



# How to Be a Master of Chi

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## 2 What Is In It For You

This week you will learn the fundamentals of "Bending" through the use of Chi. Bending is the act of influencing the actions of an element through the use of internal and external energy. This website will teach you the fundamentals of Chi and Bending techniques that will allow you to advance in your endeavors. Remember that there is no limit to your training, there is always more to learn about the Elemental Arts. When you finish all the techniques on this site, Bending will be only a fraction of the possibilities open to you.

The road ahead of you is full of discovery and excitement.

Would you believe it if someone told you that Benders could pass Chi through walls, causing people to sway involuntarily; could project streams of fire that will come back to earth a million years from now; could disintegrate rocks to make rock projectiles to shoot like bullets; could knock down thirty people with a small air blast; could create small hurricanes; or could communicate with higher intelligence? Few people are inclined to believe such feats. Some might attack such claims as quackery. Years ago, I myself doubted these events. But now I know that they are real because I have seen ordinary people do extraordinary things with Chi and the four elements!

Even if I provide proof and demonstrations, many, even among those who witness them, still say that such feats are impossible and that what they have seen is either some kind of coincidence, or has been faked. One of the features of human nature is that we find it difficult to believe anything which does not confirm to conventional wisdom, no matter how convincing the evidence.

If you really do not want to believe in such "nonsense," you are welcome to remain sceptical. But I hope that some enterprising minds will find in these descriptions valuable information that may open up some exciting knowledge that can benefit mankind!

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The main purpose of this site is to teach you about the history of Bending, the types of Bending, and how to learn these techniques. This site will not only teach you the fundamentals of Bending, but also ways to use this in your everyday life, and most of all, different kinds of moves and attacks to use in defense. On this website will be content from these websites:

[www.xtrememind.com](http://www.xtrememind.com) [www.bendingquad.webs.com](http://www.bendingquad.webs.com) , [www.earthflame3.webs.com](http://www.earthflame3.webs.com) ,  
[www.4element-tribe.webs.com](http://www.4element-tribe.webs.com), [www.freewebs.com/tidalchaos/](http://www.freewebs.com/tidalchaos/), [www.subfrost.webs.com](http://www.subfrost.webs.com),  
[www.bendingacademy.webs.com](http://www.bendingacademy.webs.com),[www.elementalorbz.webs.com](http://www.elementalorbz.webs.com),  
[www.destinyclash.webs.com](http://www.destinyclash.webs.com),[www.hydrotribe.webs.com](http://www.hydrotribe.webs.com), [www.aerotemple.webs.com](http://www.aerotemple.webs.com),  
[www.ortel.webs.com](http://www.ortel.webs.com), [www.thebendingplace.webs.com](http://www.thebendingplace.webs.com), and [www.bendinguniversity.webs.com](http://www.bendinguniversity.webs.com).

### 3 All You Need to Know About Chi

#### What is Chi?

Put simply, Chi is that which differentiates a corpse from a live human being. To use a biblical reference, it is that which God breathed into the dust to produce Adam. It is the life energy people try desperately to hold onto when they think they are dying.

Modern science teaches us that every element of this universe, from the smallest subatomic particles to the largest planet, is pulsating with energy. Over two-thousand years ago, in ancient China, this energy was defined as *Chi*.

In the modern era, Chi is commonly understood to mean "Internal Energy." Chi is much more than that, however. Chi is the universal energy that gives rise to all elements of life and fuels both the physical and spiritual universe. Chi cannot be seen; it cannot be touched. Yet, those who have interacted with this universal energy can attest to the fact that it does exist.

Chi lies stagnant in nonliving things. In living things, however, Chi flows in streams and collects in pools called Meridians (we will talk about this in another section).

The things you can do with Chi ranges from healing yourself and others, to defending yourself, to entering a higher realm of existence. The possibilities are endless.

Chi is your essence; you cannot live without it. Some religions describe your essence as being your soul or your spirit. Your essence is a property of Chi that is connected with all the Chi in the universe, and you need to access it in order to Bend. How do you access it? The answer is actually quite simple. The answer is to be at peace with yourself. Connecting

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with the chosen element is easy, but in order to control your own Chi, you must ascend mentally and spiritually, and once you do this, elemental manipulation will be within your reach.

Every activity you perform, from running, typing, and even just breathing, you are using your Chi, your essence. There are many ways to utilize it. In fact, you're doing it right now. By simply reading this paragraph, Chi is flowing through your brain and eyes, making every cell and tissue work together to allow you to process print into words, words into paragraphs, and paragraphs into knowledge.

Say for instance, I want to lift my arm. I'm not thinking about the signals being transmitted along my neurons that allow me to move my arm. The reason I can do it is because my arm is connected to me; it's part of me. It's not only a part of my body, it's a part of my nervous system, and my Chi paths as well. Remember when I said everything is connected? Everything may not be connected to your body like your arm. However, everything is connected to your Chi, and your Chi is connected to your mind and body. See how that works?

In 1977, researchers in China, using modern scientific apparatus, discovered that Chi consists of electromagnetic waves, static electricity, infrared rays, and certain particle flows. It provided scientific evidence to establish, once and for all, what Chi Kung masters had claimed throughout the ages, namely that Chi has a material reality.

So, if you are tempted to ask, "Where is Chi? I cannot see it!" gently remind yourself that the fault actually lies in your eyes. Our eyes are very limited; they can only see an extremely narrow range of the light spectrum. X-rays, gamma rays, sound waves and radio waves, for example, are not visible to our eyes. We cannot even see the countless number of bacteria and viruses that are literally floating all around us.

## **Let's Try a Chi Exercise**

I have some practical exercises for you, and some more theoretical discussion.

Basic exercises with energy:

First and foremost is the energy exercises you have been doing with the elements.

Grounding exercises into each of these elements is another exercise you should be adept with. It is only proper to return energy to these elements when one pulls energy from them. So, you can ground into the Fire; send energy to the Moon and so on. Each of these have different feels and dangers inherent in them, and the adept magickian should be familiar with them, so that if

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one has to Ground into the Air, one can. (Good visualization with the sheeting energy being blown away BTW. I really liked that.)

One of my favorite ways to practice energy work is by transferring energy from one hand to another. Let me describe this for you, quoted from a prior class on just this subject.

"1. First things first. Turn your right hand, palm upward and place your left hand's fingers about three inches above the palm of your right hand. Now, this in itself is not going to do anything. But now think of a flow of light, like some super hero coming out of the palm of your right hand and bathing your left fingers. Do this for a few moments. Close your eyes if it helps you concentrate.

2. Okay, what you were doing was pushing your energy from inside you out. And you were allowing your other hand to feel it. You may have felt a hot sensation on your fingertips, or a tingling, or coldness, or any other reaction to that energy, but you would have felt something, unless you were doing it wrong. If you were not feeling anything, try again, and this time move your left hand up and down until you DO feel a difference.

3 Feeling the energy. Do the same thing as above, but with different parts of your body as the "receptor". Do what I have told you, but project the energy out of your finger, at your leg, your arm, your forehead, and other places of your body.

4. Energy flow. Now, once having mastered the previous two, hold your hands, palms toward each other and envision a beam of light flowing from one hand to the other, Now, reverse the flow. A separate person putting their finger in between those hands should feel a really hot area, that is not present in any other place.

5. Controlling the flow. Similar to exercise two, it is exercise three taken to the next level. Your hand should be the projector, and another part of your body should be the receptor. You should feel the energy flowing and warming that part of your body, and as you move your hand, this area of warmth should move with it.

If you start getting a headache while you are doing this, stop. You have exceeded your energy limit for the day, and are in danger of really harming yourself if you continue. Take some aspirin or acetaminophen (sp) and drink some Gatorade. The electrolytes in the Gatorade will replace what you have spent, and then go to bed. A good night's sleep will help a lot.

It is good to have someone around who is doing these exercises as well, or at least someone who will verify your perceptions as to whether or not you are projecting something. It's just a check, and you do not need to do this. But it helps."

All of these exercises are the beginning steps, along with what you have been doing with drawing and grounding the energy from those elements, but let me take a moment and talk to you about what else you can draw energy from.

You can take energy from the electrical system of your home. Electrical energy and BioElectric energy is almost exactly the same, as doctors have known for quite some time. If BioElectric energy is almost the same as Metaphysical energy, as used in spells and in those exercises I had you do, then Electricity and Metaphysical energy are almost the same as well. Two things equal to the same thing are equal to each other. I use electrical energy in my spells all the time. I have not even seen a jump in my electricity bill either.

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I can pull from other people and animals. Sometimes in the cases of those who are hyper, this is the only way to calm them. I was able to keep a hyperactive dog from injuring itself at a metaphysical shop this way. This is called "psychic vampirism" in many people's lexicons. But there is a difference and it is critical you understand that difference. Most psychic vampires are concerned with sucking the emotional energy out of the victim; here we are concerned with sucking the energy out of them. It may have the same net effect, but they are two different processes.

This is the process you use when you are healing someone of negative energy, but instead of sending it into the Earth, you are drawing this energy into yourself. I use the visualization of an "energy indicator" internally, and seeing their indicator fall, and mine grow. After a few moments, usually the person that I am taking from shows a physical reaction, either in an increase of REM movement, a slumping of the shoulders, a reduction in their breathing and so on. It's an interesting phenomenon to watch.

Drawing from animals won't kill them usually, but putting energy into them can make them hyper or have other actions until their system can cope with it. It's the same thing that happens to you when you take great amounts of energy into your body unexpectedly. I would like to digress somewhat and mention that a familiar has already given it's consent to you to draw energy from it when you have need of it's energy, that is one of the things that make it a familiar.

I draw from my battery and recharge it all the time. I recharge it with nervous energy, adrenalin energy, fear energy and all that energy that you get dumped on you at odd times and I instantly shunt it into my battery, to calm myself down so I can handle the crisis rationally. These shunts have been set up for a long time, and at this point, I don't have to think of them anymore. I get scared, the adrenalin SHOULD kick in, but the shunt kicks in first, and all that energy that would be wasted in fear and fight or flight reflex goes to my battery, to stay there until I need it.

The rest of the exercises are fairly easy. The first that I use to practice with all the time is with energy balls. This is simply an extension of the above exercises of shunting energy from one hand to the other, and sending it to different portions of your body and feeling the effects.

Create a ball in the palm of your hand, about the size of a rubber ball from a jacks set, about an inch across. See it glowing there, and then make the motions of throwing it at someone who is unsuspecting. No matter how headblind they are, eventually they will react, either with a headache or some other means of letting you know they are getting hit with that energy. It helps if this person is metaphysically aware too, if they are, you can have catch and throw competitions, and it's interesting to watch from an outsider's perspective. Mundanely, there is not much going on, just a bunch of people making throwing motions at each other, but by invoking your sight where you can see the energy, you have a bunch of multi-colored balls of light flying at each other. Then you can move on to the other exercises based on this one.

- Instead of letting it impact on you or your shields, try capturing this energy thrown at you and sending it back to the person who sent it.
- Catch and return the energy as above, but add your energy to it while you have control of that energy, see how big you and the others in your group can grow it before someone HAS to take it, and then see the effects of it on them.
- Instead of making throwing motions, try just holding your hand out, creating the ball, then willing it to where you want it to go. See it simply fly out of your hand and impact the other person.
- Try doing it to unsuspecting people who are aware of energy and see how long it takes for them to notice. \* See what this does when you throw it at your pets.

Please note, this energy is not a lot. It's just enough to get noticed, the actual output is not even enough to give you a headache, unless you do it for hours.

This next activity is appropriate for a gathering of people, all trying to feel energy, such as your working group or a coven. It's a take off on Blind Man's Bluff and Marco Polo. I call it "Jedi's bluff"

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Choose a caller. This one person is the only person allowed to speak during the entire game, and they are outside a pre-defined area. Any player going outside this area MUST shield when they are out, and are out of the game. One player is the "Jedi" and they are blindfolded. Their job is to catch the others in the play area. They can use no senses other than their sense of feeling for other people's energy. They are opening their other senses up to the rest of the players and locating them by what they "feel" like or their energy signature.

The caller will state that the players can take X amount of steps in any direction. The players can take steps as big or little as they wish. Once those steps are taken, the players freeze. The Caller then tells the Jedi to take X amount of steps in any direction that they want to. Once again, the Jedi can make this as large or as small as they want. Depending on the object of this exercise, the Jedi can either tag someone, who then is the next Jedi, or they can point at someone and say "so and so is there", thus "tagging" that person so they are the next Jedi. If the object is to simply find people by their energy signature, then the first version would be preferable, if it's specific identification of individuals based on their energy signature, then the second would be preferable. To make it really difficult, the Jedi must tag and correctly identify the person they touch. Really advanced players may want to correctly find and identify every player in the play area.

After a failed identification or a missed tag, the players are allowed a free move to get into new positions under the guidance of the Caller. This game can go on for as long as everyone wants. The Jedi changes out when a correct tag or identification is made. The players are allowed to throw energy balls wherever they want to try to confuse the Jedi, but they are NOT allowed to Shield.

This rule can be dispensed with if the person running this exercise feels that all the players are sufficiently advanced to be able to handle this additional layer of complexity.

The last variant, timed with a Caller who simply says, "Jedi move, Players move" with no number of steps specified. The Jedi has X amount of time to find everyone in the play area. Players and Jedi may move as far as they want, as well as doing contortions to get out of the way of the Jedi. Play ends when time is up.

(My thanks to my wife for originally coming up with this training tool. Thank you Mary.)

Another suggestion would be to throw energy balls upward and letting the energy fall back down onto yourself.

All these exercises will get you used to manipulating energy in all it's forms, feeling this energy and used to using this energy. Energy manipulation is primary in Magick, be it high or low.

## **The Wonderful Flow of Chi**

A pretty, young school teacher, Sharifah, knelt down and took a deep, slow breath. Then in a flash, she smashed her hand on a brick. It broke - the brick of course, not the hand. There was a loud applause. "How did she do it?" one of the suprised spectators commented. "She has such delicate-looking hands."

Talking to Chin, a senior government officer, could be frustrating or fascinating,

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depending on your attitude. He would often supply the answer to your question before you could ask it. "How do you do it?" he was often asked. "I read the question in your mind," he would reply with a smile.

At 5 P.M. on September 21, 1989 hundreds of people waited in front of the Taiping Moral Uplifting Society to witness a public demonstration: Masters Wong Kiew Kit and his disciple Cheng Shang Shou were to disperse clouds in the sky.

First, Wong focused his energy at her abdominal energy field, held his index finger and middle finger together by hooking the other two fingers with her thumb in a hand form called Sword Fingers, and aimed them at the center of a cloud in the sky. Using concentrated mind power, Wong channeled his Chi to the cloud. Then he moved his fingers round and round to "cut" the cloud into pieces. Soon the cloud dispersed, watched by hundreds of spectators. Next, Cheng Shang Shou repeated the performance.

This public demonstration was reported in the *Guang Min Daily News* on September 7, 1989, and in great detail in the *Mau Sang News* on October 7, 1989.

Lau, a young man of thirty, had no job, no financial worries, and was unmarried. Yet he attempted suicide twice. Why? He was never jilted. He was not psychotic. He was not suffering from a terminal disease. But he was tormented by excruciating pain for years.

He had seen many specialists, but all they gave him, to quote his own words, were "pills, pills, and more pills." he had taken so many painkillers that they no longer had any affect on him. When the pain became unbearable, he literally banged his head against a wall. As a last resort, he tried Chi Kung therapy.

A Chi Kung master, Chan Chee Kong, opened energy points on his body, and channeled Chi to him. Chan also taught him Chi Kung exercises and induced the flow of Chi in his body.

For the first month, there was no visible effect. The Lau felt the Chi moving in his body. Gradually the flow became so vigorous that he could hardly control his own movements. After four months, his rheumatic pain disappeared. he said to Chan Chee Kong, "How could I have been so silly as to think of committing suicide?"

Let us look at another apparently fantastic case history. Steven, a schoolboy of fifteen, had suffered from asthma since early childhood. Though he lived in tropical Malaysia, he could never sleep with his windows open at night; he could not go out in the rain or drink cold water, otherwise, he would have had an asthma attack. It appeared that his condition was hereditary. Again, he had consulted numerous specialists, but to no avail.

Master Chim Chin Sin taught Steven some Chi Kung exercises. He also opened some

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energy points and induced the flow of energy. In the second week, pus flowed from Steven's eyes and toes. After another week, all his asthmatic symptoms disappeared. He has had no attacks since. His was one of the fastest recoveries in our records.

Steven and Lau are just three out of hundreds of people who have had their so-called "incurable" diseases relieved after practicing Chi Kung. Some of the so-called "incurable" diseases that have been cured by practicing Chi Kung include: arthritis, rheumatism, insomnia, asthma, diabetes, ulcers, kidney failure, hypertension, sexual inadequacy, impotence, migraines, and cancer.

## **Chi and Your Breath**

You can live a few days without water, several days without food, but you can only exist for a few moments without air. The air you breathe is the most vital key to your life.

Without electricity practically every aspect of our modern lifestyle comes to a stop. Similarly, without Chi one's life comes to an abrupt halt.

You can expand upon this basis of knowledge by looking to modern medical science and viewing statistics that prove the individual who is actively involved in cardiovascular activities is the least prone to many types of physical and mental ailments. Thus, from a strictly scientific point of view, those who take in the most oxygen are the most healthy.

For a Chi Kung routine to be effective, coordinating the flow of breath with the body action is essential. In general, inhalations and exhalations are matched perfectly to the length and timing of an arm or leg movement. For example, if the Chi Kung movement involves making a circle, the inhalation would be one half of the circle and the exhalation would be the other half. This is referred to as matching the breath to the movement. For other movements or Chi Kung exercises, the breath rate may increase or decrease. There may be instances in which several repetitions of arm or leg movements will be performed during a single drawn-out breath. But there will always be a repetitive rhythm that can be matched to a breathing pattern, making it easy to identify when to inhale or exhale.

As we go forward into each Chi Kung move, you will be instructed when to inhale and exhale. In the beginning, you may find it difficult to maintain the rhythm of breath matched to the movement, and it may be necessary to take a small breath in the middle of a particular move. It's okay to do that, but try to build up to following the prescribed breathing pattern throughout all of the repetitions because it is then that the maximum benefit is obtained. Remember that Chi Kung has been practiced for thousands of years, and the particular breathing pattern for each exercise often has multiple layers of meaning and purpose.

Naturally, the mechanics of breathing are important, but another way to benefit from **Uncover More Energy Secrets** : <http://www.xtrememind.com/magic-spell-shop-white-and-black-spells-that-work/>

inhalations and exhalations is to visualize them as bringing in healthy Chi and releasing toxic Chi. We can visualize Chi entering or exiting the body in the form of colors, substance, or intention.

The Chi Kung practitioner actively brings in excess amounts of oxygen into the body, not solely from an athletic vantage point, but from very refined methods of breath control. Thus the ancient science of Chi Kung teaches what modern medicine has, only in the recent past, begin to understand - oxygen is good.

Chi Kung teaches that Chi is consciously brought into your body via your breath. The Chi Kung practitioner comes to understand that no longer is breathing simply an unconscious act. Instead, it is embraced as a pathway to not only enhanced physical and mental well-being but a way to come into contact with the divine energy of this universe as well.

### **From Where Do We Derive Our Life Force?**

According to Taoists, the basic source of human energy comes from our parents. This energy from the parents is called prenatal energy, or Original Chi.

A second source of Chi is radiation from the stars in the form of light, electromagnetic waves, and subsonic vibrations. The most prominent stars in this process are the Sun, the North Star, and the stars in the constellation known as the Big Dipper. Humans in particular depend on the Chi radiated through space by the stars and planets for sustenance. The air we breathe is charged with cosmic energy in the form of extremely fine particles of cosmic "dust." This dust is the residue of exploded stars, planets, and asteroids. It rains constantly onto the earth, forming an essential component of the soil (see figure 1.1).



