understanding of all lessons and open to all experiences. So may it be.** This is only an example. You can write your intentions in a way that works for you. Keep "for my highest good, harming none," and "so may it be," but you can vary it to your individual taste.

3. Begin in a Chi Focus™ posture and with the Breath of Life. Clear your mind and enter a higher state of consciousness letting the spirit of the universe flow through you. Light the candle and incense. Objects can be on the floor, shelf, or on an altar. Spend a few moments reflecting and read your intention out loud (more than once if you wish). Then roll up your paper like a scroll and bind it with the thread sealing your intention. Keep the paper in a special place and do not lose it.

4. In a year's time reopen and read your goals and see how you have done in achieving them. Did you just brag and boast on how you were going to do them? Did you stand strong achieving your goals and more? Or possibly, were they just stepping stones to goals and abilities you did not even know you were capable of when you did the ritual?

~ Creating Your Waiest® Spirit Warrior's Sanctuary / Sanctum ~

You may need:

1. Sage or sweetgrass
2. Bell or chime
3. Table or shelf for an altar
4. Other objects that are special to you, such as incense, crystals, candles, etc...

For Waiest Chi Monks everywhere is our temple; every day is our special day, and universal life is our teacher. We do not confine ourselves to one building or to one idea but open ourselves to the very essence of creation. The whole of universal life is our temple, yet each Waiest® Spirit Warrior Monk should create their own personal sanctum where they can train, hone, and forge their minds. It can be anywhere. It can be inside, outside or both. Your Waiest® Spirit Warrior's sanctum can be a whole room or, if you do not have the space, just a shelf. It is all up to you. Be creative and let your intuition be your guide. This is how universal life can show you the way and guide you on your path.

How to Create Your Waiest® Chi Monk's Sanctum ~ First, decide on the room that you want to use and clean it thoroughly. You do not want to cleanse a cluttered room. Decorate your sanctum any way you like. Set up an altar. You can have meditation cushions, tapestries, plants, or anything that makes you feel comfortable and relaxes you, preferably natural items. Let your intuition be your guide and make a relaxing space where you can be alone to hone your mind. Now you can cleanse your sanctum. Start with the Breath of Life calming your spirit, mind, and body. Then place the herb (sage or sweetgrass) in a pot or other container. Light the herb. (Warning: Watch for hot embers and fire.) Wave the smoke around yourself first cleansing your aura. Now wave the smoke around your altar to remove unneeded energy from it. Next move around the circumference of the room in a clockwise manner back to where you began. Now move your herbs in a figure eight motion to seal the room. You may use a bell in the same manner you use the herb as well as the Waiest® Spirit Warrior Mantra Om, Ah, Hum to further refine the blessing. To complete your sacred space cleansing meditate giving thanks. To put out a smudging stick you can tightly roll it up in a piece of tin foil. There is no right or wrong way to do something like this. If it works for you then it is the right way for you.

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○ Purifying Your Spirit, Mind, and Body

Begin in a Chi Focus posture and with the Breath of Life. Breathe for twenty seven breaths focusing on your **Third Eye**. It is located in the center of your forehead just above your eyebrows. It is related to the act of seeing, both physically and intuitively. Let your focus move inward. Let your mind become calm and clear. Concentrate on your breathing. Feel your back open up at your pelvis as you inhale, or you may feel like you are breathing in from your feet. As you exhale, feel the wave go back down to your dan tian.

- Bring your arms up from your sides palms facing up to a little above and in front of your head as you inhale. Now bring them down as you exhale, bending your elbows and palms facing in. With the first motion you're going to cleanse your physical strength. Let all your tension flow out of you through your whole body and into the ground. Do this twice and then take a nine second pause letting yourself totally relax.
- Now you will cleanse your chi. Move your arms up then down in front of you as before. Every time you breathe out you will release all that does not serve. Every breath purifies you. Do this twice and then take a nine second pause.
- Now you will cleanse your intuition/mind. Focus on your Third Eye. Let your arms go up then down again purifying your purpose in life, washing away distractions and complications, cleansing away all that does not serve. All that remains is your true purpose. Do this twice and then take a nine second pause.
- Now you will cleanse and purify your spirit, your true self, original nature, washing away the illusion of you, washing away all limitations. Bring your arms up then back down, inhaling as you raise them, exhaling as you lower them, letting everything wash away that is not your true nature. Do this three times.
- Now you're going to stand, breathe, and relax. Take three big deep breaths or count up to nine as you slowly move back to a physical state of clarity and balance. Now you are ready for your day.



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○ Quick Recharge

This brief set can be done any time during the day to help restore and balance your life force energy.

- Begin in a Chi Focus posture.
- Place one hand on your dan tian, (left if you are a man / right if you are a woman). Now lay the other hand on top of the first.
- Breath of Life: Place the tip of your tongue lightly to the roof of your mouth behind your upper front teeth. Sense the motion of your breath moving in and out.
- Continue this for thirty seconds to one minute or until you are relaxed.
- Open your hands, palms facing each other about a foot apart as if you are holding a ball of life force energy.
- As you inhale, move your hands further apart. Visualize the ball of energy expanding in front of your dan tian as you breathe.
- Now turn your palms so that they face away from each other back to back. While you exhale, let your tongue fall to the bottom of your mouth as you gently exhale out of your mouth like saying "sigh." Move your hands, which are now back to back, closer together and feel the energy between them.
- Now rotate your palms so that they are facing each other once more.
- Repeat a total of three times.
- Return your hands to their original position on your dan tian. Conclude with the Breath of Life for thirty seconds or so.

You may not have the time for a full Chi Focus set on a particular day but you can still take the time to renew and reclaim yourself.

Warm Downs

Warming down is as important as warming up. This is going to help you flow all of the chi you just built up, regulate your body, and spread the energy throughout it.

- Rub your hands together briskly to create that energy. The warmth you feel is the energy of chi. Now take that energy and rub it around your face almost like washing your face with chi. This will also help against wrinkles.
- Rub your eyes with this energy like you would in the morning or when you're tired.
- Rub the top of your head and back of your neck massaging with this energy, continuously rubbing your hands together creating this energy.
- Rotate your wrists and massage the focus point in your hands called the Labor Place. Rotate your ankles and massage your Bubbling Wells in your feet with either an index finger or balled up fists using your knuckles
- Massage all the joints of your body – neck, knees, elbows, etc.
- Rotate your knuckles around your kidneys or lower back.
- Pat your arm with your hand starting at PC6 moving up to your elbow then to your shoulder. Repeat this from shoulder to elbow to PC6 at your wrist. Now take your hand and move it around your arm and hand in a big circular motion rubbing the arm about three times and then flick like you are throwing water off both hands to discard any unneeded energy. Now repeat with your other arm.
- Do this same process with your legs starting at your ankle patting up to your knee and then hip. Move down your leg in the same manner. Then make a big circular motion about three times around your leg with both hands and flick like you are throwing water off both hands to discard any unneeded energy. Now repeat with your other leg.

36



PART TWO

THE PEACEFUL WARRIOR

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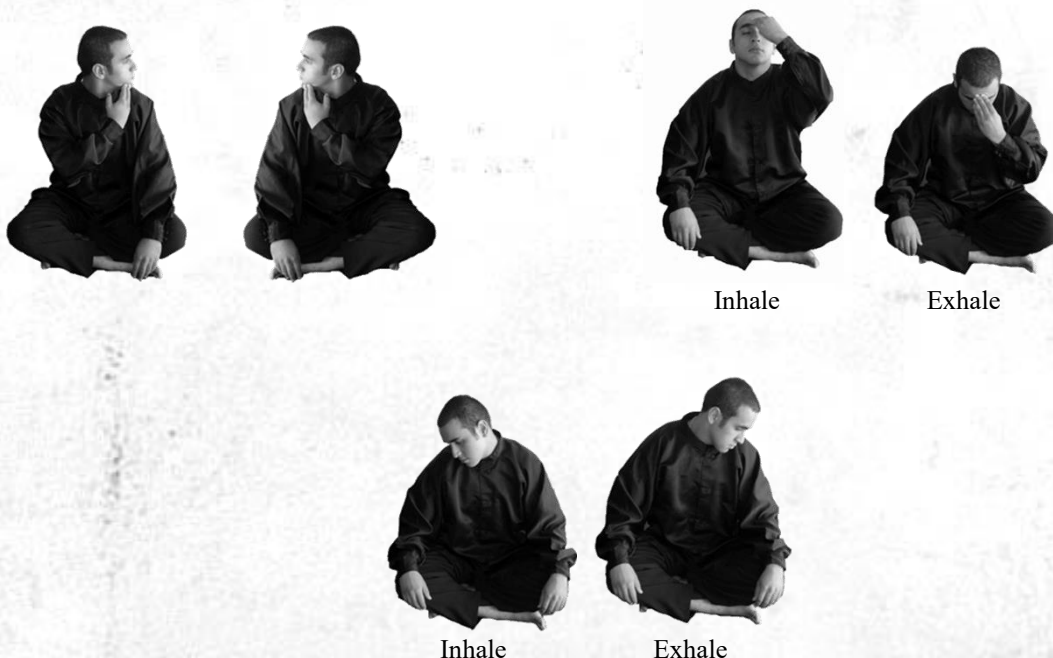
Chi Focus Kata ~ The Peaceful Warrior ~ Limberness Training

The Chi Focus Kata ~ The Peaceful Warrior increases your flexibility, allowing your life force energy to flow more freely throughout your body and enhancing your awareness and metaphysical abilities. Your muscles need to be relaxed for proper life force energy flow. Being tense can inhibit proper life force energy flow, hindering your health. Relaxing your muscles will enhance blood circulation. Begin in a Chi FocusTM sitting posture and with the Breath of Life. Stretch slowly and smoothly holding each stretch for about thirty seconds or three deep breaths. As you exhale, relax into your stretch. Be as loose as possible and do not hold your breath. Continue to breathe between each motion. Visualize a ball of light in your abdomen as you inhale, and as you exhale visualize that your life force energy is flowing within your muscle fibers. As you slowly flex the muscles and move the joint, direct life force energy to that area. Remember to stay relaxed and do not tense the muscle but slowly and smoothly stretch it. Before starting any of the meditations and sets you should first warm your body up with a Chi FocusTM Limberness Training set. Daily Chi FocusTM Limberness Training helps your body to become more limber, which will enhance your Chi FocusTM training and help you to maintain a healthier lifestyle.

You can send your life force energy to different areas of your body by flexing or tensing your muscles. For example, if you have arthritis in your hands you can slowly open and close your fist to send your chi to that area as you visualize your life force energy flowing there, warming and healing. This may be enhanced by first doing the Chi FocusTM exercise, Hugging the Tree, to accumulate chi in your arms. You may also do this to your face to decrease wrinkles by tightening your face muscles and sending chi to your face.

Start in your Chi Focus Sitting Posture.

By loosening your neck, you increase your life force energy flow from your body to your head helping you to relax and increase your overall well-being. Place your left hand on your chin and move your head to the right. Hold as you inhale and exhale three times. Now place your right hand on your chin and repeat to the left. Now place your fingers on your forehead and slowly move your head back and forth as you inhale to the back and exhale to the front three to nine times. Next, do half circles moving your chin from shoulder to shoulder as you inhale to one side and exhale to the other side.



Bring your arm across your body and place your other arm across the front of it, forearm to forearm. Inhale and exhale three times. Repeat with the other arm.



Place your hands together palm to palm (Gassho). Flex both hands to the right and now to the left, three to nine times in each direction.



Inhale



Exhale

It is important to keep your trunk limber. If your trunk (waist, stomach, chest, and back) is stiff it will affect the working of your organs and affect the body's life force energy flow.

Interlace your fingers and put your hands above your head palms facing up, hold for three breaths. Next, lean to the right and then to the left. As you inhale and exhale, bend at your waist from side to side. Do this three to nine times in each direction. Now, with your hands still above your head, turn side to side by pivoting your body at your waist using the same breathing pattern as shown below. Inhale forward and exhale on the turn.



