

# Recycling Your Chi



**You know all about massage, meditation, yoga and tai chi, but XSG? Read on and you will discover that it's about organ restoration, detoxification and nourishment...and weights.**



The story dates back to the days of Grand Master Chiao Chang Hong (1914–2001) of China—the first non-monk and perhaps the 33<sup>rd</sup> generation disciple to be taught the complete arts of the XJT or Xiao

Jiu Tian (Little Nine Heavens) system of Martial Arts. XJT is subdivided into three schools—Jiu Kung (a free hand martial art); Chiam Kuan Jen (Swordsmanship) and Xi Sui Gong. He, of course, only accepts students who show enthusiastic spirit to learn the art. Such spirit remains in a few of his existing disciples who were chosen to spread the Art.

Master Carl Kao and Master Tan Ching Yun of Taiwan, and later, Master Jim McNeil of the United States were chosen to benefit others as well as spread the name of XSG or Xi Sui Gong (literally meaning the Cleansing of the Bone Marrow) which is Hormone regeneration—an advanced form of Chi Gong.

The many health benefits of Xi Sui include organ restoration, organ detoxification and nourishment of the vital organs through chi energy generation and storage. One can cleanse and build the blood, thus causing a reduction of the work the heart must do. This art is not bound by any religious ties, nor is it a mythical superstition.

I had the honour of catching up with Master Carl Kao while he was in Kuala Lumpur. An affable fellow who gives his facts straight and fast, his looks—white hair and white beard—believe that of the traditional Sifu.

According to Master Kao, who also teaches martial arts in the USA, Taiwan, Vietnam, and Switzerland—the main difference between men and women is in the hormones. Yes, each has his or her clearly defined genitalia, but it is the hormones, testosterone and estrogen that determine how a person develops especially after puberty.

We need hormones to be strong, to look young and be at our optimum. By the 30s the hormones level start dropping and later we have the start of menopause and everything slows down.

As a child, we are energetic, by adult life, the

degree of activeness generally reduces and by old age, the body weakens. Why the loss of vitality—because of the loss of essential hormones, which are the internal secretions from various organs, tremendously influences on our bodies.

Of all the glands, the male testes and the female ovaries are the main sources of hormones that are related to our lives and reproduction. We should seek to nourish ourselves from within rather than from external sources.

XSG's philosophies and practices may not be in agreement with Western measures and are sometimes deemed fraudulent and are scorned at. However, I deem any old art is worth learning and exploring. Many are practising alternative ways—massage, meditation, yoga and tai chi, to name a few. Why do we only seek alternative ways when Western medicine does not work?

For the men, XSG promotes exercises for the testicles—the aim being to stimulate the body's own production facility to supplement any deficiency. Production drops as the age increases and eventually stops. The ultimate is when the man can withhold at will, the release of sperm, which would be the best birth control ever and which means that the chi would not have been wasted externally. In this way, the chi is directed again upwards and thereby reused by the body.

The same applies to women. During our menstrual cycle—generally five days, we lose a lot of blood, and with it all the 'goodies'. That's why some women feel weak, irritable, dizzy and imbalanced. For women, with the correct exercises, the monthly discharge can be passed out in 24 hours. During this time, no discomfort will be felt.

XSG starts with some relatively easy exercises that require a lot of determination on your part, great mental strength and a good teacher to lead you the right way. As acupuncture is used to activate needles activating or circulating the chi, XSG uses breath and exercise energy chi to massage the internal organs and to promote the chi to circulate.

The vital hormone producing organs including the ovaries, kidneys, bladder and breasts, which are being massaged and strengthened daily, will continue to produce the vital hormones so desperately needed. Aerobics and gym work exercises the heart, but mainly the external muscles.

Besides the vital organs, the circulatory and nervous systems have also to be worked on whilst the brain/mind has to learn to rest and delete negativity.

Whilst men swing weights (up to more than 100 kilograms) tied to their genitalia to activate production of hormones, women's exercises also tighten the vagina and abdominals, giving way to a taut torso and heightened sexual pleasure. As she increases her dexterity and adeptness, some women are also known to hang weights (up to eight kilograms) tied to a smooth ring gripped by her vagina whilst in the horse stance.

So how about it, ladies? Let's swing some weights!