## Lethbridge's Theory

IN 1962, FIVE YEARS AFTER his move to Devon, Tom Lethbridge's ideas on ghosts, 'ghouls', pendulums and dowsing rods began to crystallise into a coherent theory, which he outlined in a book called *Ghost and Divining Rod*. This appeared in 1963, and it aroused more interest than anything he had published so far. It deserved to be so popular, for its central theory was original, exciting and well-argued.

He suggested that nature generates fields of static electricity in certain places, particularly near running water. These 'fields' are capable of picking up and recording the thoughts and feelings of human beings and other living creatures. But human beings are also surrounded by a mild electrical field, as the researches of Harold Burr of Yale University in the United States revealed in the 1930s. So if someone goes into a room where a murder has taken place and experiences a distinctly unpleasant feeling, all that is happening is that the emotions associated with the crime (such as fear, pain and horror) are being transferred to the visitor's electrical field, in accordance with the laws of electricity. If we are feeling full of energy, excitement, misery or anger, the emotional transference may flow the other way, and our feelings will be recorded on the field.

But if human emotions can be imprinted in some way on the 'field' of running water, and picked up by a dowser, then this world we are living in is a far more complex place than most people give it credit for.

It looks - says Lethbridge - as if human beings possess 'psyche-fields' as well as bodies. The body is simply a piece of apparatus for collecting impressions, which are then  
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stored in the psyche-field. But in that case, there would seem to be a part of us that seeks the information. Presumably this is what religious people call the spirit. And since the information it can acquire through the pendulum may come from the remote past, or from some place on the other side of the world, then this spirit must be outside the limits of space and time.

His experiments with the pendulum seemed to indicate that there are other worlds beyond this one, perhaps worlds in other dimensions. Presumably we cannot see them - although they co-exist with our world - because our bodies are rather crude machines for picking up low-level vibrations. But the psyche-field - or perhaps the spirit - seems to have access to these other invisible worlds.

It also seems to have access to other times and other places. In May 1964, a BBC camera team went to Hole House to record an interview Lethbridge. A young cameraman looked so dazed and startled as he got out of the car that Lethbridge asked him: 'Have you been here before?' The cameraman shook his head. 'No. But I've dreamed about it.' He asked if he could look behind the house. Pointing to a wall that Lethbridge had knocked down and rebuilt, he said: 'It wasn't like that years ago. There used to be buildings against it.' That was true - but not in Lethbridge's time. In the herb garden, the cameraman said: 'There used to be buildings there, but they were pulled down.' In his dream a voice had said, 'Now we shall be able to see the sea.' Again, it was true - but many years before, at the turn of the century. Now a row of trees blotted out the view of the sea.

The cameraman had never been in the area before, and he had no friends or relatives there who might have told him about it. Yet on five occasions he had dreamed about Hole House - as it was before he was born.

Lethbridge had always been interested in dreams, ever since he read J.W. Dunne's *An Experiment with Time* in the 1930s. Dunne was an aeronautics engineer, and around the turn of the century he had a number of impressive dreams of the future - for example, he dreamed accurately about the forthcoming eruption of the volcano, Mount Pelee, on Martinique. Dunne had suggested that time is like a tape or a film, which may get twisted or tangled, so that we can catch glimpses of other times. He used to keep a notebook and pencil by his bed, and jot down his dreams the moment he woke up. He was convinced that we all dream about the future - probably every night of our lives - but that we forget it almost as soon as we wake up.

Lethbridge decided that if he wanted to study this mystery of dreams, he should keep a dream notebook. It was soon filled with his own vivid and idiosyncratic observations.

He became convinced that Dunne was correct in believing that we all dream of future events, but that most of these are so trivial - or so brief- that we fail to remember them. One night, he woke up dreaming about the face of a man that seemed to be looking at him out of a mirror. He was doing something with his hands, which seemed to be moving in the area of his chin. Lethbridge thought he might be shaving.

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The next day, Lethbridge was driving slowly along a narrow lane; a car came round the corner, and at the wheel was the man he had seen in his dream. His face was framed by the windscreen - which Lethbridge had mistaken for a mirror - and his hands were moving in the area of his chin, on top of the steering wheel. Lethbridge was certain that he had never seen the man before.

He also noted that some of his dreams seemed to go backwards. He once dreamed of a furry snake-like object coming into his bed-room; but all the furniture in the room was reversed, as in a mirror. The snake-like object he recognised as the tail of their Siamese cat, walking backwards. A friend also told him about two 'backward dreams' she had had recently: in one, she saw a couple she knew walk backwards out of their door and drive their car backwards down a lane. In another, she saw some men walking backwards carrying a coffin, and one of them uttered the baffling sentence: 'Burnt be to enough good woods any.' On waking up, she wrote down the sentence, read it backwards, and realised that it actually said: 'Any wood's good enough to be burnt.'

But why, Lethbridge asked, should time sometimes go backwards in dreams? The clue was provided by his pendulum, which informed him that the energy vibrations of the next level - the world beyond ours - are four times as fast as those of our world. Lethbridge speculated that during sleep, a part of us passes through this world to a higher world still. Coming back from sleep, we pass through it once again to enter our own much slower world of vibrations. The effect is like a fast train passing a slower one; although the slow train is moving forward, it appears to be going backwards.

More impressive examples of precognitive dreams came from his correspondents. One woman dreamed of the collapse of a building as the side was blown out and heard a voice say: 'Collapsed like a pack of cards.' A month later a gas explosion blew out the side of a block of flats called Ronan Point in East London, and a newspaper report used the phrase 'Collapsed like a pack of cards'. Another correspondent described a dream in which he saw a square-looking Edwardian house with many chimneys being burnt down; a few days later, Tom saw a house of this description being burnt down on a television newsreel.

The more he studied these puzzles, the more convinced Lethbridge became that the key to all of them is the concept of *vibrations*. Our bodies seem to be machines tuned to pickup certain vibrations. Our eyes will only register energy whose wavelength is between that of red and violet light. Shorter or longer wavelengths are invisible to us. Modern physics tells us that at the sub-atomic level matter is in a state of constant vibration.

### *Worlds Beyond Worlds*

According to Lethbridge's pendulum, the world beyond our world the world that can be detected by a pendulum of more than 40 inches-consists of vibrations that are four times as fast as ours. It is all around us yet we are unable to see it, because it is beyond the range of our senses. All the objects in our world extend into another world. Our personalities also extend into it but we are not aware of this, because our 'everyday self' has no

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communication with that 'other self'. But the other self can answer questions by means of the pendulum. When Tom and Mina Lethbridge visited a circle of standing stones called the Merry Maidens, near Penzance in Cornwall, Lethbridge held a pendulum over one of the upright, and asked how old it was. As he did so, he placed one hand on the stone, and experienced something like a mild electric shock. The pendulum began to gyrate like an aeroplane propeller, and went on swinging in a wide circle for several minutes - Lethbridge counted 451 turns. Arbitrarily allowing 10 years for each turn, Lethbridge calculated that the circle dated back to 2540 BC - a result that sounds highly consistent with carbon dating of other megalithic monuments like Stonehenge. His 'higher self' - outside time - had answered his question.

In 1971 Lethbridge was engaged in writing his book on dreams - *The Power of the Pendulum* - when he became ill and had to be taken into hospital. He was a huge man, and his enormous weight placed a strain on his heart. He died on 30 September, leaving his last book unrevised. He was 70 years old, and his life's work was by no means complete. Yet even in its unfinished state, it is one of the most important and exciting contributions to parapsychology in this century.

Lethbridge's insistence on rediscovering the ancient art of dowsing also underlined his emphasis on understanding the differences between primitive and modern Man. The ancient peoples - going back to our cavemen ancestors - believed that the Universe is magical and that Earth is a living creature. They were probably natural dowsers - as the aborigines of Australia still are - and responded naturally to the forces of the earth. Their standing stones were, according to Lethbridge, intended to mark places where the earth force was most powerful and perhaps to harness it in some way now forgotten.

Modern Man has suppressed - or lost - that instinctive, intuitive contact with the forces of the Universe. He is too busy keeping together his precious civilisation. Yet he still potentially possesses that ancient power of dowsing, and could easily develop it if he really wanted to. Lethbridge set out to develop his own powers, and to explore them scientifically, he soon came to the conclusion that the dowsing rod and the pendulum are incredibly accurate. By making use of some unknown part of the mind - the unconscious or 'superconscious' - they can provide information that is inaccessible to our ordinary senses, and can tell us about realms of reality beyond the 'everyday' world of physical matter.

In short, these "energy fields" are what religious people might call "spirits." Every time a strong emotion occurs in the subject's body, the spirit sends out Chi vibrations to surrounding objects. Those strong emotions are imprinted on the object, and when someone else comes into contact with the area, his or her spirit picks up on the vibrations. This might explain why we have "ghosts" or "phantoms." Everyone has energy, and the big question is, where does that energy go after we have died? Perhaps most of our energy field goes to the Spirit World, in which case the spirit might go to heaven, purgatory, or hell. The minor part of your Chi is living inside objects in the areas which you felt extreme emotions.

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As a reminder, I am still proposing this as a theory. I am saying that it could be entirely true, entirely false, or partly true.

## **Chi Meridians**

### ***Acupuncture Meridians***

There are twelve "Acupuncture Meridians" that function within each human body, referred to as such because Chi energy circulates through them in a constant and continually delineated path. Of these twelve, ten are defined by the specific organ of the human body that they dominate:

*Dan Jing*, "Gall Bladder Meridian"

*Gan Jing*, "Liver Meridian"

*Fei Jing*, "Lung Meridian"

*Da Chang Jing*, "Large Intestine Meridian"

*Xian Chang Jing*, "Small Intestine Meridian"

*Wei Jing*, "Stomach Meridian"

*Pi Jing*, "Spleen Meridian"

*Xin Jing*, "Heart Meridian"

*Pang Guang Jing*, "Bladder Meridian"

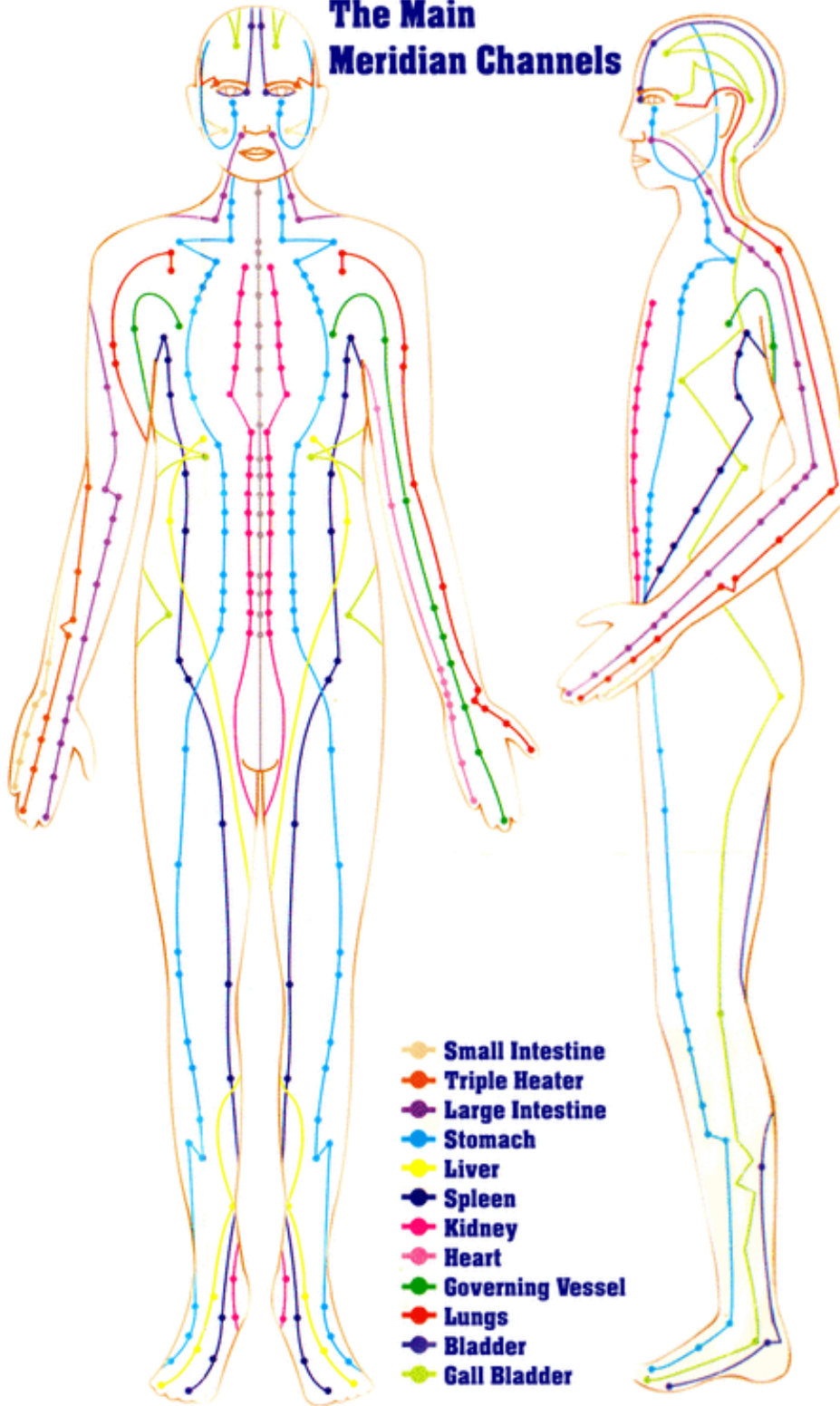
and *Shun Jing*, "Kidney Meridian"

The final two Acupuncture Meridians, *Xin Bao Jing*, "Heart Constrictor Meridian," which regulates the sexual and reproductive Chi energy, and *Sao Jian Jing*, "Triple Warmer Meridian," which dominates three specific functions of the body: the energy of respiration, the control of digestion, and the control of bodily discharges, are related to the control of bodily functions.

Each of these Acupuncture Meridians possesses a location on both the right and left sides of your body. By practicing Chi Kung, your Meridians are stimulated and thus remain balanced and open with a constant flow of Chi traveling through them (see Figure 1.2).

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## The Main Meridian Channels



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## The Secondary Meridians

There are two additional Meridians that also aid in the control and circulation of Chi throughout your body. These Secondary Meridians influence highly specific Chi channels and bodily activities. Thus they are referred to as "Secondary Meridians." They are the "Conceptual Meridian," which is responsible for balancing the overall functioning of your body, and the "Governing Vessel Meridian," which nourishes and aligns the other Meridians (see Figure 1.3).

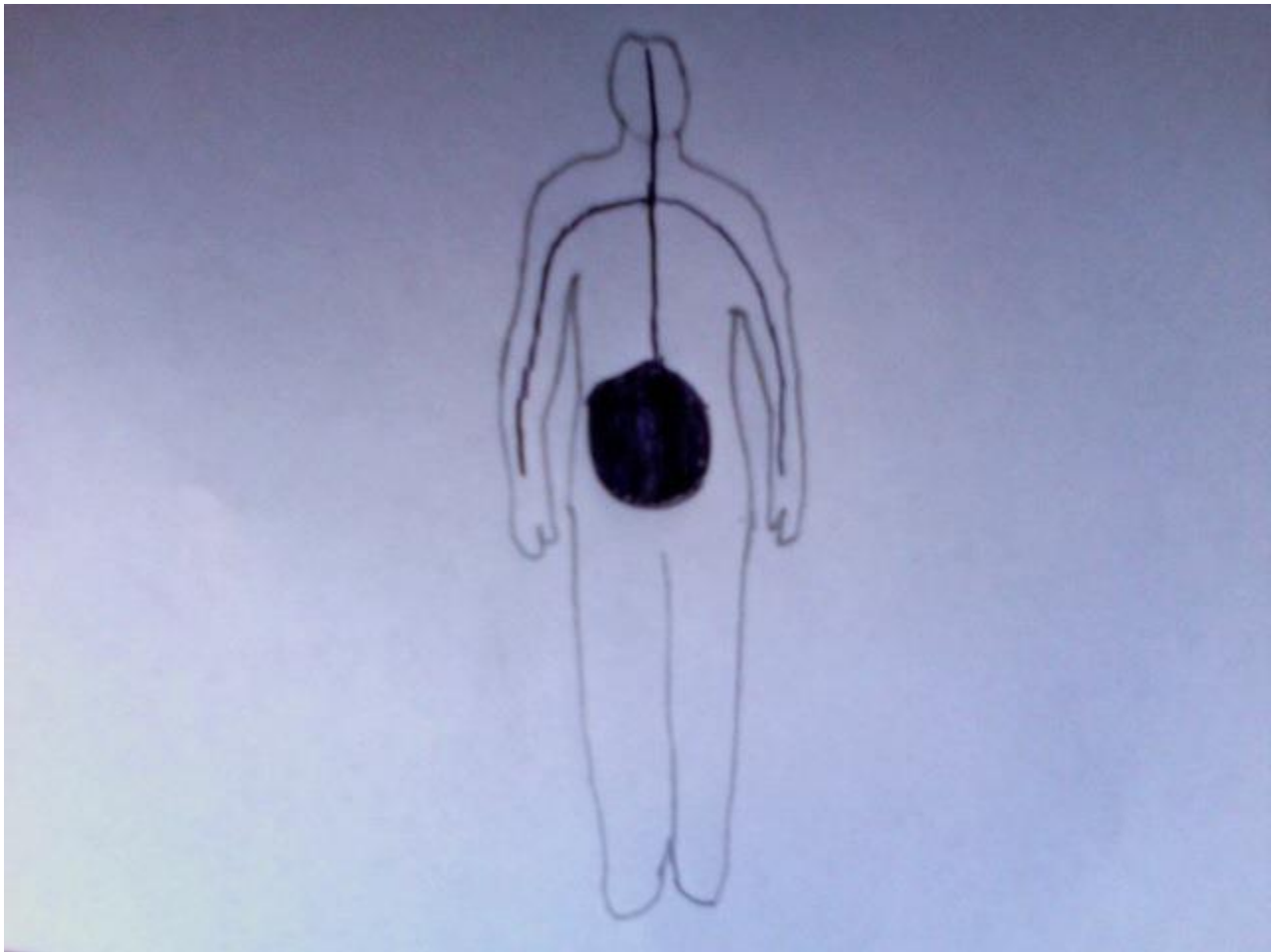


Figure 1.3 The Governing Vessel Meridian

### *Dan Tien*

Dan Tien is located on the human body where Chi congregates and can be accessed and used by the individual. Thus, this location is highly revered.

Dan Tien is located approximately two inches below your navel. From a central point it goes out approximately two inches in direction. In addition to being the location where Chi

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congregates in your body, it is your body's center of gravity. For this reason, martial artists become highly aware of this energy center through practicing their advanced form of movement. In fact, whenever you hear a martial artist let out a yell as they unleash a technique it signifies they are releasing Chi energy along with their movement.

This understanding has been adopted and used in many facets of Asian culture. To the acupuncturist, this location is designated by the expression *Qihai*, translated as "Sea of Chi." In the Korean language it is *Tan Jun*, and in the Japanese the word *Hara* is used to define this same bodily location.

Hara is perhaps the word that is most commonly known when describing this location on the human body. This is due to that fact of its frequent usage in association with Aikido, and the Japanese martial arts in general.

It is an absolute necessity that you become acutely aware of its location so you may become consciously interactive with Chi. Thus, your first step in active Chi Kung is to become interactive with your Dan Tien.

## **Proof that Chi is Real**

### **3.1.1 The Dragon's Pearl**

Most people are familiar with all of the miracles that Jesus did. Whether you are a Christian or not, these stories have become a part of Western lore. But what most people don't know is that most of these events were not miracles at all but were rather ordinary actions by a super-ordinary man. And since most of us today are ordinary men and women, we find it hard to fathom actions that we imagine ourselves to be incapable of performing. But we can do many of these things even in our ordinary state of awareness. Even though Jesus told us that "What I do, you also can do and some things greater," we find it hard to believe that He really meant us but rather that He meant someone else other than us.