Inhale



Exhale



Inhale



Exhale

Turning to See the Moon – Place your hands on your knees. Slowly pivot your body at the waist so you are turning to the right. As you raise your left arm look as far behind you as you can and exhale. Inhale as you slowly turn your waist back and lower your arm. Repeat nine times to both sides.



Inhale



Exhale



Inhale



Exhale

Put your right leg out and stretch out to touch your toes. Inhale and exhale three times. Remember to relax and stretch out a little farther on each exhale. **Twisted Sage** ~ Put your left hand on your right hip, right hand behind you on the floor, and gently twist back. Inhale and exhale three times. Repeat stretch and twisted sage to your other side.



Put both legs out in front as wide as possible and stretch to the middle. Inhale and exhale three times. Then place both hands to your right foot. Inhale and exhale three times. Next go to your left foot. Inhale and exhale three times. As you turn from foot to foot, stay low to the ground and breathe with the motion. Now stretch back to the middle and inhale and exhale three times.



Pull both feet in for a butterfly stretch. Put your feet together sole to sole. Place your elbows or hands on your knees and gently push your knees down. Inhale and exhale three times. Return to your Chi Focus™ Sitting Posture. Finish with the Breath of Life meditation.



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○ Standing Meditation - Hugging the Tree

This Chi Focus standing meditation or still wai dan will build, raise, and balance your awareness of life force energy, allowing life force energy to flow more freely throughout your body. Sometimes known as a Zhan Zhuang (jan jong) or to stand like a tree, this posture will also better your endurance, mental control, physical strength, and willpower, keeping you all around healthier and helping to align your spirit, mind, and body. Hugging the tree should be used throughout your training as you progress from Waiest® Apprentice to Waiest® Guide. It is one of the best postures for promoting a healthier lifestyle. Remember to breathe as slow as you can comfortably increasing the length of your breath and using the Breath of Life technique.

Begin in the Chi Focus Base Stance. Shift your consciousness to a meditative state with the Breath of Life. Breathe in and out nine times. Focus your mind on your breathing, allowing your mind to become calm and clear. Now raise your arms, lifting them from your wrists like they are being pulled up by a cord like a puppet. This promotes deep belly breathing. Do this until you are positioned as if you are hugging someone or a big round tree. You want to hold this Chi Focus™ Life Force Energy Training standing meditation for as long as you can without causing too much discomfort. If you can practice five minutes, that is great. If all you can do is one minute that's ok too but you want to go a little longer each time. You may get bored, tired, or restless, but keep on going. This will build your willpower, life force energy, and physical strength. Try to be as relaxed as possible during this exercise. Your goal is to achieve a 10 or 20 minute set with a clear and centered spirit, mind, and body. When you're done lower your arms slowly and let them hang at the side of your body. Breathe calmly. You will feel a tingling sensation in your fingers and arms. That is your life force energy flowing and pulsing through your body. Remember that every molecule of your body possesses and carries life force energy. It flows throughout your entire body and within each cell. They are one in the same. This exercise helps build that flow of life force energy, which will help to break through any blockages you may have in a meridian helping you to maintain a healthier life. As you progress in your Chi Focus™ training from Waiest® Apprentice to Waiest® Guide, you can move from beginner's primary wai dan (physical) to the combining of the wai dan and the nei dan training (physical and mental). You do that by performing hugging the tree as you mentally direct life force energy to various parts of your body, such as your hands or feet. Later, you may be able to focus on an organ or other specific internal body parts.



Follow along with the DVD for a five minute wellness set.



PART THREE

THE WARRIOR'S PATH

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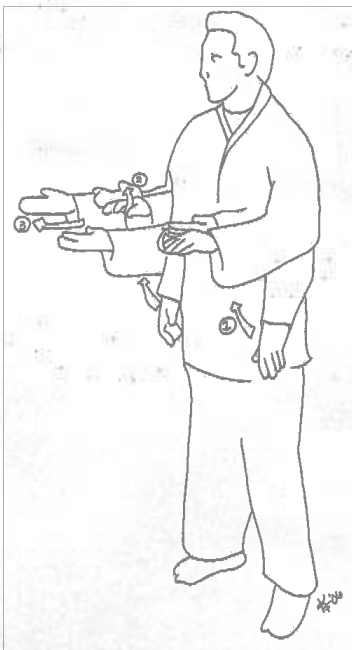
LIFE FORCE ENERGY TRAINING TM

Chi Focus Kata ~ The Warrior's Path ~ Base Set

Stand comfortably in the Chi Focus Base Stance. If you cannot stand, you may sit or lie down. If you cannot stand, you may need to be creative with some of your exercises. Breathe nine times with the Breath of Life as you become calm and relaxed. Try to sense your life force energy as a warm or tingling sensation as it moves through your body. Become one with the exercise, with the motion. Become comfortable in the here and now moment. Allow your body to be in its own way: relaxed with no tension, a natural state, aware, and just being.

Arm Thrusts:

Bring your hands up about chest level, palms down while inhaling. As you exhale move your palms forward slowly turning them upward like you're trying to hold something. Now inhale as you bring your hands back, palms facing down. This motion should be generated from your legs or waist, directing upward as the motion leads and directs life force energy up, passing through your chest and shoulders and finally to your arms. Perform this motion nine times or just let your intuition tell you when it's comfortable for you to move on to the next motion. Focus your mind and let your intuition help you learn to lead your life force energy. Calm your spirit, mind, and body.

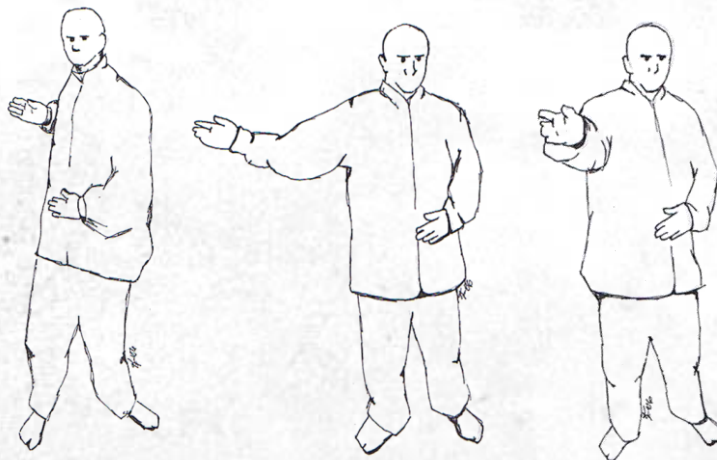


Settling the Wrists:

Place your left hand on your lower dan tien and your right hand in front of you, palm down and fingers pointed forward at about chest level. Generate a coiling motion from your legs and waist. Bring your hand slightly back letting your wrist move up and your finger tips move down slightly as you inhale. Then, as the motion reaches your hand it becomes a push forward, finger tips pointing up as you exhale. Twist your body slightly forward and back so that your life force energy can be directed more efficiently. It is the combination of muscle movement and breathing activity that helps to generate a good life force energy flow. Now, place your right hand on your lower dan tien and repeat with your left hand. Perform this nine times with each arm.

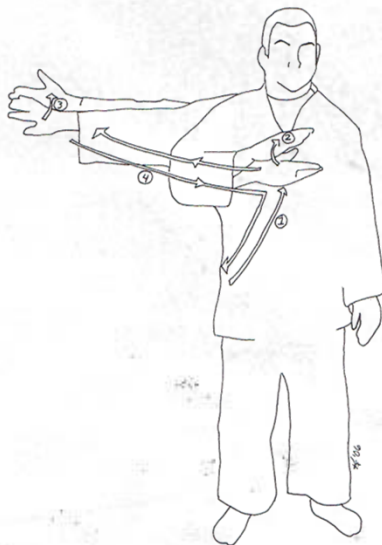
**Coiling Arms:**

Place your left hand on your lower dan tien and have your right arm flowing back, palm down, and elbow bent. As you turn on your hips, your shoulders will be horizontal. You are going to move your arm outward to the side and forward in a circular motion. Then pull it back, palm down with your shoulders turning towards your rear. Your arm moves in a circular motion and stays chest level. Exhale as your arm comes to the front, and inhale as it returns to the rear. Do this with each arm, one arm at a time, nine times each. This motion should be generated from your legs or waist, directing upward as the motion leads up passing through your chest and shoulders and finally to your arms. If you lose your count, do not worry. Let your intuition guide you as you focus on your breathing, flowing with the motion.



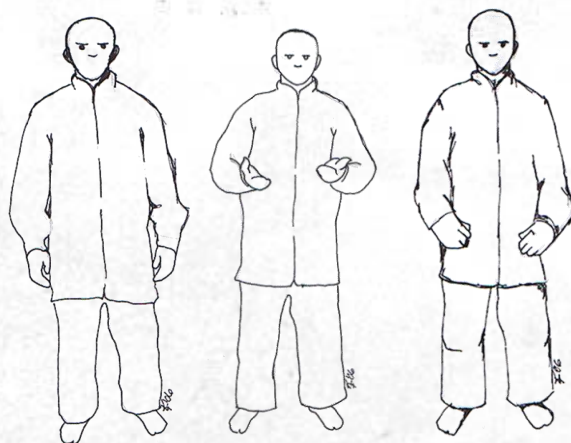
○ Parting Tall Grass:

This Chi Focus exercise directs life force energy to your arms, shoulders, chest and upper back. Letting your arm bend at the elbow, slowly raise your left arm until your hand is even with your right shoulder palm up as you inhale. Now turn your hand facing palm away from you (thumb is facing down) and move your hand out as if you are pushing tall grass out of the way by straightening your elbow as you exhale. Now bring your arm back in as you inhale, palm facing toward you. Now turn your palm facing down and move your hand back to your side as you exhale. Repeat this with your right arm. Repeat this exercise nine times with each arm, one arm then the other.



Clear: Embracing the Moon

As you let your hands drop down to your sides return to the base stance. Then, slowly bring your hands up in front of your body, palms facing up as if you are holding something and bending from the elbows as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the earth and discharging any unneeded energy you may have picked up along your journey.

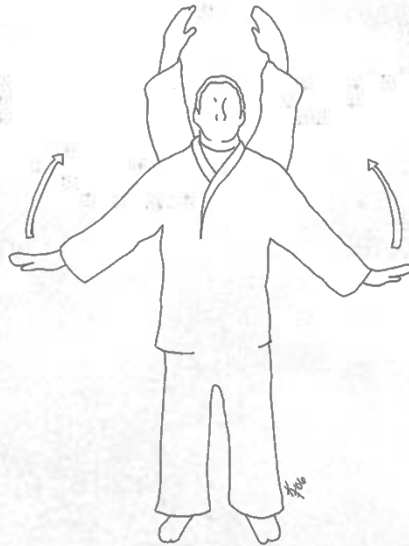


Ebbing Wave:

As you step your left leg out, move your arms low to the right at waist level and inhale. In a big circular motion, move your arms up above your head to the left as you exhale. As you shift your weight and lean over your left leg move your hands back to the right low at waist level. Inhale as you shift your weight to the right and lean over your right leg. Keep doing this circular motion for nine times. A key point to this motion is to use your whole body to move and visualize the positive life force energy flowing in on the inhale and unneeded energy flowing out on the exhale. Clear your mind and become one with the movement. **Now move directly to Star Gatherer.**

**Star Gatherer:**

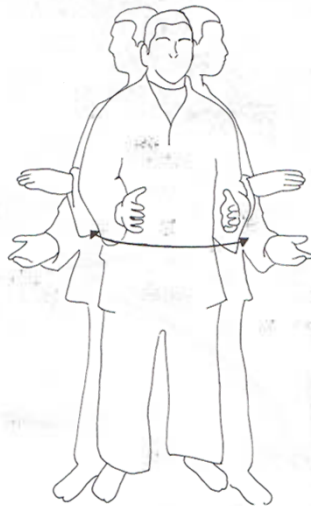
Bring your hands and feet in from **Ebbing Wave**. Raise your hands above your head and stretch up on your tip toes while inhaling. Bring your hands back down by your sides as you exhale coming back to a flat footed posture. Move your hands up in front of your body palms up with your elbows slightly bent to chest level as you inhale. As you exhale move your hands down your body palms down, cleansing any unneeded energy and storing the healing energy in your lower dan tian. Perform this motion one time.



