

## QUESTIONS AND ANSWERS DURING THE SHAOLIN WAHNAM CHI KUNG COURSE WITH GRANDMASTER WONG KIEW KIT – MADRID, MAY 2015

“Throughout millennia, only a small circle of disciples close to the Grandmaster had access to high-level methods and knowledge of the Shaolin Arts. Nowadays, those of us who practice these arts at Shaolin Wahnam Institute have the privilege of receiving skills transmission in person and to ask questions to the Grandmaster himself and his closest colleagues such as Sifu Laura Fernandez, who open for us a direct window to an immense source of wisdom.”

- *Course participants*

“The source of life, of birth and change is chi; everything under heaven and earth obeys this law. Chi in the periphery envelopes the cosmos; chi in the interior activates all.”

- *Nei Jing, Inner Classic of Medicine*

Friday, May 29<sup>th</sup> and Saturday, May 30<sup>th</sup>

Replies by Grandmaster Wong Kiew Kit.

**Category:** Illnesses.

**Subject:** Cholesterol.

**Question:** What are the best Chi Kung exercises for dealing with cholesterol?

**Answer:** Any exercise will do; the key is attaining sufficient Chi flow. An analogy serves to illustrate this point: a household economy with sufficient cash flow can not only deal with its needs, but also has at its disposal a cushion for emergencies that prevents any economic distress. Whatever the source of income may be, it provides for the needs of the family. The same applies in Chi Kung: a daily practice will generate a healthy Chi flow and even an extra margin for savings that will allow us to deal with any unexpected health contingencies. From what we've learned in this course's program, the Bao Jian set of exercises, as well as any of the other Chi Kung exercises that participants may already know, generates said Chi flow. As long as we attain and experience Chi flow, we will be engaged in genuine Chi Kung practice, and the generated Chi will serve all purposes, including recovery from an illness such as cholesterol.

The three levels of Chi Kung practice are:

1. Physical: helps restore and maintain health, and if we are already healthy, it keeps us from getting sick and enhances our vitality.
2. Mental clarity: helps us optimize results and achieve Peak Performance, be it in our professional endeavors or personal activities and hobbies.
3. Spiritual: helps nourish, heal, and expand our spiritual level.

**Category:** Emotional problems.

**Subject:** Depression.

**Question:** What are the best methods to deal with depression, given that it affects an increasing amount of people nowadays?

**Answer:** As with a cholesterol problem, any dynamic Chi Kung pattern can help generate a healthy Chi flow to regulate it. Also, when we attain the resulting vitality, we stay occupied and there is no time to be preoccupied or to get depressed. The more physical Chi Kung methods as well as the more advanced exercises followed by more dynamic spontaneous movements are the most appropriate means to deal with depression and any other mental or emotional disorder. The sequence of patterns we learned Saturday morning in the art of Bao Jian is excellent for this, as it combines the harmony of Taichichuan and the strength of Kungfu with the healing power of Chi Kung.

**Category:** Philosophy.

**Subject:** The future of humanity.

**Question:** What is Grandmaster's take on the fate of humanity? Will we be able to become a great brotherhood?

**Answer:** As far each one of us is concerned, it will be important to know how to elect our political representatives wisely. Being healthy ourselves will also help, for that radiates wellbeing at the micro and macro levels of our surroundings. It will be important as well to make our nations more productive, with less space for chicanery and more opportunity for coherent action. It is time to be in the "doing" mode. It is time to practice what we preach and to act upon –instead of circumventing– our most pressing needs.

**Category:** Philosophy.

**Subject:** The Art of War.

**Question:** What is the best version or translation of Sun Tzu's "The Art of War," given that it is important to understand such ancestral wisdom in the context of our complex and troubled world, which seems to need many a change in a short time span, without engendering wars ideally?

**Answer:** The best version is the original, but sometimes not even the most erudite language experts understand the metaphors or the shorthand used in the classical text. In our school we also have special strategy workshops, so we know the subject matter in depth. Two of the fundamental principles of the Art of War consist in the proper understanding of the Morality factor and the Heaven factor. It is important to have noble objectives in every campaign. Fighting or engaging in open battle is not a high level solution. It is ideal to reach a win-win scenario for the parties involved without shedding a single drop of blood. There are many classical stories about the importance of having wise, seasoned national and world leadership advisors with a long trajectory. Once, I advised a lawyer on complex matters using what is now known as the seven step strategy: after listening to the challenging question and having taken seven steps –literally–, I replied in a Zen way, solving the complexity of the matter at hand with the characteristic simplicity of correct answers. By entering the Chi Kung state of mind, we can access a great source of wisdom.

