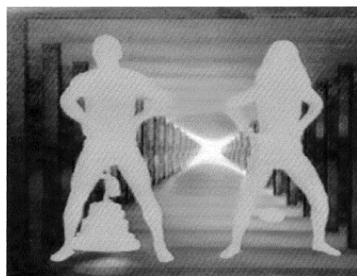


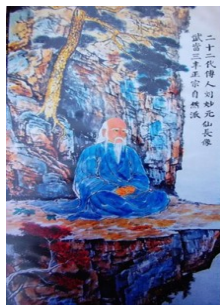
# Little Nine Heaven Internal Kung-Fu

## The Origins of Shui Shui for Women

Women & Men all over the world are getting in shape by running, dancing, swimming, and lifting weight to make their bodies stronger, healthier, and more beautiful. However, there is one organ/muscle that very few people strengthen for their health and longevity. This is the vagina and sexual organs. Why not? Women have fun with her, they urinate from her, she allows a woman to have sexual orgasms from her and she produces the strongest energy she has which is sexual energy.



There are many women today getting into vaginal weight lifting. However, the problem is they are only lifting weights from their vagina which is only less than half of the original training. The Chinese government has research and found out that Mr. McNeil is recognized as the Gate Keeper of L9H and this training throughout the world which was handed down to him by Grandmaster Chiao Chang Hung.



The origins of Shih-Shui (pronounced she-sway) can be traced back to the time of Huang-Ti, the Yellow Emperor of China (2698 BC). The lineage of the Little Nine Heaven Wu Tao system, which includes Shih-Shui, was handed down from generation to generation until it reached the Taoist priest Liu Miao-Yuan. In the early 1800's, Liu Miao-Yuan established a new San Quin Taoist temple on Yi Wu Lu Mountain in northeastern China. He was believed to have been over 150 years of age. In the early 1900's, Liu Miao-Yuan taught the system to Chiao Chang-Hung who instructed me from 1984-2003.



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I know of many so called Masters who claim they have learned genital weight lifting or Taoist lovemaking but cannot produce their teacher's pictures of proof they even learned it. Thus, many gullible people today are manipulated by good marketing and are not learning the true exercise in its purest form.

### What is Shih-Shui?

Shih-Shui (pronounced she-sway), also known as 'Bone Marrow Washing' or 'Iron Shirt Chi-Kung,' is a component of the ancient Taoist Little Nine Heaven system which originated in China almost 2000 years ago. Shih-Shui is an advanced form of chi-kung/nei-kung that focuses on strengthening the internal body and increasing sexual energy with a goal to optimize and preserve the health of the body, mind and spirit. It consists primarily of a series of special breathing, self-massage, pelvic floor and strengthening exercises, meditation along with specific energy circulation techniques. Shih-Shui can be practiced alongside and will enhance any other discipline. Any adult man or woman can learn and gain the benefits of Shih-Shui.

For a woman, these same exercises will strengthen and tighten the vaginal muscles which can greatly enhance her sexual pleasure. It will also have the effect of putting energy into the ovaries and vagina,

making her arousal and orgasm easier to achieve. Shih Shui can also help a woman build up the estrogen level in her body, and will increase bone density. During childbearing years, Shih Shui may help condition the body for pregnancy and recovery after childbirth. This training can prevent vagina prolapse which is the condition in which pelvic organs such as uterus, small bowel, bladder, urethra and sometimes the vagina wall itself begins to protrude through the vagina. Often, with traditional medicine, major surgical procedures such as hysterectomy are required to alleviate these serious conditions. Yet, through the practice of Shih-Shui, many women may find that medical/surgical these radical treatments, such as hysterectomy, can be eliminated.

### Why is Shih-Shui so Effective?

Shih-Shui works directly on areas of the body that are often neglected or ignored completely. Shih-Shui is a holistic discipline that can help the practitioner to attain elevated functioning and harmony of the body and mind. Benefits are usually felt within the first two-weeks of training.

### What Equipment do I Need to Practice Shih-Shui?

The required equipment which is provided by your instructor and is part of the training fee are Shih

Shui traditional items such as: beater, silk cloth, jade egg, weight hanger, and beginning weight. Shih-Shui is always taught on a personal and private basis so that instruction can be tailored to the specific needs of the woman by maximizing their potential benefits.

### Below are Women qualified to teach the authentic Shih Shui training from Master James W. McNeil:

Beth Trachtman  
Pennsylvania  
610-996-3599

Stephine Kokor  
New York  
646-806-1395

Kasandra Jewall  
Canada  
778-772-0390

Iris Seeley  
Chicago, Illinois  
847-533-0901  
[dr.seeley@aol.com](mailto:dr.seeley@aol.com)

Julie Jackson  
Manchester England  
[juliekjackson@sky.com](mailto:juliekjackson@sky.com)

Xia Hui  
Beijing China  
*Will qualify next visit*



First sexual and Shih-Shui Convention in 65 years. Mr. McNeil is guest of honor by Chins government

## Letters From Master Chiao

Grandmaster Chiao Chang Hung and I have written many letters back and forth to each other throughout our time together. There will be two letters in this newsletter that have been most important to me.

One letter was written to me in December 1992 and the next letter was written to me in May of 1993.