All you have to do is place the palms of your hands close together but not touching, maybe an inch to three inches apart. It is almost like the familiar praying hands mudra that Christians all use when they pray to God. During prayer, the palms are pressed together in the prayer Mudra. But for generating Chi what you do is bring these two palms apart a few inches and begin rotating them in circles.

When the hands are cold, everyone knows how to generate heat by rubbing your palms back-and-forth together quickly. But for generating Chi you will do about the same thing, only do not let the palms touch each other and instead of moving them back and forth,

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rotate them in circles, not too fast, and not too slow, just at a comfortable and even speed. The circles should be about the size that is defined by the center of the palm going no farther in its circles than the edge of the opposite palm. thus, it is as if the center of one palm radiates an energy that touches the edge of the opposite palm as the two palms face each other and make circles on parallel planes as if they were orbiting one another in the same direction or rolling a ball of clay or bread dough between your palms.

As you do this, you will soon begin to feel the palms warm up a bit and then comes a feeling as if the two palms were similar poles of two magnets. They seem to have an energy between them that can be felt to be pushing the palms away from each other. The more you practice this exercise, the more powerful the magnetic feeling will become. Sometimes it is so powerful that it is hard to believe that such power could be coming out of your very own hands! Soon, you will be able to feel this energy radiating from your palms at will, and you will be able to feel the Chi in other people.

Not everyone will feel this magnetic energy in their hands at first. But EVERYONE who seeks it will find it! I have had students who never felt a thing for many months while others immediately had eyes wide as saucers and their hair seemed to stand on end in their amazement of discovering something about themselves that had been with them all of their lives but which they had never taken the time to look at ... their very own Healing Hands!

After you have rolled the energy ball around in your palms, do this: gently press your palms together in the prayer mudra and while the palms are still flat together, spread your fingers and thumbs apart as far as you can. Your palms should still be pressed flat together but now, keeping your finger tips and thumb tips touching, gently separate the palms away from each other as if you are holding an invisible ball in your hands that is just the exact size of the empty space between your hands with the finger tips and thumb tips still touching. In Kung Fu, if you separate the hands and keep the round shape, this is called the Dragon's Palm.

But in this case, you want to keep the finger tips of your two Dragon Palms touching and then create an energy ball by rotating the Dragon Palms over each other as if you are polishing a giant pearl clutched in your Dragon Claws. As you do this, you will begin to feel a ball of energy forming between your hands. And as you continue this exercise, the energy ball will increase in strength. Those who can see the Chi energy, see that this energy ball is composed of white light very much like a pearl in the sunshine. There is nothing mystical about it because it is just one of the powers that we all have as human beings. It was just a secret until now.

Just as you can generate Chi in your hands almost like Jesus, you can also hold in your very own hands the ACTUAL Pearl of Great Price and keep it for your very own.

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When you hold the Pearl of Great Price in your own hands like a glowing ball of spiritual energy, you will understand that it is a treasure found within everyone. But only those who seek shall find it. Yes, it is the Pearl of Great Price and with some very unique properties, too. Both wisdom and power are obtained by those who possess the Dragon's Pearl. And if you give it away, you will not be poorer but will become even richer for doing so. The more you give it away. The richer you become in spirit. Maybe you can find a poor Christian whose spirit is low and whose treasure is small. Give it to him and make him rich. And don't call it by its Chinese name or he will cross both of his index fingers at you to protect himself from anything having to do with Chinese dragons, Dragon Pearls, Pearls of Great Price and all of those mythical things that modern men think of as nothing but allegories from fables of long ago.

## **The Basic Principles of Tai Chi Chi Kung**

### ***Stay Rooted in Each Movement***

In Tai Chi Chi Kung, rooting means being connected with the ground. All forms of energy work require that the practitioner remain solidly rooted. Unfortunately, rooting is poorly understood outside of martial arts circles. Many longtime practitioners of meditation have never heard of rooting. Imagine an electrician who has never heard about grounding a line! He is bound for disaster sooner or later.

Tai Chi is also a martial art, and its emphasis on rooting is one of the facets that has made Tai Chi a superior system of self-defense. In Tai Chi, power and stability come from structural alignment with the ground. A person becomes very hard to knock over when he or she is aligned; opponents may feel as though they have just run into a solid tree with deep roots. When aligned, practitioners attack with the support of the earth behind their movements. The aligned fore is then directed, with all the parts of the skeletal framework working together with integrity.





Figure 1.4 All forms of energy work require that we remain solidly connected to the ground

### *Maintain Your Center of Gravity in the Lower Dan Tien*

In Tai Chi we seek to maintain perfect balance and stability throughout all of our movements, both in solo practice of the Tai Chi form and in Tai Chi martial Arts applications. For optimum stability, in Tai Chi one trains to keep the center of gravity in the abdomen, about three inches below your navel (see figure 1.3).

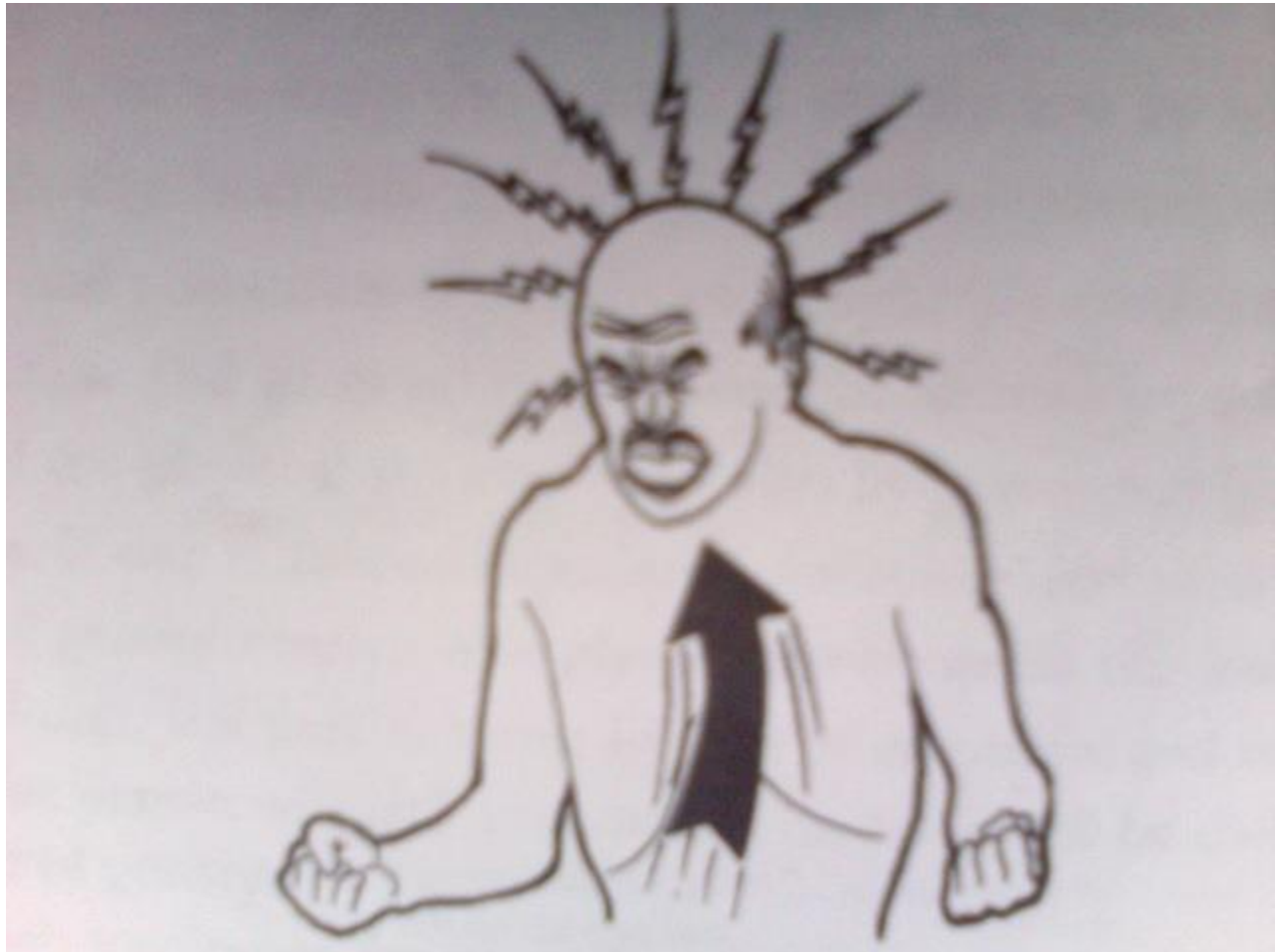
A baby's first attempt at moving around in the world is by crawling. A baby crawling on the floor has a low center of gravity. Later, as its leg bones began to solidify, the baby attempts to stand up. For a few weeks the baby goes through the process of standing and falling until he or she learns the trick of raising the center of gravity and staying centered. From there, the child gradually accomplishes the more difficult feats of walking, trotting, running, bicycle riding, and sports, where the balance is refined to a higher degree.

As a person grows older, the center of gravity rises to a fluctuating point in the torso. As the person experiences negative emotions, the center of gravity begins to travel farther upward in the torso. When a person becomes angry, the center of gravity can rise up to the

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chest, causing enough energetic pressure to produce a heart attack. In extreme fright, the center of gravity may rise all the way to the throat, making the person unable to utter a sound (see figure 1.5)



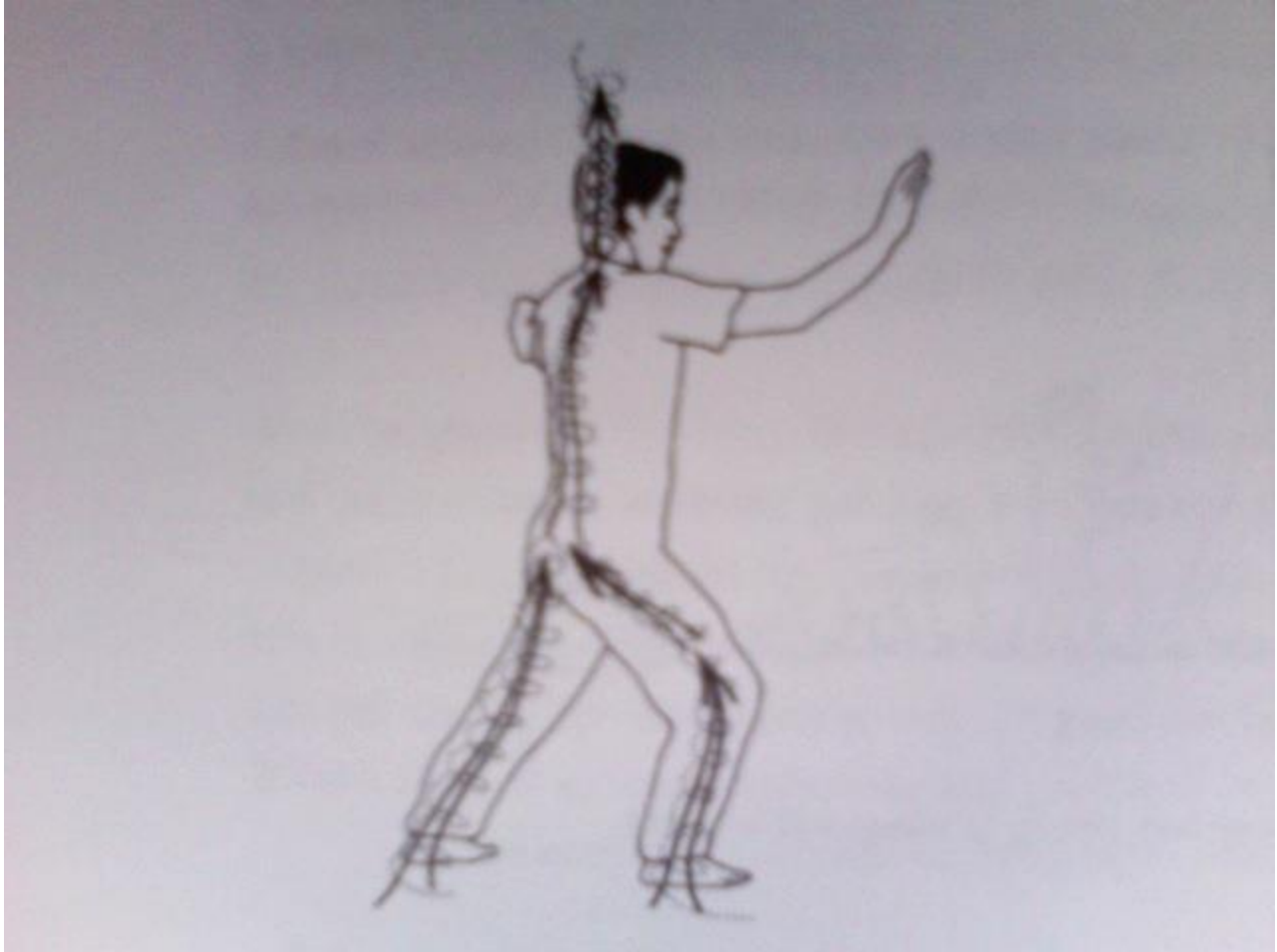
**Figure 1.5 Excessive anger can bring the center of gravity high up in the chest or the throat**

By the time a man reaches adulthood, the center of gravity may be permanently based somewhere in the upper chest, making the person top heavy. That is why elderly people tend to fall easily and often need the assistance of walking sticks.

In Tai Chi Chi Kung, the practitioner begins by learning to focus the awareness at the area of the lower Dan Tien, the midpoint of the body. As the breath becomes even and the body relaxes, the center of gravity naturally drops down to the navel area.

Centeredness and grounding are brought about not only by mechanical knowledge of the physical structure but also by corresponding emotional and mental states. If one is able to experience emotions and then let go and relax, the center of gravity returns to a place somewhere in the lower torso and all is well. However, if the person never lets go of emotions and tends to dwell in the past, the person will lack presence. The body will be characterized by a high center of gravity.

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**Figure 1.6** In Tai Chi we keep the center of gravity low, maintaining a strong connection with the ground. This is **rooting**.

Through meditation practice, the student learns to keep the mind centered at the lower Dan Tien. The Dan Tien energy, guided by the mind, directs all movements. In Tai Chi, this practice is developed further; Tai Chi practice uses the mental power developed through meditation to direct the life force to any bodily point. If the practitioner wants to turn left, for example, the mind directs the Dan Tien Chi to turn left and the energy guides the hips into the turn. The same applies to moving forward and sinking back.

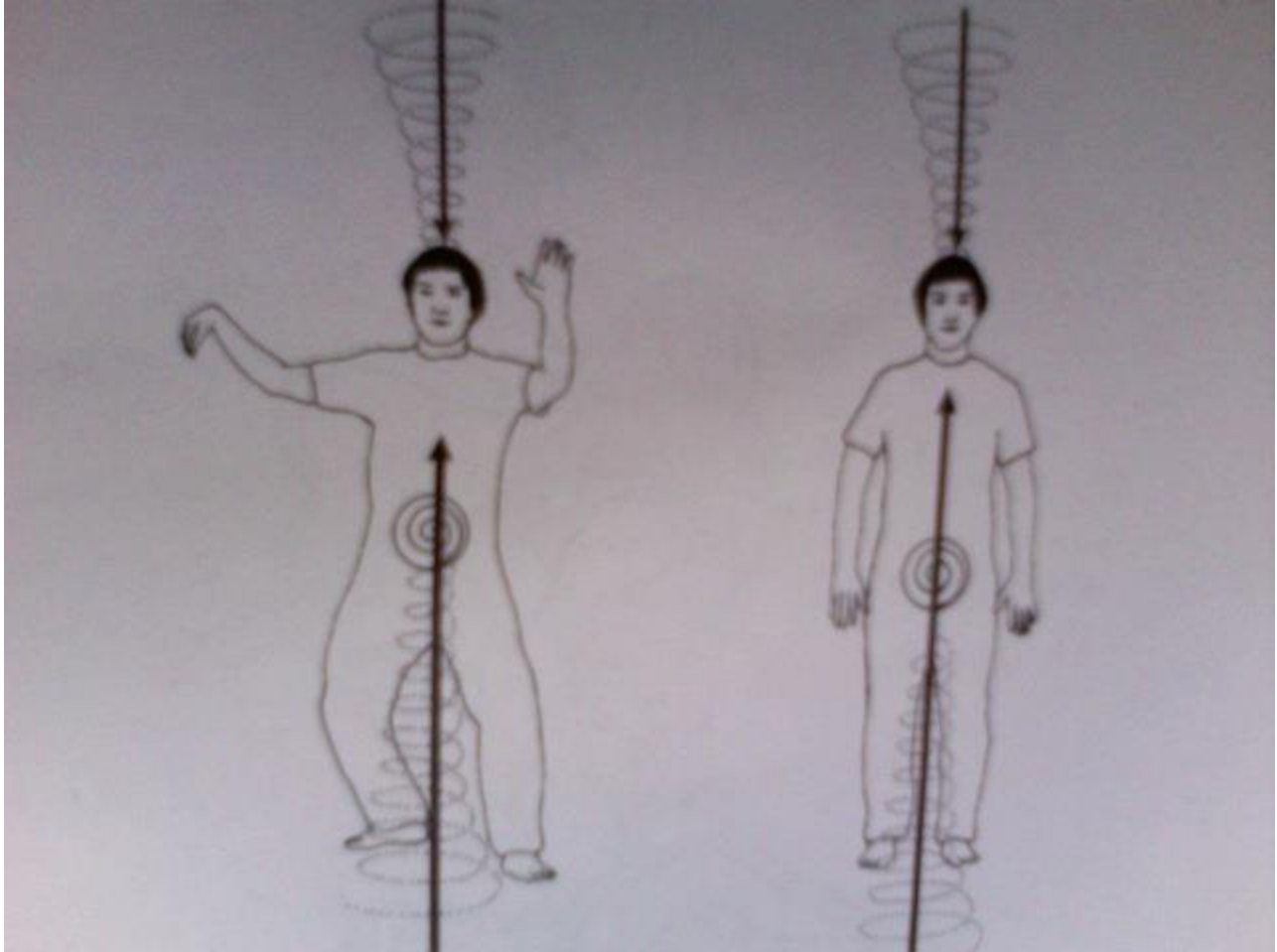


Figure 1.7 When we know how to stand aligned with the heavenly and earthly forces, we can learn to move with them.

### *Bubbling Springs Point*

The human structure is like a tree. The feet are the roots, the torso and legs are the trunk, and the arms are the branches. The inner foundation of Tai Chi is the life force; the outer foundation is the feet. The feet support the body's entire weight and at the same time they connect with the earth force. In Taoism the feet are considered the ground wire of the body.

A chair or table is most stable when its weight is supported equally by all four legs. Similarly, a person is most stable when the weight is evenly divided over the nine points of the foot. These nine points are the heel, the outer edge, the small ball, the large ball, and each of the five toes. In Tai Chi we take great care to place these nine points evenly in contact with the ground each time we step and shift weight; thus the weight is poised over the middle of the foot, a point known as Bubbling Springs. This point is so named because when we align the body's weight over it, the earth energy seems to freely flow up into the body, just like a bubbling geyser.

When a person stands straight, with the central line of gravity perfectly aligned from the

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crown through the perineum and down to the feet, the weight is equally distributed over the nine points of the feet. This is called Perfect Balance of the Heaven.

