

# Little Nine Heaven International Kung-Fu

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# Energy For Life

Everything in nature possesses energy. Energy consists of both positive and negative, yin and yang. We can obtain nature's energy from many sources: the sun, moon, trees, food, exercise, rest/meditation and people. These energies are very potent if you understand how to acquire and utilize them. Everything has its very own form of energy, even the human body. We could not exist without it. Understanding this energy in the human body is essential for health and longevity, peace, love, and happiness.

This pure energy that we all process can and should be used for many things and for making us stronger internally and by strong I mean healthy and happy. If your energy is strong, you will have this feeling of happiness that will flow through your body and put that extra spark into your life.

Energy keeps us alive. It makes us happy. It makes your loved ones happy, your children, and all the people around you happy. You will have that special glow around you and you will shine in a very special way.

My way of teaching is to help people understand and learn how to use this kind of energy in a positive way. Our minds can guide this energy to every part of our bodies where you will feel its healing effect not only for yourself, but for others.

For many years I have talked about Taoist lovemaking and the power of sexual energy

and the power of feeling. But for many years I have not truly explained in detail how important it is to feel, to make your body healthy & free of diseases and to use the most powerful energy that we all process.

## Seminar Series

As more people become aware of the different energies in their bodies, I have been asked to show them the ways to cultivate their internal energy and power. To help them, I have created a series of seminars to introduce people to these benefits and help them develop their own energy in a positive way.

In the beginning of each seminar, I will introduce myself and give everyone my history to show that I am qualified to teach about this precious energy we have. I did not learn from any books or from a college. I learned first hand from my masters in Taiwan and also from four Taoist women deep in the mountains of Taiwan. Each seminar will be about two or three hours long. There are four levels of training.

## Level I

In this seminar, I will teach you how to use, process, and harness this most powerful energy and how to feel and develop sensitivity. I will teach you easy healing energy exercises to strengthen your internal organs for better health and to understand yourself better.

## Level II

I will teach you how to balance and tune the energy be-

tween you and your loved one to achieve harmony and fulfillment. The energy of a kiss is powerful. Man is like the energy of fire and woman has the energy of water. To gain complete fulfillment, fire must boil water slowly.

## Level III

I will teach meditation as the joining two people as one and to share the oneness of peace, unity, and love together.

## Level IV

The final seminar will teach the unity of two people sharing this beautiful gift of love and energy, becoming one with your partner and achieving the ultimate gift.

These seminars will be fun, exciting, and yes, we will have some serious moments. Most important is that each and everyone will enjoy and learn the value of energy for yourself and your partner. If you do not come with a partner, you will learn just as much and enjoy it also. This I promise.

I teach two different ways: in a group seminar and privately in your own home or wherever you feel that is more comfortable. You will learn to use, feel, and cultivate this very powerful energy the same way I learned it, first hand.

I will answer all of your questions at the end of each seminar and if anyone wants to talk with me privately, I will be available.

I will teach some very simple exercises to strengthen your internal organs for better health and longevity. I will teach you exercises to build up your energy to strengthen your internal organs for better health as well as prevent premature ejaculation, have stronger erections, tighten vaginal muscles, and prevent prolapse in women, which is very important. These exercises can take as little as 15 minutes a day depending on your time. We will do different meditation techniques to achieve quieting the mind, circulation of energy, as well as joining

together and becoming one.

I have taught men and women the value of how to harness this valuable energy in different countries such as Ecuador, England, Russia, Japan, Philippines, Thailand, Sweden, Portugal, Odessa, and of course many cities in the United States. I have written 6 books and been published and interviewed in 43 different magazines and made 35 DVDs on kung fu, chi kung, and Taoist lovemaking. I have also been interviewed on television about ten times. I have taught couples and

singles of all persuasions. What makes me happy the most is seeing the many benefits men and women gain from developing their energy.

My resume is on my website  
[www.littlenineheaven.com](http://www.littlenineheaven.com)

Sincerely

Sifu McNeil

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## **Student of the Month: Adrien Mathews**

I am a fifty year old man originally from Los Angeles, California. My journey into the martial arts began when I was a teenager. At 13, I was 5'10" and weighed in at 135 pounds if I was soaking wet and dressed. My initial interest was for self defense.

Unfortunately, I enrolled in a school that was being run by a very unscrupulous teacher. After a few years, I fell out of training and began a life of intense drug use, criminal activity, as well as a host of other bad attitudes and habits. It would take ten years to come out of the fog. When I did, I was a mess. Physically, mentally, emotionally, and if I had had any money at all, financially.

Things began to look up in 2001 when I met my wife. However, it was a crossroads that we would reach in 2008 that would prove to be the critical, life-changing event. Though she loved me, my wife was running out of patience with my attitude. I was constantly angry, irritable, and negative. After she explained her position to me, I did some soul searching.

