SHAOLIN CHI KUNG

18 Exercises To Help You Live A Longer Healthier and Happier Life

MARCUS SANTER

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Foreword

Let us start with a great, inspiring truth, that is, good health is our natural birth-right. This means we are naturally healthy. In other words, if all our cells, tissues, muscles, organs and systems are working the way they are supposed to work, we will not be sick. However, so many people today are stressful and ill that they think, mistakenly, it is natural to be ill once a while. Some even resign themselves to a prolonged life of illness and pain. Illness and pain are unnatural, which means that one or more parts of their body are not functioning naturally. For those who are sick or in pain, this book brings hope and good health. Those who are already healthy will also benefit much from this book as it will show them not only how not to be sick at all, but also to have vitality and mental clarity to attain better results no matter what they do. They will also have longevity and inner peace.

It is understandable that some people may think this claim to be too good to be true. But it is suffice to say that we in our international Shaolin Wahnam Institute of Chi Kung have helped literally thousands of people overcome pain and illness, and attain good health, vitality, longevity, mental clarity and spiritual joys irrespective or race, culture and religion. Our students come from all walks of life, including top scientists and doctors and presidents of international corporations, and from all the six continents.

The author, Sifu Marcus Santer, is our Chief Instructor in the United Kingdom. Over the years he has shared the wonderful benefits of Shaolin chi kung, which was in the past taught only to emperors, generals and specially selected disciples, with many students not only in the United Kingdom but also from around the world. In line with our Shaolin philosophy of spreading this wonderful art to more people, Sifu Marcus Santer has presented his many years of teaching in this book in a clear and systematic manner.

From our many years of experience in helping students, we have discovered that success in attaining good results depends on three factors, namely the art, the teacher, and the students. The art presented here has been time tested. The teacher, Sifu Marcus, has helped many students attain good health, vitality, mental clarity and spiritual joys. Hence, whether good results will be attained will depend on the students, which in this case are the readers. The instructional material has been presented clearly and systematically. Students need only to follow the instructions respectfully. While good results can be attained by practicing from this book, naturally one will attain even better results by learning directly from the master, Sifu Marcus Santer, himself. This is a rare opportunity to attain good health, vitality, mental clarity and spiritual joys which one should not miss.

Wong Kiew Kit, Grandmaster, Shaolin Wahnam Institute
About the author

Marcus Santer is an inner-chamber disciple of Shaolin Grandmaster Wong Kiew Kit, popularly known as “Sifu”, meaning “Teacher-Father”. He began his practise with the Shaolin Wahnam Institute in 2000. Since then he has trained with Sifu in Malaysia, England, Scotland and Spain.

In 2003 Marcus was authorised to teach Shaolin Cosmos Chi Kung and in 2005 he received Sifu’s blessing to begin teaching Shaolin Kung Fu. He has also organised regional Chi Kung courses for Sifu and is the driving force behind the very successful UK Shaolin Summer Camps, co-founder of the All Nations Gathering and Chief instructor of the Shaolin Wahnam Institute UK with 11 certified instructors.

Marcus truly believes that the greatest benefit of practising the Shaolin Arts is to make you better at everything you do. Whatever your circumstances, whether you are a high-powered business executive who needs to be full of energy and clear headed all day, someone committed to overcoming health issues or if you want to have more energy to play with your children - the Shaolin Arts can assist you in meeting your goals.

“One of my long term aims is to encourage people to take back responsibility for their own physical, emotional, mental and spiritual well being. The Shaolin Arts can help people to become healthy and happy and for those who are already healthy and happy, practising the Shaolin Arts ensure you stay that way!”

Marcus teaches Shaolin Chi Kung classes in London and Devon. He lives in Devon with his wife and son.
Acknowledgements

Even though it's my name on the front of this book, I quickly realised that I couldn't do this on my own. By the time I'd completed the book, it no longer felt like "my" book, it became a collaboration and I would like to give special thanks to the following people:

To Sifu; I am lost for words to express my gratitude for sharing authentic traditional Shaolin Arts with me and encouraging me to teach and share my knowledge. My life has been enriched beyond measure and I thank my lucky stars for the day I found your website (www.shaolin.org) back in 1999.