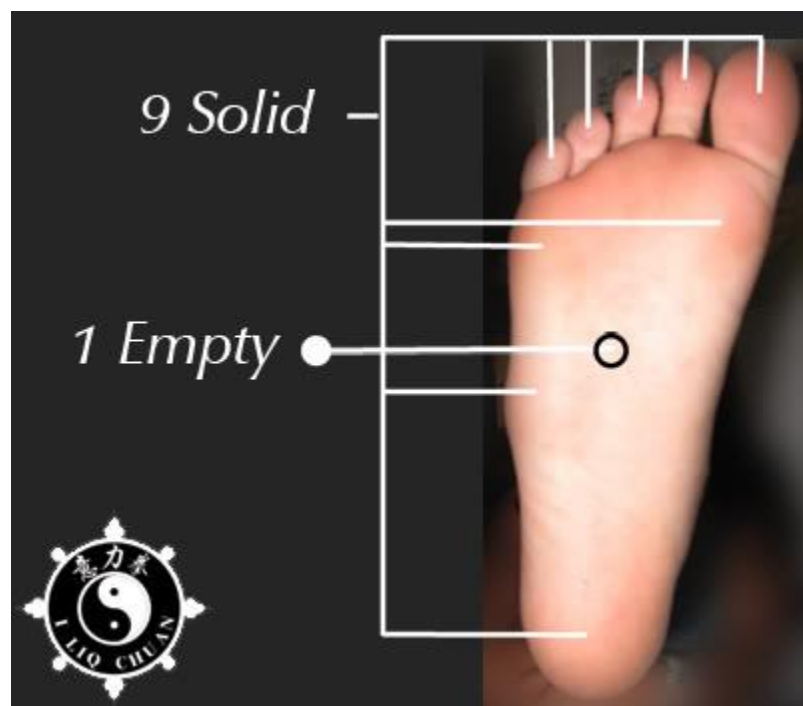


Figure 1.8 Kidney 1 and the nine points of the foot

### *Sitting*

Many people sit down with the intention of immediately entering into a meditative Chi Kung technique and attempt to mentally force themselves immediately into the exercise. What this does is cause your adrenal gland to release hormones that cause your heart rate to increase and your mind to become alert and active - the exact opposite of what you wish to achieve in this exercise. Therefore, never force yourself to sit down and expect to immediately enter into a meditative mindset. Instead, take a few moments to become comfortable with your position.

When you perform seated Chi Kung, it is advisable that you sit in the Lotus Posture. This posture naturally "locks" Chi energy in the upper torso. As several Meridians end in your legs or feet, Chi energy, that has been consciously brought into your body, has the potential to escape unnoticed through these bodily elements.

As seated Chi Kung techniques were designed to be practiced in this fashion for highly refined reasons, unnatural loss of Chi will cause your Chi Kung exercise to provide less-than-adequate results. The Lotus Posture naturally keeps this from occurring.

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**Figure 1.9 The Lotus Posture**

Due to age, arthritis, or previous injuries, many people have trouble sitting in this position. If this is your situation, there are two things you can do. One, slowly develop the ability to sit in this position for short periods of practice. When you are doing this you should not attempt to perform Chi Kung because the discomfort you are experiencing will distract you from the actual technique, and your results will be substantially minimized. Simply sit and make yourself comfortable with this posture.

The second thing you can do is sit in a chair, with your spine erect. The best way to keep your body conscious while performing Chi Kung from this position is to sit several inches away from the back of the chair. Sitting in this fashion, you will not become too relaxed.

If you perform Chi Kung in this manner, you must remain very conscious about the possibility of escaping Chi through your feet. Therefore, it is important to wrap a blanket or towel around your feet if you practice seated Chi Kung, no matter what temperature it is outside. With your feet naturally warmed, Chi energy will not naturally flow to that region of your body to warm it. You will then be saved from unnecessary Chi loss.

### *Standing (Wu Chi Stance)*

When practicing Chi Kung indoors, there are certain things that need to be taken into account, in order to absorb the Chi inimpended. It's very important to practice on a stone or wood floor. Carpet blocks the chi. In the monastery, the monks would go so far as to never wear socks, to always allow the soles of the feet to connect with the energy of the Earth. Even now, when you practice, it's best to wear shoes that don't have leather soles. If you feel up to it, you can skip the socks as well. Practicing barefoot increases your Chi's connection to the Earth's energy. Just make sure your shoes are flat and enclose the foot securely. (Clogs and backless sandals are not good.) Also, comfortable clothes that don't

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restrict the waist are best. Silk has a special ability to concentrate bioelectricity, but any breathable material is fine. If you would like to add a ceremonial aspect to your practice, by all means wear something that puts you in the right mood. A basic Taoist Feng Shui strategy is to wear the color that corresponds to your season of birth - green for spring, red for summer, yellow or orange for indian summer, white for fall, and black for winter. This is to attract Chi that is most similar to your own.

Being outside in the open air, around trees and plants, will surround you with fresh, lively Chi that can be used to nourish the body. Having your feet planted on the earth and the blue sky above your head grounds you energetically. Large quantities of Chi will be able to pass through your body without a physical feeling of overload or an emotional feeling of being overwhelmed. Being indoors, even with hardwood or marble floors, still blocks the flow of Chi that is necessary for maximum healing. Besides receiving a weaker flow of Chi, indoor practice is less rooted by the natural forces you are sharing with, and can result in odd occurrences and spooky sensations.

For the most part, unsettling sensations experienced during Chi Kung practice tend to be related to emotional or psychological processing. This is a perfectly natural and is in fact a very positive outcome of serious practice. Our unhappy memories and experiences all too often get lodged in our physical structure. Chi Kung helps to clear the decks and let go of the old baggage. There is a place to release, a place to renew, and a place to store and settle everything that has come before.

1. The feet should be close together but not touching at the ankles. The nine points of the feet make contact with the ground. This is the root, the connecting point with earth energy. The knees are extended but not locked. The back is straight and relaxed. No pressure, tension, or pain should be felt in the lumbar area.
2. The shoulders should be relaxed, with the head pulled upward at the crown. This is the heavenly pull that draws the earth energy up through the feet. Feel the heavenly pull, as if a Chi ball above your head is pulling you up. The pull also stretches your spine, allowing the energy to circulate more freely. At the same time feel the Chi enter the coccyx and strengthen the spine.
3. The eyes are open without strain. The focus is directly ahead, to the horizon. The chin is pulled back slightly. The subtle movement backward opens the base of the skull area so the energy can circulate freely up to the crown and down the front.
4. The tongue tip is touching the palate lightly at a point that helps induce salivation. The jaw is relaxed with the teeth lightly touching. Clenching the jaw brings tension to the sides of the head and the throat, which you don't want to feel. The throat is relaxed. Swallowing a little saliva and exhaling gently relaxes the muscles of the neck.

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5. The chest is relaxed and slightly hollowed. This hollowing is produced by a subtle rounding of the scapulae. If the chest is tight, you can relax it by inhaling gently without making any noise and then exhaling just as quietly through parted lips.
6. The breath is even and deep, expanding the abdomen. The attention is at the navel, or at the lower Tan Tien, the point deep to the navel and close to the kidneys.
7. The arms are relaxed with a hollow in the armpits, as if holding a Ping-Pong ball there. The arms are not touching the body. The palms of both hands are relaxed and the fingers are loose yet straight. The index fingers are very slightly raised; feel energy sparkling at the tips of your fingers.
8. Once you are organized and internally present in this movement, place your concentration on your feet. Ask yourself, "How do they feel?" Then your legs. Move up to your torso, consciously taking notice of each inch of your body. Listen to the heartbeat. Follow the pulse from the heart out through the chest, shoulders, upper arms, elbows, forearms, wrists, hands, and fingers. Feel the pulse in the index and pinkie fingers.
9. Become aware of the earth energy at your feet, the heavenly pull at the crown, and the cosmic energy in the front of your body. Inhale gently without making noise and draw the cosmic energy in to the mid-eyebrow. Let the cosmic energy penetrate deeply to the lungs, spread to all the organs, and fill the soles of the feet.
10. When the inhalation is completed, retain the breath for a moment, without straining, and then begin to exhale gently without making noise. If a piece of paper were placed in front of the nostrils, it would not move with the air being exhaled.



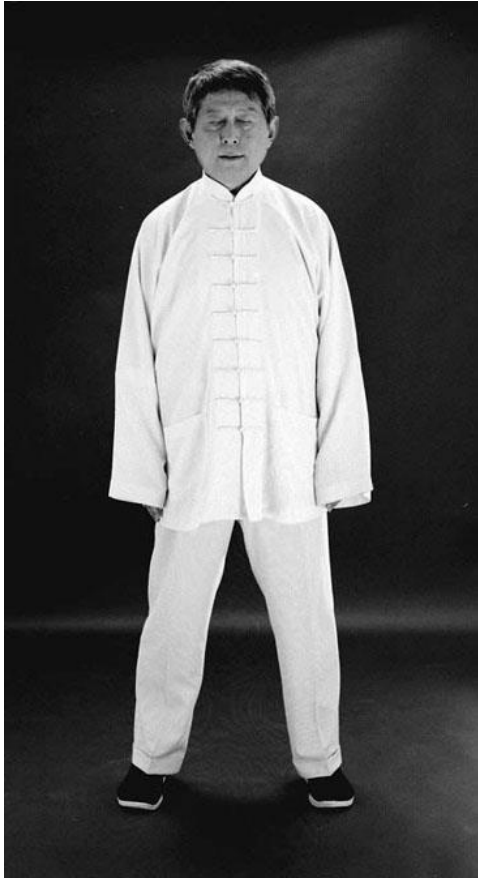


Figure 1.10 Wu Chi stance

## **Tai Chi Exercise One**

To begin the Tai Chi exercise, stand up and loosen your body by moving your arms and legs around slowly and naturally - twist your ankles and wrists from side to side and pivot your neck. This will relieve any minor pent-up muscle tension you may have and cause blood circulation to increase throughout your entire body.

Once this is accomplished, sit on the floor in Lotus Position. As discussed, if this posture is uncomfortable, you can perform this exercise by sitting in a chair with your spine erect.

Once you have settled into this seated posture, close your eyes and become comfortable with your body - simply mentally relax into your position.

When you are ready, focus your meditative attention upon your breath. This is quite simple. Breathe calmly through your nose. As the breath enters your body, be aware of its life-giving force, traveling naturally through your nose, down into your lungs. When it is time to exhale, do so naturally through your mouth.

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At this stage of Chi Kung, no part of your breath is forced or controlled. You simply observe the Chi-filled energy of life naturally entering and exiting your body. The breath comes in, it goes out - you come to realize that you are only an earthly conduit for this divine universal process of Chi transmission. A new breath comes in, you witness it. it goes out, you witness it. Allow yourself to simply be.

Perform this phase of the exercise for as long as you feel necessary. As it is a very focusing and meditative process, so it should go on for at least seven breath cycles, but can go on for much longer. Once you have completed this stage of Tai Chi you will encounter the day in a much more profoundly aware state.

### **Dan Tien Defining Exercise One**

Begin by standing in Wu Chi stance. Move your neck around a little bit, releasing any tension. Do the same with your shoulders.

When you feel comfortable, close your eyes. Slowly become very conscious of your body. Do not attempt to strain your mind, telling yourself, "Be conscious - be conscious." As you progress through several sessions with this exercise and other Chi Kung techniques presented on this website, you will come to a state of refined interactive consciousness with your body. At the early states of Chi Kung, never force your body or mind - simply begin to develop your new interrelationship with your body.

Simply begin to take notice of how your body feels. First place your concentration on your feet. Ask yourself, "How do they feel?" Then your legs. Move up your torso, consciously taking notice of each inch of your body. Experience your arms, and finally your neck and head.

At the point you have taken inventory of all these bodily locations, begin to focus your concentration on the approximate location of your Dan Tien. Begin by mentally surveying this area of your body, which you have probably placed very little focus upon previously.

As the exact location of Dan Tien is unique to each individual, it is *you* who must locate Dan Tien in your own body. Thus, simply begin to mentally feel this region.

As your consciousness becomes more focused on this energy center, begin to witness your breathing through your nose. Feel it enter your body, providing you with life-sustaining oxygen. Then witness it exiting your body through your mouth. Do this for a few natural breath cycles and then begin to mentally send your breaths to your Dan Tien - visualize each in-breath traveling through your nose, deep into your body, and lighting up your Dan Tien with golden Chi-filled energy.

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Do not elongate these breaths for an unnatural period of time. Simply allow them to travel in and out of your body naturally. Each breath enters, touches your Dan Tien with golden Chi-filled energy and then exits through your mouth.

After you have performed this segment of the exercise for approximately seven breath cycles - with your next in-breath, again, watch it travel to your Dan Tien. Once this in-breath has been completed, hold it locked into your Dan Tien for approximately seven seconds. Then, release it naturally through your mouth. Do this segment of the exercise for approximately seven natural breath cycles and then return to normal breathing for a few minutes before you open your eyes and finish this exercise.

## **Sensing the Chi**

This exercise will help you to feel a concentration of energy between your hands. The more you practice it, the more easily you should be able to feel the Chi. If at first you are not too sure whether you can feel it or not, keep going: the energy will build up and intensify. Your fingers may tingle, you may find your hands become warm, or you may feel as if you are holding something. With practice, the moment you place your hands in this position you will be able to feel the energy between your hands. At the same time you may experience the sensation that the ball of energy is also within your abdomen, emanating from the energy center known as the Dan Tien.

1. Stand in Wu Chi stance. Place your hands in front of your lower abdomen with your palms facing toward each other. Imagine that your hands are encircling a ball of energy that emanates from your Dan Tien. Stay in this position for two minutes.
2. Move your hands slowly and sensitively a shoulders' width apart. Imagine as you do so that a ball of energy is expanding between your hands, gently pushing them out. Remain in this position for one minute, sensing the energy between your hands.
3. Imagine the ball of energy contracting, pulling your hands toward each other as it becomes more concentrated. Repeat this exercise several times, until you are aware of the change of sensation in your hands as they move apart and together. You may also feel a sensation within your abdomen, as if the energy is expanding and contracting in rhythm with your hands.
4. Contract the ball of energy until it fits inside your abdomen. Tuck one hand inside the other, and touch your abdomen. As the energy contracts further, imagine it becoming a tiny bright light in your Dan Tien. Release and shake your hands.

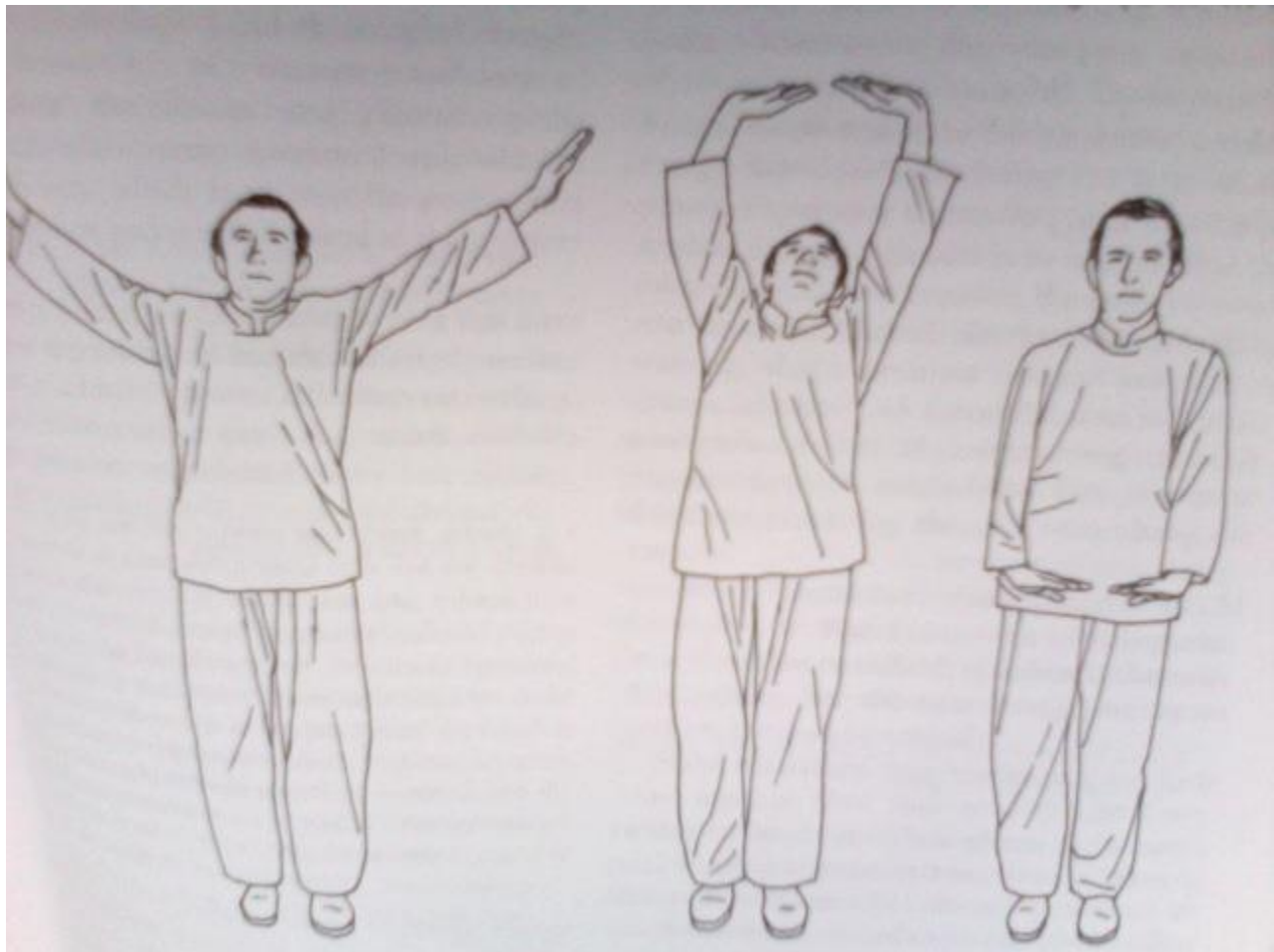
Lifting the Sky

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Stand relaxed and upright with your feet fairly close together. Hold your arms straight down, with your hands at right angles to the forearm, and the fingers pointed towards each other, in front of you. Bring your arms in an arc forward and upward so that the palms, still at right angles, now face skyward. Breathe in gently through your nose as you do so. Look up at your hands. Gently hold your breath. Next, push your palms up, still at right angles, towards the sky. Then lower your arms sideways, so that they return to your sides, gently breathing out through your mouth, and feel a rush of glowing white energy flowing down your body like a waterfall. When you are ready, return this energy back to the environment through your feet and into the ground. At the same time lower your head to look forward.

Repeat this about ten to twenty times. Each time you push your palms to the sky, feel your back straightening. And each time you lower your arms, feel the flow of energy down your body.

Like many other Chi Kung exercises, this form is deceptively simple, but what is significant is not the form itself, but the energy flow it induces. If you practice only this one exercise about ten times every morning without fail for three months, the results will be quite noticeable, and you will understand why it is one of the best in Chi Kung.



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Figure 1.11 Lifting the Sky

## **Dan Tien Defining Exercise Two**

Stand in Wu Chi as you did with Dan Tien Defining Exercise One. Loosen up your body and settle into a focused mental state with your eyes closed. Breathe naturally; consciously experience golden Chi-filled breaths entering and invigorating your body.

When you feel you are mentally ready, focus your attention on your Dan Tien and be aware of your breaths traveling to and from this energy center through your nose. After approximately seven natural breath cycles, bend your elbows, and bring your hands up to waist level at the frontal region of your body. As you do this, allow the inner tips of your fingers to come into light contact with your thumb.

In acupuncture it is understood that several Meridians culminate in the tips of your fingers. By joining your fingers and thumb together in this fashion, you seal off any Chi that may be randomly exiting your body, thus maintaining a more constant circulation of Chi.

As you take your next breath, be aware of it entering your body through your nose and traveling to your Tan Tien in a golden light. As it flows inward, allow your knees to lightly bend. As you bend, simultaneously pull your hands back at waist level until they reach your mid-region as you complete your in-breath.

Hold this Chi breath in your body for approximately seven seconds, visualizing the golden light of Chi energy emanating from your Tan Tien and expanding forward in front of your body.

When you are ready to exhale, do so slowly. As your breath exits your body via your mouth, see it illuminating the area around your body in the form of golden Chi-filled light. As you exhale, simultaneously bring your knees and your hands slowly back to your original position. When your breath has been completely exhaled, do not breathe in for approximately seven seconds. Instead, experience the lightness of Chi-filled energy throughout your body.

