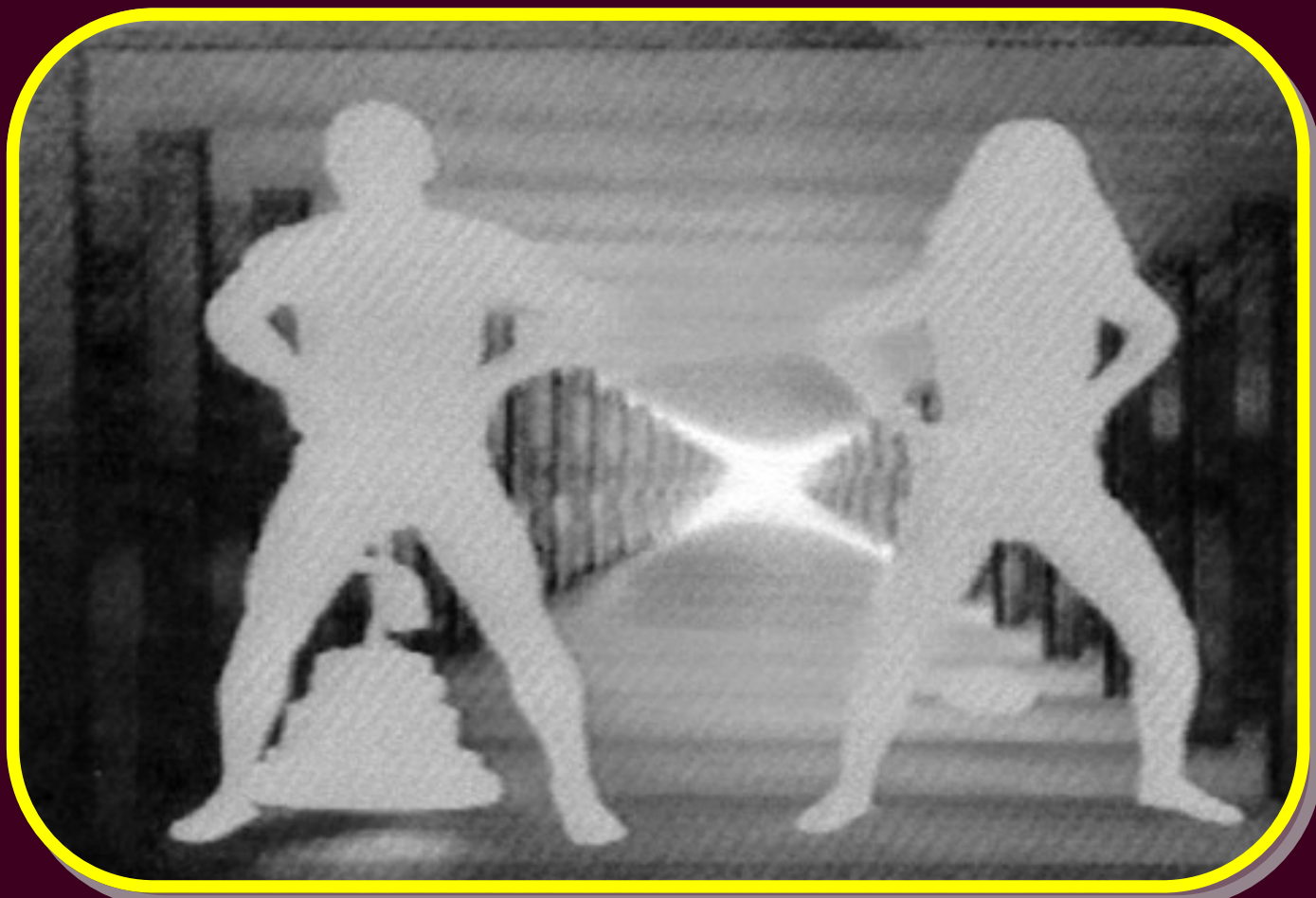


Little Nine Heaven Internal Kung Fu

February 2019



Little Nine Heaven Retreat Is Coming Back

I decided to send out a newsletter this month with big and exciting news. As many of you know, I used to run a retreat where students would come to study, train, and live kung fu. I always wanted to build a retreat in order to spread the arts my dear teachers have given me. I've always taught the same way that my teachers taught me as it is important for me to keep their systems pure and alive. My dream is that with this new retreat, Little Nine Heaven will be spread to people throughout the world.

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In 1994, I opened the first Little Nine Heaven Retreat in the mountains of Rainbow, CA. Hundreds of men and women from all over the world came to train and live in Rainbow when I hosted seminars. Many of my students often look back and think about the great times we've shared in that house. I closed the retreat in 2006 and decided to build an even bigger retreat in 2007 in dedication to my teacher's dream of creating a place where people could come and train in Little Nine Heaven and other systems. My students and I built this

new retreat from the ground up. The home we built was set 4000 feet in the mountains amongst the beautiful backdrop of Banning, California.

In 2008 when the recession hit, we lost the land and home we built. I still kept two acres of land next to the home and I kept a motorhome on the property. I always kept a piece of land where students would come and continue to train. About 5 years ago, wildfires roared through Banning causing a state of emergency in the area. The motorhome burned down and we lost our place to train.



This year, I've decided we are coming back! We will be putting a larger motor home on the property for instructors and couples to sleep. We will continue to build slowly on the land and we will create a new home for Little Nine Heaven. We have access to Silent Valley Motor Home Park which is down the street from the land. Visitors can stay will stay at the Silent Valley RV Resort which features two swimming pools, saunas, Jacuzzi, fishing, restaurants & bars and a beautiful

place to camp or stay in an RV and a ton of places to train. We are planning on having our first class back in Banning in July and will only be taking 5 students.

