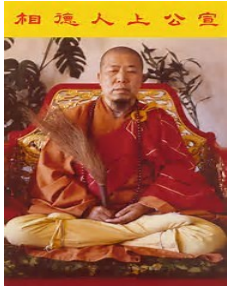


Little Nine Heaven Internal Kung-Fu

TEN THOUSAND BUDDHIST TEMPLE MASTER HSUAN HUA

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In 1988 I was overcome with a strange feeling that I had to get away and be alone. I told my wife that I needed to go do some private meditation and I had heard about a temple called Ten Thousand Buddhist Temple in Northern California.



I contacted the temple and they said I could come up and rent a room to stay. I flew into San Francisco then took a Greyhound bus to Tallmadge, California and then a taxi to the temple. I walked into the office

and checked in, talking to the administrators about the rules and regulations and then was assigned a room. They told me that the monks eat only once a day, sleep sitting up and meditate every day, on top of their studies to become a priest. I went to my room to put my things away and then walked around exploring the grounds.

The next morning I woke up at 4:00 a.m. and went to the meditation hall for meditation and mantras led by the Venerable Master Hsuan Hua. Looking at him, I could hear the power in his voice and what looked like an illumination, a halo above his head. I thought, "Here is truly a master among Buddhists," not knowing that in a couple of years I would actually have the honor to meet the great Buddhist master in person. I sat down directly behind the monks and after a short while I heard many of them snoring. I smiled and thought to

myself, "they're not meditating they are sleeping". Afterward when we went to eat breakfast the monks received their vegetarian food first then the rest of us followed suit. After the meal the male monks got up to leave and I noticed that they were putting fruit, bread and whatever else they could in the large sleeves of the robes they wore as they started walking out. I thought back to when the monk in the office had said there was only one meal a day. I thought, "no, you don't eat all day, do you?" then I laughed to myself.



Inside this issue:

<i>Ten Thousand Buddhist Temple</i>	2
<i>Ten Thousand Buddhist Temple</i>	3
<i>Little Nine Heaven Gathering</i>	3
<i>Upcoming Seminars and</i>	4



One morning in the meditation hall after listening to Master Hsuan speak, we all started our meditation and after a few minutes I noticed a bizarre vibrating feeling in my lower stomach and it became stronger and stronger. There was no way anyone could make their stomach vibrate this fast intentionally, it moved uncontrollably. In the past, my whole body had vibrated and lifted off the ground and shaken while meditating, but this was different and it was concentrated intensely in my lower tan tien. I was mildly alarmed but my training experiences had taught to relax and let my body do as it wants and that there was nothing to fear.

There were many different buildings on the temple property and at one time it used to be a hospital for the mentally ill called Mendocino State Hospital. One afternoon, I was walking around inside one of the buildings; it had a foreboding atmosphere and I could almost hear the cry of the tortured spirits inside the different rooms and feel the pain and suffering the mentally afflicted must have gone through. I walked quietly with respect down the corridors and then I heard a strange sound coming from deep down the long hallway. I walked forward with stealth and caution and as I drew close to the room from where the sound was coming I became even more silent and I peeked inside. It was the American, who was the head

instructor monk for the trainees, together with a young practicing nun. He had her bent over the table and they were having intercourse. I watched for a minute or so then stepped back, still listening, trying to figure out what to do. I decided to confront him without confronting him so I made a coughing sound and suddenly stood in the doorway. They both turned around and hastily hid themselves as I looked directly into his eyes. Then I told them, "sorry to bother you", and turned and walked away.



Why did I make my presence known so they would know I saw them? It was because this head instructor always walked around acting like he was better than everyone else, like he kept some higher standard. He had an

attitude problem and I wanted to teach him a lesson; that he had human desires just like everyone else, that he was no different or any better. Whenever I crossed his path on the temple grounds, I made sure we made eye contact and he always dropped his head when he saw me. I went home shortly after this and continued with my everyday routine. It was a strange coincidence that three years later, Master Chiao was asked to go to the Ten Thousand Buddhist Temple to teach Philosophy and also teach the honorable master Hsuan Hua, Shih Shui Kung and that I would soon have the honor of meeting this man who was the true embodiment of Buddhism.