After this interval, again breathe in your Chi-filled breath, as your body slowly lowers and your hands pull back, exposing your Tan Tien, which is emanating Chi from this powerful energy center (see figure 1.12).



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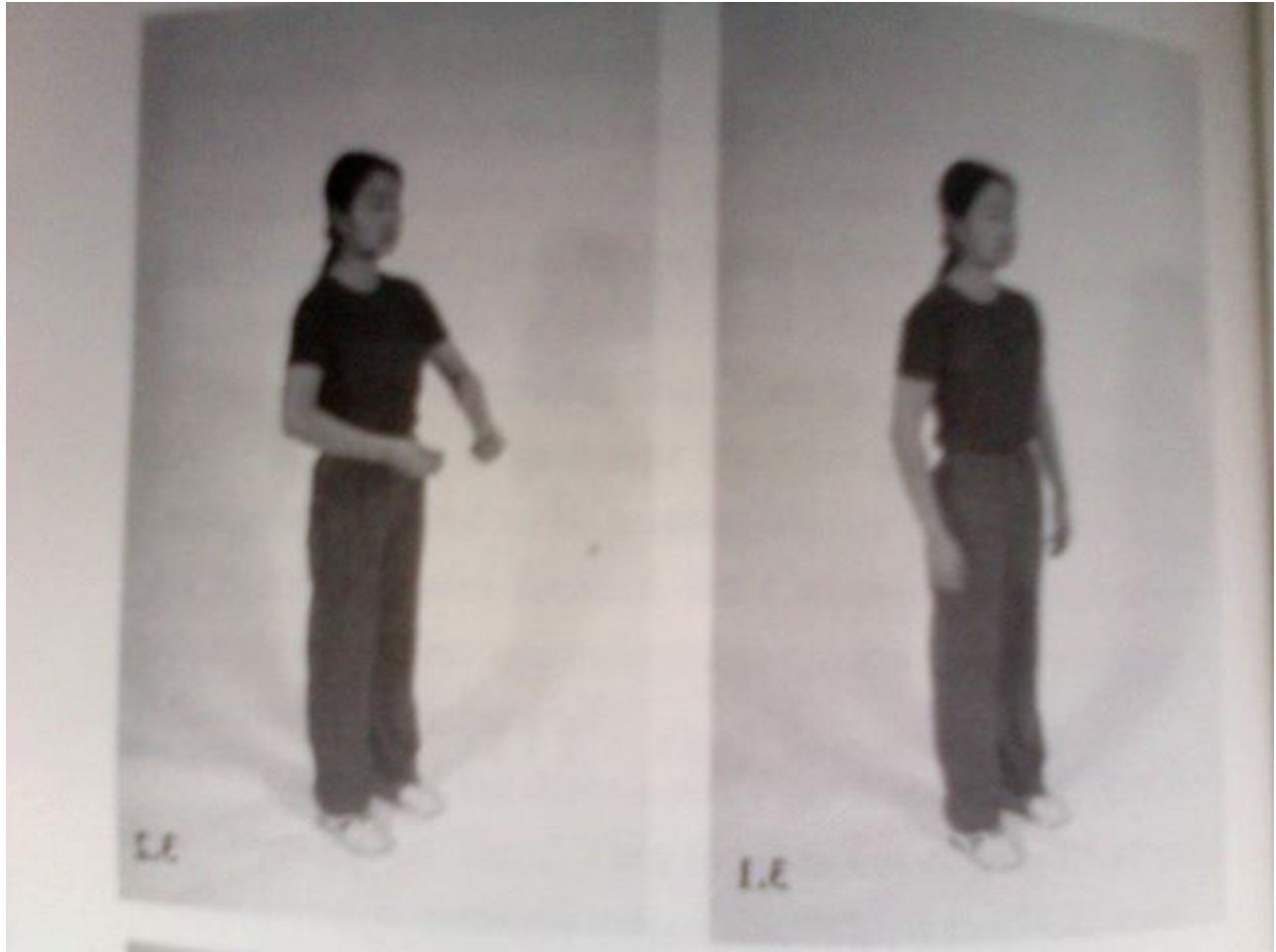


Figure 1.12

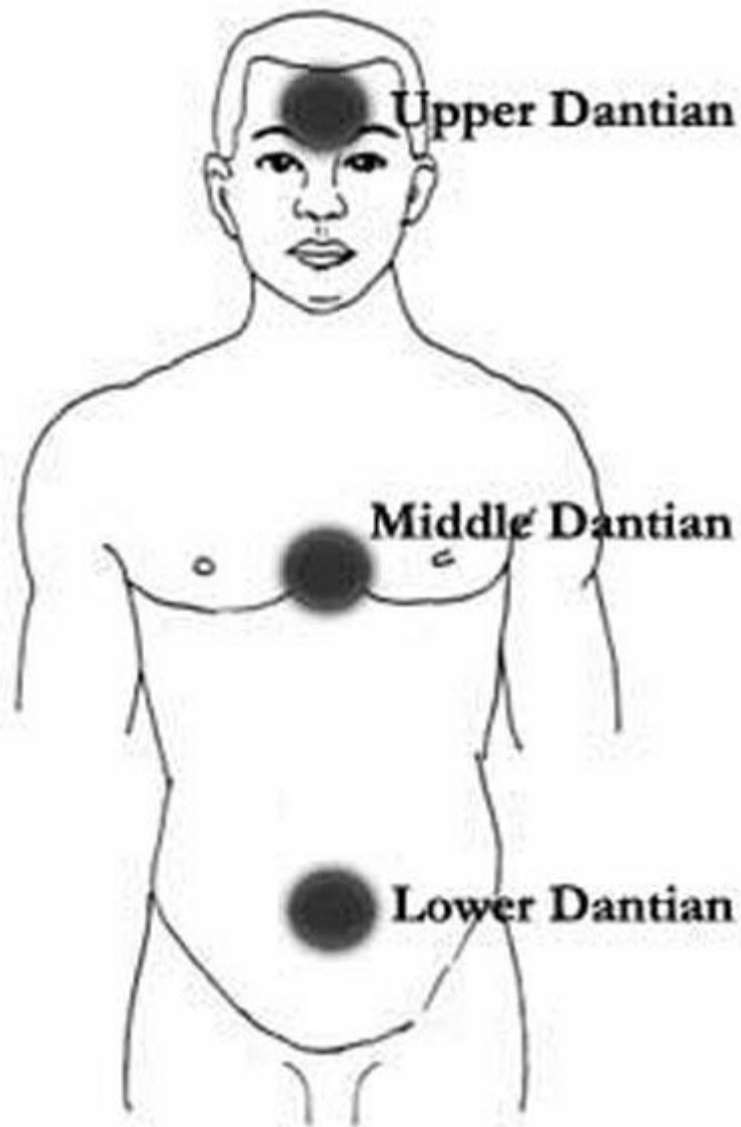
This exercise should be performed for a maximum of seven cycles per training session. You will not only come to effectively define the exact location of your Tan Tien, but you will additionally experience how Chi can be brought into your body and then projected into the environment around you.

### **The Three Dan Tiens**

To the modern practitioner of Chi Kung, there is a single focal point that is the primary focus of Chi interaction, the Dan Tien. In ancient times, however, there were in fact, three Dan Tiens that were accessed by the Chi Kung practitioner.

This understanding was known as *San Dan Tien*, or the "Three Fields of Cultivation."





**Figure 1.13 The Three Dan Tiens**

The first of these three Dan Tiens is the one detailed previously. Since ancient times, it has been known that this Dan Tien is the place in the body where Chi energy congregated, and could be drawn upon when needed.

The second, or middle, Dan Tien (known in Chinese as *Zhong Dan Tien*) is located at the solar plexus. This energy center was believed to be responsible for proper breathing. An individual who focused his Chi-oriented meditation upon this Dan Tien was believed to possess superior strength and unequalled endurance.

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The third of these three energy centers is the *Zuigao*, or the "Upper Dan Tien." This focal point is located at the pineal gland, commonly called the "Third Eye." Chi meditation upon this Dan Tien was known to provide the individual with superior mental skills.

Though the primary focal point for the Chi Kung practitioner is the Dan Tien located just below the navel, the two additional Dan Tiens are important energy centers that can be cultivated to access specific types of Chi. Therefore, these bodily locations must be embraced for the student of Chi Kung to come to an overall mastery of this science. In the following pages, we will detail Chi Kung techniques that activate all three of the Dan Tiens.

## **Cleanse the Chi**

*Cleanse the Chi* is an ancient Chi Kung exercise used in modern Chinese hospitals to lower blood pressure and reduce stress and tension. This exercise will not only get your energy flowing, but it will also ground and root your emotions, and send your tension and stress down into the ground.

It is called Cleanse the Chi because you will gather calm energy around you, wash it through your entire body, and then send it down and out through your feet, taking your stress and tension with it. I like to begin and end my Chi Kung practice with this exercise (it's a part of my own tradition). I use it to help ground my thoughts and to stop me from thinking about what I was doing before my Chi Kung routine.

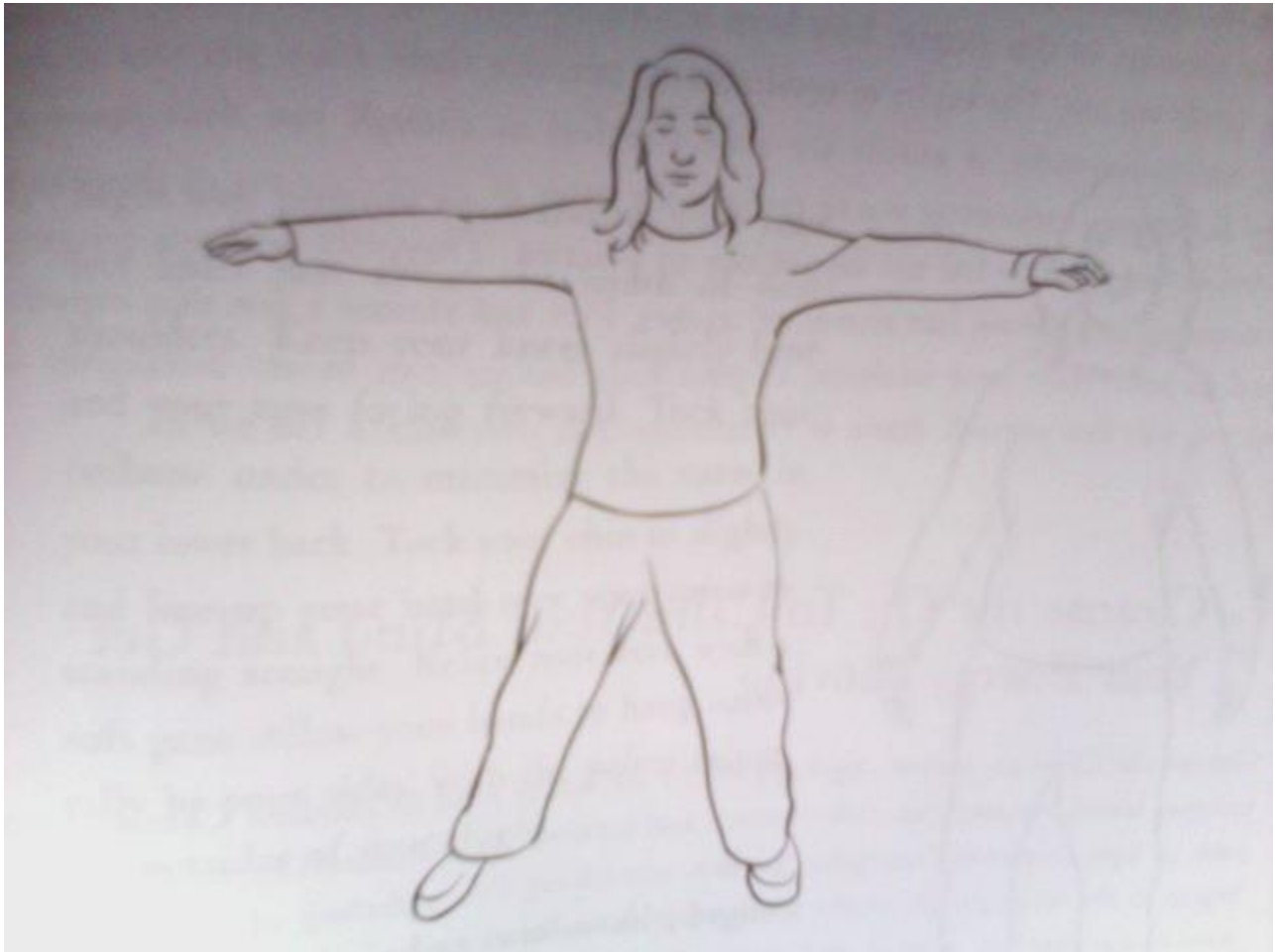
Cleanse the Chi looks like a very simple exercise, but it may be challenging to incorporate abdominal breathing with your movements. Many students find it helpful to start by practicing deep breathing while standing in Wu Chi posture without moving. Once you are comfortable breathing properly without standing, add the arm movements of this exercise into your routine.

The more slowly you can practice Cleanse the Chi, the more soothing it is.

1. Begin Wu Chi posture, only this time with your knees slightly bent. Tuck your tailbone under to minimize the curve in your lower back. Relax your eyes with a soft gaze. Allow your hands to hang naturally by your sides, with the palms facing the outsides of your thighs.
2. Once you are standing comfortably, begin Chi Kung breathing. Push out your abdomen on your inhale and pull it back on the exhale. Take a few deep, slow breaths to ready yourself.
3. On an inhale, raise your arms out to your sides with your palms facing the earth until your arms are at shoulders' height. Visualize gathering the energy around you as if you were gathering a bright white light (see figure 1.14).

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4. While still inhaling, turn your palms up to face the sky and continue to raise your arms over your head. Continue to visualize gathering the energy around you like a bright white light.



**Figure 1.14**

5. Exhale slowly once your arms are almost straight up with the palms facing each other, and then slowly bring your hands down the front of your body, with your palms facing the earth and your fingertips pointing toward each other. Visualize the bright, white light energy flowing through your entire body, cleansing all stress and tension as you send the energy back down, deep into the earth.

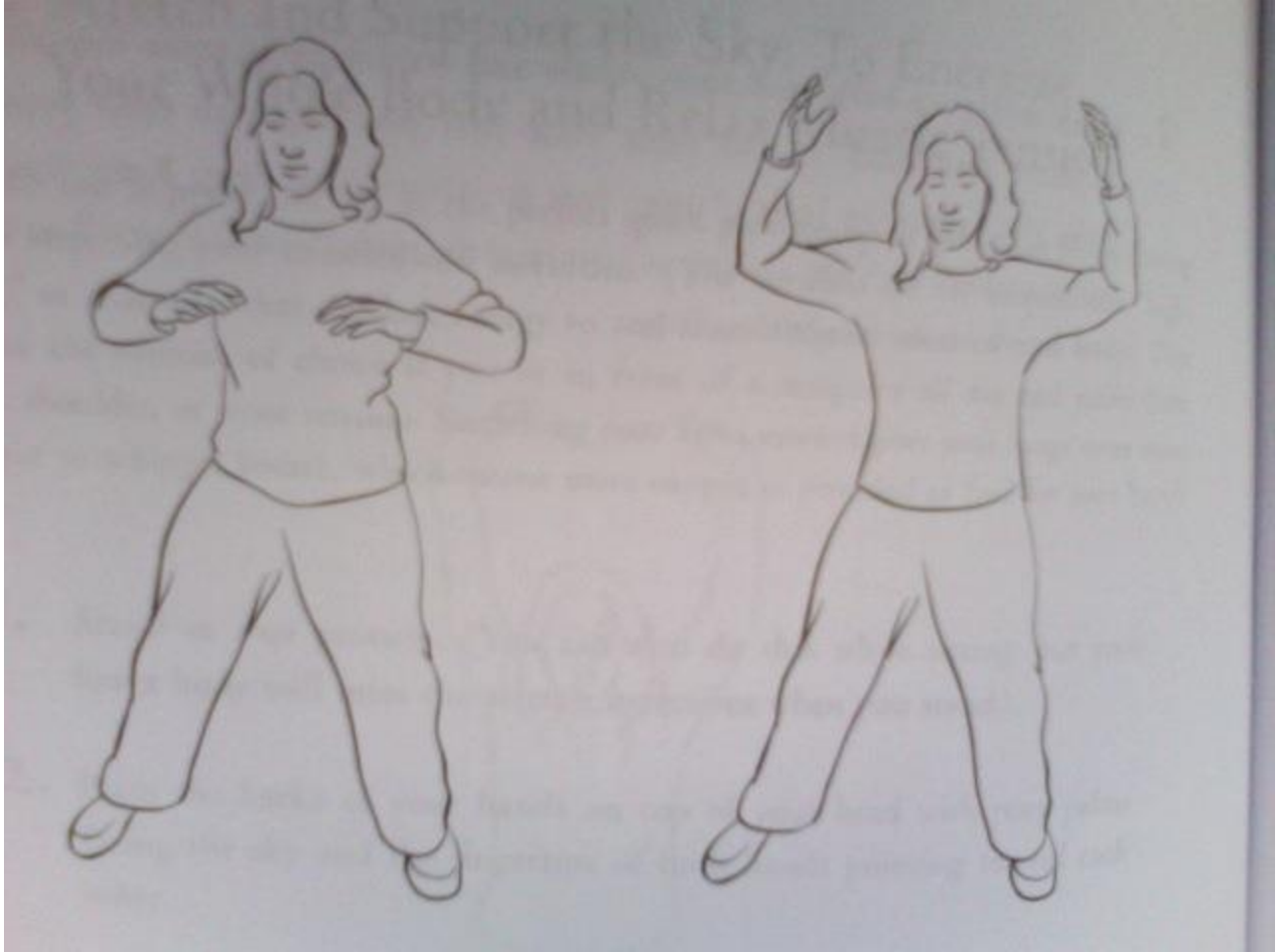


Figure 1.15

6. Repeat by inhaling and bringing your arms out to your sides and over your head. Then exhale as you bring your arms down the front of your body with your palms facing the earth.

Begin with two minutes and work up to five minutes twice a day.

### **Gathering the Chi**

This exercise uses visualization to fill all three Dan Tiens so that you will feel clam balanced.

The Upper Dan Tien stores spiritual and intellectual energy. The Middle Dan Tien stores emotional and empathic energy. The Lower Dan Tien stores physical energy and is the seat of your overall vitality.

1. Stand in Wu Chi posture or sit upright in a chair with your feet flat on the floor.

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2. Raise your hands to forehead height, with your palms facing your forehead and your elbows either out to the sides or slightly dropped. Your palms should be about a foot away (forward) from your forehead.