My wife Clare, without whom I would never have found the time to write this book. She kept me fed, watered, inspired and entertained our son Ollie, while daddy was busy.

To my parents who gave me the freedom and encouragement to follow my dreams: this book is for them.

To my oldest and greatest friend in the world: Michael Myerscough. I can honestly say that without you I would never have written this book and I thank you for our years of friendship.

Many thanks to my worldwide Shaolin Wahnam family for your thoughts, ideas, encouragement and support. Special thanks to Jordan Francis, Robin Gamble, Joan Brown, Emiko Hsuen, Michael Chow, Anthony Korahais and Jeffrey Segal for your help.

I'd like to thank all of my students, I have learnt so much from you and my teaching skills continue to improve thanks to you. A special big thank you to the Old Street regulars for championing the cause in London.

Special mention must go to Claire Bond, without her redefining the phrase hard work and her tireless devotion to this project, the book you are holding would have no pictures whatsoever. And to Parveen Kaur – for the fantastic cover on this book. I was simply amazed the first time I saw your artwork and am so happy you agreed to produce a cover for me. Parveen is a genuine talent and if you wish to commission her for art work of your own, you can contact her through me.

A big thank you to Fleur, Andrea, Sue and Suzanne who helped with typography, editing and proof reading. Their work made this book readable.

And finally to everyone on the Shaolin Wahnam Institute's forum for contributing your personal experiences. You gave this book an extra dimension.

Marcus – 20th March 2008: Devon.
Introduction

I wanted to write this book because of an article I read in the Daily Telegraph newspaper. It reported on an influential Commons Health Select Committee which stated that in the West we are in danger of believing that there is a “Pill for every ill”. We are handing over the responsibility for our health and wellbeing to doctors, psychiatrists, counsellors and a whole host of ‘professionals’. When you look at the increasing demands living today places on us, this comes as no surprise. We are expected to do more, do it better and do it quicker. It can be very challenging to find time for your health and wellbeing.

My aim is for you to take back the responsibility for your health, happiness and inner peace. I believe that the practise of Shaolin Chi Kung is the best tool to help you in your quest. My hope is that this book will encourage you to get started and then to seek a competent instructor who can really help you to make the patterns in this book “come alive” for you.

Chi Kung is scientifically based on the Chinese model of medicine. It is the oldest of the five branches, predating acupuncture, herbs, Tui Na (Chinese therapeutic massage) and diet therapy. The Chinese model of medicine has been used to keep the largest number of people, over the longest period of comprehensively documented history (5 000 years, give or take a few) healthy and well. Put simply: it works.

Shaolin Chi Kung can bring you the benefits of Chi Kung at least four times faster than most Chi Kung available today because:

1. **Shaolin Chi Kung is very powerful** - it produces effects in 15 minutes that may take an hour in other types of Chi Kung.

2. **Practising Shaolin Chi Kung gives immediate benefits** – students regularly mention that after their practise they experience: deep relaxation, joy and freedom from stress, worry and anxiety.

3. **Shaolin Chi Kung involves the mind** - students frequently mention experiencing higher states of consciousness and mental clarity. Unlike other types of Chi Kung that are only physical.

4. **Shaolin Chi Kung touches on the spiritual** - regardless of one’s religion or lack of religion. Students regularly mention that their practise has helped them to feel life is more meaningful and precious.

Please don’t think that I am against the Western model of medicine. I believe there are many areas in which it excels (e.g. contagious diseases). But it is only one model of medicine, there are others. My Sifu’s life mission is to share authentich Shaolin Arts with deserving students regardless of race, gender or religion. His example has become my own mission and I hope you will let me be your guide as you work through the material in this book. As you practise the patterns it contains you will realise from your own experience that: “**Good Health is Your Birth Right**”
DISCLAIMER

This book is designed to provide information about the subject matter covered.