You will now echo Ebbing Wave and Star Gatherer to the right side by stepping out with your right foot and moving your arms low to the left at waist level as you inhale.

Chi Ball:

Stand with your feet about one step further than shoulder-width apart. Your hands are in front of you facing palms together like you have a ball between your hands. As you inhale, let your hands move a little bit apart. As you exhale, bring them back together in a pulsing motion. Visualize that you are inhaling and exhaling from your palms filling an empty bowl and forming your life force energy ball. Feel the life force energy between your hands. It may feel like a warm sensation between your hands. You may even feel them being repelled against each other or as if you are holding something. Try to keep that energy field between your hands as you slowly turn left and right, inhaling and exhaling. As always, the motion is generated from your legs or waist. Your hands can move in any direction you feel as long as your arms and body move as a unit and you maintain a sense of holding a ball. Later you may draw energy from the environment to form your chi ball and even charge it with intention such as healing or protection. You can give it to other people, animals, or back to the environment with an opening hand gesture releasing the energy or laying on of hands. This can be done to help create a good place for meditation or to send out healing energy. You can also put your hands together and imagine that you are absorbing the energy. Rub your hands together like you are washing them and flick dry to discard any unneeded energy.

**Looking to the Sky:**

Starting from the base stance, slowly bend forward from your waist and try to touch your finger tips lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to the sides as you arch your back so that your face and chest point to the sky as you exhale, discharging any unneeded energy you may have picked up along your journey. Repeat nine times.



○ Cleansing Exercise - Unifying Your Spirit, Mind, and Body

- ☺ Stand with your arms at your sides. Imagine yourself being held up by a golden or silver cord at the base of your neck. It is holding all of your weight up.
- ☺ Imagine your body filling up with a heavy liquid. Let it flow out of your body through your pores, joints, arms, legs, and feet into the ground. Imagine you are growing roots.
- ☺ You will have three intent levels. Remember that the mind or intention leads the life force energy.
- ☺ Relax with the Breath of Life, not in conjunction with the motion, just calmly breath in and out.
- ☺ Bring your arms up from your sides, palms up, to a little above and in front of your head and pause.
- ☺ As you are doing this motion of raising your arms, your intent is outward gazing, letting your awareness unfold into the universe. It is like you are standing on top of a mountain seeing the whole of reality and universal energy, gathering it into yourself.
- ☺ Now close your eyes and gaze inward. All of your senses turn inward as you bring your hands down in front of you, palms facing toward you. Track the energy through your body, blending, and cleansing your body, organs, and life force energy with the universal life force energy. If you feel that there is a part of you that needs some extra attention, you may pause and hold your hands over that area for a moment.
- ☺ Lower your hands to your dan tian and pause. Visualize storing the healing life force energy.
- ☺ Your intent changes one more time as you bend slightly at the waist lowering your hands, not going past your knees, and releasing any unwanted energy that might be in you, passing it into the earth to be recycled.
- ☺ You will perform this exercise three to nine times.
- ☺ When you are finished, place one hand on your dan tian, (left if you are a man / right if you are a woman). Lay the other hand on top of the first. Now quietly center and calm your mind by focusing on your breath for about thirty seconds.



Now proceed to standing meditation -
Hugging the Tree.



You may finish the Base Set with the Breath of
Life. Conclude with Gossho showing reverence
and humility.





PART FOUR

ONE FINGER ZEN

CHI FOCUS

LIFE FORCE ENERGY TRAINING *TM*

Chi FocusTM Kata ~ One Finger Zen

Waiest® Moving Wai Dan: Om, Ah, Hum

The Waiest® Moving Wai Dan is an incredible exercise. It is the movement that is Om, Ah, and Hum and helps to align your personal, natural, and universal selves while clearing and balancing your being. You may also visualize the mantras and the meaning if you wish.



The first movement is Om, which is the unfolding of creation. Lift your arms up from your sides, and bring them over your head placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together.

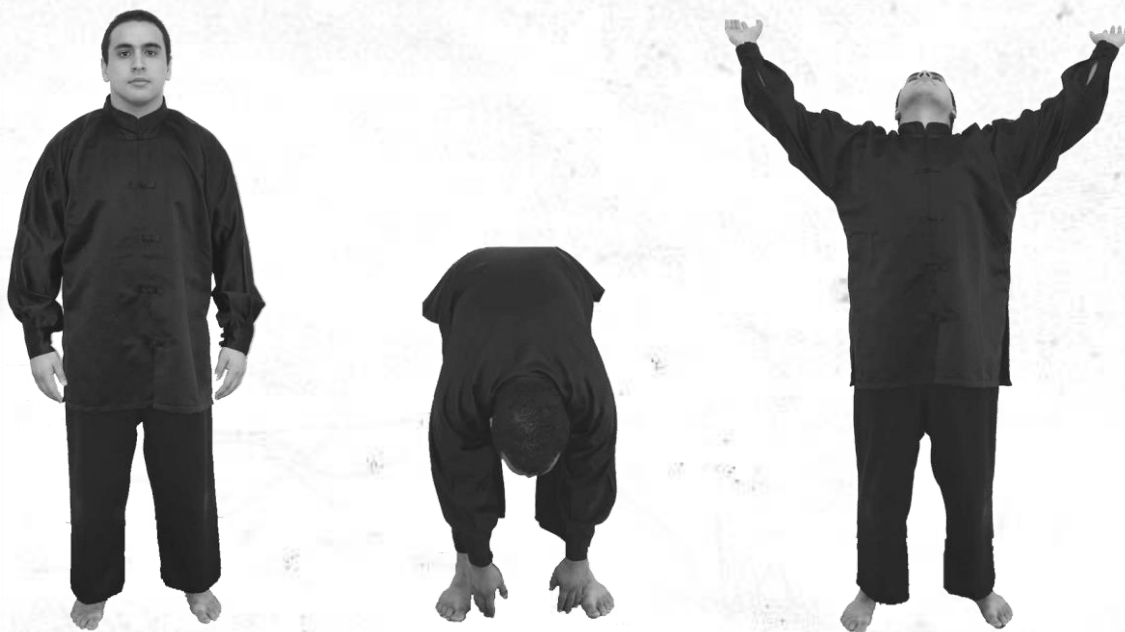
Gassho

Your hands are joined together in front of your heart. The right hand represents awareness, and the left hand represents oneself. It expresses reverence and unity.



अः

The second movement is the motion of Ah, which is the merging of the universe with the natural being. Bend forward from your waist and try to touch your hands lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to your sides as you arch your back so that your face and chest point to the sky, discharging any unneeded energy you may have picked up along your journey.



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The third movement is the motion of Hum, which is invoking the power of compassion while balancing all of your being. As you let your hands drop down to your sides return to the base stance from the Ah movement. Then slowly bring your hands up in front of your body palms facing up as if you are holding something as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the earth. Visualize storing the healing life force energy in your dan tian.



Performing this entire process nine times yields its power threefold.

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Chi FocusTM Kata One Finger Zen

Begin One Finger Zen much like the Waist® Moving Wai Dan but with the verbal mantra Om, Ah, and Hum. Om awakens the energy of the Third Eye Chakra. Ah awakens the energy of the Throat Chakra, and Hum awakens the energy of the Heart Chakra. One Finger Zen helps to build a greater awareness of life force energy.

Stand comfortably in the Chi FocusTM Base Stance. Shift your consciousness to a meditative state with your Breath of Life. Breathe in and out nine times, focusing your mind on your breathing and allowing your mind to become calm and clear. Lift your arms up from your sides, and bring them over your head placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together while chanting Om, Ah, and Hum. Then lower your hands to your sides not breathing in conjunction with the movements, just slowly and naturally.



Now raise your arms, from the elbows palms facing each other so that the Lao Gong focus points in each palm center with each other. Raise your arms to solar plexus level and rotate your palms down.



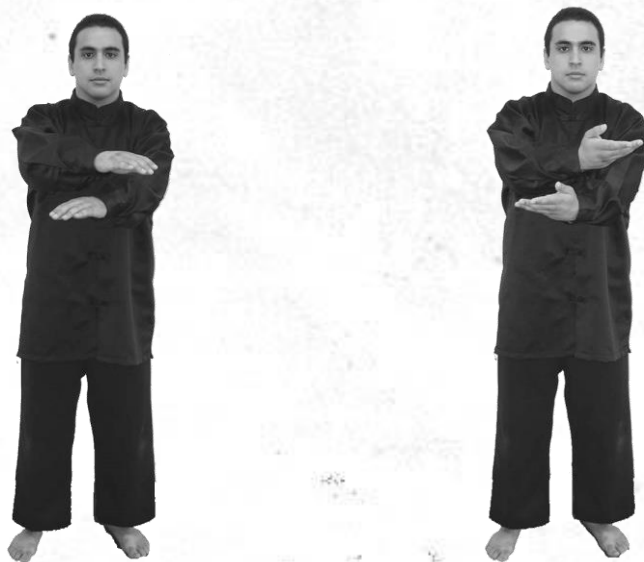
Now push your palms back on either side of your body with your fingers pointing down as if you are trying to push the air back. When your hands are beside your body, turn your palms up with your fingers facing toward your waist.



Now relax your elbows, pointing them to the rear. Your palms are facing straight ahead. Move your arms forward as you slowly rotate your palms down. Bring them to rest in front of you at level with your solar plexus. Your elbows are slightly bent. Hold the One Finger Zen standing meditation posture for three to five minutes.



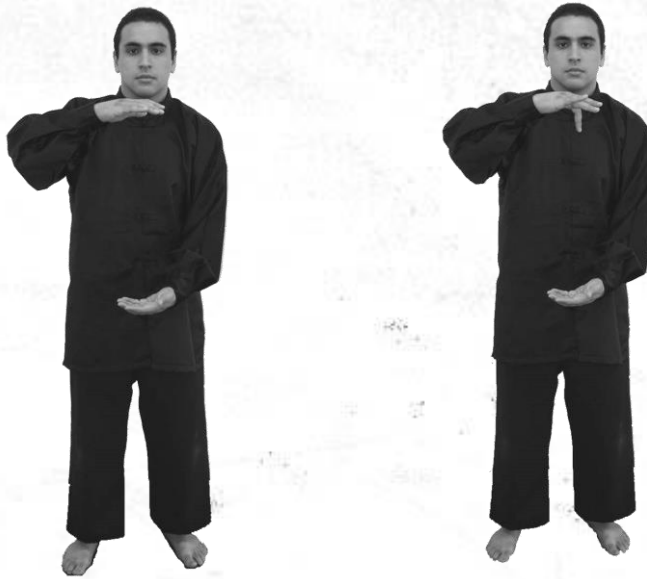
With both palms still facing down, move your arms in one over the other, right over left, aligning the Nei Guan and the Wai Guan focus points in your wrists. Hold this position for ten to thirty seconds or three deep breaths. Now rotate your palms up still aligning the Nei Guan and the Wai Guan. Hold this position for ten to thirty seconds or three deep breaths.



Lower your hands to your dan tian, palms facing up with your left and your right hands directly over each other and the Lao Gong points aligned. Hold this position for ten to thirty seconds or three deep breaths. Turn your right hand down with the Lao Gong focus points in alignment and hold for ten to thirty seconds or three deep breaths.



Now raise your right hand to the Ren Zhong focus point just below your nose, one hand over the other. Try not to lose the connection of life force energy that you feel. If necessary you may only raise your hand to the Heart Chakra or lower so that the feeling stays clear. Raise your hand higher as you can. Hold this position for ten to thirty seconds or three deep breaths. Now pulse your upper hand three times, sensing the connection of your life force energy. You will feel it primarily in your lower palm. It may feel like a warm, tingling, or repelling sensation. Now circle the upper hand three times in each direction, again sensing the energy between your hands. It may feel like a swirling or stirring sensation in your lower palm. Extend the middle finger of your right hand and pulse the upper hand three times. You will feel a more centered feeling of life force energy like a beam of light. Now with your finger still extended, circle it in each direction again as if you are shining a beam of light.



