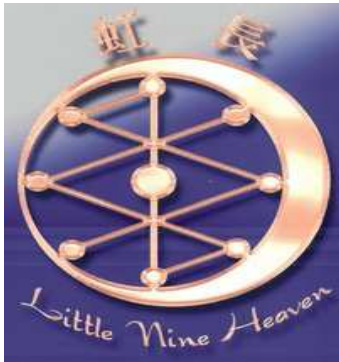


Little Nine Heaven International Kung-Fu

February 2012

Volume 5, Issue 2

The Tao-Cycle of Life



The dynamic balance in life is two opposites joining together with each other in the effort to form one. This is clearly demonstrated in the yin (female) and yang (male) energies. These two energies are opposites, but when joined together form a complete energy -chi- which is the governing energy of all forms of life and the perfectly balanced form of yin and yang energy.

You can witness the cycles of life by understanding that one day and one night is a twenty-four cycling process of the sun and the moon. The four seasons of summer, fall, winter, and spring are the life cycles of nature.

The Tao is a never-ending cycle of energy conversion. All living things are born, grow to maturity, and then pass away. This is the nature of things, whether we agree or disagree.

Only when we see the cyclic nature of the whole world and all its living plants, animals and insects can we come to terms with the fact that this is inevitably true for ourselves as well. Each of us is bound by the cycle. No one can escape it. Comfort lies in the fact that we all share this basic fate and that it goes on infinitely. So, although every single creature in the world has a limited life

span, the world as a whole does not. In that sense we are all everlasting because we are part of it all.

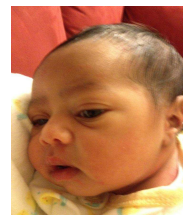
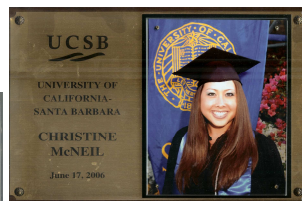
When we are aware of this, we learn to appreciate the time we have and we don't embark on useless attempts to become immortal in one way or another.

If you look below and you will see how my daughter has changed through life:

- (1) Christine 3 days old.
- (2) Christine 3rd grade.
- (3) Graduating from college.
- (4) 8 months pregnant.
- (5) Her new daughter 3 days old.

Inside this issue:

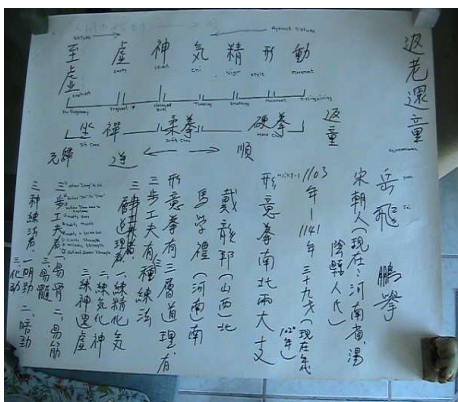
Tao Cycle Of Life ... continued	2
25 year Reunion	3
Upcoming Seminars and Events	3
Kung-Fu Classes in Arizona	3



Cycle of Life

Life is a cycle. We are born. We live our life as what we make of it and what destiny brings us. Then one day when our time is finished, we leave this world. And one day life begins again.

This has been going on for millions of years and it will continue until the end. The beauty of a birth whether human, animal, insect, plant or of another species in our universe is beautiful as it is the beginning of life. My teacher Master Hsu Hong-Chi had a seminar on the cycle of life in 1980. See the picture below. This circle and the circle within the circle of life is not only in Hsing-I, but also in Chen Tai-Chi, Ba-Kua, and the Little Nine Heaven Wu Tao System. It is truly the way of Tao.