Every effort has been made to make this book as complete and accurate as possible. However, there may be mistakes both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source on Shaolin Chi Kung.

Websites and telephone numbers listed in this book were correct at the time of printing.

The purpose of this manual is to educate and entertain. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

This book, and any associated website, is provided for information only. It should not be treated as a substitute for medical, legal or professional advice. All information is provided in good faith and is researched to the best of my knowledge.

If you do not wish to be bound by the above, you may return this book to the publisher for a full refund.

Please note I have used the terms Chi Kung and Chi in this book rather than the Romanised Chinese “Qigong” and “Qi”.

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Part 1

How to get the most benefit from this book

“The superior doctor prevents sickness;
The mediocre doctor attends to impending sickness;
The inferior doctor treats actual sickness.”

Chinese Proverb
Yin and Yang

Yin Yang Theory – I’m sure you recognise this symbol and have heard of Yin and Yang. You cannot go to the shops and buy a bag of Yin or a kilo of Yang. They are just symbols and it is important to know right from the start that nothing is completely Yin or completely Yang. Yin Yang theory is a theory of relativity. At its simplest something is either Yin or Yang when in relationship to something else. For example in a relationship between a boy and a girl, the boy is more Yang (male) compared with the girl who more is Yin (female). But if we take a different relationship, say, between a boy and a man, the boy is more Yin compared with the man who is more Yang.

Yin and Yang can be used in all relationships. For example: Front/back, night/day, slow/fast, chronic/acute etc. I’ll make the point again because it is so important. Something is only Yin or Yang in relationship to something else.

Yin Yang theory is the foundation upon which the Chinese model of medicine is built. It is simple and yet incredibly complex as well. For the purpose of this book we will only focus on Yin and Yang in their relation to good health, or the lack of it!

There is only ONE illness!

You may have heard people refer to the importance of balance in life. In the Chinese model of health, balance is everything. There is only one illness and that illness is Yin Yang disharmony and this can manifest in countless symptoms. When Yin and Yang are in harmony (or balance) we have what we refer to as good health. When Yin and Yang are out of harmony, illness is the result. Regardless of how we label the symptoms, the cause is Yin Yang disharmony.

With regards to overall health we use Yin to represent the natural ability of your body and mind to adjust to the constantly changing environment and the demands made upon you. Yang represents everything that may cause illness.

We are exposed to disease causing agents everyday, we overcome serious illness regularly without even being aware of it, there are millions of germs in our body and many of them deadly but we don’t get sick. Why? Because we have Yin Yang harmony our bodies adjust and overcome these agents before they can cause illness or dis-ease.

Yin Yang disharmony (illness) results when our body’s natural ability to manage disease-causing agents fails. This can be caused by anything that weakens our Yin in relation to Yang, for example excessive worry, stress or long term poor lifestyle choices (drinking, smoking, drugs etc).
The other major cause of Yin Yang disharmony is when the amount of Yang is vastly increased. For example eating contaminated food or being exposed to a concentrated amount of germs.

Because good health is our birthright, Yin Yang disharmony is unnatural and temporary. This is wonderful news! In the Chinese model of medicine there is no such thing as an incurable illness, though if the illness has been left untreated for too long, and it has caused much damage, it may not be possible to restore balance fully. If we can restore Yin Yang harmony, we will restore our health.

I make it all sound so very simple. Well with Shaolin Chi Kung, it is. We do not need to know if we have:

1. Relative Excess of Yin compared with Yang
2. Relative Excess of Yang compared with Yin
3. Relative Deficiency of Yin compared with Yang
4. Relative Deficiency of Yang compared with Yin
5. Simultaneous Deficiency of Yin and Yang

All we need to do is to practise Shaolin Chi Kung, generate a flow of chi and allow this energy to go where it is needed most to restore Yin Yang harmony.