In April of 1991, Master Chiao left Taiwan to teach abroad for a year at the Ten Thousand Buddhist Temple. After teaching at the temple for almost two weeks, Master Chiao called me to join him to meet the Venerable Master Hsuan Hua, the founder of the temple who had summoned Master Chiao from Taiwan. Master Hsuan Hua had decided he wanted to learn the Shih Shui system and Master Chiao wanted me to help and use the opportunity to learn more about how to teach Shih Shui with the Venerable Master as our willing subject. We both live in the same house on the temple grounds.



Just like when I was there before, the day at the temple started at 4:00 a.m. with meditation and mantras in the meditation hall. We had our one vegetarian meal for the day at 6:15 a.m. Then at 8:00 am training with Master Chiao began. At around 1:00 pm, we taught the Venerable Master Hsuan Shih Shui. Around 4:00 pm Master Chiao would always want to go into town to get a good Chinese dinner and at 6:00 pm, we returned to the mediation hall for more meditation. The evening would end at 9:00 pm. I stayed there for approximately two weeks, helping and learning from Master Chiao. He would correct my Ba Kua, Little Nine Heaven and Hsing-I forms and we would go over many different fighting applications.

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When Master Chiao was busy elsewhere I would practice all the things he had taught me. Before leaving the temple the head Hsing-I teacher there asked me if I wanted to stay and take over his job as teacher. He said, "The other monks and I have been watching you practice and we realize your Kung fu is very good and we would like to have you stay on and teach us". I politely said, "Thank you for your kind words. I am honored but I am still learning myself. I am sure you are a very good teacher and you are very knowledgeable." We bowed together and said our goodbyes and I left.

While helping to teach Master Hsua the Shih Shui training, I had noticed that he had scars from many cuts on his legs. I humbly asked Master Hsua how he had acquired them and Master Hsua explained that in his younger years when doing meditation, he would get aroused naturally. This was against his custom; so to punish himself, he would cut his legs with a knife. This went on for years until he was no longer bothered with this problem. Now after learning about the powers and importance of Shih

Shui and talking to Master Chiao, he realized that this was wrong, so he wanted to cure the problem.



Meeting the Venerable Master Hsuan-Hua was truly an honor and being amongst two great masters, the Taoist Master Chiao Chang-Hung and Buddhist Master Hsuan-Hua, at the same time was an incredible privilege. They told me of the discipline they had to maintain to reach their potential. They taught me that to be great you must believe in yourself, practice hard and enjoy what you are doing. This is wisdom I think we all may learn from.

Honorable Master Hsuan Hua was born April 16, 1918 and died on June 7, 1995

Little Nine Heaven Gathering 2017 Spain.

September 8th To 16th:

In Malaga, Spain (Cabopino Camp Grounds), we had our yearly Little Nine Heaven Gathering. It was a great success once again. We started at 8am doing standing meditation and sometimes started with Chen Tai Chi at 9:00.



We all had breakfast together every morning. We had a 30 minute break after breakfast, then practiced Tien Gunn & fighting applications, Chi kung at the beach then we went to lunch for two hours. After lunch, we returned to practicing and learning Chen Tai Chi first and second forms (Canon Fist), Tzu-Men, Little Nine Heaven Wu Tao, Hsing-I, Standing meditation, push hands, sun and moon meditation and other private training. We finished around 6:00 pm every day to have dinner. Some went to a few cities close by to eat and buy things while others stayed in the campsite. At night, we all got together to talk, reminisce, and ask any questions about many different topics for a few hours. On

the last day, the students gave me a very beautiful and thoughtful black marble plaque for their appreciation of my teachings throughout the years.



Eating Breakfast Together



Training on the Beach



Chi-Kung at the Beach



Chi-Kung Fighting Techniques



Practicing Different Kung-Fu Forms



Leaning Tzu-Men Form & Ba Kua



A place to sit



Group Picture

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

Phone #: (847) 831-8828

Taoist Lovemaking Seminar
(no nudity)

Deerfield, IL

Nov. 3rd to Nov. 13th

Shih Shui, Chi Massage,
Psychic Healing Part 1

DECEMBER 2017

Ibiza, Spain

November 27th to

December 10th

Taoist Lovemaking

2018

JANUARY

Bangkok, Thailand

January 5th to 15h

Taoist Lovemaking & Shih
Shui (Only taking 3
student)

APRIL/MAY 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 stu-
dents
- ♦ Sightseeing and
Training