Now bring your middle finger back up, palms facing each other. Extend your hands out in front of you and make a circular motion with both hands three times in each direction as if you are molding your life force energy into a ball. Separate your arms to the sides of your body, level with your shoulders. Turn the left palm so that both hands are facing the ground, and lower your hands back to the One Finger Zen standing meditation posture. Hold for three to five minutes. Now repeat the set with left over right. At conclusion lower your hands to your sides.



Hugging the Tree

Now proceed to standing meditation - Hugging the Tree



○ Earth Sky Meditation

Sit comfortably in the Chi Focus Sitting Posture. Shift your consciousness to a meditative state with the Breath of Life. Breathe in and out nine times while focusing your mind on your breathing and allowing your mind to become calm and clear. Visualize a beam of light traveling down your spine rooting you to the Earth like the root of a tree. You can move chi up and down this beam of light. As you inhale sense the Earth under you. Feel the Earth's life force energy moving up into you. With each inhale and exhale Mother Earth sends more energy further up the beam of light rising up through your body energizing you. Feel this Earth energy move up into your waist as you inhale and exhale. As you inhale and exhale again Earth's energy moves to your abdomen. Continue with this cycle as Earth energy pulses and moves with each breath up through your chest, neck, and face. Visualize the beam of light extend through your crown upward to the sky. With the Earth's life force still flowing through you, start to feel the energy of the sky flowing down like falling rain or water, trickling down with each inhale and exhale. The universal life force flows down the beam of light through your head, chest, and heart into your abdomen to the base of your spine, legs, and feet into the Earth, balancing and unifying you with life's energies and allowing you to flow naturally with them. Just continue in this state of consciousness as you are at one with the nature of things. Bring your natural, universal and personal selves into balance. When you feel that you are coming to the end of this journey allow the Earth energy to flow up and out and the sky energy to flow down into the Earth. Slowly move back to a physical state of clarity and balance. Try doing this meditation at least every other day to increase your awareness of unity with the greater whole. Conclude with Gossho showing reverence and humility.





PART FIVE

ELEMENTAL HEALING

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Chi FocusTM Kata ~ Elemental Healing

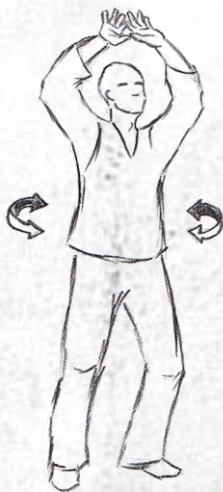
The Elemental Healing Meditation relates to the five elements - wind, earth, wood, water, and fire. This Chi Focus meditation also relates to five organs of the body - lungs (wind), spleen (earth), liver (wood), kidneys (water), and heart (fire). They are also associated with particular colors, emotions, mantras, and positions of the body. This Chi FocusTM meditation set will stimulate your healing process, strengthen your immune system, boost your energy levels, and balance the whole of your body. Each moving meditation should be performed with a slow, continuous movement in a relaxed and peaceful manner.

Organ Balancing and Energizing

- **Wind - Lungs:** Moving your arms upward in front of your chest as you inhale, visualize drawing in cleansing universal life force energy, pure energy that is all around you. Then move your arms to your side as you exhale. Visualize pure life force energy descending to your lower dan tian as anything that is negative leaves your body, only the pure remains. Perform this motion nine times.



- **Earth - Spleen:** Like a tree, stretch your arms upward toward the heavens and root to the ground. Relax your shoulders and twist your upper torso from side to side as if you are looking over your shoulder to see something. As you turn to the rear exhale and as you turn forward inhale. Do this from side to side. Your hips should stay square facing forward at all times, relaxed and peaceful. Perform this motion nine times.



- **Wood – Liver:** Place your arms out in front of you with your left palm down and your right palm up. Visualize spirals of life force energy flowing up and down your legs and arms. Bob up and down while moving your arms back and forth in front of you at about chest level turning your hands from side to side. Keep your posture straight. Inhale with the downward motion, and exhale with the upward motion. Perform this motion nine times.



- **Water – Kidneys:** Stand with your legs a little farther apart than shoulder width. Place your left hand on your lower back over your left kidney area. Move your right arm up in front of your body palm up to slightly past your head as you inhale. Now with a continuous movement, turn your palm outward moving your arm out and down as you exhale. You will also be moving from side to side like an ebbing wave with your legs by leaning out on your right leg as you are moving your arm in a circular motion. Your head should be forward as your eyes follow the movement of your hand. Perform this motion nine times. After completing the left, place your right hand on your lower back over your right kidney area and repeat this to the other side. Perform this motion nine times.



- **Fire – Heart:** Place your right hand over your head. Your left hand is placed at your lower left side. With your hands, describe the **yin yang** by lowering your top hand and raising your bottom hand as you inhale. Move them inward as you exhale. Perform this motion nine times. After the last movement exhale out of your mouth as if you are sighing. As you exhale, move your hand that would have been the top hand down the front of your body. Repeat this moving meditation to the other side for balance. Place your left hand above your head. Your right hand is placed at your lower right side.



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○ Healing Sounds

Lungs

Chant – Eh

Negative Feeling – Grief and Sadness

Color – White

Positive Feeling – Courage and Strength



Let your hands float upward as if you are a puppet and they are being raised by the wrists, not at the shoulder. This will help in focusing your breathing from your lower dan tian rather than your chest. Let your hands float upward over your head with your palms facing each other like a referee scoring a goal. Your shoulders are open and relaxed. Feel energy coming down from the universe through your fingertips and through your body like lightning into the ground. You are a tree with a connection to the Earth's life force energy coming up through your body like sap flowing through the trunk, branches, and leaves of a tree, connecting the sky and earth.

Chant – Eh as in hay. This is the sound for the lungs. Inhale in and chant this sound each time. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound to your lungs. On the first chant, cleanse the negative feelings of **grief and sadness** from your lungs. On the second chant, visualize a pure **white light** filling your lungs, and on the third time, fill your lungs with the positive feelings of **courage and strength**.

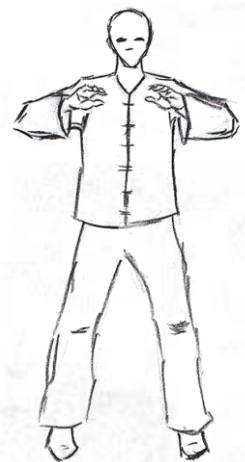
Heart

Chant – Aw

Negative Feeling – Cruelty

Color – Red

Positive Feeling – Joy and Love



Bring your hands down in front of your chest palms facing outward and a little down. Focus healing life force energy coming from your hands (Lao Gong) and send it out to the world or anyone that might need healing, even yourself.

Chant – Aw as in saw. This is the sound of the heart. Inhale in and chant this sound each time. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound to your heart. On the first chant, cleanse the negative feeling of **cruelty** from your heart. On the second chant, visualize a pure **red light** filling your heart, and on the third time, fill your heart with the positive feelings of **joy and love** as they radiate from your body.

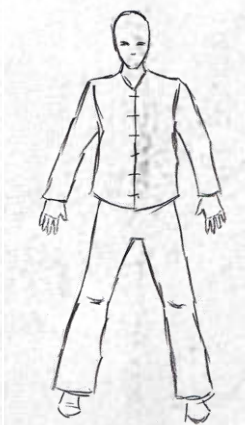
Kidneys

Chant – Oo

Negative Feeling – Fear

Color – Light Blue

Positive Feeling – Gentleness



Bring your hands down to your sides. The feeling of this hand position is as if you are pushing yourself up off a wall that you are sitting on.

Chant – Oo as in sue. This is the sound of the kidneys. Inhale in and chant this sound each time. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound to your kidneys. On the first chant, cleanse the negative feeling of **fear** from your kidneys. On the second chant, visualize a pure **light blue light**, like the ocean, filling your kidneys, and on the third time, fill your kidneys with the positive feeling of **gentleness**.



Liver

Chant – Ssssh

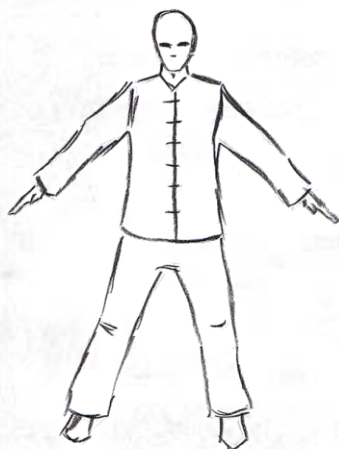
Negative Feeling – Anger

Color – Green

Positive Feeling – Kindness

Bring your hands in front of your body, palms up, as if you are holding a big pot between them at your abdomen. Clench your fists, drawing your fists in as you also clench your abdomen and chant the ssssh sound.

Chant – Ssssh is the sound for the liver. Breathe in and chant this sound each time. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound to your liver. On the first chant, cleanse the negative feeling of **anger** from your liver. Being that this is a very prominent emotion in today's society, you may perform and chant this a full three times just to cleanse the liver clear of this emotion. On the second chant, visualize a pure **green light** of new growth filling your liver, and on the third time, fill your liver with the positive feeling of **kindness**. You are becoming stronger and more focused.



Spleen

Chant – Oh

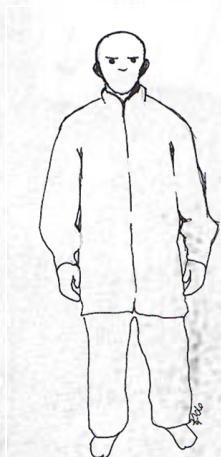
Negative Feeling – Worry and Anxiety

Color – Yellow

Positive Feeling – Openness

Now extend your arms out at your sides about 60 degrees forming a triangle or pyramid.

Chant – Oh as in so. This is the sound of the spleen. Breathe in and chant this sound each time. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound to your spleen. On the first chant, cleanse the negative feelings of **worry and anxiety** from your spleen. This is also a very prominent emotion in today's society. You may perform and chant this a full three times just to cleanse the spleen clear of these emotions. On the second chant, visualize a pure **yellow light** filling your spleen, and on the third time, fill your spleen with the positive feeling of **openness**.



Triple Burner

Chant – See

The Triple Burner or Triple Heater is unique to Chinese medical theory and is associated with your metabolism and over all fitness of the body.

Bring your arms back to your sides to your natural posture. You are still connecting the sky and earth, relaxed and calm.

Chant – See is the sound of the Triple Burner. Breathe in and chant this sound. As you exhale, let your tongue fall to the bottom of your mouth, guiding the sound from your chest to your abdomen and to your coccyx or tailbone. On the second chant, visualize it moving back up the center of your body to your throat, and on the third time, let the vibration of the sound move through your body like a warm glow throughout your entire body.

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LIFE FORCE ENERGY TRAINING *TM*

○ **Waiest® Spirit Warrior's / Inner Temple Meditation**

Sit or stand comfortably. Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. Visualize that you are breathing in from between your legs. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Clear your mind. Allow inner silence. Focus your mind just on your breathing and your lower dan tien/center of energy, which is three fingers below your navel. Relax your spirit, mind, and body while entering into a natural, calm state. Allow your breath to become one with the rhythm of life's energy all around you. Now visualize a straight beam of pure white light from the top of your head through your body to your tailbone and into the ground. As you inhale and exhale, breathe into the light expanding it outward in all directions and around your physical body as if you are within a ball of life force energy. Now, as you feel relaxed and calm, inhale and hold your breath for a count of three and exhale. Now inhale and hold for a count of six and exhale. Inhale and hold for a count of nine and exhale. With each breath discharge unwanted energy, cleansing your spirit, mind, and body. Now claim this universal space as your own, your universal temple. You are becoming aware of your oneness with Universal Life. Relax and breathe. Be centered and balanced in all things. All Waiest® meditations can be combined to create a personalized journey. They can be done for as long or as short as you need. To each their own journey.