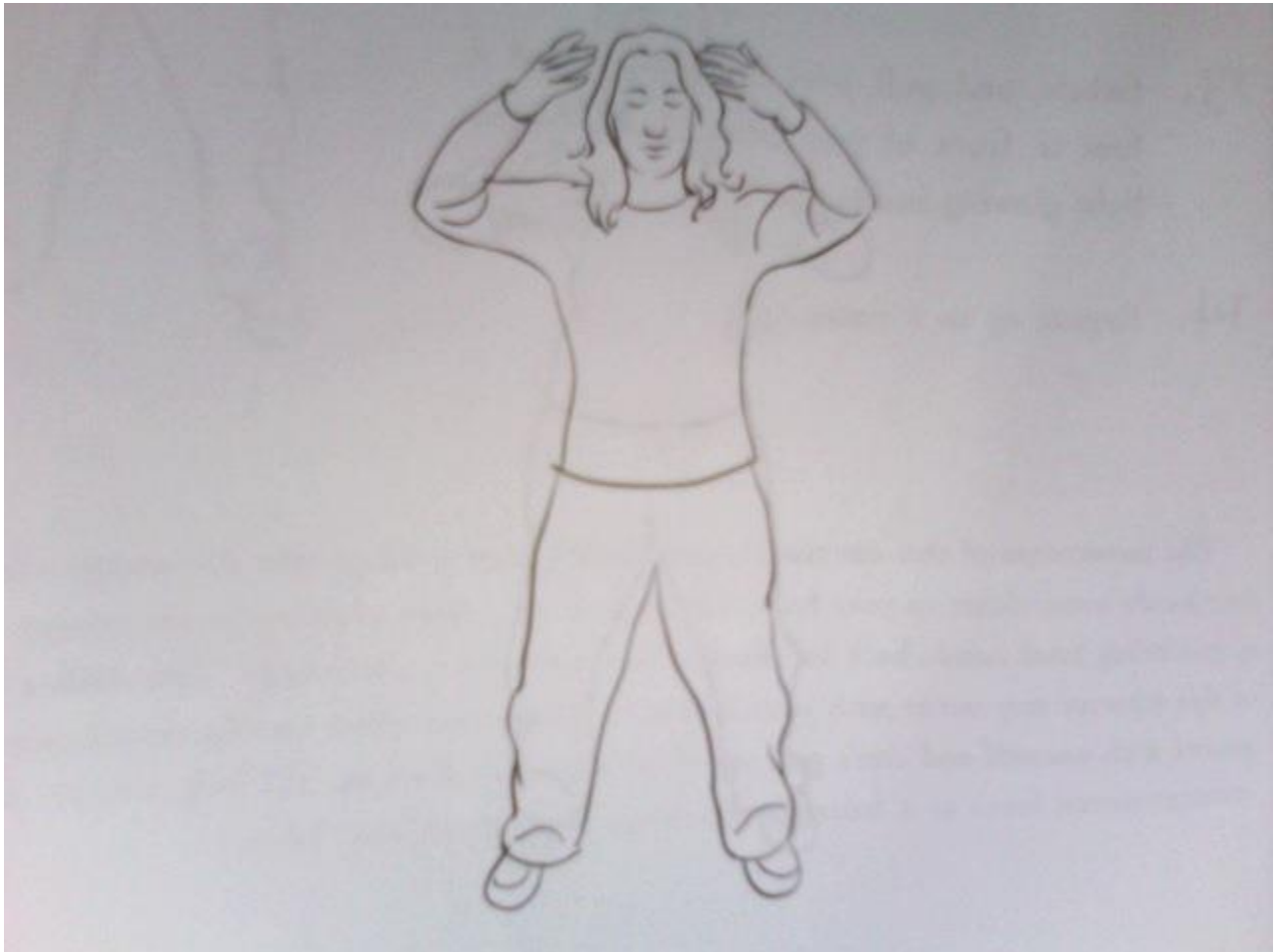


Figure 1.16

3. Inhale, and visualize sending or pushing Chi in the form of white light or white mist into your head, while moving your forearms and hands slightly backward toward your forehead by bending your arms at the elbows.

4. Exhale, pull your hands away to return to the starting position, and visualize a bright light glowing inside your head.

5. Inhale, and push energy into your head like a bright white light brightening a dark room.

6. Exhale, and see the bright white light of energy glowing even brighter.

7. Repeat up to 6 times.

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**Figure 1.17**

- 8.** Now lower your hands to about a foot in front of your chest with your elbows bowed slightly outward.
- 9.** Inhale, move your hands and forearms toward your chest, and send a calming energy in the form of white light into your chest.
- 10.** Exhale, and pull your arms back about a foot in front of your chest, while visualizing a bright, calming ball of white light inside your chest.
- 11.** Repeat up to 6 times.



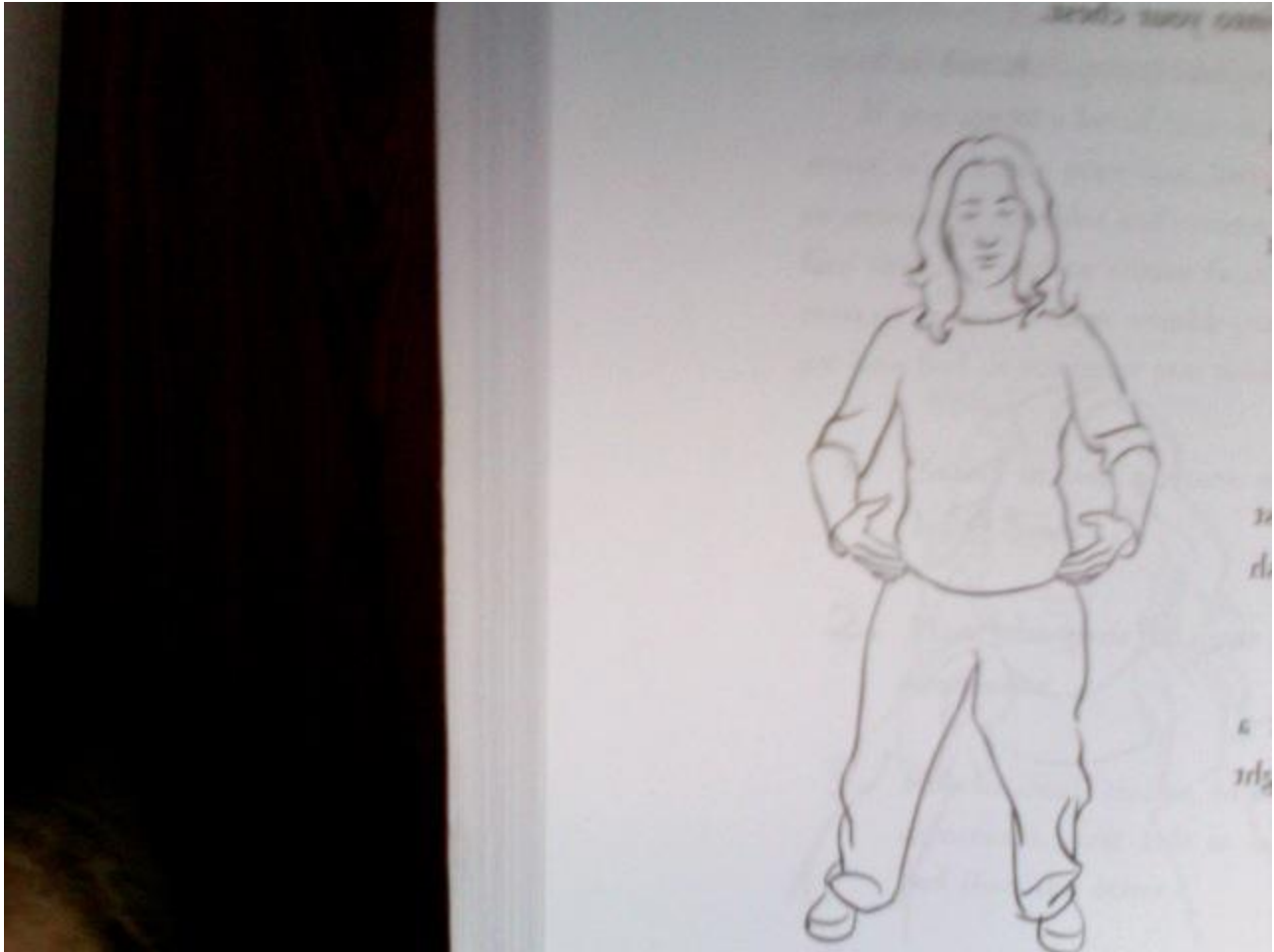


Figure 1.18

12. Lower your hands to face the area just below your navel. Inhale, and push the Chi into your lower abdomen.
13. Exhale, and pull your hands to about a foot in front of your belly. See a bright white light glowing inside your Lower Dan Tien.
14. Repeat up to six times.

### **Tao Yin Exercise One**

Stand in Wu Chi stance. Close your eyes and take in a few natural breaths, inhaling through your nose and exhaling through your mouth. Be aware of these breaths traveling to and emanating from your Dan Tien.

After a few moments of Dan Tien breath meditation, begin to very consciously feel your body, starting at your feet. Is there any tension? If there is, move them slightly as you watch

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golden Chi traveling through your Dan Tien down your leg to embrace and revitalize them. Then, place your feet firmly back upon the ground. Direct your consciousness to your ankles. If there is any discomfort, move them around slowly as you direct Chi to them. Move your consciousness up your legs, truly experiencing them. If you experience any lack of comfort, breathe Chi into them. Feel your hands. Any pressure? Move them slightly and send them Chi. Allow your consciousness to travel up your torso, feeling your neck and head. If any bodily location is experiencing an uneasy feeling, move it slightly, causing added blood circulation, and then very consciously breathe Chi from your Dan Tien to that location.

Remember, Chi is endless. All you need to do is breathe in its power and you will be re-energized. Once you have become very consciously in tune with your body, take a deep breath through your nose and watch it travel to your Dan Tien in a golden flow. Once the breath has completely entered your Dan Tien, you hold it in place and begin to circulate your tongue around your closed mouth ten times. At the completion of the tenth cycle, place your tongue firmly against your palate and release the gold breath of Chi through your nose. Witness it encompassing your body.

You will have noticed that excess saliva is being produced in your mouth. When it is time to breathe again, do so naturally, bringing the breath in through your nose. As the in-breath is completed, allow this excess saliva to be slowly swallowed nourishing your entire being. It will take approximately three natural breath cycles to consciously perform this Tun To exercise.

## 4 Air Bending Mastery

Air is the element of freedom. The key to Air Bending is flexibility, and finding and following the path of least resistance. Air Bending is the manipulation of gases, such as oxygen, carbon dioxide, nitrogen, etc. When we Air Bend, we are bending many types of gasses that we can't even see. It doesn't matter what gas you are Bending, it's still considered Air Bending. It is an amazing skill to use. I would say some great skills you can do out of Air Bending is hovering, flying, air blast, air ball, and air dome. Through Air Bending, you will be able to do many things in your average life. Lets begin:

### Techniques:

**Linking with the Air:** (Use this skill with most Air Bending techniques) In this lesson, you Uncover More Energy Secrets : <http://www.xtrememind.com/magic-spell-shop-white-and-black-spells-that-work/>

will do what's called an Air Meditation, which is imagining yourself in the air and watching the air as a type of liquid around you. You can make it any color you want, but I recommend white. After you have done so, keep your eyes closed and imagine the air creating links with your palms, visualize 5 links connecting to your palm on each hand. Picture the air circulating throughout your body. Don't tug or pull it 'cause the links may break. Now, slowly and smoothly start moving your hand. When you do so, you should feel the air circulating throughout your palm. It's an awesome feeling, and it shouldn't take you long to master.

**Air Control: Meditate, and meditate a lot. Performing Air Bending stretches the limits of your mind exponentially. If you do not meditate enough, you will get headaches, migranes, or in the worst case pass out. It is best to be fresh in the air while doing Air Bending. Pollution affects all forms of Air Bending because the more oxygen that gets to your brain the better, but it affects Air Bending the most because it can "confuse your chi". The more crap that is in the air, the worse your Air Bending will be.**

Start out by building up your chi in your hands. Instead of using some drastic movement to fire chi from your hands, and slowly "radiate" the chi from your palms in a very delicate way. Feel the air around you, and realize what it is like to move your hands through the air. Realize that WE are constantly moving through the air, and the air does not make space for us to move through. Feel the air merging with your chi, and becoming one with it. Feel like you can control the air as easily as you can control your own chi. Feel the air becoming your chi.

You will know when you connect with the air, because you will feel something strange. At this point, you can move the air just as you would move your chi, and keep in mind to not lose the feeling of the air becoming one with your chi. Realize that whenever the air moves, more air has to move to take its place. You will feel something like this when you move the air around.

**Mixing Your Chi with the Air:** If you don't know how to let chi out through your whole body and mix it with the air, Air Bending is going to be impossible for you to do. First, you need to feel your chi and then designate the areas you want it to come out of. So, first you need to meditate and visualize your chi coming out from almost every possible place. Once you see your chi come out, you need to make it fuse with the air. This is the hard part, you need to have complete control over it for you to do this. Now, let your chi go into the air and don't force it to do anything else. Once you mix it with the air, try to move it around a little and don't expect any serious results the first time you do this, because it may take a little while for you to get it down.

**Gust of Wind:** Make a Chi Ball, then visualize the chi turn into air. Then, visualize the ball of air start to spin around , getting faster and faster. Then, visualize the ball split apart in a

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gust of air toward your face. Don't be discouraged if you don't get it on the first try, because Bending is very hard. Practice this until you can do it easily.

**Breeze:** First, stand out in the open on a peaceful day with barely any wind. I usually stand up, but you can sit down if you want to. Anyway, imagine yourself in the clouds and relax. Now, visualize a blue sort of dust around you which is the air. Stand in your pose (just do whatever feels right) and imagine the wind slowly circling around you and whipping your face gently. If the wind kicks up even just a little then congratulations but again feel free to experiment a bit.

**Dominating Air:** Dominating air is the technique of charging the air around you with chi so that you can bend it. First of all, you need to know how to do Chi Radiation, located on the Chi page. So, use chi radiation, but use it with your whole body. So instead of radiating chi out of your hands, radiate it out of your whole body. Keep radiating it and expand the perimeter of chi radiated. In other words, you are going to radiate the chi out further. When it gets at a substantial distance, hold it there for a while, and feel the air drawing close to the chi you radiated.

**Wind Summon:** Stand in a comfortable position with your hands by your waists. If you can, try to go into a standing meditation if you want greater effect. Now, visualize the power of the Four Winds (North, South, East, and West). Picture them being attached by "strings" to your hands, so that you may move the winds as you please. At this point, with the strings still in mind, slowly begin to raise your hands. This will cause the winds to be drawn towards you. As your hands raise, the wind should kick up. Repeat the process and put your hands above your head if you wish to create more wind. You can also try visualizing something else with four similar symbols. Like 4 horses for example and instead of your chi being strings, they can be reins. Try to focus on one of the winds at first, otherwise it could be a bit difficult. Also try practicing STOPPING already existing winds.

**Air Ball:** Make a chi ball, then make it bigger and bigger until it is the size of a basketball. Once you have done that, move your hands around and around real fast and get a whole lot of air into it. Be sure to add air pressure by compressing the air ball into a spherical vortex.

**Air Ball 2:** Focus....clear your mind of everything, close your eyes and count backwards from 25. Once you reach 0, focus all your chi into your hands and form a chi ball. Use Air Bending to grasp some air around you. Mix the chi and air together and you should have an air ball.

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**Wind Manipulation:** Ok, what you are basically doing is changing the duration, strength, and direction of the wind. Start off with the Wind Summon technique and then gradually change your form of visualization (I'll be using the horse one as an example) to suit which aspect you wish to manipulate. For duration, you could just imagine the horses moving longer and try to maintain control. For strength, you could just imagine making the horses go faster and faster. For the direction of the wind, well, imagine making the horses change directions. Again, there are a LOT of different ways to visualize this and Wind Summon. Be creative and do the one that suits you best. Practice this technique and Wind Summon thoroughly before moving on.

**Gust:** Now, I want you to do the same as you did in the Breeze Technique. Visualize yourself in the clouds surrounded by blue powder or fog, and instead of just making it move, you're going to direct the wind. So, raise your arms over your head and bring them down. As they come down, imagine the blue fog cupping into your hands. Try to feel the cold breeze, and once your hand is back to your chest, imagine a white chord of light coming from your chest and blasting the ball of air away. Lastly, visualize the air forcing its way towards the desired target.

**Float:** In this technique, you are not going to fly. Instead, you will make a summit float in the air. Try a feather or a piece of tissue. You can either put it on a surface and blow it or throw it into the air, but try this first: Imagine the blue fog again, but in a close up view of the object and wherever you want it to hover. Focus all your chi into that spot and make the spot in your vision a dark blue under the object. Basically just imagine the object in that blue fog and wherever you want it to stop on top of. Just imagine it getting darker and focus your chi into it, and do whatever you think will work.

**Mild Air Blast:** This technique is basically the one above with a little more action and power, and this move can help. First, visualize yourself in the clouds with that blue fog around you, but then imagine your body going darker until it is basically black. Then, imagine thin chords of light going around your body like veins, then locate the ones in your arms and focus on them. Make them glow brighter and get bigger, and then bring your hands over your head and down. While doing that, imagine the fog cupping in your hands. Now, hold it by your side and feel the cold of the air and imagine those chords again in your hands. Then, very carefully, push your hands forward while imagining those chords glowing so bright that it bursts from your hand and pushes the wind forward. Practice this with either a friend or a piece of tissue.

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**Air Purification:** An easy enough technique to pull off correctly. If done correctly, this will remove all or most of the impurities in the air around you/ the area you focus this technique upon. Stand in a comfortable position, arms at the waist. Now start creating a shield. Add as much energy as you feel is needed for the given situation. Visualize it filled with pure air. Also focus on the edge of the shield as a suction device, pulling the air around you, and releasing regular air. When finished, let the shield merge with the air around you. (When making a shield, just go with your instinct; make a shield however you think it should be made). It helps to know where the source of the impurities are and to visualize them as black smoke.

**Air Shield:** An air shield is a very useful move in battle. To do this, imagine yourself in either the clouds or the top of a mountain. You need to be standing up for this. So, visualize the place covered in a blue or white fog. Focus on the chi in your arms, and extend your arms to its full reach in front of you and focus all your chi into the air. Just imagine a white substance coming from your hand and into the air and imagine it kind of grabbing the air. Then, pull your arms back into your chest and pulling all the chi and air with you. Now, this will be hard to explain, but shape the air into a shield in front of you by making a frame with your chi, then fill it with air. Whenever something is coming at you, you can just make the shield slightly darker to represent the defense in it. Congratulations if you do this move correctly; it is very tricky.

### **Air Bending Combat:**

Air Bending is known for being almost entirely defensive, however it is reputed to be the most dynamic of the four Bending Arts. Air Benders can overwhelm many opponents at once; however, there is a lack of a finishing move, which is the great weakness of Air Bending. But what they lack of a finishing move, they make up in being able to avoid and evade their opponents. After much research, I found out that it is based on the Chinese martial art known as Bagua, or circle walking. Air Bending is the most passive of the four Bending Arts, as many of its techniques center around mobility, evading and eluding the opponent. Earth Bending is the direct opposite of this. While Air Benders avoid or deflect oncoming attacks, Earth Benders absorb them or overwhelm them with superior force. Air Benders are constantly moving in circles, while Earth Benders require a firm root in one place to effectively Bend.

### **Fighting Techniques:**

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## **-Offense-**

**Air Manipulation:** By using circular, evasive movements, Air Benders can build up massive inertia; this buildup of energy is released as massive power. It also allows for wind-based counterattacks that knock opponents off-balance, mimicking the sudden directional shifts of air currents. Attacks vary from simple gusts of wind to miniature tornadoes and cyclones, maintaining the circular theme. Even a simple movement can create an air gust, and Air Benders increase the power of their moves by performing larger sweeps and spins, using the momentum of their movement to simulate larger gusts. This is also demonstrated with their use of staffs or fans to increase or create precision within the air currents.

**Breath of Wind:** Very similar to a standard air jet, but created from the mouth and lungs. It requires extremely good breath control to employ effectively. Size and focus is more easily controlled, including narrow jets that can strike targets as small as insects.

**Air Funnel:** Similar to an air vortex but on a smaller scale, you can use it as a cannon by creating a small air funnel through which small rock projectiles could be entered through the top and can be fired out at the opposite end.

**Combo One: Fatal Sweep:** In this technique, what you basically do is punch, punch, and then sweep kick. First, gather the air around your fists and feet. Then, right punch releasing all the air in your fist at your opponent, and move your right foot forward with it, then left punch and do the same thing, moving your left foot forward at the same time. Then, with all the air in your hands gone, bend low while sticking your right foot and leg forward in a gracefully sweeping motion. You basically just swing your leg around while moving your body in the same motion while also releasing and pushing all the air from your foot outwards.

**Combo Two: Roundabout:** This is quite simple, its basically spinning around holding your arms out while releasing a LOT of air. So, first you have to gather air around your arms, and start spinning around (do this slowly at first) and let the air escape from one arm. Now, collect air back into it while at the same time releasing the air from the second arm and so on. It is a great move and once you've mastered it, you can create fierce arcs of wind all around you.

