

Little Nine Heaven Internal Kung-Fu

THE UNTOLD STORIES OF GRANDMASTER CHIAO CHANG-HUNG



In January 1984, during the Chinese New Year celebration, I went back to Taiwan again for three weeks with my new wife Chou Hwa. We were only able to see Master Hsu a few times but this was the fateful trip that changed my life forever. It was at this time that my senior Kung fu brother Carl Kao, who was also a student of Master Hsu, first introduced me to another teacher he trained with, Master Chiao Chang Hung. He was the most respected kung-fu master in the Internal Kung fu Society. It was Master Chiao who brought the Little Nine Heaven System and the Shih Shui system from China to Taiwan and was the lineage holder of the current generation.



At that time, Master Chiao would not accept me as his student because he had formally retired from teaching. However, he did say that he would introduce me to two of his closest friends. He said, "You should learn Tai Chi from the best Chen Tai-Chi master in all of China and Taiwan. His name is Master Pan Wing Chou."

"I will also introduce you to Master Chin Chi-Yin who is the last lineage holder of the system called Tzu Men-Chang. We will all meet and have dinner together and I will ask them if they will accept you as their student. But I cannot promise you their answer because neither has ever taught an American before."

Two days later, Master Chiao, Master Pan, Master Chin, Carl Kao, my wife, Chou Hwa and I all met for dinner. Master Chiao asked them formally if they would

accept me as their first American student. They asked me questions about the different styles I had learned and how long I had been practicing. They were good friends of Master Chiao and respected his recommendation so both masters agreed to accept me as their student.

Grand Master Chiao accepted me as his student in 1984. Training at his home.



Master Chiao's backyard



Training L9H

| | |
|---|---|
| The Impossible is Hard to Believe Untold Stories of Grandmaster Chiao Chang-Hung | 1 |
| The Impossible is Hard to Believe | 2 |
| The Impossible is Hard to Believe | 3 |
| The Impossible is Hard to Believe | 4 |
| Upcoming Seminars and Events | 5 |

THE IMPOSSIBLE IS HARD TO BELIEVE

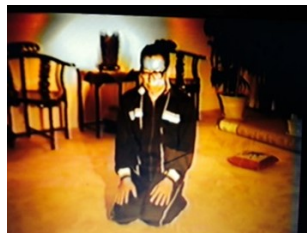
Master Chiao first came to my house in 1985 and many times after that. Master Chiao taught me the Little Nine Heaven System of meditation and he and I would practice together many times throughout the day during his visits. On one of his visits, he woke me up around 2:00 am. Master Chiao knocked on my bedroom door asking if I wanted to meditate. Even though he had awakened me from a sound sleep I did not hesitate and of course I said yes. We went into his room and sat down on a straw mat, as always, sitting back-to-back. Master Chiao told me that in about fifteen minutes he wanted me to turn around slowly but say nothing then turn back to continue meditating. It was hard for me to meditate knowing that I had to turn around in fifteen minutes consciously trying to time it and still empty my mind. When I thought it was time, I turned and then looked behind me, then up.

There was Master Chiao levitating a few feet above my head. I turned back forward as he had instructed, shocked in amazement; my world view of all I thought I knew had been shattered. I waited to feel him return to his seated position but felt nothing. Then, all of a sudden, the Master poked me in the side from behind and said, "Okay, that is all for tonight. We will talk tomorrow." I went back to bed in a daze, woke up my wife and told her what happened. I could not sleep all night thinking of what I had just seen. The next morning Master Chiao told my wife and me, "You cannot tell anyone of what you have seen; I don't want people

bothering me over this. I just wanted for you to witness some of the things that are possible if you dedicate yourself."



Another time, Master Chiao and my student Melinda were in the room training alone. Carl Kao, my wife and I were down stairs in the kitchen talking. All of a sudden, we heard a loud crash on the ceiling just over our heads. It came from his room. We rushed upstairs into the room where Master Chiao was laughing. We asked him what happened. He said he was meditating from a kneeling position when he lost control and fell to the ground. Melinda saw him rise toward the ceiling. Then, all of a sudden, he fell to the floor. She shared her amazement of him doing this from a kneeling position.



A couple of days later, Master Chiao explained a meditation system called 'Holding the Three Ones' in which one uses visualization within the meditation. This is a technique of meditating where you visualize bringing 'The Three Ones', celestial beings that lie

within the Big Dipper, into your body. He said, "Sit on a hard pad and face in the proper direction depending on the time of day or night and quiet your mind. Visualize bringing the Big Dipper above your head. Use the proper mudra and inhale and suck in "The Three Ones" placing them in the proper positions in each of the three tan tiens of your body; the lower one is the hui yin point, middle is the solar plexus, the upper is the third eye. Then meditate on them for about an hour."

He said, "If you are able to master this method and hold them in a one inch space within the three tan tiens of the body and into the ONE, you would one day be immortalized." He gave me the times and position and the eight exercises for learning how to bring "The Three Ones" into my body, and told me to practice this as much as possible, which I still do faithfully to this day.



During another visit, Master Chiao also showed me a special meditation that involved standing on your head. He said, "When relaxing completely in the headstand, the body breathes slower, more blood will flow to the brain and the inner organs absorb more oxygen than usual; headaches, emotional states, anxiety and breathing difficulties will disappear."