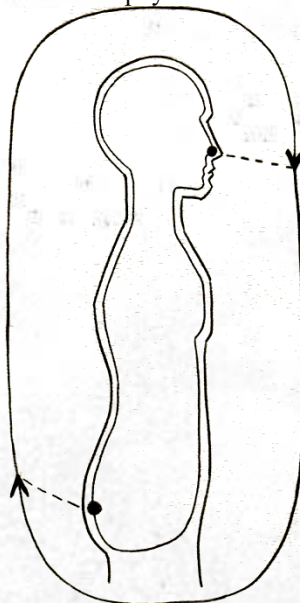
CHI FOCUS

LIFE FORCE ENERGY TRAINING™

○ Small Circulation

In this Chi Focus training meditation you will focus on the Conception Vessel and the Governing Vessel. Small Circulation leads life force energy through these vessels with the use of a mental exercise called a “nei dan.” Throughout the last few months you have built up a good supply of life force energy with previous Life Force Energy Training™ moving and still meditations. You have already been practicing nei dan training in previous visualization meditations preparing for “Small Circulation.” Now you can learn to effectively control and circulate life force energy through your body with your mind. If you followed your Life Force Energy Training™ closely and have trained effectively every day or most days, you will find it easier to proceed.

Sit comfortably in the Chi Focus™ Sitting Posture. Shift your consciousness to a meditative state with the Breath of Life. Center and calm your mind, breath, and body. Lightly touch the tip of your tongue to the roof of your mouth, sending a pulse of energy through your body, connecting the Conception and the Governing Vessels, the yin and yang. As you inhale, visualize your life force energy flowing down the front of your body starting from your nose and going to your tailbone. As you exhale, visualize your life force energy flowing up your back, over your head, and to your nose. Visualize that you are breathing from between your legs. As you inhale, feel as if you are breathing from your tailbone and that your lower back slightly opens and expands moving up like a wave as your stomach expands. This may feel like you are slightly rising up from your tailbone. Now, as you exhale, reverse the process, lowering your tailbone as your back and stomach relax back to normal. Continue to visualize the flow of your life force energy moving within your body. It may feel tingly or warm when you feel it moving within your Conception and your Governing Vessels. Remember to stay relaxed. Do not force it. Let your intuition of life force energy progress naturally. As you feel the flow of life force energy just become aware of it. Let yourself become the flow and just be. Continue in this manner for a few moments. As your intuition leads you to the end of this journey, you may count up from one to nine to gently bring yourself back to a physical state of clarity and balance.





PART SIX

THOUSAND PETAL LOTUS

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Chi FocusTM Kata ~ Thousand Petal Lotus

Directing Life Force Energy

Thousand Petal Lotus is one of the most important of all of the internal Chi Focus Katas. A major benefit to this Chi Focus Kata is that it loosens, massages, and helps you to direct life force energy to your internal organs; such as the intestines, stomach, gall bladder, kidneys, liver, and spleen. It improves life force energy flow to these areas and helps them operate more effectively, making it possible for your life force energy to flow more freely. It also helps you to regain conscious control of your muscles and teaches you to generate movement as a whole.

○ Hips:

This exercise helps you to regain conscious control of the muscles in your abdomen. Your lower dan tian is one of the main focus centers of your life force energy. You will be able to lead your life force energy with more ease when your abdomen is relaxed.

Start with your feet a little further than shoulder width apart. Place your right hand over your lower dan tian and your left hand on your lower back. By doing this, you will be able to focus on the area that you are directing your life force energy to with more control. Without moving your thighs or upper body, use your waist muscles to move your abdomen around in a circular motion. Circle one direction and then the other nine times each. In the beginning you may find this motion to be difficult. Once you can do the movement comfortably, you can make the circles larger. Your final goal is to have a slight physical movement but a strong life force energy flow. This exercise also eliminates stagnant life force energy in your lower back, healing and preventing lower back pain. Doing this improves life force energy flow to your large and small intestines and kidneys, allowing your body to absorb the nutrients it needs and eliminate waste more efficiently. When your kidneys are loosened, your life force energy can move more freely up and down your body, nourishing your entire body.



Diaphragm

Now, with your right hand still on your lower dan tian, move your left hand to above it with your left thumb on your solar plexus. You are going to move in a vertical forward and backward wave-like motion, flowing up the diaphragm and down the back nine times. Continue this motion while turning your body slowly from side to side nine times. Inhale as you move your shoulders back, and exhale as you move your shoulders forward. This movement directs and improves life force energy flow to your stomach, liver, gall bladder, and spleen.



Chest

Now move your left hand up to your chest and extend the movement up to your chest. Move like a wave moving up from your abdomen to your stomach and then to your chest. Do this nine times. Inhale as you move your shoulders back, and exhale as you move your shoulders forward. Your breath should be as deep as possible and your entire chest should be loose and relaxed. This motion improves life force energy flow to your lungs.



Coiling Arms Low

Now move this motion to your shoulders and arms by moving your arms in a circular wave - like motion in and out. Repeat this nine times.



Coiling Arms High

Now bring your arms up in front of your chest still moving them in with a circular wave - like motion. Repeat this nine times.



Coiling Arms

Now you will coil one arm at a time. Remember to stay relaxed and to breathe smoothly. Place your left hand on your lower dan tian and have your right arm flowing back, palm down, and elbow bent. As you turn on your hips, your shoulders will be horizontal. You are going to move your arm outward to your side and forward in a circular motion. Then pull it back palm down with your shoulders turning towards your rear. Your arm will move in a circular motion and stays chest level. Exhale as your arm comes to the front, and inhale as it returns to the rear. Do this with each arm, one arm at a time, nine times each. This motion should be generated from your legs or waist, directing upward as the motion leads up passing through your chest and shoulders and finally to your arms. If you lose your count, do not worry. Let your intuition guide you as you focus on your breathing, flowing with the motion. This motion improves life force energy flow throughout your body.



CHI FOCUS

LIFE FORCE ENERGY TRAINING *TM*

Thousand Petal Lotus

Waist® Moving Wai Dan: Om, Ah, Hum



The first movement is Om, which is the unfolding of creation. Lift your arms up from your sides, and bring them over your head placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together.

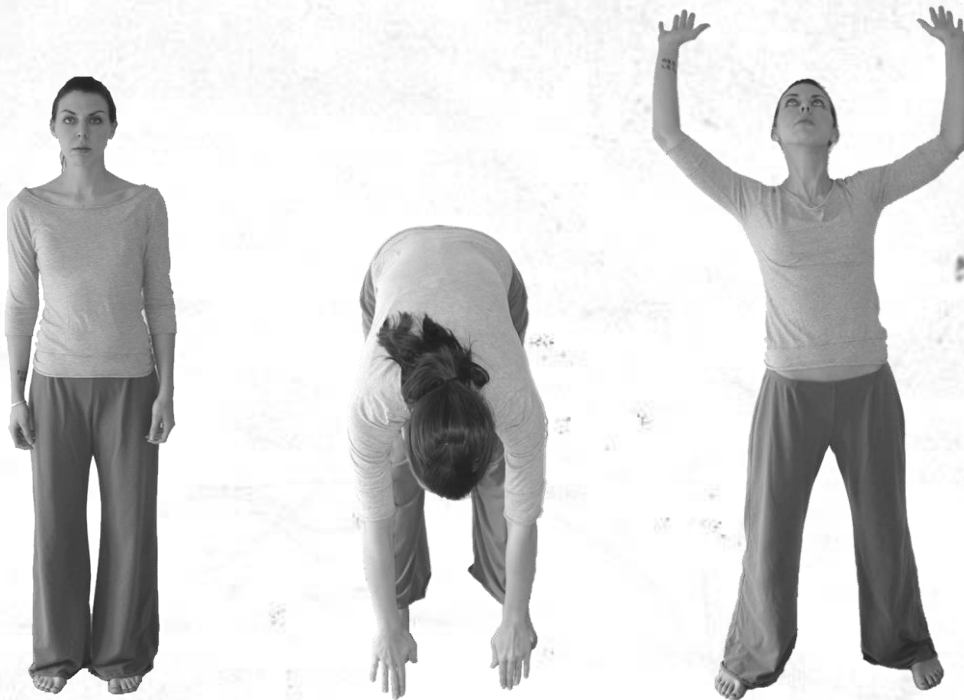
Gassho

Your hands are joined together in front of your heart. The right hand represents awareness, and the left hand represents oneself. It expresses reverence and unity.



अः

The second movement is the motion of Ah, which is the merging of the universe with the natural being. Bend forward from your waist and try to touch your hands lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to your sides as you arch your back so that your face and chest point to the sky, discharging any unneeded energy you may have picked up along your journey.



ॐ

The third movement is the motion of Hum, which is invoking the power of compassion while balancing all of your being. As you let your hands drop down to your sides, return to the base stance from the Ah movement. Then slowly bring your hands up in front of your body palms facing up as if you are holding something as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the earth. Visualize storing the healing life force energy in your dan tian.



Performing this entire process nine times yields its power threefold.

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

Thousand Petal Lotus

Step 1. Begin in the Chi FocusTM Base Stance. Shift your consciousness to a meditative state with Breath of Life. Breathe as slowly as you comfortably can for **twenty seven** times. Feel the tension leaving your body with each breath. As you complete the required number of breaths, slowly move on to the next position. **Step 2.** Raise your arms out to your sides until they are level with your shoulders. Slightly bend your elbows and knees with your wrists relaxed and your palms facing down. Perform Breath of Life, breathing slowly **sixteen** times. This directs life force energy to your shoulders. As you complete the required number of breaths, slowly move on to the next position.



Step 1



Step 2

Step 3. Maintain the same pose and turn your palms to face upward. Perform Breath of Life, breathing slowly **twelve** times. This directs life force energy from your shoulders to your upper arms. As you complete the required number of breaths, slowly move on to the next position. **Step 4.** Maintain the same general pose and turn your palms so that they face away from your sides as much as you comfortably can, pointing your fingers toward the ground. Now you are directing your life force energy to your forearms. Perform Breath of Life, breathing slowly **nine** times. As you complete the required number of breaths, slowly move on to the next position.



Step 3



Step 4

Step 5. Maintain the same general pose while flaring your fingers as wide as possible. Direct life force energy to your hands. Perform Breath of Life, breathing slowly **four** times.



Step 5



Repeat step 4.



Repeat step 3.



Repeat step 2.



Repeat step 1. – Relax and feel the rejuvenated life force energy flow through your body. When you have finished the required number of breaths you have completed this set.



**THOUSAND PETAL LOTUS
CHAKRA MEDITATION**

Thousand Petal Lotus

Waist® Discipline's Chi Focus™ Chakra Meditation - Calming, Clearing, and Energizing



There are seven chakra. They are the Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Brow Chakra (third-eye), and Crown Chakra (thousand petal lotus). Chakras are located along the centerline of the body and are represented with spinning balls of energy. They correspond with the nervous system and spinal column. Chakras can be related to cavities of the body and where life force energy travels through the body in conjunction with the meridians. They are spiritual focus centers. This Chi Focus™ meditation will open and clear your seven chakras and can be done as a single chakra meditation focusing on just one chakra or as a full mediation focusing on all chakras one at a time in connection with your breathing.

Sit comfortably in the Chi Focus™ Sitting Posture. Shift your consciousness to a meditative state with Breath of Life. Be aware of the energy all around you. Center and calm your mind, breath, and body. Concentrate on your breathing, and focus your life force energy through the different chakras, visualizing that you are breathing through each chakra.