Additionally, we could go slightly further than Sun Tzu, thinking perhaps in what some call the Art of Peace, which takes into account compassion as being fundamental in today's complex world. The wise ambassadors who can help improve global conditions will need for their toolbox not just an understanding of Sun Tzu and other strategists, but especially a highly developed ability for compassion and empathy. The high-level Fusion with the Cosmos method we just learned, practiced at the physical level with more vigorous Chi flow movements, can help in getting to the right solutions for highly complex situations.



Replies by Sifu Laura Fernández at lunchtime.

**Question:** What exercises or techniques can help enhance our perception?

**Answer:** All Chi Kung exercises will help us improve our perception, including that of the energy of our surroundings and the people in them.

**Question:** If I am nervous, can I do Chi Kung for relaxation?

**Answer:** Yes. Chi Kung is of great help in relieving stress, especially during our free, spontaneous movements in Wu Wei.

**Question:** Alzheimer: are there different relationships among causes, symptoms, and treatments depending on our age? Is it our genetics, food supply, or karma? Can we prevent and heal it?

**Answer:** Practice Chi Kung and let the Chi flow do its work, as with any other illness. We can also perform the Turning Head exercise as it improves the energy circulation in our head. Practicing Nourishing Kidneys (another Lohan Hand) and the Bone Marrow Cleansing set is also of great help. This is a broad subject matter over which we could reflect abundantly.

**Question:** What is the best path to cure arthrosis?

**Answer:** The Dancing Fairy Bao Jian pattern is excellent for arthrosis; a daily practice will yield sustained, incremental improvement that will heal this and any other ailment.

**Question:** When our vital energy (jing in our kidneys) is drained prematurely (chronically, 10-15 years now), and there is systemic organ damage, can it be fully replenished?

**Answer:** Renewing this kind of ancestral energy is difficult. It is important to identify the sources of energy loss (working late at night, an unhealthy sex life, etc.). Regardless, our ancestral energy increases with the Nourishing Kidneys exercise and with all methods aimed at enhancing our internal force.

**Question:** Music and Chi Kung meditation: can they go together or not?

**Answer:** Yes, you can even play instruments in a Chi Kung state of mind, as a virtuoso violinist and course participant showed us this Saturday when, in an XVIII century violin, she dedicated a solo piece to our Grandmaster.

**Question:** Is it healthy to dance with Chi flow?

**Answer:** It is not healthy to do so for hours on end in a sustained Chi flow state, as it may generate too much energy, and it is important to avoid over-training.

**Sunday, May 31<sup>st</sup>**

**Replies by Grandmaster Wong Kiew Kit.**

**Category:** Chi Kung best practices.

**Subject:** Orbits and Bone Marrow Cleansing.

**Question:** What is the difference between the Macrocosmic orbit and Bone Marrow Cleansing at the Meridian level?

**Answer:** There are two levels to the Macrocosmic (Big Universe) orbit: the phenomenal realm and the transcendental. Nowadays, we also teach the Macrocosmic orbit in the Microcosmic (Small Universe) orbit course. The more advanced practitioners can attend this course in Malaysia. It is invite-only and I must first receive a letter of recommendation from your Shaolin Wahnam School instructor.

**Category:** Illnesses.

**Subject:** Blood flow.

**Question:** Can we use the Bone Marrow Cleansing exercise at the Meridian level to improve our blood flow?

**Answer:** Yes. A good Chi flow precedes blood flow.

**Category:** Chi Kung best practices.

**Subject:** Bone Marrow Cleansing.

**Question:** Our organs regulate our emotional functioning very specifically and the Bone Marrow Cleansing method can help harmonize them accordingly. Additionally, may we also envision in this method the strengthening of our organs' systemic functioning according to their Chinese medicine analogies, such as heart = emperor, liver = general, lung = prime minister, etc.?

**Answer:** Yes. But as long as you do not intellectualize too much. In this exercise, when we are at the fourth level, nourishing our organs with energy and visualization, their systemic functioning improves effectively. The general (liver) and his soldiers (for the immune system)

improve with this exercise, for instance. This exercise can also help heal karmic problems located in specific organs, be they from our present life or from past ones. For example, the fear of heights can be due to a trauma from a past life that now has an imprint as ancestral fear in our kidneys. We can send Chi to these problems and thus clean this bad karma imprint from our kidneys.

**Category:** Philosophy.

**Subject:** Karma.

**Question:** Can karma come from other family groups?

**Answer:** Yes, considering that everything is interrelated. Karma can also build up from the countries of a person's past lives. For example, Japan and its nuclear disasters. Or the British Crown's good karma after having left its former colonies with little bloodshed.