**Air Blast:** A more offensive move involving a direct pulse or jet of almost solid wind from the hands or feet. The force of the attack is generated more from the Bender's own power rather than assisted by momentum. This direct blast can reach further with greater accuracy

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and is used to inflict greater damage.

**Air Punch/Kick:** Another more offensive move than is typical of Air Bending discipline, air punches or air kicks are small, compressed formations of air that can be fired off the fists or feet of an Air Bender. This is similar to many Fire Bending abilities and the Air Blast technique, yet in the sense that it involves the firing of compressed or solidified air at the enemy in a non-continuous fashion i.e. the Bender does not create a single great stream of the air.

**Air Bomb:** A technique which creates a powerful, outward-moving air current in all directions around the Bender. Usually performed after landing on the ground from above, this Air Bending form has great concussive force and the capacity to completely blow away anything within its radius.

**Air Ball:** An Air Bender can create a compressed ball of air by moving their hands together in a circular motion. This technique has many applications such as levitating small objects or tripping opponents.

**Air Vortex:** A spinning funnel of air of various sizes. This can be used to trap and disorient opponents or as a potent defense since it will deflect and repel any objects and can even throw them back at the opponent. Sometimes, air vortexes can reach winds up to 125 miles per hour.

**Air Wake:** By running in a circle and instantly building up huge inertia, a Master Air Bender can shoot a blast of compressed air shaped like the user's body at a target. This move seems to have great concussive force.

**Air Blades:** A more offensive move than is typical of Air Bending principle, this involves a focus slicing air current that can cut through stone or timber with relative ease. This is frequently conjured with a staff rather than the body, using the narrow profile of the object to create a more focused and precise air movement. This move could prove fatal if used on an individual.

**Air Spout:** Similar to the Water Spout technique, Master Air Benders are able to rotate and control the direction of the Air Spout enough to levitate them off the ground and remain in the air for as long as they wish or can maintain it.

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**Mini-Tornado:** This is a smaller scaled version of the Air Vortex technique in which Air Bending Masters can use for both combat and transport. By encircling themselves in a spiraling air current, Masters can travel at high speeds and even ascend near-vertical drops.

**Multiple Target Attacks:** An Air Bender can send large, wide-spanning waves of air towards multiple enemies with one long, sweeping motion from an Air Bending staff or from the Bender's limbs.

## **-Defense-**

**Air Swipe:** The air swipe is a dual defensive and offensive technique in which an Air Bender conjures a crescent-shaped construct of solidified air capable of deflecting colossal projectiles and sending them off-course.

**Air Barrier:** This is a more defensive technique where the entire body is surrounded by a dome of air that deflects attacks from all directions.

**Enhanced Speed:** Air Benders can enhance their movement in battle; they can run swiftly by decreasing air resistance around them and even sprint across or run up vertical surfaces by generating a wind current behind themselves to propel them along. Air Benders use this run many times faster than an average human and maintain this for very long periods, allowing them to travel long distances even without gliding or jumping. A master Air Bender can use this technique to briefly run across water.

**Enhanced Agility:** Air movements can also be used as a levitation aid. Air Benders can jump high and far by riding on strong gusts of wind and can slow or deflect falls by creating cushions of air. The constant movement required for this art makes an Air Bender naturally flexible and agile. Even without actually bending, they can easily maneuver around an opponent by ducking, jumping, side stepping, appearing to flow around their opponents without expending any energy at all, letting the opponent tire themselves out and create exploitable openings. This conservation of energy combined with high stamina gives them an advantage in prolonged combat.

**Air Shields:** The most common defensive tactic of Air Bending involves circling enemies, suddenly changing direction when attacked, and evading by physical movement rather than  
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bending. However, an Air Bender can still deflect as needed by throwing up gusts of air close to their bodies as a shield. This is rarely to stop attacks directly and more often pushes the attack aside and away, conserving energy and allowing them to turn the movement into an attack at the same moment. Since air can affect most physical objects, it can also be used to enforce the momentum of thrown objects or manipulate other objects (though requiring a higher degree of precision).

**Flight:** A Master Air Bender can achieve this by generating and controlling air currents around their bodies.

## 5 Water Bending Techniques

Water Bending is the manipulation of ALL liquids using chi. Please feel free to practice with any liquid. Waterbending is the easiest to practice and the safest. Keep that in mind. Also, water is the element of change.

Water Benders guide the water when they Bend and they cannot force it they have to let it flow. Water Bending is a defense to offense element. They let their defense become their offense, turning their opponent's own forces against them. The fighting style of Water Bending is mostly flowing and graceful; acting in concert with their own environment. Water Bending is based on Tai Chi, which is a Chinese martial art that features slow movements and elegant forms that evoke the feel of flowing water. Water Bending's strength is its defensive capabilities which, rather than supporting a slow set of offensive methods, are transformed into attacks and counters- defense into offense. Rather than simply stopping to deflect an attack, waterbending's defensive maneuvers focus on control, achieved through turning an opponent's own strengths against him, instead of directly harming an opponent. Water has many sub-elements. The power of waterbending comes from the moon, so they are strongest during the night, especially when it is a full moon because they absorb energy from it. The first Water Benders learned from the moon by observing how the moon pushed and pulled the tides.

### Techniques:

**Push and Pull:** First, go to a bowl of water or a lake or just any body of water and sit in a comfortable position and take deep breaths: 50 in and 50 out. You need to get a lot of chi in your hands to start with and when you feel you have enough, imagine the moon pushing and pulling the tides. As you do so, push and pull your hands and you

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**might see the water moving with the motion of your hand movements.**

\*Don't worry if you don't get it the first time, it will take a few weeks to master or a month if you try it every day.\*

**Blood Bending:** This is a lesson I created myself, and it is my favourite Water Bending technique. Your blood is made up of 70% water. I strongly recommend you do both a Chakra and a Water Meditation, but it is not necessary. Then, close your eyes and imagine you have blue veins that carry chi inside your body. They carry a constant chi flow. Imagine those veins also carry blood, and keep in mind that your blood is made up of 70% water. Feel the water inside you and visualize the chi is pushing the water throughout your entire body. This way, you are triggering your chi.

Here's the fun part: when you get really used to this technique, you will be able to control the water inside others bodies, therefore you can somewhat control them. This is a VERY good fighting technique. Some Water Benders win battles by using just this technique.

**Become One:** Get a bowl of water out in front of you, and feel the water's presence. Use your senses to take in the existence of the water in front of you. Make sure the water feels REAL to you. Place your hand about 4 inches above the water. Move chi from your abdomen into your hands. Instead of storing the chi at your hands, let it move directly out into the water. Let the chi have a consistent flow from your abdomen through your hands and into the water. Don't worry about how you put the chi into the water (projection, radiation, etc.) You want to have a consistent flow of chi through this entire technique. As your chi goes into the water, you will feel a connection with the water in your entire body. This is why you want a consistent flow of chi from your abdomen. When you feel this connection, start to move your hand around while continuing to feel yourself one with the water. Feel the viscosity of the water as you move you move it about.

**Mixing Your Chi with the Water:** If you don't know how to let chi out through your whole body and mix it with the water, Water Bending will be impossible to do. First, you need to feel your chi and then designate the areas that you want them to come out of. So, first you need to meditate and visualize your chi coming out of every possible place on your body. After you do that, you need to make it fuse with the water. This is the hard part, you need to have complete control over your chi to do this. Let your chi just go into the water and don't force it to do anything else. Once you mix it with the water, try to move it around a little and don't expect serious results the first time you do this, because it may take a little while for you to get it down.

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**Water Movement:** Okay, here we are going to learn how to move water. First, radiate your chi onto the surface of the water, then you can move it in a figure eight, back and forth, in a circle, etc. I recommend moving your finger back and forth, but you can do it any way you want to do it. Now that you've radiated your chi into the water, you need to move it back and forth. Move your hands with the water and feel it moving with your hands.

**Beginner's Lift:** Sit cross-legged in the Lotus position if you can; if not, sit cross-legged with your back straight. Set a bowl of water in front of you. Or, if you can, sit in front of a source of natural water, such as a lake or stream, or even the ocean. Put one or both of your hands on the water. Close your eyes, and repeat the breathing patterns on the Meditation Page. Once you've entered a state of blackness behind your eyes, visualize yourself in the position you're in. Visualize a white or blue glowing substance flowing through your body. See it flowing swiftly up from the base of your abdomen (under your belly button) splitting up into two streams at your chest, flowing through both arms and into your hands, filling the bowl or a small section of the natural water with the substance (your chi). It is what you will be using to move the water. Once the water is filled up with chi, stop feeding it chi and imagine small thread-like strings connecting the ends of your fingers to the chi in the water. Now, slowly pull your hands up out of the water, and at the same time visualize the water lifting as it clings to the threads at your fingertips. Pull it up maybe an inch or two... don't push your luck the first try. It may take several tries to even make a ripple. If you simply can't get it to lift, repeat the Elemental Water Meditation for a few more days and try it again. Don't give up! If you say you can't do it, you can't. Cast any skepticism out of your mind and forget any doubts, and meditate of course. You will do fine if you do these things. If you do this correctly, and work through it patiently, then the water should rise as you pull your hands up out of the bowl or natural source of water. If it works, congratulations! You've just accomplished the first task on this site: your first experience in Bending you are also officially a Water Bender.

**Beginner's Lift 2:** First, get a bowl of water and set it in front of you, or you can sit in front of a natural source of water, but you don't have to. Next, I want you to make a chi ball. Imagine the chi ball splitting apart. Attach those strings to the water and your fingers. Then, imagine your chi (a.k.a. the strings) filling the water. Move your hands back and forth and feel the water move with your hands. Don't be discouraged if you don't get it on the first try, Bending is very hard and it will take a while to learn. Practice this until you can do it easily without thinking about it.

**Lifting Water:** Get a bowl of water and set it in front of you. Make a Chi Ball and attach the strings of chi to the water. Lift your hands up about an inch, try to feel the water rise with

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your hands. Let the water drop back into the bowl, and if you hear a splash then you have succeeded. Practice this until you can do it easily.

**Lifting Water 2:** I would only try this technique if you can do the very first one pretty well. In this one you'll be lifting water about 5 inches. First, sit by a source of still water (it has to be still at first). Close your eyes and imagine those same blue or white chords of light streaming through your body and focus on the chords in your hands (in this technique, I like to imagine I'm in a very peaceful water place, maybe a hot spring or a very low waterfall). Raise your hands over the source of water and visualize strings of light extending through your hands and into the water. Use them as puppet strings or visualize yourself connected to the water by mental force and start pulling your hands up. Imagine the water coming up 3 or 4 inches, then drop it. If you hear a plop then congrats. If you have done this correctly, then after 5 tries you should have some result. If not, keep practicing and if you do do it try to lift it higher.

**Streaming the Water:** Do water lift one or two (or even both), but lift it higher and detach the stream of water from the water source. Move the water around, you can make it any shape you wish.

**Winding Stream:** This is the same technique as the beginner's lift; the difference is that you'll be manipulating it more. Once you've nearly mastered the first skill, this should be rather easy. You've probably tried lifting the water higher before, right? Well, this is the same thing. You'll just be lifting the water about a foot high, and spinning it around a bit. Go through the same steps as Beginner's Lift, but pull your hands up higher than before, until you have a nice long chord of water to work with. If you need to, shorten the strings attaching the water to your fingertips, to give it some extra height. In this move, the closer to the water, the better. Pull it to that height and move your hands a bit. In a small clockwise circle at first, and then in a slightly larger counterclockwise circle. Move it around freely, and experiment. Also, try pointing one finger down towards the water and spinning it around your hand. It's a rather interesting feeling and gives you a bit more control over the water you're pulling. It's not too difficult, but I guarantee it will come in handy someday.

**Push and Pull:** Sit down near a bowl of water or a natural source of water (natural water is better). Close your eyes and imagine either a white chord running through your body. Focus on the ones on your arms and make them either get bigger or glow brighter. Put your arms over the water and imagine the chords extending out your arms to your source of water and

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use them like puppet strings, now start moving your arms physically and mentally. Visualize the water moving slowly then rapidly. This may not work for the first few tries, but as I said, keep trying different things. After a while try this technique standing up with your eyes open.

**Water Bubble:** If you have tried the first technique, then you have probably tried to lift it higher. If you haven't, you shouldn't be on this technique. In this technique you will actually be lifting it out of the water. To start, you can either stand or sit but start out like the Lifting Water technique and lift it about a foot or two higher. Visualize the water disconnecting from the surface and try to focus all your chi into sort of a protective bubble to do this just imagine a white or blue glow around the water. This skill is funny and eventually it will be so easy but I guarantee you will drop it the first few times because you're not used to the water being all of your responsibility. Play around with this technique and try and do it in open space. Have fun with this because this is what many other moves are formatted off of. After you can do this well, try and shape the bubble.

**Water Push:** Water Push is a simple yet a very effective move with enough power, it can blast 5 opponents back at once, maybe more. Now, first you must raise some water off the surface. You can either imagine it or force it. If you are imagining, first raise it to about your chest and shape it into a bubble. Then, imagine you pushing the water forwards. You actually do this physically at the same time you are doing that. Remember to keep a mental grip on your chi around the bubble as it's moving. You can also shape it into a blast shape or something. Now, to use the force you have to hold the bubble to your chest, and after the count of three, force all of the chi from your hands and chest pushing the bubble forwards. Remember to keep the shape of it with your chi for at least a little while. I prefer to use the mental method, and after this, keep practicing until you can do it instantly.

**Chill:** Get a bowl of water either warm or room temperature. Close your eyes and imagine the water either grey for room temperature or pale red for warm. Visualize it swirling, and put a hand or finger in it and feel the warmth, even if it's room temperature. Then, imagine the water slowly slowing down and turning bluer and bluer. Imagine the water nearly stopped and like a dark blue. If the water is cooler, then congratulations because this is a very hard move when you are new to Bending. If you are successful, give yourself a pat on the back.

**Cascade's Healing Technique:** First, immerse the injury in water. It helps if the injury is on the hand or the like, because you don't need a lot of water to completely immerse the wound. Use cool water for this. Draw chi into your index and middle fingers on one hand. Hold them together with the rest of your fingers fist. The hand should look like you only

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have those two fingers. Pool as much chi into those two fingers as you can. Then **MAKE SURE YOUR BREATHING IS AS CALM AND STEADY AS IT CAN POSSIBLY BE** (this technique will not work at all if you don't have an absolutely perfect breathing pattern). Now dip those fingers in the water where your injury has been soaking. Pull both fingers out of the water, and then visualize the chi starting to 'ooze' out of the fingers so that it kind of forms an orb around the fingertips. Place your fingertips on the wound, and imagine the chi moving into the wound and filling all the open space of the injury with pure white or pure blue energy. Then, visualize the energy beginning to fade deeper into the wound and the tissue begins to knit back together, reforming into a completely healed area.

This should heal all injuries that are very small and only on the surface. A deep cut or large blister may take repeated sessions; but swelling and redness even on the worst of wounds will dissipate within the **FIRST** session. If you do it right, I guarantee that it will at least do that. You will know if it's being done right if you feel an ice cold tingling in the wound as you visualize the tissue reforming (I do anyway).

## **Fighting Abilities:**

**Small Water Shield:** Okay we are going to make a water ball, and then make it square and big so it covers the mid section of your body. Once you do this, you can move it around to protect yourself. A good way to practice is making a shield and keeping it on the wrist of one of your arms, using the other arm to make water balls, etc.

**Water Manipulation:** Almost all forms of Water Bending involve moving and shaping a body of water to the user's desire. By simply levitating a large mass of water, Water Benders can move water anywhere they wish, even parting it under the surface of a lake or sea, allowing them to walk along the bottom of the basin without the need to swim. These large bodies of water can also be used as weapons, either by shaping them into gigantic whips, swung repeatedly at a target as a snake-like body, or simply dropped onto an opponent to smother them or put out a fire. On the sea or ocean, Water Bending can be used to create giant maelstroms.

**Streaming the Water:** This is a move that draws water from a source that Water Benders move around their bodies. A more advanced version involves "sinking and floating". This move is thought to be used for basic training so that beginning Water Benders can get a "feel" for water, but it is in all actuality a very useful move performed by Water Benders of every skill level.

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**Snow Manipulation:** A move that pushes and levitates snow for attack, shielding, and defense. Water Benders are able to compress the snow together in order to slice through objects, even metal.

**Water Whip:** The most frequently seen move involves creating a lashing tendril of water to swipe at an opponent. The shape, size, and length are all determined by a Water Bender's control. More powerful Benders can create larger whips or ones of greater finesse. Due to water being incompressible, a whip can be sharpened into a blade that can even slice through metal with relative ease.

**Water Jets:** High pressure jets can be used to force opponents back or even blast clean through a target if focused enough. Water jets are primarily used if the user has intent of severely hurting their opponents.

**Waves:** By moving a large mass of water without separating it from its original source, Water Benders can create waves of nearly any size. They do this by using an upward movement and after raising the source, they send away in their desired location. This can be used to sweep opponents away or even as a form of transport, with the Bender surfing on the crest of the wave.

**Water Bullet:** The Water Bullet is a move in which a Water Bender Bends a large amount of water and sends it in a forceful blow towards their target. It is similar to Water Jet, but it's more for a quick use because the Water Jet technique takes more concentration.

**Water Walls/Water Shields:** Water can be molded into a variety of shapes and can be used to deflect an attack, trap opponents in a viscous body, reshaped and propelled at attackers before they can recover, or solidified onto a shield of ice. This diversity and ability to swiftly change to suit the situation is what makes the Water Bender's defense so adaptable. Although it is so protecting, the shield needs some type of compression or else the shield won't be effective.

**Water Temperature Manipulation:** Water Benders also possess the ability to alter the physical state of the water they manipulate (between solid, liquid, and gas) at will. Changing the phase of water allows for multiple techniques in the course of a battle, from encasing an opponent in ice to hiding behind a wall of mist. Ice and steam/fog can also be molded in a diverse range of shapes. Ice provides a degree of hard lethality since it can be molded into

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spikes or blades to pin down or impale opponents. Steam or mist can obscure a battlefield and mask movement. A Water Bender can easily superheat and boil water and other liquids to scalding temperatures. Water Benders also possess the ability to breathe an icy mist that freezes water and other substances.

**Water Pressure Manipulation:** Water Benders are also able to manipulate water pressure, allowing their techniques to grasp other objects or cut through without simply parting around them. Since water is incompressible, it can be used as a semi-solid while being able to walk on water.

**Water Knife:** The ability to shape water into a super-sharp edge or point for a split-second. Due to water's highly incompressible nature, it enables a Water Bender to cut through metal, wood, and stone.

**Water Cloak:** A Water Bender can use the water as a form of armor with tentacle-like arms. The Bender can use these arms to grab objects, whip enemies, blast enemies with water and freeze them. If a Water Bender has less water available, he or she can simply form the arms instead of the entire cloak.

**Water Filtering:** When working in concert with an Earth Bender, a Water Bender can purify polluted water. The Water Bender suspends the pollutes water in the air while the Earth Bender removes the pollutants.

**Bubble:** When in need to cross large bodies of water, capable Water Benders are able to create a bubble around themselves, keeping an air supply for them and for the others.

**Water Drill:** A high-pressure, rotating column of water. Capable of exerting a significant amount of pressure upon a solid surface, that allows the action of a drill. The move takes mastery of Water Bending since the motions to create a constantly twisting body of water takes a lot of Bending skill.

**Water Spout:** This high-level technique involves controlling a whirlpool-like pillar of water as a weapon, rotating it and directing its movements at the same time. Another form exists, which is nicknamed "Water Snake", in accordance to the waterspout's constantly shifting and coiling movements. It forms a giant snake of water around the lower body, elevating them from the ground.

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**Maelstrom:** In a large body of water, a Water Bender can create a gigantic whirlpool.

**Water Dome:** A master Water Bender can collect water from the rain, forming a dome which can be used for both offense and defense.