The Root Chakra / Element ~ Earth / Purpose ~ Grounding, Foundation, and Stability ~ The Root Chakra connects your body with the spiritual, living energy of the earth, rooting you in the physical world. It deals with your basic functions and earthly needs. The Root Chakra is related to the color **red**, and it is located at the base of your spine. Sense your connection with the earth. Visualize growing deep, strong roots, grounding and stabilizing your foundation. Imagine that you are breathing through the Root Chakra. Visualize the chakra spinning open like a red lotus blossom and cleansing any blockages. Feel the energy of the Earth pulse through you, flowing throughout your body; up your spine, out the top of your head and out your hands and feet. Visualize Earth's life force energy infusing you and leaving you calm, clear and energized. Store this healing energy in your Root Chakra for later use. This vitalizes your kidneys, suprarenal glands, and spinal column. It also clears obstructions you may have in the physical realm and helps to release fear.

The Sacral Chakra / Element ~ Water / Purpose ~ Movement, Flow, and Creative Energy ~ The Sacral Chakra is in the lower abdomen and **orange** is its related color. You now move beyond the root physical needs into the realm of instinct, creativity, and emotions. Visualize a glowing orange ball of light around your navel area, spinning open like an orange lotus blossom and cleansing any blockages. Focus on it when you need to be creative. Allow life force energy to flow through the Sacral Chakra. Let your body turn it into creative energy and flow it to your mind. Infuse it with your body, and look for creative ways to come out. You can achieve any goal if you are creative. Visualize life force energy leaving you calm, clear and energized. This vitalizes your digestive system and sexual organs. It also clears obstructions you may have with trust in relationships and with releasing betrayal.

The Solar Plexus Chakra / Element ~ Fire / Purpose ~ Action, Energy, and Willpower ~ It is the center of your personal power. The Solar Plexus Chakra is located below the sternum and is related to the color **yellow**. Focus on the Solar Plexus Chakra. Life force energy is all around you. As you inhale and exhale imagine with each breath this life force energy swirling within your Solar Plexus Chakra. It is focused, crackling, sparkling energy. Let this energy flow into your body energizing you. Visualize this chakra spinning open like a yellow lotus blossom and cleansing any blockages. Your fingers, toes, and arms will start tingling, strengthening your muscles, energizing and awakening your mind. Visualize life force energy leaving you calm, clear and energized. This vitalizes your stomach, liver, gallbladder, sympathetic nervous system, pancreas, spleen, and adrenal glands. It also clears obstructions you may have in personal power and releasing anger.

Thousand Petal Lotus

Waiaest® Discipline's Chi Focus™ Chakra Meditation - Calming, Clearing, and Energizing



The Heart Chakra / Element ~ Air / Purpose ~ Love, Relationships and Compassion ~ The Heart Chakra is filled with compassionate energy. It is located in the center of your chest. It is the middle chakra and is the bridge between your lower and higher selves. The Heart Chakra is related to the color **green**. To focus on the Heart Chakra, be aware of a pulsing green ball of light. This chakra spins open like a green lotus blossom and cleanses any blockages. Imagine compassion streaming from your body. As you inhale and exhale, imagine compassion filling the room around you. Remember, the more you give, the more you're going to receive. Send your awareness into the universe filling it with this feeling. A good visualization technique is to imagine you are filling the room, the house, the town, the country, the planet, and the universe with compassionate energy. See how far you can reach with your life force. Bring yourself into a spiritual awareness of the entire human tribe and all of nature. Visualize life force energy leaving you calm, clear and energized. This vitalizes your heart and thymus glands and clears obstructions you may have emotionally with relationships. It also helps to release grudges.

The Throat Chakra / Element ~ Sound / Purpose ~ Self-Expression and Listening Skills ~ The Throat Chakra sends and receives signals on all levels, spiritually, inner voice, nature, universally and spirit guides. The Throat Chakra is the communication chakra and is related to the color **blue**. It is located at the front of your neck. To focus on your Throat Chakra be aware of a spinning blue ball of light. Imagine it being filled with the universe. This chakra spins open like a blue lotus blossom and cleanses any blockages. When you communicate with other people you will be able to have clearer thoughts and; therefore, have spirit in what you are communicating. This will allow you to have deeper, more powerful meaning than your normal conversation. You will communicate on a spiritual level. Visualize life force energy leaving you calm, clear and energized. This vitalizes your throat, lungs, vocal chords, and thyroid glands. It clears obstructions you may have in communication and being nonjudgmental.

The Brow Chakra / The Sun Chakra or The Third Eye / Element ~ Light / Purpose ~ Intuition, Insight, and Clear Thought ~ The Third Eye is your mind's eye, the center of your psychic power, imagination, intuition, and unclouded perception. It is located in the center of the forehead just above the eyebrows. The Third Eye Chakra is related to the color **indigo**. Be aware of an indigo ball of light. This chakra spins open like a deep indigo (purplish-blue) lotus blossom and cleanses any blockages. Use this to look inward and to discover new clarity of yourself and about the world around you. When you're practicing, imagine the energy flowing in through this chakra, breathing in through the third eye and letting the energy flow into your body, opening your ability to view life's spiritual essence that connects all. You should start seeing life more clearly than you did before. Visualize life force energy leaving you calm, clear and energized. This vitalizes your eyes, cerebellum, central nervous system, and pituitary gland. It also clears obstructions you may have in awareness and helps to release dishonesty.

The Crown Chakra ~ Thousand-Petal Lotus / Element ~ Thought, Consciousness / Purpose ~ Pure Awareness, Wisdom, Unity with Universal Life ~ It is the center of your spirituality and enlightenment. Thousand-Petal Lotus is located at the crown of your head. The Thousand-Petal Lotus is related to the color **violet or white**. Be aware of a white or violet ball of light. Visualize the thousand-petal lotus open one petal after another and the understanding of oneness. Feel that all is one as if the entire universe is part of you. Be aware of yourself, your place in the universe, and be at one with the nature of things. Now, let the white lotus blossom descend down through each chakra, through the base of your spine and into the Earth, balancing them and connecting earth and sky. Now, let this energy expand all around you unifying you with the universal process. This vitalizes your cerebrum and pineal gland and clears obstructions you may have in universal life. All chakras are now open and cleared.



PART SEVEN

WAIEST SPIRIT WARRIOR/CHI MONK ~ SHAMANIC JOURNEY
MORNING STAR
GRAND CIRCULATION
UNIVERSAL LIFE



Waiest Spirit Warrior/Chi Monk - The Modern Shaman

Quantum physics describes a field of energy that connects all of life. Your energy and mass are constantly intertwining with that life energy. A Waiest® sees all as part of the greater whole. A **Waiest Spirit Warrior is like a modern Shaman**, working within the nature of things to heighten the quality of life and the individual journey. The Waiest® Shamanic Journey is your spiritual body connecting to universe life. It is seeing beyond individual perception, and seeing beyond the world as it has been presented to you in order to receive knowledge intuitively beyond your life experiences. It involves viewing your journey with your spiritual essence, and accessing information and energy that helps to restore your wholeness, your “original” self.

- ॐ The Waiest Shamanic Journey will help you to problem solve for yourself, help you with personal healing and growth, and eventually raise your self - esteem and awareness of your connection with the spirit of life in all things. This will help you to “wake up” to your full potential and restore balance and harmony into your life by reconnecting, by living in unity with the universal process, and by working with the force of change. Learn to seize your opportunities.
- ॐ The shamanic journey experience can be like a daydream, expanding your awareness and consciousness. Your imagination can act as a guide throughout the doorways of your mind. Your imagination can lead your spirit through the mind/body realm helping you to clearly see self and the opportunities of life that are all around you. As you progress in your mental journeys, visualization may become unneeded as you are the journey, and it is within the essence of things that the awareness of life is found.
- ॐ In a Waiest Shamanic Journey you may meet or travel with the spirit of the land, animal totems, spiritual items, elements or garden spirits, learning to communicate with the spirit of life within. In some shamanic traditions it is believed that you have at least one animal spirit to guide and protect you. However, many may become your teacher. Anything at all is possible. There are no set rules to what you should experience when you journey. Just remember to trust your own experience and that in all you may find truth. Inspiration from the higher self may be shown to you in ways that manifest itself in many means so that your linear mind can understand. Pay attention to all that is your journey for it all can have significant meaning.
- ॐ You may have a specific question or thought that guides you. For example. “What should I do or how should I do it?” You may receive inspiration for ideas that you were not even aware of in your life yet. You may be looking for healing or for inner peace. Focus your mind within your linear goals, open your natural intuition, and let it become a part of your higher self. Who, what, where, or how are good ways to start your search.
- ॐ You can see with your essence as well as with your eyes. Your journey experiences may be symbolic. You may see, feel, sense, hear, taste or just know. All is the answer. You are the journey, and you may need to live the experiences for a while before you truly have some understanding. Do not discount any possible positive way to achieve your goal for the betterment of all and to the harm of none.

ॐ **You may journey to seek:**

- **Counsel** - Journey to seek counsel for yourself or others of your community or family.
- **Enlightenment** - Journey to seek further understanding of the universe.
- **Healing** - Journey to seek healing energy.
- **Knowledge** - Journey to seek a spirit guide or a teacher to further learn through vivid images, symbols, or sensations.
- **Quest** - Journey to seek a spiritual quest. Remember, it can be the quest and what you learn about yourself through the journey that may be important.
- **Spirit Warrior** – Journey to conquer aspects of yourself that you struggle with. It is said that the hardest warrior to conquer is the one between your own two ears.

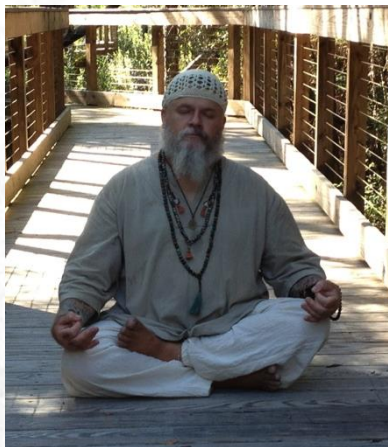
ॐ **Intuitive Knowledge:** Access the knowledge which is your mind. It may be blocked by the stress and worry of the day's events and make it hard to find the right answers or make the best decision. It is like a computer with too many programs running at the same time, slow and bogged down. You need to stop and reboot. You have all the knowledge you need to be you. You're just not aware of it all. Your intuition offers you guides that help you to access that knowledge.

ॐ **Music** - The rhythms of music can help you to shift your brain waves, helping you to shift your conscious to where you may find your answers. Traditionally, drums, rattles and other tribal sounds are used. You can use any music that helps you. New age, cultural, chants, or classical, it is up to you. Your **Sounds of Meditation CD**© was specially developed to help you shift your conscious mind.

ॐ No one can interpret your journey experience for you. You live it to know it. What you learn in your journey is meant for you and may not be for others. If you are stuck on the meaning of your journey, it may help to right it down in your journal.

ॐ Remember, you move with the rhythms and cycles of nature like anything else, and like all of nature, you may not bloom 365 days out of the year. You may find it more difficult to journey on some days. Do not get frustrated. This is also part of the growing process. If this happens, contemplate what you have already learned on previous journeys. Your journey will become strong and clear again. Your guides are always with you.

ॐ You can journey for yourself or you can also become a guide for others.



Waiest® Chi Monk Shamanic Journey

Waiest shamanic techniques are about honoring and honing yourself. Let go to the experience and you will have the experience that is perfect for you. Waiest® shamanic journey will teach you lessons about yourself. Pay attention to the experiences, not to what you want it to be. What you learn about yourself during your journey is most important.

Arriving (*living*) – Relax. Sit comfortably with your legs crossed, stand, or lay down. Take a deep breath, exhale and relax. Become comfortable in the here and now moment. Allow your body to be in its own way: relaxed with no tension, a natural state, aware, and just being present. Be aware of your breathing, letting it become more natural. Natural flow, natural body, natural breathing and energy, natural mind at peace like a calm lake settling. This is your sanctuary in time and space. Leave the temporary behind and become present in this moment in time. Relax as the tension drains away, reclaiming yourself in a natural state. Once achieved, you may rest in this state for a few moments.