Our personal karmic future depends on how well we manage the following three ingredients in this order of importance:

1. Our thoughts about ourselves and those around us,
2. Our words, and
3. Our actions.

**Category:** Chi Kung best practices.

**Subject:** Yu Wei and Wu Wei.

**Question:** Bearing in mind that you have at times recommended that we direct energy to a specific organ (Yu Wei) and other times, however, to let go and let the energy flow wherever it must (Wu Wei), what is the difference between Yu Wei and Wu Wei and when is it appropriate to use one or the other?

**Answer:** For those who already have the skill, I would start with Yu Wei and then link it to Wu Wei. With Yu Wei, we direct the energy with a specific purpose in mind, trusting that we know what needs to be done. For example, when we use a specific technique, we take advantage of the skills of that technique, envisioning the desired health result and thus obtaining the benefits that correspond to that technique and set of skills.

Once we have done Yu Wei, we can proceed with Wu Wei and let everything that needs doing be done for us, allowing God, the Tao, Dharma, Energy or the Cosmos –depending on our respective belief systems– to complete the work initiated during Yu Wei. This is a good suggestion, but both practices need not go together necessarily. Thus, we can at times decide to do what is needed to fulfill our desired objectives (Yu Wei), and in some other instances, perhaps due to lack of time or when we face complex situations beyond our skills, we can trust in the Great Wisdom and let go, allowing ourselves to flow with the Wu Wei free movements while all that is right and best is done for us.



Replies by Sifu Laura Fernández at lunchtime.

**Question:** How can we attain spiritual fulfillment with Chi Kung?

**Answer:** By practicing daily without worrying, without intellectualizing, and enjoying ourselves. That is how one day, perhaps in a course with Grandmaster Wong, you may reach Satori or instances of expanded consciousness that allow us to experience infinite bliss.

**Question:** After we go for a walk, can I generate Chi flow?

**Answer:** Yes you can, if you walk in a Chi Kung state of mind, experiencing each movement while you walk as if it were a Chi Kung exercise, feeling focused yet relaxed at the same time.

**Question:** Is it better to practice Chi Kung alone or in a group?

**Answer:** Groups always multiply everyone's energy, but we need not renounce our personal practice on our own each day, along with its characteristic and at times profound experiences.

**Question:** The Chi Kung state of mind we attain during our practice allows us to generate Chi flow. Should we remain in that state the rest of the day while we run our errands?

**Answer:** Perhaps we cannot remain in that state all day long, but as we progress in our practice, we will be able to enter that state faster and more efficiently, which will help us relax and think clearly whenever the need may arise.

**Question:** How can I tell whether I am doing Chi Kung well?

**Answer:** We know our practice is appropriate when we feel the Chi flow we have generated, and know that it is a stream of energy that allows us to be healthy and full of vitality and joy.

**Question:** What kind of training can help us start opening the Microcosmic orbit?

**Answer:** It is an advanced benefit of good practice. It came to me spontaneously and when it did, our Grandmaster congratulated me for having attained "a nice Small Universe" or Microcosmic orbit, after which I have seldom felt tired again. Nowadays, our Grandmaster teaches courses that help generate the Micro and Macrocosmic orbits, but it is invite-only for very advanced practitioners, in Malaysia.

**Question:** After several years of practice, if we do not generate an intense Chi flow (such as Santiago's), does it mean that we are not doing it right, that we do not have blockages in need of release, or that we still haven't reached a fluid practice level?

**Answer:** It could be due to several reasons. Perhaps we still do not let ourselves go, which tends to happen at the beginning of our learning. Or perhaps we have control issues. Or maybe we've managed to clean up all of our blockages, or said blockages were not that pervasive or old.

**Question:** To build up internal energy, what is the best choice of exercises?

**Answer:** There are several means to build up more internal energy, but first you must work on your blockages and attain good health. Then, those same exercises can be done with a gentle Chi flow afterwards, and that will replenish our Qi Hai or Sea of Energy, also known as our abdominal Dantien. If, additionally, we do the Bone Marrow Cleansing exercise at the muscle level or practice the art of Bao Jian, we will also build up much internal force. Finally, all the static stances for the generation of internal force (not covered in this course) will also help in this regard.

**Question:** And to have more quality of life and longevity?

**Answer:** Quite simply, Chi Kung, Chi Kung, and Chi Kung, and the three Golden rules: do not worry, do not intellectualize, and enjoy.



For more information on this material and upcoming courses, please visit:

[www.shaolin.org](http://www.shaolin.org)

[www.wahnamadrid.org](http://www.wahnamadrid.org)

[www.manos-laura.com](http://www.manos-laura.com)