**Razor Rings:** An experienced Water Bender can create multiple simultaneous water rings capable of cutting.

**Blood Bending:** Since the human body is roughly 70% water, Blood Bending does not necessarily Bend blood, but the fluids in one's body, allowing the user to manipulate a body's muscles to move as they wish or to stop movement completely. A Blood Bender could do a number of things by Bending the water in a person's body, such as stop a victim's heart or crush his/her internal organs; pressurize, boil, or cool the water to kill their opponent; or even completely extract the water from one's body. This is one of the most deadly offense moves.

## 6 Earth Bending Power

### **Earth Bending:**

Earth Bending is one of the four elemental Bending arts. It is the geokinetic ability to manipulate earth and rock, in all its various forms. It is the manipulation of various minerals including metals as well as rocks, sand, etc. using chi. Earth Bending is a very difficult skill to learn it is probably the hardest element to Bend and it takes a lot of time and patience to learn because of the variety of the various things you can control. Out of the four elements, earth has the least amount of Benders. Earth Bending is generally based on the Hung Gar style of Kung Fu, which features heavily rooted stances and strong kicks and punches that evoke the mass and power of the earth. The martial art is based on the movements of animals, including the tiger, which is utilized when initiating hard blows, and the crane, which is used to land gently back on the earth. Earth Benders usually go barefoot, to increase their connection with the earth. Earth Bending uses a balance of strength and defense to overwhelm opponents. It is hard to learn if your natural element is air. Good luck.

### **Earth Bending Tips:**

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Feel rough, stable, sturdy, and unstoppable

- Feel anchored to the ground
- Know what's around you so you aren't vulnerable when your back isn't turned
- Be strong like a rock
- Earth is more than just rocks and dirt, it is leafy and green, like life
- Be the opposite of Air Benders-don't be a softie, moveable, or very light

### **Techniques:**

**Become One:** Begin by making sure you have access to the ground. You want the ground to be somewhat hard, but not solid rock. Put your hand on the ground, and use your chi capabilities to put chi into the ground from your palm. When you do this, you will feel something strange. As you continue pumping chi into the ground, try to intensify this feeling. This feeling is your chi "fusing" with the ground. Connecting with the ground through your chi is a vital technique in all kinds of Earth Bending. Once you feel like your own energy is connected enough with the ground, lift your hand off the ground. When you lift it off the ground, continue to pump chi into the earth. Build up chi in your hand so that your hand feels pressurized. Continue to build up chi beyond this point until you feel like you will have trouble building it up anymore. Slam your palm to the ground, and release all of this chi into the earth. This will cause any nearby surface minerals on the ground to shift, and it will cause a pressure shift under the ground. This is a very crucial technique to know for other Earth Bending techniques.

**Moving a Rock:** You need a small, moveable pebble. Feel your chi. Place the pebble close to you, maybe a foot away from you on a flat surface. Now project your chi into the rock and feel your chi becoming so strong that it pushes the pebble or makes it twitch a little. When you're good at this, try a bigger rock. Only slightly bigger. Once you can push it or make it twitch, you've done this right!

**Earth Connection:** Set a stone in front of you. Close your eyes and relax. Visualize yourself in the same room you are in now but only all white. Everything is pure white: the walls, television, desk, pictures, computer, etc. Now look at yourself and the stone, and imagine that only yourself and the rock are the color green. You can use any color you want, but I strongly recommend green. Everything in the room is white except you and the rock. This will help you "become one" with the earth's energy.

**Earth Connection 2:** Now that you have a connection with the object, you'll want the object to accomplish something. Close your eyes and see yourself and the stone in the room you are in. Visualize yourself standing up and looking at the rock. Now while visualizing yourself

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standing up and looking at the stone say "Spin" and visualize yourself spinning. While you are spinning see that because you are spinning the rock it is spinning to join you. See that when you stop it will stop, and when you spin the rock will spin.

**Beginner's Lift:** First, get a rock or piece of gravel or just a large chip of mud. Then, go to a quiet spot where you will be undisturbed (preferably a place peaceful where people don't go often). Sit in the lotus position or cross-legged if you can't. Put that piece of earth in front of you, and imagine your chi flowing through you, a green or white substance that is like a second blood line. Imagine all your chi getting really thick in your hands, going out of your fingers, and then imagine it going into the thing in front of you. Now, think of the piece of earth glowing green/white because of your chi. Still imagining your chi going out your fingers and into the glowing piece of earth, lift your hands up, and imagine the rock moving with your hands. Don't expect much during your first or second try, but if you practice, have patience, and do the steps correctly, then you will get good results. Once you get the hang of it (eventually you will), try experimenting with it. Move your hands (and the piece of earth) sideways, up and down, do whatever you like with it.

**Beginner's Lift 2:** First, get a small rock or pebble. Place it in front of you (how far depends how many times you tried this technique). Open your hand so that the palm is showing. Put your hand flat on the ground or floor and imagine your chi going in a straight line towards the rock or pebble. Visualize your chi filling the rock or pebble and try to lift it. This technique is similar to one of the techniques posted on the Chi Page.

**Rock Throw:** First, get a medium-sized pebble and lift it in the air. There are two methods for this technique, mental and force. The mental one is where you imagine the rock and then imagine green wire (which is your chi) connecting itself to the rock. Visualize the rock pulsing and chi rings flowing down it. Then, imagine a big chi push and the rock flying away. The forceful method is: imagine a blast of energy coming from your hand and also move your hands forward at the same time. Try and do this instantly.

**Shaping Rock:** This can be tricky so first you need to find a soft and smooth rock medium sized. Place it in front of you now close your eyes and imagine the green veins (your chi) extending from your hands and engulfing the rock. Imagine seeing a sharp green line quickly run across the stone and see it split in half. Focus all your chi into this and if this doesn't work, then if you really have to be practical, then imagine a giant freaking sword smashing the damn thing xD.

### **Earth Bending Combat:**

**Earth Punch:** This is kind of like a Ki flame punch, although this is designed to feel much harder than a normal punch. You may want to do the Earth Connection technique before doing this, so that you will already be in contact with the earth's energy. Now, power up as  
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you normally would, but take in earth energy with it. Swirl the energy with your own chi. Now, bring your hand back, make a tight fist, and use earth energy to surround your hand, and picture it making a big rock around your fist, or turning your fist to stone. Send the last of the earth energy into your fist, and take a big step forward and smash your foe with all your might, and picture the stone breaking on them.

**Petrification:** Once you control Earth Bending you can use the power of petrification: turning living tissue into stone. This ability is very dangerous and destructive. Petrification is triggered by anger and fury. Focus on your target and make his body turn to stone. You must have eye contact. NOTE: Petrification kills the victim and there is no way to reverse the transformation.

**Earth and Stone Levitation:** The most common attack, involves levitating nearby earth and stone of numerous sizes ( more powerful Benders can move larger masses), and propelling them at foes by punching or kicking motions.

**Earth Sinking:** More advanced Earth Benders can forcibly sink their opponents into the ground, imprisoning them or even suffocating them in the earth.

**Earthquakes/Fissures:** Striking the ground with feet, fists, or hammers creates localized earthquakes or fissures to throw opponents off-balance. This same process can be used to sculpt a landmass or to slice large chunks of rock clean of a surface to create avalanches or rockfalls. More advanced Earth Benders can make very narrow fissures for precise attacks.

**Earth Block:** Earth Benders can bring up blocks of earth, and launch them at their enemies.

**Earth Gauntlet:** A much less advanced version of Earth Armor that can be used to throw back opponents with hard solid force.

**Quicksand:** By turning the ground to quicksand to immobilize an enemy, or catapult into the air and soften the earth for a safe landing. They can also do the reverse of this, compacting sand together to create harder projectiles or a former grip on the ground.

**Rock Slide:** If an Earth Bender is near a cliff or mountain, he or she can cause many of a multitude of sizes to fall down on his or her opponent.

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**Earth Column:** A more powerful version of rock projectiles, involving forcing columns of rock to the ground. Using a similar principle an Earth Bender can shoot a stream of small ruts and protrusions from underground at their opponent. This can also be used to enhance the bender's jumps. It is however limited to the ground and does not have the same range as a rock projectile.

**Earth Line:** As an offensive attack, Earth Benders can create a line of twisted columns and propel it forward.

**Earth Material Manipulation:** Earth Bending is not limited to rock or soil alone. An Earth Bender can manipulate coal, gems, crystals, and other earth-based material, like meteorites.

**Earth Launch:** While Earth Benders like being rooted to the ground they can quickly move rock beneath them and launch several tens of feet into the air, whether to catch airborne opponents or to travel faster.

**Rock Shield:** A levitated slab of rock can also double as a shield when positioned in front of a Bender. This can also be performed as a slab or sheet of bedrock thrust out of the earth's surface. The shield can be hurled at an Opponent for a quick retaliation.

**Earth Wall:** Earth Benders can create walls of earth, which can be used for both defense and offense, and practical things like construction.

**Rock Hanging:** Earth Benders also possess limited magnetic capabilities, allowing them to grasp vertical surfaces and cling unsupported to earthen structures.

**Earth Compression:** It is possible for Earth Benders to compress large chunks of rock into smaller, denser chunks, or to compress several smaller chunks into one big piece of rock. If a single Earth Bender did this, it would cause too much strain.

**Earth Smash:** Earth Benders can easily destroy rocks and boulders with punches and kicks. This technique is very useful when facing other Earth Benders, as it allows the Earth Bender to destroy any earth projectiles sent at them and break out of imprisoning techniques.

**Earth Gauntlet:** A much less advanced version of Earth Armor that can be used to throw  
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back opponents with hard solid force. This technique is useful because it grants some level of the protection of Earth Armor but allows the rest of the body to remain flexible.

**Earth Shelter:** This can be used by Earth Benders to create a shelter or dome which can provide an instant shelter in the wilderness. It can probably be used to trap enemies, but only if they are not Earth Benders because skilled Earth Benders would probably be able to break out of the dome by burrowing under the ground or breaking straight through the rock.

**Water Filtering:** When in working in concert with a Water Bender, an Earth Bender can purify polluted water. The Water Bender suspends the polluted water in the air while the Earth Bender removes the pollutants and sets them aside.

### **Master Capabilities:**

**Earth Tunneling:** Earth Benders can move through the earth to out-manuever their foes either by opening tunnels or by pulling the earth past them, literally swimming through the ground.

**Earth Armor:** Earth Benders can bring rocks, dusts, pebbles or crystals around them and mold them to fit their body and create something similar to armor. They can also hide inside the earth by Bending the rock around them as a shell.

**Earth Wave:** Earth Benders a wave of earth that they ride on and use as a form of transportation. They can also force a wave of earth outwards, and use it an an extremely powerful offensive attack.

**Earth Bomb:** By sending a rock towards the ground, Earth Benders can cause massive damage as well as throw their opponents off their feet.

**Remote Earth Bending:** If an Earth Bender is suspended from the ground, but is aware that there is earth somewhere near, the Earth Bender can focus his/her energies and Bend that earth out of his or her physical reach out of sheer concentration.

**Earth Sinking:** More advanced Earth Benders can forcibly sink their opponents into the ground, imprisoning them or even suffocating them in the earth.

**Dust Cloud:** By shaking the ground back and forth, Earth Benders can create dust clouds of various sizes to provide cover.

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## 7 Fire High Magic Techniques

Fire Bending is the opposite of water and ice basically. It is the manipulation of heat, as in raising it. You create fire by combusting the chemicals in the air around you, if they are available. You control fire by manipulating the heat energy around it, due to the energy being connected to your chi of course. It is the most dangerous of the four elements. This element can be uncontrollable and furious at times, just like the people who use it. Although it can be very dangerous, it can be a very useful skill that will save your life someday.

### Fire Bending Tips:

- Be aggressive, powerful, fierce, and hot
- Inhale through your nose, exhale out your mouth
- Feel like you are a part of the fire
- Don't think of fire as destruction-think of it as heat, light, and life
- When you are in a warm temperature, absorb the heat and feel it flow through your body
- Be the opposite of water-don't be changing, cool, or go with the flow

### Techniques:

**Growing Flame:** Now in this you will be making a candle flame grow and shrink. It isn't really useful but it does teach control with fire. First get a candle and light it. Sit there in a comfortable position, close your eyes and imagine yourself on a hot beach or a volcano, but imagine the flame as well. Imagine it flickering for a couple of minutes just watch it flickering in your mind. Now, imagine the chi in your body like veins, like red chords going through your body and imagine the ones in your arms and hands getting bigger and brighter. Point your hand at the flame and imagine the red chord flowing into the flame, feeding it energy, making it get bigger, and if you do this correctly, it should get bigger. To make it get smaller, imagine a red substance going from the flame and into you making the flame smaller and

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giving you more chi.

**Heating Your Body:** \*This will help you use your Internal Fire and have it heat in your body\*.

First, you need to be in a cold place, or at least feeling cold. Feel your chi and feel it slowly getting hotter and intensifying throughout your body. As it gets hotter, you should feel warmer and warmer the longer you focus your chi like this. This is good for staying warm on a cold day and maybe just maintaining a cozy feeling.

This only works in slightly low temperatures, not at all below freezing temperatures. I'm not saying you should jump outside naked in a severe blizzard and attempt this technique. Hehe. It would be VERY cold, and not a smart idea. It wouldn't work well, it's just a small helpful heat source.

**Flame Control:** First you need a flame. Make sure it is in the open (not surrounded by glass that most candles have). Hold out your palm and feel the heat of the flame, the raw energy coming from it. Build up your chi in your hands and release it directly out from your palms towards the flame. Keep in mind that you don't want to burst your chi towards the flame. Be very gentle. Slowly and carefully you want to radiate it towards the flame, but still be direct with it if you know what I mean. Feel your chi colliding with the energy coming off of the flame. Feel it merging, becoming one with it. Feel as if the chi you radiated has become the energy of the flame. Try to convince your mind that the energy from the flame is yours now, and you control it. Make sure you keep a strong connection to the flame throughout the entirety of this technique.

**Controlling Fire's Movement:** Light a candle and put it in front of you. Make a Chi Ball (see the Chi page) and imagine the chi ball splitting apart into chi strings. Visualize the strings of chi filling the flame with chi energy, then imagine the strings wrapping around the flame. Move your hands around and feel the flame follow your hand. Video tape it or have a truthful person watch in order to tell if you succeed. Practice this until you can easily do it. Don't be discouraged if you can't do it on your first try. Bending is hard and takes a lot of practice. Once you've done this, congratulations! You are officially a Fire Bender!

**Dancing Flame:** All you do in this technique is make the fire "dance" or grow and shrink. First, light a candle in a dark room. To tell you the truth, this is probably just as easy as the technique in the paragraph above. You can actually do this with your eyes open, so it will be easy to tell when you have accomplished it. In terms of visualization, simply visualize the fire getting taller, and then slowly get smaller until it's back to its normal size. Keep doing this over and over until you can do it just as easy as setting a leaf on fire. It helps to even out your breath with the flame as you manipulate it.

**Direct the Flame:** Now if you can grow the flame, this should be easy. First, visualize that  
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your at a volcano or somewhere again and picture the flame. Now, imagine the chi in your arms again and make the red chords in your arms grow brighter and get bigger but now imagine the cords coming out of your hands like strings and connect them to the flames. Then, use them as puppet strings and use all your chi to move the flame in the direction you want. This can be fun if you use this technique and the one at the top at the same time.

**Shape the Flame:** This is relatively easy so what your going to do is make the flame any shape you want. This can be useful. Visualize the place you think would be good for fire, now see the candle and imagine your chi going out of your fingers and around the candle. Shape the chi into whatever shape say a squiggle and compress it tightly around the flame and imagine the flame going into that shape.

**Leaf on Fire:** Go outside and find a very dry leaf and place it cupped in your hands. Imagine yourself in the hot and fiery place you think about. Now focus on the red chords in your hands and make them glow as bright as possible. Feel the heat of them and then slowly imagine the redness coming out of your hands and surrounding the leaf. Then, imagine it going into the leaf glowing slightly red. Start to see the smoke, try to smell the smoke, and feel the heat. Imagine sparks coming out of the leaf and eventually turn into flames. BE VERY CAREFUL!!! Also, try this technique when the leaf is away from you and try it with not dry leaves and paper.

**Fire Shot:** Put your hands in the position of making a chi ball. If you are afraid, you won't be able to do this. Make a chi ball. I want you to keep draining the energy from the sun and visualize the energy from your chakras are also getting more energy from the sun. Now visualize the energy going into your chi ball. Visualize your hands are matches with no light. Picture the white energy between your hand and make it grow and turing it into a burning fire. Sling your arm forward at an inflammable place.

**Breathing Fire:** Visualize the temperature going up. As you breathe, feel the heat going in and out. Imagine in front of your mouth a ball sucking up heat. As you exhale picture the ball of heat breaking and all the heat turning to fire, rushing out with your breath.

**Holding Fire:** For this technique, you need to be able to do the Leaf on Fire technique quite well. Get a leaf and get ready to multi-task, but first you are going to create a shield around your hand so it doesn't get burnt doing this. To make a chi shield, imagine blue veins because it's opposite of red and imagine it seeping out of your hand and around it, creating a solid energy barrier. Keep imagining that and get the leaf. Place it in your hand and set it on fire while still focusing on the barrier. THIS IS DANGEROUS, and if done incorrectly you can be burnt. If done correctly, you shouldn't feel anything, maybe just a bit of warmth.

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## **Fire Bending Combat:**

**Fireballs:** A basic ability; jabs and punches produce miniature fireballs and missiles of flame. These can be charged up (refer to the Charged Attacks technique) to create larger and slower bursts, or swift strikes to keep opponents off-balance.

**Fire Streams:** This is another basic Fire Bending ability, Fire Benders can shoot continuous streams of fire from their fingertips, fists, palms, or legs. These streams can be widened to create flame-thrower techniques.

**Blazing Rings & Arcs:** Spinning kicks or sweeping arm movements create rings and arcs to slice larger, more widely spaced, or evasive targets.

**Fire Bomb:** A more short-range attack, a Fire Bender can create a flame at the end of a limb, and thrust the flame down in an explosive burst.

**Fire Daggers:** Creating blowtorch-like jets from the fist or fingertips to use as close-range sword-like attacks. This technique has a noticeable weakness; it lacks the ability to block physical objects.

**Fire Whip:** An extension of a Fire Stream, this continuous stream of flame can be used as a whip.

**Fire Blade:** A more advanced version of a Blazing Arc, Fire Benders can narrow their Fire Arcs to create thin blades of fire that they can launch at their opponents.

**Fire Lashes:** An even further extension of the Fire Whip/Stream, Fire Benders can create a long lash of fire, and bring it down on their enemies.

**Fire Circle:** This is when Fire Benders create a circle of fire, and suspend it in the air for an extended period of time.

**Shield of Fire:** Creates a protective fire shield around the front or whole body of a Fire Bender that can deflect attacks and explosions. This may be a less powerful version of the Wall of Flames technique.

**Heat Control:** Advanced Fire Benders have the ability to control heat. Using this technique, Fire Benders can heat liquids like water and tea, heat metal to scalding temperatures, or melt ice.

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**Blocking Fire:** A skilled Fire Bender can diffuse and extinguish an oncoming fire blast from another Fire Bender with a swift kick, jab, or defensive movements, allowing them to stop attacks.

### **Master Capabilities:**

**Fire Discs:** A whirling disc of flame, used at long range.

**Wall of Flames:** One of Fire Bending's few defensive capabilities, either a situated explosion or controlled inferno, this wall of concentrated flames acts as a barrier to incoming attacks. It may be a more powerful version of the Fire Shield technique. It not only protects against attacks, but when used right, it can be used to stealthily escape from foes.

**Heat Redirection:** Heat absorption allows for the absorption of heat from one hand and passing through one's body and out the other hand.

**Fire Augmentation:** Fire Benders can also control the size and intensity of any nearby flames and can draw them in and manipulate them at will.

**Jet Propulsion:** Skilled Fire Bending Masters are able to conjure huge amounts of flame to propel themselves at high speeds on the ground or through the air.

**Pressure Control:** An advanced form of the Heat Control technique; the Fire Bender superheats the air around him, causing a rise in air pressure in small, enclosed areas with explosive results.