

# Little Nine Heaven Internal Kung-Fu



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I have made 35 DVD's, wrote 8 books also written 45 magazine articles for different magazines throughout the world on Hsing-I, Splashing Hands, Little Nine Heaven Wu Tao, Chen Tai-Chi, Ba-Kua, Tzu Men and Psychic Healing. The most important one was in May of 2006 with Inside Kung Fu magazine. The sad thing is that I am almost sure that most of the people who read it did not truly understand what I was trying to get across. So I would like to explain a little of what I meant about feeling, spirit, and the circle within the circle. Many men, women, and children have practiced some form of martial arts, yoga, meditation, or different sports in their life time, but did they take the time to really understand what their body was doing with each & every movement?



I have been to many kung fu and karate tournaments and have seen many men and women do forms. The biggest problem is that they

## Spirit and Feeling

are just doing a form. How many of them even know what each and every part of their body is doing with every movement of that form? Are they centered and solid? Do they even know where the power is coming from? Do they understand the circle, and the circle within the circle? I have taught many students throughout my years of teaching and as much as I stress the importance of feeling and spirit, many of them forget how important these two words, FEELING AND SPIRIT, and more importantly, how to use and feel them.

I have taught many men and women the art of lovemaking, chi kung,



meditation, healing and fighting, and again many forget the importance of how to feel. In lovemaking most of them only think of the act and not the feeling or their mate. Chi kung is a simple exercise and many people do it throughout the world, but are they really get-

ting the full benefit of their chi kung? Do they truly feel the spirit and energy within themselves or are they only doing the movements?

**Fighting** is the baby art of kung fu. You hit me. I hit you. That's all there is to it. But is it? Let's take



an important exercise for fighting called push hands. Only when you master centering, relaxation, and feeling will you win. I have taught different kinds of healing techniques such as acupuncture, psychic healing, and tui na, but how many really feel with their heart, body, and mind when they are trying to heal? Or are they only going through the movement?



The Taoist believe in simplicity and that the mind which guide the chi. The mind guides the feeling of the five senses. When we hear, we listen if the sound is soft, peaceful, or annoying. Do we try to hear and feel the goodness and beauty in others? When we see the beautiful green grass, trees, desert, blue or cloudy skies, white snow, and the beautiful lakes and our vast oceans, do we see nature's beauty? Do we have spirit in our eyes to see the beauty in others and learn to forgive? When we taste something, is it salty, sweet, sour, hot, or cold? But do we feel the energy flow through our bodies and taste the true sweetness in our meditation? When you smell an aroma, do you

feel if it is sweet, nasty, fresh or sour? Do you smell and feel the scent of love and compassion in others? When we touch someone or something, we feel if its, hot, cold, rough, smooth, wet, or dry. We also feel love, anger, joy, hatred, and kindness. These are all feelings from the heart, but do you really feel the inner feeling and emotions of others? In all our senses and in everything we do, we should always have spirit and feeling.

Our **feelings** are **important** because they help us to know ourselves, to be real, and to connect deeply with other people. Ask yourself how are my feelings guiding me to better health? How

are they encouraging me toward the adult satisfactions of a mature life? What deep emotional intelligence is evolving through my experience?



Thank You,  
Sifu/Lao Tzu McNeil  
[www.littlenineheaven.com](http://www.littlenineheaven.com)



## Upcoming Seminars and Events

### MARCH

Malibu, CA

March 5th to 9th

Shih Shui and Chi-Kung

Irvine, CA

March 18th to April 4th

Private Lessons

### APRIL

Deerfield, IL

April 20th to 30th

Internal Systems

### JUNE

Seattle, WA

June 14th to 22nd

Private Lessons

### JULY

Irvine, CA

July 1 to July 13

Shih Shui/ Taoist  
Lovemaking

Irvine, CA

July 23 to August 6

Shih Shui/ Taoist  
Lovemaking

### AUGUST

Brazil

Dates Pending

Taoist Lovemaking  
Seminar/ Private lessons

### OCTOBER

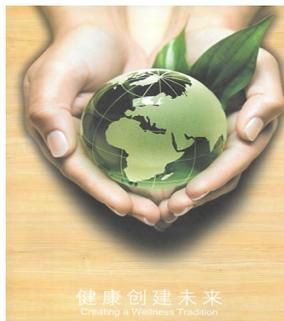
China

October 10th to 22nd

Beijing, Yi Wu-Lu Mountain,  
Grandmaster Chiao's home,  
San Quin Temple (where he  
trained), Shanghai and  
Ping Zu temple

**TRIP IS FULL**

# NHT GLOBAL



I started a new business hoping it can also help some of our friends and kung Fu brothers and sisters make their future a happier and brighter one. Yes it is not for everyone it is only for the ones who want to try hard, retire sooner and have the things they always wanted in life.

1. Do you find yourself working harder but not getting ahead?

2. Failing to meet your health & wellness goals?

3. Wanting more out of life?  
YES

4. So did I that's why I joined **NHT Global**

5. These products are fantastic and they work.

6. It has already made a difference in my life.

7. You can join ANYWHERE in the world. They are worldwide

If you are interested in making your future a brighter and healthier one contact me by text or call:

(949) 636-1573 or email me at [siful9h@gmail.com](mailto:siful9h@gmail.com)

Sincerely,

Sifu McNeil



## Donation Page

Little Nine Heaven now has a donation page setup which can be found here:

<https://littlenineheaven.com/donate/>.

Donations are tax deductible and will be used to further our [mission](#).

We also have a page setup through [yourcause.com](https://yourcause.com). Many companies have a matching contribution programs for donations to non-profits and use yourcause.com to facilitate the transactions. You can find Little Nine Heaven through your company's [yourcause.com](https://yourcause.com) portal by searching for our EIN number 82-2791646.