### **Letter to me from Master Chiao on 12/15/1992**

*Her name is Sun Ming; She was born at the end of the Ming dynasty. She is the granddaughter of Prince Duan. The famous Yang style tai-chi founder Yang Lin-Chan was the teacher at the prince's palace. He taught her tai-chi fist and sword. After the overthrow of the Ching dynasty, she toured all over China with her sword. Later, she toured with the sponsorship from the central martial arts institute director, General Chih-Chiang and General Lee Fong Sun. She went to Tibet and studied under the living Buddha "Gong Ka." He taught her the secret Branch White deformation*

*and she practiced diligently at the Himalayas Mountain.*



*After she graduated, she became a nun but kept her hair on. When she was forty she was given the title Elder Gong Ka. In 1949, she followed her teacher's wish and went to Taipei, Taiwan to spread the Me-Tsun religion. She formed the first Me-Tsun temple in Taiwan. However she was very selective on whom she taught. She is 108 years old now but claims only 93 years old to the outsiders.*



*Elder Gong Ga's teacher is called the Living Buddha, Gong Ga. He lived in the second highest hill in mount Himalayan located in Tibet. There are many followers of the living Buddha but she is the only one who received*

*the "I Bo" (Garments and rice bowl) from him. This proved that she is the sole disciple who received the whole teachings.*



*The 16th generation high priest "Dah Bao" (Imperial Throne) is the head of the White Sect. After Tibet was captivated he exiled to the U.S.A. The White Sect is different from the Red, Yellow, and Combination Sects in the followings:*

- 1. One can transform oneself into Buddha by practicing the "Big Hand Seal"*
- 2. It consists of male female cultivation yoga.*



When I was in my youth back in mainland China, I learned the “Big Hand Seal” under living Buddha Tang. After I moved to Taiwan, I continued my study under Elder Gong Ga. I gave you the Mercy Buddha picture. (1) Those are all part of the beginning lesson of the “Big Hand Seal” (2) The reason I encourage you to become a student of Elder Gong Ga is because she is the fame leader of the White sects in Taiwan. If you learn the “Double Cultivation” from her it will raise your status as a teacher in the U.S. (3) After I left your home, I returned to Taiwan and asked my previous student to introduce you to Elder Gong Ga. After that, she agreed to teach the “Double Cultivation” to you as soon as the weather turns cooler. There are many people whom want to learn the “Double cultivation” so far, she has only taught it to the former marine general and his wife.

Regarding the “Double Cultivation yoga the Taoist and Buddhist methods are very similar. I have learned both of them and have greatly benefited from it. I had taught you the mantra to recite during practice and other parts of this system when I was in the U.S. When we meet next time, I will teach more of it details. With much practice, you will be successful.



The holy picture is of the Mercy Buddha and “King Kong Heavenly Mother” during the double cultivation from the “Secret Branch White Domination”. It’s also know as the ultimate yoga amusement “Great hand Seal” the white domination way of practice to become Buddha.



The head of the White order of Tibet Buddhism is called the “King of the Great Treasure.” He’s the 1st living Buddha recorded in history. His power and Buddhism knowledge is considered higher than those of the other orders. The 16th generation head passed away in the U.S. years ago. Elder Gong Ka is his only Chinese mechanize disciple. As such, she holds high prestige and status.

### Letter from Grandmaster on 5/21/93

In this letter, he talked about my teachings with Kong Ka and he wrote about the troubles he had with his legs.

Elder Kong Ga told me that if anyone quit they would be punished. I was not able to practice regularly because of my trip to the Philippines. Later when I arrived back, my leg problem started, may be the

result of the “punishment” who really knows? When Kong Ga was about one hundred years old, she had a problem with her legs also and couldn’t walk well. She thinks that it’s caused by her student not being able to finish their teachings.

**(Now I question what is wrong with my legs as doctors say nothing is wrong with them)**

On April 11, 1997 she called all her disciples together. She sat in an upright position with her legs crossed and told her disciples that it was time for her to go. After instructing them on how to preserve her body and who was to take over her temple and other duties, she then predicted her return and passed away amidst her disciples chants. She sat from April 11, 1997 to April 11, 2000. Her body didn’t deteriorate in anyway and then she was covered with gold and called the living Buddha and was put on her altar where she still sits. All her disciples were to meditate for two hours during this time; I started at 2:00pm California time.



My older kung fu brother Carl Kao, brought over the ancient holy picture called the “Mercy Buddha” and “King Kong God of Cultivation.” “Mercy Buddha” and “King Kong Heavenly Mother” are doing the double cultivation from the “Secret Branch White Domination”. It is also known as the ultimate yoga amusement, “Great hand Seal” which is the white domination way of practice to become Buddha.

As stated in his letters, this original handmade picture was given to Master Chiao many years ago by Gong Ka who received it from her teacher in Tibet at the temples. She gave Master Chiao permission to give it to me. When Carl carried it on the plane, he couldn’t even let it out of his hands. When he arrived at my house and told me, “you have to put it on your altar right away and never

remove it.” Only the next lineage holder could have such a holy picture. This picture is still on my altar that I meditate and pray in front every day and recite the mantra Grandmaster Chiao taught to me.



## Upcoming Seminars and Events

### SEPTEMBER 2017

Malaga, Spain

September 8th to 16th

Little Nine Heaven  
Gathering

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

### NOVEMBER 2017

Highland Park, IL

INFINITY FOUNDATION:

Nov. 3rd to Nov. 4th

Taoist Lovemaking Seminar  
(no nudity)

Deerfield, IL

Nov. 3rd to Nov. 13th

Shih Shui, Taoist Lovemaking,  
Chen Tai-Chi

### DECEMBER 2017

Ibiza, Spain (Pending)

November 27th to December 10th

Taoist Lovemaking and Shih Shui

2018

### JANUARY

Bangkok, Thailand

(dates pending)

Taoist Lovemaking & Shih Shui

### 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