I started with only a few minutes a day of standing on my head against the wall for balance while using my hands for support. After about a month I moved away from the wall and did my headstand without assistance from the wall. Then I progressed back to the wall for balance but not using my hands for support. This was not easy; it was hard on my neck and took another month or two before I became accustomed to it. After awhile of diligent practice I could do this for fifteen minutes. On my next visit to Taiwan, Master Chiao checked my headstand and then took me outside on the grass to stand on my head without using the wall as a brace he was pleased.



I have seen and done many things that once I thought did not exist or were impossible. We still do not know the limit of our capabilities. I will never underestimate the power of the human body and one day I hope to be able to achieve even one fourth of the powers and abilities of my masters and grandmasters.

THE SWORD

Later in 1988, I went to Taiwan again. Master Chiao had many students but he only picked nine of the best to receive this honor. He said for some inexplicable reason he had always held back one sword; he couldn't find another student worthy. Many

students offered him a lot of money to be accepted as the tenth student but he always refused. He said, "When I accepted you as a disciple, I knew if you passed all my tests you would one day receive this sword and you have. You have succeeded and in the name of my Master Liu Miao Yuan and Huang Ti the Yellow Emperor and Lü Dongbin, it is my honor to give you this sword." This was truly a high honor and any martial artist's dream. I was now one of the ten disciples of the Little Nine Heaven System, the oldest Taoist system known today.



In 1989, Master Chiao came to my house again. He stated that I should learn about the cultivation of sexual energy between partners. One night after we had reviewed all the things he had previously taught me, Master Chiao talked about yin and yang and how these apparently separate, contrary forces combined to create an ultimate unity or harmony and were therefore dependent on each other. He said that the Taoists believed that in order for man (yang) to be nourished, he requires the assistance of woman (yin) and vice versa. By absorbing the yin and yang from each other during sex, it is possible to nourish the energy of the self. By cultivating sexual energy through sexual meditation, good health and longevity are

avored. Without this nourishment, one's health and longevity will be negatively affected. He then explained that sexual mediation is not sex; it is the unity of two people who want to reach the higher levels of meditation. He stated that there are four requisites for learning sexual meditation; the financial means, the proper setting, the correct method, and the right partners. That internal alchemy expands the fusion of lead and cinnabar to produce the immortal fetus - lead means the yang fluid and cinnabar the yin fluid and the immortal fetus is a result of their blending.

He said, "Jim, I will teach both you and your partner, Melinda, how to circulate each other's sexual energy through the large and small Little Nine Heaven circles. During this meditation, you both must recite at specific times the mantras that I will teach you. This is from the Me-Tsun system and is not to be given to anyone else until the one day comes and you truly find the right couple."

Master Chiao instructed me to sit down on a hard pad and had Melinda sit on my lap facing me while we sat together. He said, "In solo meditation, the tongue acts as a bridge within your own body by connecting the two channels to form one; at this advanced level in the practice of circulating energy between partners. The genitals act as the bridge and you will be taught to re-circulate your sexual energies." He also taught a very sacred mantra that both men and women should be saying.



knowledge she had revealed to me. Master Chiao said, "You should practice as much as you can".

Melinda and I practiced sexual meditation and Master Chiao and I did back-to-back meditation together as often as possible. Master Chiao liked doing mediation with me he said, "Your meditation is now stronger than ever before which will help us both as our circulation of chi can flow through our bodies together and make us stronger."

I told Master Chiao about my experiences with Mr. Huang. He had taught me and about the Taoist women on the mountain. Master Chiao said he was not surprised by my being chosen as he too saw something special in me. He said he knew about the place on the mountain and I was very lucky to have been there to learn, very few people had been allowed to even go there. I told him about Chu-Mei and some of the things she taught me about dual cultivation. Master Chiao was amazed at the amount of



SEPTEMBER
NEWSLETTER:

**TEACHING THE
VENERABLE
MASTER
HSUAN-HUA AT THE
TEN THOUSAND
BUDDHIST TEMPLE
AND MORE**



UPCOMING SEMINARS AND EVENTS

JUNE 2017

Deerfield, IL

June 14th to 26th

Taoist Lovemaking, Chen Tai-Chi
& Shih Shui Kung

AUGUST 2017

Manhattan, New York,

August 3 to 17th.

Shih Shui Kung & Chi kung

SEPTEMBER 2017

Malaga, Spain

(Cabopino Camp Grounds)

September 8th to 16th

Little Nine Heaven
Gathering

Chen Tai-Chi, Tzu Men, Ba
Kua, Splashing Hands, Chi-Kung,
and Meditation

The Retreat is now FULL
45 students

NOVEMBER 2017

Highland Park, IL

INFINITY FOUNDATION:

Nov. 3rd to Nov. 4th

Taoist Lovemaking Seminar
(no nudity)

Phone number: (847) 831-8828 for
information and pricing

Deerfield, IL

Nov. 3rd to Nov. 13th

Shih Shui, Taoist Lovemaking,
Chen Tai-Chi

2018

MAY/JUNE 2018

10 days Tour of China

Dates Pending

- ◆ Yi Wu-Lu Mountain, Grandmaster Chiao's home
- ◆ San Quin Temple (where he trained), Shanghai and Beijing
- ◆ Ping Zu temple and other Taoist Temples
- ◆ Taking only 10 students
- ◆ Sightseeing and Training
- ◆ Taking only Ten- L9H Students
- ◆ Sightseeing and training.