How exciting is that? So how does it work? First, we need to look in a little more detail at one other concept involved in the Chinese model of medicine.

**The Meridians**

The basis of Traditional Chinese Medicine (TCM) is chi, everything is chi. TCM is an incredibly complex subject. People spend years and years studying and practising in order to become proficient in its use. My explanation here is a very simplified overview but will help you to understand the philosophy that Chi Kung is based upon.

As we have already learned Yin Yang imbalance gives rise to illness. Ultimately the cause of Yin Yang imbalance is disturbed energy flow. But what does our energy or chi flow through? The answer is meridians. Like a stream, sometimes the flow is of chi is strong and the channel is wide but at other times the stream can be little more than a trickle. These streams, constantly changing, follow a well-defined course. In TCM these streams or “Meridians” have names depending on which system they are related to.

Chi Kung seeks to restore harmonious energy flow. When chi flows harmoniously around our body we have Yin Yang harmony and great health, wonderful vitality and immense inner peace. There are 12 pairs of Primary meridians, Primary because they pass through the internal organs.
Acupuncturists and Tui Na practitioners have to know exactly the routes of these meridians through the human body and many of the important points on each of the meridians. These practitioners of Traditional Chinese Medicine stimulate the flow of energy either with a needle or with their hands. For example the acupuncture point Large Intestine 4 (Hegu) is located just before the apex of the V formed when you stretch your thumb away from your index finger. Stimulation of this point is know to have a powerful calming action, brings relief from headache and is good for problems with the stomach and constipation. It stops pain and treats all problems on the head and face. Not bad for one point. There are well over 100 of these points which when expertly stimulated by needle, or massage can bring relief from pain and overcome a whole host of illnesses.

As Chi Kung practitioners we are in the enviable position that we only need to have a general understanding of the meridians. The aim of our practise is to promote the flow of energy/chi through the meridians and allow the chi to remove blockages. This promotes harmonious energy flow which will give us good health as a result.
In addition to the 12 pairs of Primary meridians there are eight Secondary meridians, secondary so-called because they do not pass through internal organs. They are like energy grids and protect the body. They also act as reservoirs where the body can store reserves of energy.

Please note that on the diagram above I have only outlined six of the eight secondary or “wondrous” meridians. There are two more meridians of great importance. They are the Ren meridian and the Du meridian. The Ren meridian runs from just below your bottom lip to your anus and the Du meridian runs from the perineum up your back, over the top of your head and ends just under your nose. When these two meridians have a continuous, harmonious flow of energy circulating through them, it is referred to as the “Small Universal Flow”. There is a saying that when a person achieves the breakthrough of the small universe they will be free from illness and full of vitality.
If the harmonious flow of energy through a meridian is obstructed by a “blockage” then dis-ease is the result and illness can follow, depending on the severity of the blockage. If the blockage is severe enough to stop the flow of energy completely, death quickly follows.

Blockages to harmonious energy flow can occur in four different ways:

1. **Physical** – if you accidentally cut yourself or fall over this may cause a physical blockage to the flow of energy around your body. Neither of these examples will be too severe, unlike a car crash that may cause severe physical blockage to the flow of energy through the meridians.

2. **Emotional** – if you have been suffering from a lot of stress over a sustained period of time this will cause emotional blockages, other emotional factors to consider include regular and prolonged exposure to fear, anxiety and worry.

3. **Mental** – I remember when I first learnt this one. I simply couldn’t believe it, but from my own experience I have discovered it to be true. The number one cause of mental blockages is: Thinking too much! That’s right; thinking too much is bad for your health.

4. **Spiritual** – the most obvious example of a spiritual blockage is depression. Depression crushes the human spirit and affects you physically, emotionally and mentally.