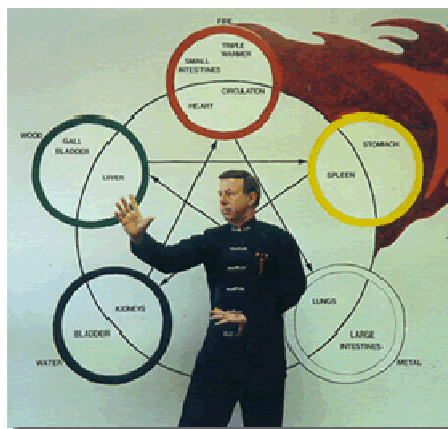


There are three principles of Hsing-I: refine "ching" or seminal essence to chi; refine chi to "shen" or spiritual essence; refine "shen" back into emptiness or prenatal awareness. The three major steps are: modify bones; modify muscles, modify the spinal cord. The three ways to practice Hsing-I are: visible strength, invisible strength, and refined inner strength. These principles will help you trans-

form your mind and body to its prenatal state.

The Chinese believe that a child's mind is like a blank tape. After years of problems and troubles, the slate must be wiped clean. This is the objective of Hsing-I. It is common knowledge that most children heal faster and are generally more fit and flexible than most adults. Returning to this condition will make you physically and mentally healthy and help prolong your life. Hsing-I involves two levels of study. The first consists of understanding the way of power, naturally cultivating the chi and defeating an opponent in no sign.

The second level consists of learning how to dissolve power, learning how to change the marrow in the body, and achieving a state of spiritual emptiness. Hsing-I's spirit lies in the tan-tien located about three inches below and three in from the navel. All power and energy are conserved inside until needed yet this power will never be fully tapped. One's offense or defense follows the heart and mind. The posture should be gentle and the power should be in harmony with hard and soft.



The five elements of Hsing-I were developed by observing and imitating the essential qualities of natural forces. Water always seeks its own level flowing downward and accumulating or sinking. Fire, being less dense than water, rises. Wood can be made into a variety of shapes, either curved or straight. Metal can be forged, melted, refined, and made pliable or unyielding. Earth is the source of nourishment and can generate all other elements.

In Hsing-I theory, the basis of the complementary relationships among the five elements is defined by the principles of mutual creation and mutual destruction. According to the principle of mutual creation, metal creates water, water creates wood, wood creates fire, fire creates earth and earth creates metal. In nature, the geological and chemical forces at work within the earth serve to create metal. Metal itself becomes liquid as it melts when encountering sufficient heat. Water, combined with the nutrients of the earth, creates wood. With the proper application of friction and heat, wood, in turn, creates fire. When wood is reduced to ashes, it becomes a component of soil thus creating earth. The principle of mutual destruction holds that metal, in the form of tools, such as saws and axes, can destroy wood. The element of water overcomes fire. Wood can overcome earth by depleting the minerals and nutrients which make it fertile. Fire consumes wood and earth traps water in depressions and dams.

25 Years and Older Student Reunion

Any student who have not been contacted yet and started training with Sifu McNeil from **1987 or earlier** is welcome to join us for dinner and get together for a student Reunion in Irvine CA on February 26th, 2012

Please contact Sifu McNeil (949) 636-1573 before February 26th 2012 to join.

Upcoming Seminars and Events

January 2012

January 17th-31st: San Diego, Las Vegas, New York. Private Lessons.

March 2012

March 5th-19th: Las Vegas, NV. Shih Shui Training

June 2012

Odessa, Ukraine (Pending)
Moscow, Russia (Pending)
Open Classes & Shih Shui

May 2012

February 2012
February 6th-11th: Thailand, Bangkok.

May 1st-16th: Mui Ne Vietnam. Shih Shui Training and Taoist Lovemaking

Kung-Fu Classes in Fountain Hills Arizona

Hsing-I, Splashing Hands, Chen Tai-Chi or Ba-Kua

Contact Sifu James Doty 29 year experience

(480)352-1992

Sifu McNeil is available for seminars or private lessons anywhere in the world, if interested email him at: sifu19h@gmail.com

Check out his website: www.littlenineheaven.com