Intensifying (*life*) – Open and heighten your awareness. Be alert to the present. Allow yourself to sense your individual environment directly. Now bring your mind toward your breath. Be aware of your inhale and extend your exhale a little longer. Focus like a beam of pure light. Become the light of clarity, aware and focused. Open your intuition, your Third Eye, to a new way of true and clear seeing and hearing with your essence. If your mind begins to wander, as it will, just come back to your breathing. Breathing is the anchor that centers your focus, making your attention ever more present and aware. Once achieved, you may rest in this state for a few moments.

Releasing (*living within life*) – Release all now, even the focus on your breathing. Let go totally, and open your mind to the wisdom of pure being. Let go of all impermanent phenomena, allowing them to dissolve in your mind/body, like waves in the sea. Let go and become the clouds in the sky-like nature of your mind; natural, nonjudgmental and noninterference, all is as it should be. Enjoy the simplicity. Release all, and allow yourself to be open to the wisdom of the infinite being and at one with the universal process.

As you learn to align your natures, you will begin to live the journey, and intuitive knowledge can come to you at any time.

The Waiest Shamanic Journey aligns your linear, natural, and universal perspectives of self, allowing you to be open to your intuition and the wisdom of your infinite being, becoming one with the nature of things and the journey.



Tree of Life Meditation Shamanic Journey

Empowered Visualization - Visualization skills can help you focus your mind, unlock your imagination, and access your intuitive knowledge. You solve every day problems by invoking your imagination to mentally see solutions. This is called thinking. Visualization empowers your imagination, which makes you a better problem solver, allows you to seize opportunity better, and, therefore, enriches your entire life.

The Journey - Visualize the World Tree or The Tree of Life as a universal axis or a ladder connecting all lives of the greater whole. You may not see the Tree of Life but just become aware of it and the rustling of the wind through its branches. You may even feel it or become the world tree itself. At the trunk of the tree, visualize the **middle world** or the linear reality as the realm of time and space. It is the spiritual dimension of our physical realm. We all reside in the middle world while in a physical body. Middle world travel is to move in time and space, communicating with nature and the spirits that live in all things. In physical reality, you travel through our physical landscape. You may visualize that your spirit is leaving your body and exploring your home, or simply walk out your front door and explore nature. Travel through space letting your spirit soar to locations that you have never been. Like a remote viewing or an astral projection, commune with the spirits of nature, such as a tree, moon, sun, or the land to understand more about yourself and to be in balance with nature's cycles and rhythms.

You may visualize the roots of the Tree of Life. Visualize a cave or a pool of water by the tree and that your spirit can move down them below the Earth to the **underworld**, which is an earthy landscape, filled with growth and natural settings such as forests and mountains to a place of rest, healing, power, and ancestry. Information obtained here may be given in a symbolic manner.

You may now visualize the branches of the Tree of Life and you climbing up them to the **upper world**. Visualize a universal realm of spiritual growth with a clearer view of insight. Information obtained here may be given more directly. You may visualize a cloudy landscape, no longer feeling the Earth beneath your feet although you still feel as if you are standing on something.

The middle world represented the personal self or the conscious mind. The underworld is representation of the natural self, and the upper world is representation of the universal self. Let your intuition guide you. Stay within the moment and the answers will come. Journey in each world for as long as you like, until you feel that it is time to move on to another, or when you feel that your journey is ending. Journey for insight, peace, or healing.

To come out of this deep meditative state, gently bring yourself back by counting up from 1 to 9 slowly, moving back to a physical, linear state. As your journey ends say thank you to any helpful spirit guides.



Waiaest® Spirit Guide Meditation

Shamanic Journey

If you can, find a quiet place outside, such as by a river, lake, park or another beautiful natural setting to bring you back into balance with the Earth. You are more receptive when you are open to the Earth and the sky. Only train outside on days and nights that aren't too cool or too hot, but are comfortable to you. Your wellness space inside is ok too. Your guide can find you anywhere.

In some journeys you may like to use incense and music, but for this meditation you want to just sit quietly without any distraction.

Begin in a Chi Focus™ posture with the Breath of Life, **Arriving, Intensifying, and Releasing.**

Now look around. See, hear, smell and feel your environment. Let your mind/body experience your environment in its natural state as you become one with the rhythms of life.

Now close your eyes and open your mind's eye. Your mind will now supply your vision without worldly distractions. Project your self awareness from the physical to the nonphysical world of your mind and intuition where you can find the guides of your intuitive knowledge for the healing power to transform your life.

Let the journey itself take over. Images, shapes, and beings appear to you. The first guide that you come across may not necessarily be your guide. Try to hear or feel its message. Your true guide has something important to say and can show you how to take charge of your life.

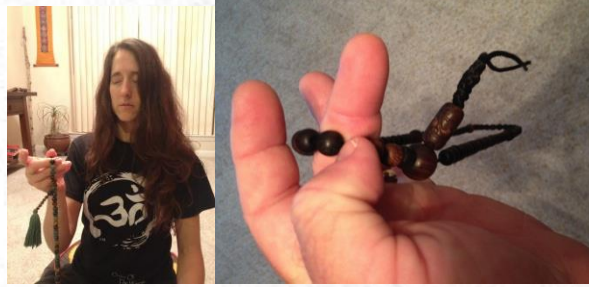
Do not be discouraged if you do not feel that you have not contacted your true guide. It may take a few attempts to make contact. Consider what you have learned from the experience. Try another location or maybe another time of day. Each time that you try you will become closer to nature.

Remember that a guide does not have to be an animal. It can be anyone or anything that is in your heart. You may find a guide while just doing an everyday mundane thing or while reading a book. You may physically see your guide, meeting them in life. Just mentally visualize them or just be aware of their existence.

All guides are just as powerful as the next, a bear or an ant, it does not matter. Your spirit guides may not want you to reveal them to others. You will know if you can or cannot.

Spirit Bags:

Spirit bags are unique to each individual and are used to carry items that contain chi. They are special to the wearer. In most cases, they are made from a natural woven material such as silk, cotton, burlap, or muslin, with or without patterns. Take different kinds of items that naturally draw you to them like herbs (juniper / sage), stones, crystals, beads or things that mean a lot to you, and put them in your spirit bag. Wear your spirit bag or carry it in your bag or pocket so you can always have access to its chi (energy). It is an extension of your inner spirit and amplifies your abilities. You can draw on its energy as well as put more energy back into it. One way to draw energy from your spirit bag is when you are doing a wai dan exercise like "hugging the tree" or as you sit in a meditative position, hold the spirit bag in your dominant hand and focus your mind on your hand and into the spirit bag sensing its chi and letting it circulate through your body. You can take the items out of the bag or pouch, handle and ponder over them as often as you like in order to absorb the energy that was put into them originally. A spirit pouch is a larger version of the bag and is usually hung somewhere in the house so that you can see it when you pass by.



The Waiest Chi Monk's Morning Star

The Morning Star meditation is specifically developed for Waiest Chi Monks to use to reach a deep non-dualistic state of consciousness, banishing all the petty, distracting thoughts that usually occupy one's mind and entering into a state of profound concentration to become one with the greater whole. Start with the Breath of Life and with each exhale chant Om, Ah, Hum. Do this for each individual bead for 108 times. Remember; do not pass over the guru bead. When you complete your Om, Ah, and Hum repetitions for that day gather your mala beads between your hands in gassho, letting your chi flow through your mala beads.

A **Waiest® Spirit Warrior's Morning Star quest** is a profound journey that one takes for nine days in a row, doing the Morning Star meditation once per day without letting anything or anyone interrupt you as you do it. For each day that you complete your goal mark it down in your Warrior's Journal. You can do the Morning Star Meditation sitting or standing or in a Waiest® Spirit Warrior's walk. See more about your Waiest® Spirit Warrior's mala beads on page 23.

Grand Circulation Meditation

You have learned to direct your life force energy and to heighten your awareness and concentration. Moving life force energy throughout your body is called Grand Circulation. When you learn Grand Circulation, you can move your life force energy throughout your body at will. A key element to this mental training exercise is your imagination because where your mind leads, your life force energy follows. You will start in the same manner that you did in your Small Circulation. As you inhale, your life force energy pulsates down your Conception Vessel. As it reaches your hips, exhale and mentally direct your life force energy down your legs to the focus point, **yong quan**, in your feet. Now, as you inhale, direct your life force energy up your legs to your lower back. As it reaches your hips, exhale and mentally direct your life force energy up your Governing Vessel. As it reaches your shoulders concentrate on directing your life force energy down your arms to the focus point, **lao gong**, in your hands. Continue in this manner. This may take a lot of practice. Remember, your imagination is key. Be creative, aware, and relaxed. In time you will be able to move your life force energy to where it may be needed with greater control. Now that you have directed your life force energy in straight lines from one focus point to another, you may try to spiral it in a clockwise and/or counterclockwise manner at various speeds.



The Waiest Chi Monk ~ Letting Your Spirit Soar

Letting Your Spirit Soar - Now that you have learned to direct your life force energy throughout your body, you will move beyond the barriers of your body. To start your journey into your unification practice you will need to understand a little about the aura.

Aura is a Latin word meaning "a breath of air" or "a glow of light." All bodies are surrounded by an aura of living energy vibrating at different levels. The interaction of your spirit and body creates the field of energy known as the aura. There are different bodies of aura called **Subtle Bodies**.

- There is an **Initial Body** of energy, which is the vessel we live in and experience life with. It is the physical body.
- The **Etheric Body**, the healing body, is a blueprint of the Initial Body. It allows healing energies to enter the body, say from a healing crystal, cleansing ceremony, food or the earth. Healing energies enter your body through the central nervous, glandular, and circulatory systems and when aligned with the Initial Body, they facilitate a clear access to your journey's path.
- The **Astral Body**, or sometimes called the Emotional Body, consists of negatively and positively charged emotions playing a roll in the mental and spiritual health of a person. The Astral Body is very active when you are feeling strong emotion. Negative emotions affect you negatively, disrupting the flow of energy around your body if not resolved. Positive emotions will affect your life positively, allowing for more free flow of energy.
- Your **Mental Body** is associated with thoughts and mental processes. It is inner sight. Like standing on a mountain, you can see forever. Moving mentally through your mind plane and understanding a new way to experience life, your thoughts are clear and your mind is pure. In a spiritually evolved being you may see a white or gold color around the head.
- Your **Spiritual Body** connects you to the universe and your spiritual self. The Spiritual Body is a body of consciousness associated with our true spiritual path and direction in life. It is our highest potential and reflects our ability to manifest your true potential.
- **The Waiest® Spirit Warrior Universal Body** – The Waiest® Spirit Warrior Universal Body is a sort of spirit body that is comprised of the whole of our aura or the Universal Body. A Waiest® Spirit Warrior can learn to focus their mind and spirit to enter into the Universal Body which is a heightened state of consciousness wherein the **Waiest® Spirit Warrior** becomes acutely aware of the universe around them. This state allows the Waiest® Spirit Warrior to become more aware of their surroundings and become one with the nature of things. When a **Waiest® Spirit Warrior enters into this state** all of your senses become heightened. You may feel a bird's song, taste the way the earth smells, or you may feel the movement of a tree in the wind, a cloud in the sky, an animal or a person's energy and emotions. You may see the energy of things and physically feel the universe around you.

The **Waiest Chi Monk's Universal Body** is the body one exists in during the **Waiest Chi Monk's Universal Journey** or "Astral Projection". The **Waiest Chi Monk's Universal Journey** is where the **Waiest Chi Monk's Universal Body** can journey to other worlds and realms, taking the consciousness with it as you view with your mind's eye. A **Waiest® Chi Monk's Universal Journey** will be practiced with shamanic journeys and the **Waiest Chi Monk Universal Life Meditation**. Eventually, when it is needed to give you greater awareness of your journey's path, this can be done at will.

Aura Seeing Exercise: Start with your Breath of Life meditation. Center and calm your mind, breathing, and body. Look indirectly at an object or person. Pay attention to your peripheral vision. Focus your thoughts a little past the object/person. Now, without looking directly at the object/person, see the aura forming around your subject. You might want to do this in a dimly lit room with a plain background. You can do the same type of meditation by sitting in front of a full-length mirror trying to see your own aura or looking at your hands. **Aura Awareness Exercise:** Start with your Breath of Life meditation. Center and calm your mind, breathing, and body. Now, let yourself move through each level of your aura allowing the healing energy of the universe to flow through you and become aware of your connection to Universal Life.