In practise, blockages do not occur in isolation. I.e. an event occurs and causes an emotional blockage only. It is more common that an event will affect you in a number of different ways and have an effect on one or more of the four aspects listed above. This happens because they are all interdependent. I have mentioned the four definitions above separately in order to aid your understanding.

**Thematic and holistic approaches to health**

There are many different ways to cure illness. Western medicine and Chi Kung healing are only two of these many ways. Western medicine is usually thematic whereas Chi Kung healing can be thematic and holistic.

Taking medical drugs to manage blood pressure is a thematic approach. It is thematic because it does not improve the health of the patient as a whole person, it addresses the particular problem. If the patient has a stomach problem later, they would need a different treatment.

In Chi Kung healing, the approach can be thematic or holistic. By performing a specific Chi Kung exercise, you can overcome high blood pressure.

But you will need a different exercise to overcome a stomach problem. In such cases, the approach is thematic. This approach is used when you want to emphasize a particular purpose in the healing.
Chi Kung healing can also be holistic in that it doesn’t just treat the presenting problem, it treats the root cause. In fact Chi Kung healing is usually holistic.

An excellent example of holistic healing is self-manifested chi flow (a wonderful exercise for curing illness). It does not matter what the illness is, the chi flow will eventually overcome the illness as well as other illnesses that you may not even be aware of.

**Everything in the world is made of energy**

Energy is not only the basic building block of man, but also of the infinitesimal particle and the infinite cosmos. It is worthwhile to note that Quantum Physics, the cutting edge of Western Scientific thought, has confirmed what masters in the East have known for thousands of years: that everything is made of energy. The fact is we are swimming in chi. If you hold your hand out towards the nearest wall, the space between your hand and the wall is not empty; it’s full of chi. The only difference is the frequency at which it vibrates.

Now that we have a basic understanding of how illness is caused from the TCM perspective we can look in more detail at what exactly Chi Kung is and how specifically it restores, maintains and increases harmonious chi flow or Yin Yang harmony.

**What is Chi Kung?**

Chi Kung is the art of deliberately managing your vital energy. Vital energy or chi is the force that enables you and everyone else to be alive and Chi Kung is the oldest branch of TCM. Acupuncture aims to promote harmonious chi flow by placing needles into specific points on the body’s meridians to influence chi flow and remove blockages. Tui Na, or Chinese Massage, seeks to regulate the flow of chi by stimulating the meridians, muscles, connective tissues and bones. Herbs are prescribed after a diagnosis is made to restore Yin Yang harmony and Dietary Therapy works on similar principles.

Chi Kung promotes health, vitality and longevity by means of gentle movements combined with correct breathing performed in a meditative state of mind to work on the physical form, energy and mind of a person. There are hundreds of different Chi Kung schools and thousands of different Chi Kung exercises.

The forte of Chi Kung is two-fold:

1. **It removes blockages to the harmonious flow of energy** through the meridians of your body. Whether these blockages are physical, emotional, mental or spiritual in origin makes little difference to the effectiveness of Chi Kung.

2. Once energy blockages are removed, Chi Kung can then **increase the flow of energy** through the meridians promoting vitality and longevity.
In the West we tend to talk of the Physical, Emotional, Mental and Spiritual aspects of total health within a person. In TCM there are three aspects: Jing, Chi and Shen. Chi Kung reflects these same three aspects: Form (Jing), Energy (Chi) and Mind (Shen). These aspects are also referred to as the “Three Treasures” of a Human, in that every human has a form, energy and a mind or Jing, Chi and Shen.

**Jing** - This refers to the subatomic particles that make up the human body. Jing is inherited from our parents and after birth we acquire Jing from “Air” and food. Jing produces marrow (stored in the bones) and creates blood. Jing is vital for growth, successful reproduction and to live a long and healthy life.

**Chi** - Vital energy that works the body, it is what makes things happen. Chi warms the body, enables it to be nourished, defends it from external pathogenic invasion, and maintains the correct position of organs and blood.