I discovered two things. First was that she was right. I was miserable. The other was that I was in constant pain. My body hurt always. I was carrying 205 pounds on a frame that struggles to carry 160. I was averaging 30 days a year off from my job due to illness. Although I was no

longer using heroin, I wasn't taking good care of myself.

At this same time, my next door neighbor and friend began studying kung fu at a local school. He was in the rush of enthusiasm that comes with the first year of training. It was all he could talk about. I started to realize how much I had missed it as well as how badly I had been hurt by my previous experience. One afternoon, I was surfing the internet and came across the Little Nine Heaven website.

The following day I called. I must admit I was apprehensive. With all the charlatans out there, I wanted to make sure I found a true teacher. If I found a true teacher, I would have to work on myself. Either prospect I found frightening. Master McNeil and I had a twenty minute phone conversation during which he answered my questions and gave me an overview of his teaching philosophy. My fear became excitement. This sounded real, made sense, and came with no ridiculous claims.

Sifu knew my previous teacher and what I had been through. Sifu mentioned that he had a senior student who lived in my state and had me start training with Kevin Parisi in preparation for going to a seminar at Colin Kane's school in Pennsylvania. I don't know if any of these gentlemen know

how important this period in my life was. It saved my marriage and put me on the road to becoming whole again.

Sifu called me later that day to give me his student's phone number. On Valentine's Day 2008, I had my first lesson with my senior brother, Kevin Parisi. My body fought me all the way. I moved as though I was underwater. Still I kept training. The summer came quickly and I made the drive from Tennessee to Pennsylvania.

I first met Master James McNeil in December, 2007. Also, I met my senior brother, Colin Kane. The night I met Sifu was like coming home. It felt like I had run away from home as a child and was finally returning. Sifu exhibited the wisdom of a master, the compassion of a father, and the ear of a therapist.

After helping me get situated, Colin introduced me to Master McNeil. He shook my hand and said, "Hi, I'm Jim." Then we sat and talked for a half hour. The hell with the kung fu, I just wanted to hang out with this guy. He was engaging, insightful, hilarious, and at the same time respectful and humble. Once we were left alone, he taught me more about myself than I had learned in six trips to rehab and years of psychotherapy. His insights were life changing.

During that conversation and continuing for the rest of that week, Master McNeil taught me exercises he said would help heal and strengthen my body. Well, here we are, Christmas, 2010. I've lost the weight, I haven't missed a day of work due to illness since 2008, and my wife, friends, and co-workers have all commented on the improvement in my attitude.

This past August I changed health insurance policies. This required a complete physical. It had been two and a half years since I had seen my doctor. He was blown away by my condition. Truth be told, I have never been happier, healthier, or in better physical condition than I am right now. And by the way, I can fight as well. Training under Master McNeil has been the

single best investment in myself I have ever made. There is no way I could ever repay or properly thank my kung fu family for what they have brought into my life.

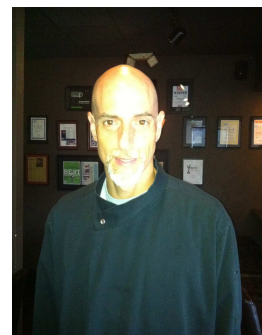


Adrien Training

That seminar went by in the blink of an eye. So have the last couple of

years. Now I am in the best shape of my life, my marriage is better than ever, I haven't missed a day of work since I started training, and I have a feeling that the self defense will work itself out.

Thank you,  
Adrien



At his restaurant with certificates

## L9H Closing Ceremony

It is always sad when a school has to close but I truly believe that the spirit of the St. Peters school will live on for many years, and the L9H family will stay together as a family. September 17<sup>th</sup> was



Giving of Certificate

a sad day in one way but in another it turned out to be a beautiful day, people coming from different states to pay tribute to the closing of our beautiful St Peters L9H School in Pennsylvania. April of 2005 Colin Kane and a few other black belt students open the first Pennsylvania school in the city of St. Peters. Every year we would have a seminar in St. Peters and students would come from different states like Florida, Tennessee, New York, Washington DC. Ohio, New Jersey,

Illinois, Wisconsin, Massachusetts and California all getting together training, as a family and having fun and enjoying this beautiful state of Pennsylvania because we are a family.



Closing Ceremony

## The Little Nine Heaven Rings

Because of the price of silver the price of our L9H rings will be \$250.00 per ring. For all those wanting a ring please send me your name, ring size and a \$100.00 deposit as soon as possible to [www.littlenineheaven.com](http://www.littlenineheaven.com) website in our store under L9H Ring or send check, money order to address below. Each ring will be

your size, and have your L9H membership number inside. Many people have already sent



me their ring size but please send it again with your deposit as I have lost some names.

Thank you,  
Sifu James McNeil  
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