Focus Points ~ You may now try breathing through other focus points like your Third Eye or even your skin. An easy way to focus on your skin is to visualize that you are breathing in through your upper arm and exhaling from your forearms and hands. Try this throughout your body, eventually becoming aware of all of your skin at one time. You may also become aware of certain organs, bones, ligaments, etc., sending healing energy to them.

Send Energy to Others ~ You may start to send energy to others and receive energy from others with greater effectiveness. To try this, stand in front of a tree and hold your hands in front of it. As you inhale imagine that the tree's energy is flowing into you, and as you exhale visualize that you are sending energy back. You may even become aware of the tree's life spirit and its needs. You can try doing this in the same manner with people or an animal. Hold your hands over a certain part of the subject and visualize that your healing energy is flowing into that subject. You can hold your hands as if you were doing hugging the tree and focus your mind on your hands. Form a chi ball as you flow your energy with your subject's energy.

The Waiest Chi Monk's Universal Journey - Start with your Breath of Life meditation. Feel as if you are standing. Move around your house with just your astral self. See what you can see. (Later go and see if you were right) Go outside,

move through nature with an **Astral Spirit Walk**, or visit other countries or worlds. Your imagination is your only limit. Imagine what it is to be another person. Visualize your spirit entering the other person. What does it feel like when the other person moves? What does it feel like to wear the clothes the other person is wearing? Is the person tall, short, heavy, old, young, etc.? Feel this person as you would feel yourself. You can try this with animals or plants. As you move your mind and spirit within the subject, project your life force energy. Visualize it flowing within, healing, and guiding. You can also go outside and with your eyes shut see if you can pinpoint where sounds and energy are coming from within your mind's eye. The phrase "mind's eye" refers to your ability for visualization, the ability to "see" things with the mind i.e., visual mental imagery.

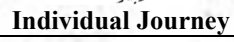
The Waiest Chi Monk's Universal Life Meditation - Clear your mind, focus on your breathing and relax your spirit, mind, and body. This may be done in a sitting or standing position. Let your spirit move your mind. Lead your mind to your feet, sensing them and the way that they feel. When standing, sense the Earth under your feet. Where does it end and your feet begin? There is no sense of that but simply a sense of connection. Now, visualize that you are breathing from the bottom of your feet, leading life force energy up from the Earth as you inhale. If you are sitting, visualize that you are breathing in from between your legs. Picture life force energy coming up into your body. As you exhale, picture it running down your arms and out your fingers back to Mother Earth. Establish a relaxing, healing flow. Now sense the whole of your being, all of your body. Where does it end and the universe begin? There is no sense of that, just a connection. Now let your spirit move your mind beyond what you see, move beyond the barriers of your body. Focus on your aura. Imagine you are sitting in a ball. As you inhale, the ball contracts. As you exhale, the ball expands. Imagine this ball being life force energy - your energy, your aura, pure light, as you move out into the spiritual body, connecting to the universe. With each breath visualize your compassionate life force energy flowing out from you. With your first three breaths, fill the room. With your next three breaths, fill the town. The next three breaths fill the state. With the next three, visualize life force energy flowing over each country, the mountains, and the oceans and reaching out to embrace the planet. With your next three breaths, visualize it moving out through the clouds and past the sun and planets through the solar system. See the solar bodies in your mind's eye. With the next three breaths move out through the whole of our galaxy, reaching out to embrace all of the Milky Way. With your next three breaths, move past the Milky Way to embrace all the galaxies as you move farther and farther, blending with universal life itself. You are universal life. Feel how far reaching and strong your life force energy can be as the whole of universal life's compassionate energy flows back to you, naturally replenishing your source energy and becoming one with the journey. Now look around you and let your spirit move and sense the motion of a tree, the movement of a cloud, the living Earth. It is nothing more or less than sensing yourself for we are all as one connected within essence. As your intuition leads you to the end of this journey, you may count up from one to nine to gently bring yourself back to a physical state of clarity and balance. You may take a **Waiest® Spirit Warrior Spirit Walk** and sense all of nature around you. The life that you live is your journey. The life energy that lives it is a part of all. You are the ripple that becomes aware of the water.

Your focus determines your reality. What you see with your eyes is just the surface of reality. Learn to see and feel with your essence and the universe will unfold for you.



Source Energy is all around you and with you all the time!

Do not just study the cup of water but study the whole sea. Imagine if you dip your cup into the sea then pour that cup back into the sea. Then you dip your cup in again. You will never get that particular cup of water back, but it does not matter for all is the sea.

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PART EIGHT

THE WAIEST® CHI MONK TEST

CHI FOCUS

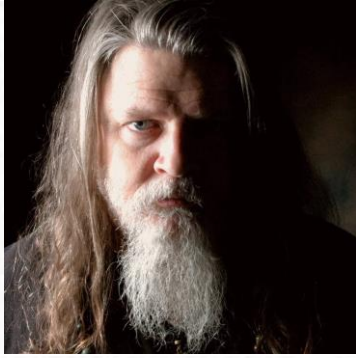
LIFE FORCE ENERGY TRAINING™

The Waiest Chi Monk Test ~ Truly test your knowledge and challenge yourself to see what you have learned. Remember that you will only get out of this course what you put into it. So, do not cheat yourself for this only hinders you. There are specific answers to each question from each book. Some are apparent while others require some thought, reading the books, and training. We are not looking for your opinions on these questions. We want the specific answers that come from the “**Waiest Discipline Chi Focus Warrior’s Path Manual**” and the “**Way of the Middle Path**” to show that you have truly studied them and your level of study.

1. Have faith that your path will... (Finish this sentence.)
2. How can Chi Focus™ Training increase your intelligence?
3. A Waiest Chi Monk wears their mala beads for what reason?
4. What is universal life?
5. What is the Journey’s Full Circle?
6. What is Chi?
7. Name the 8 steps to the path of enlightenment.
8. What is your spirit?
9. Name the 8 steps to spiritual awakening and what it is called?
10. Name the universal natures.
11. There is only one way to take action. What is that way?
12. How does a Waiest see each change?
13. What is the relationship between spirit, mind, and body with your universal natures?
14. What are the 3 levels of Chi?
15. Name the chakra, their related colors and purpose. What do they each vitalize?
16. Name the meridians, what organs they relate to, and the time of day for prime energy flow through each organ.
17. What energy corresponds to each finger & what element corresponds to each finger?
18. What are the subtle bodies and what do they do?
19. What does the mind/body refer to?
20. What are the two main vessels of the body and how do they run?
21. What are other names for life force energy?
22. What are the levels of consciousness?

23. What is a mudra?
24. Where can truth be found & what is the closest thing to truth that you may find?
25. We are all students of life. What is the "Way of the Middle Path"?
26. What is it to conquer the warrior within?
27. What is a Waiest Chi Monk?
28. If you want to see results from your training, what should you do and what is an ideal training time?
29. How is the Breath of Life important in meditations and how does it help the body?
30. What is a Waiest's most important decree?
31. Why is it important to keep your trunk limber?
32. Name all of the movements in the Warrior's Path Base Set in order.
33. What does One Finger Zen help?
34. Name the chants, emotions, and colors for the Healing Sounds Set.
35. Name all nine Warrior's Path Meditations.
36. What is a major benefit to the Chi Focus™ Kata Thousand Petal Lotus?
37. Name the foundation of all Chi Focus™ training.
38. What is meditation?
39. Name what you may journey to seek.
40. Describe what we mean by Intuitive Knowledge.
41. What are the three parts of the **Waiest Chi Monk's** Shamanic Journey?
42. Name the three worlds of the Tree of Life.
43. Describe what we mean by Empowered Visualization.
44. What is the difference between Grand Circulation and Small Circulation?
45. What is a Waiest Chi Monk's Morning Star Quest?
46. The Waiest's path starts by (Finish this sentence.)

Returning Your Test ~ To receive your certificate of completion as a **Waiest® Journeyman** and your next book **The Master's Program, "The Teachings"© by author Dorje Jangbu**, you must return your test to the **Waiest® ~ Universal Life Temple™**. Answers must be on white 8 1/2 X 11 paper. Your answers must be typed with the font size at no less than 12. Each individual answer is to be single spaced with a single space between answers as illustrated by this page. Please make sure to put your full name, current address, phone number, and email (if you have one) on your completed test. If this is not filled out correctly we can not award your certificate of completion. Go to www.waiestqigong.com or call us at 1-850-348-6651 for the mailing address.



About the Founder ~ Dorje Jangbu Robert Wiest

Dorje Robert W Wiest - Author. Producer. Musician. Founder and Creator of Waiest Qigong international training form with students worldwide.

Dorje's training exceeds over four decades. He has studied with monks, shamans, gurus, martial arts masters and mystics from around the world. He began training at the age of eight and started teaching at thirteen. Dorje holds certificates in Buddhist philosophical studies, Mikkyo, and received his diploma as a Certified Health Specialist from Trinity College of Natural Health.

Brother Jangbu ~ "I trained and studied as a youth with a monk named Brother Raiford. He taught me that universal life is the master teacher, everywhere is universal life's temple, and that my ordainment comes from universal life's calling. He taught me to let go and be at one with universal life for all else is nothing more than tools to be used along the journey but it is universal life itself that is the journey."

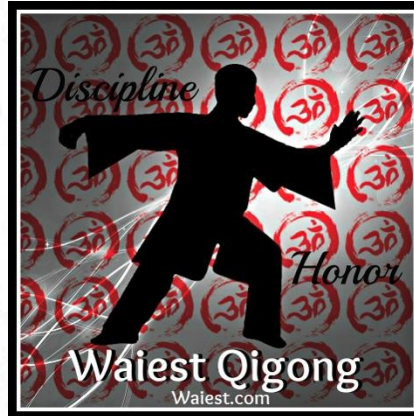
We have all asked the questions, "Why am I here?", "What is the purpose of life?" and "What am I supposed to believe in?" It can be very confusing with so much information out there and so many people insisting they are right. Your path may become clouded. There is hope, and the answers are within you. You are a direct link to creation. You are of creation. Books, buildings, governments, and religions are secondary, man-made items. They are important in that they can spark the truth within, but it is within your journey that the answers are found. We each walk the path as teacher and student, not to impose our lives on others but to flow with the universal process. We are not meant just to survive day to day. There is a difference between survival and fulfillment. One must follow their own heart and make the best of their journey. Learn to see beyond how life has been presented to you and win with the challenges life has set before you. We are not human beings having a spiritual experience but spiritual beings having a human experience.

I am not here to tell you what you should experience or how you should experience it but only to offer tools on how to better understand the experience. All that I offer you is the opportunity to see beyond how life has been presented to you, to live more than just to survive day to day, to take your destiny into your own hands, and to achieve a higher insight for the betterment of all. For the life that you live is your journey, but the spark of life that is living is of us all. Thank you for your support.

Dorje Jangbu

If you have any questions or would like to discuss booking Dorje Robert Wiest for a guest appearance or seminar please call 1-850-348-6651 or email dorjerobertwiest@gmail.com.

The journey's way is the one thing that makes you an individual. It is the one thing you had at birth and the only thing you will have at the end. It is the one thing you have that no other experiences or can take from you. They will never see from your eyes or hear from your ears or experience what it is to be you. Even if someone else has a similar experience they will perceive it differently. The journey is your individual relationship with universal life and the path you alone must walk. All else are nothing more than tools of the journey to be used along the journey but are not the journey. **May universal life guide you on your journey.**



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Meditation, Philosophical, Natural Health, and Fitness Guidance

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Waiest® Discipline Chi Focus™ Warrior's Path Manual©

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Waist® Discipline

The journey is the experience that is you.
Universal life force energy is that which connects you to all things.
The enlightened mind is the reason for the journey.

The journey is how you make it, for you are the journey.