Chi promotes movement (keeps us alive, keeps cells dividing, keeps our brain functioning), transports essential items and blood around the body and promotes the functions of all organs meridians and tissues. So you can see why a harmonious strong flow of chi is so vital to good health. You get chi from food, drink and air and inherit Yuan Chi (original energy) from your parents. Shaolin Chi Kung is the best way to make sure you get the most from your chi.

**Shen** - In the West we would call this Spirit, Mind, Soul or Consciousness and you can see it in a person’s eyes. Strong Shen equals peace of mind and is produced by Jing and Chi and nourished by blood and body fluids. If Shen is weak, Jing and Chi will be weak and need nourishing. Shen helps you to articulate your thoughts, be creative, remember things and is vital for intelligence. Be warned: excessive thinking or worrying can weaken your Shen, leading to mental problems, insomnia, lack of vitality, depression and a lack of “Spirit”.

If you suffer from any of these symptoms the practise of Shaolin Chi Kung can help you to overcome them.

**Different levels of Chi Kung**

Not all Chi Kung is the same and I would like to make the following distinctions:

**Low Level Chi Kung** – It is unfortunate that many Chi Kung practitioners today only practise at the level of Form. In truth this is not Chi Kung at all, but Chi Kung Form. From my own experience I find this level of Chi Kung to be of less health benefit than conventional Western activities like walking, running or swimming. It may provide relaxation, gentle exercise by stretching the muscles and promoting blood flow but the effects are unlikely to be strong enough to overcome illness.
Middle Level Chi Kung – At this level the Chi Kung practitioner seeks to actively influence their flow of energy. Usually to increase the flow or to remove blockages and promote Yin Yang harmony. At this level the effects on health are superior to those of conventional Western exercise. Many illnesses can be overcome and avoided altogether by practising at this level.

High Level Chi Kung – At this level the practitioner works on the three treasures of a human: Form, Energy and Mind. By attaining a Chi Kung State of Mind (to be explained in part 3) the practitioner can actively influence energy. For example tapping energy from the Cosmos and directing it to any part of the body. At this level it simply is not possible to compare the benefits of Western exercise with those of Chi Kung.

Chi Kung is not just cultivation of energy. It is also cultivation of Jing and Shen. In other words when you practise Chi Kung not only do you cultivate energy but you also cultivate your physical body and your mind. When we say, “Internally we train Jing, Chi and Shen” we mean we improve the body, increase vital energy and promote our Spirit.

I’d like to emphasise that Spiritual does not mean Religious. A person of any religious faith can practise and receive the benefits of Chi Kung. Chi Kung is non-religious. By spiritual I mean being in touch with who you really are, the deepest part of you. Everyone has a spiritual life, a spiritual journey. If you are involved with a specific religion then that might be spiritual for you. If you’re not religious then anything that gets you in touch with your inner self e.g. quiet time, meditation, listening to music, reading great books, might be spiritual for you. This part of your life can only be defined by you. Our spirituality is so important to our health and wellbeing, but it’s often the most neglected.

In this book I have given you all the instructions you need to practise Chi Kung correctly. But you must remember that Chi Kung is an Art. Like any Art there is only so much you can learn from a book. To gain mastery of any art (and therefore get all the benefits) you must practise it regularly and practise it correctly. This is so much easier if you learn from a Master or qualified instructor. You will find information at the back of this book that will help you to find a qualified instructor near to you.

The school of Chi Kung I teach is Shaolin Chi Kung and the Chi Kung exercises in this book are called the Shaolin 18 Lohan Hands.

A brief history of Shaolin

It is very likely that you’ve heard of Shaolin in some form or other. In 1972 David Carridine, playing the part of “Caine” in Kung Fu, brought the Shaolin Temple to the attention of the West. In 1982 Jet Li’s film “The Shaolin Temple” became one of China’s biggest block-busters worldwide and led to the Chinese Government rebuilding the temple and turning it into one of the busiest tourist attractions in China. According to the China Daily newspaper in 2004 “More than 1000 brands containing Shaolin have been registered in the United States, Japan and Europe.”
The question is what is Shaolin? Though the most important question is what is authentic Shaolin? 1500 years ago, under the imperial patronage of Emperor Xiao Wen D, an Indian Buddhist monk called Ba Tuo founded the Shaolin Temple in Henan province.

His successor, the Very Venerable Bodhidharma, found the monks too physically weak for the rigours of spiritual cultivation so he taught them three sets of exercises; one of these was the 18 Lohan Hands. This enabled the monks to develop strong, healthy bodies and minds and allowed them to progress more successfully with their spiritual cultivation.

The Shaolin Temple gained great prestige during the Tang Dynasty (AD 618-907) when Shaolin Warrior monks saved the life of Li Shimin, founder of the dynasty as he fought to attain the imperial throne when the Sui Dynasty came to an end (AD 581-618).

Once Li Shimin established the Tang Dynasty he rewarded the Shaolin monks by allowing them to organise an army that could be used in time of need. It is recorded that by the Yuan Dynasty (AD 1271 – 1368) the Shaolin Temple counted more than 2000 Warrior monks, all masters in Shaolin Kung Fu.

Many times during its history, Shaolin Warrior monks would be called upon to fight for their country.

In 1928 a great fire destroyed much of the Temple’s library, halls and structure. During the Cultural Revolution of the 1960s the Temple was greatly affected, with the Northern Shaolin Temple being rebuilt by the Chinese Government about 30 years ago.

In fact, there was more than one Shaolin Temple. During the Ming Dynasty (AD 1368 – 1664) a second Shaolin Temple was built in the South of China (Fukien province) again by imperial decree. In later years the Southern Shaolin Temple became a centre for revolutionaries dedicated to the overthrow of the Ching Dynasty (AD 1664-1911). The indigenous Han Chinese considered the Ching outsiders and the result was that about 150 years ago the Southern Shaolin Temple was burnt to the ground by the Ching army.

The Venerable Jiang Nan was one of the few monks who managed to escape and he passed the Shaolin arts to Master Yang Fatt Khun, who passed them to Master Ho Fatt Nam, who passed them to my Master Wong Kiew Kit.

The Shaolin Temple has left us an invaluable legacy known as the Three Treasures of Shaolin. They are:

1. Shaolin Chi Kung
2. Shaolin Kung Fu
3. Chan/Zen
How to use this book

This is a workbook and not a theory book. In order to get all of the benefits that you have read about you have to practise what you learn.

Knowledge alone will not give you vibrant health and fill you with joy. For those who want to research deeper into particular areas I have provided a bibliography at the back of this book.

As you will discover in part three there are 7 steps to the P.E.R.F.E.C.T. Shaolin Chi Kung practise session. In order to get the most out of the book I recommend that you become familiar with, and practise where appropriate, each step before putting them together in one practise session. Practising this way will allow you to quickly flow through the 7 steps and avoid you having to stop and start as you read the book, to remember;“What comes next?”

Steps 1, 2, 3, 5, 6 and 7 are the same, regardless of which pattern you choose in step 4. So once you are familiar and comfortable with these six steps you can easily change the pattern (step 4) and still enjoy a good practise session.

In part four of this book you will find descriptions and instructions for the Shaolin 18 Lohan Hands. You will slot one of these Forms into step 4 when you practise.

Part five gives guidance and advice on how to get the most from your practise and part 6 gives you clear advice on possible next steps to take if you want to take your practise even deeper and increase the benefits you receive.

Before we look at the 7 steps in more detail, let us look at why you want to practise Shaolin Chi Kung and what results you want to get.

If you want to succeed a great advantage is to have clear, powerful reasons for wanting to practise. So it’s time to look at part two of this book: The Route of Masters.