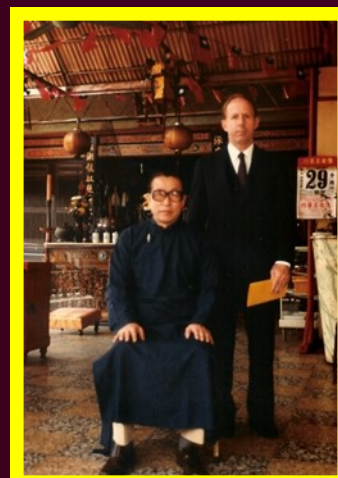
This will be the home for Little Nine Heaven like it was before. In time, we will have build a training hall and a small home for students. Anybody that would like to donate their time or money to helping build the retreat is welcome to contact us.



Shih Shui Kung

Why am I talking about this again? The reason is that I have been doing Shih Shui Kung (pronounced she-sway gong) since 1977 and I feel I am stronger, younger, and healthier at 77 than I have ever been. It seems the older I get, the stronger & healthier I become. I still exercise four hours a day, five days a week along with regular meditation. I wish every man and woman could feel this feeling of youth coming back into their life. I once wrote an article years ago that I felt Shih Shui could be the fountain of youth for many and I truly do believe this. There has been little research on the benefits of Shih Shui and I think the findings would be very interesting and overwhelming.

In China, I am recognized as the authentic next generation Master in Little Nine Heaven Wu Tao, Shih Shui kung and Taoist Lovemaking by the Chinese government.



A few years ago, I taught Shih Shui to a medical doctor in the Chicago area and he said to me, “Lao-Tzu, I don’t think you really realize how fantastic Shih Shui really is or what it can really cure or what it can prevent people from getting like different diseases or illnesses. Can it be the secret to anti-aging?” The answer is we really don’t know. Of all the times I have taught Shih Shui, whether it was a woman or a man, they have always raved how good they feel while doing it. The thing I do not understand is why many of men and women quit because they say they do not have time to practice because they are too busy doing other things. To me, it is as if they don’t care about their body or their health. Then when I see them some time later, they all say, “I should get back to it, I really felt good while doing it.”

WHAT ARE THE HEALTH BENEFITS OF PRACTICING SHIH SHUI?

Shih-Shui promotes feelings of youthfulness and clearer, sharper thinking. A robust immune system, strong bones, and supple ligaments are among the results of regular practice. Shih-Shui will build up testosterone levels, prevent premature ejaculation, strengthen the immune system, purify the bone marrow, increase bone density, and strengthen the prostate gland to prevent problems with that organ which has become such a major concern for men’s health.

For Men:

Shih Shui will increase the blood supply to his penis which will keep an erection stronger even well into his senior years. Shih Shui can provide these and many more benefits that address a variety of health issues that have a direct correlation to aging and diseases associated with aging.

Shih-Shui Kung

For Women:

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 levels in her body and will increase bone density. This training can prevent vaginal prolapse, the condition in which pelvic organs such as the 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 a hysterectomy are required to alleviate these serious conditions. Yet through the practice of Shih Shui, many women may find that these radical treatments can be eliminated.

How Long Does it Take to Learn?

Shih Shui is always taught on a personal and private basis so that instruction can be tailored to the specific needs of the individual thereby maximizing its potential benefits. The Shih Shui training starts with 10 days to 2 weeks of daily sessions with a qualified teacher. A total initial commitment of 100 consecutive days of training will be required after which this vital program should be integrated as a regular aspect of one's health and fitness routine. Routine checkups and learning new exercises are done at the convenience of the student

The Power of the Mind and Shih Shui

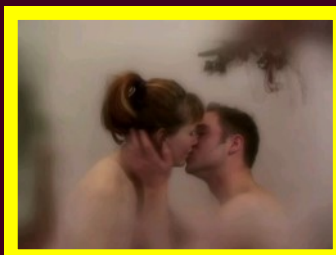
We all possess internal medicine within our body, so why not use it? Everyone wants to live a healthier, happier, and longer life without illness, but it seems for many that an hour a day takes too much time out of their lives for good health and happiness. I will continue to try my best to help people understand the true value of using the medicine within our own bodies with the power of the mind and the power of Shih Shui, I feel we can cure or prevent anything.

April 12th. 2017 - I was asked to share some principles of Shih Shui Kung in Shanghai with government officials.



TAOIST LOVEMAKING

In this second part of my newsletter, I would like to talk about the art of Taoist Lovemaking and the many benefits it has to offer. Many men and women are offended by this subject as they are in Shih Shui Kung for many different reasons and I am sorry and hope this doesn't offend anyone reading this newsletter but I feel it is important. For the past thirty-six years, I have had the good fortune and honor of being able to study and practice the highest level of kung-fu, the art of Taoist lovemaking and Shih Shui Kung. I feel I have helped many men and women in my teachings. When was the last time you held or looked at someone deep into their eyes and had this deep beautiful inner feeling of the true beauty of love: the inner joy of happiness, fulfillment, and the feeling of security?

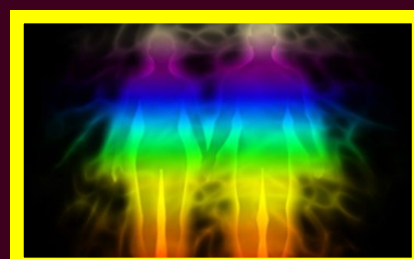


Sex is a three-letter word that means different things to different people. But sex is only a small part of a beautiful act, which requires feelings and emotions of love to become meaningful. We all desire to truly love and to be loved. The joy of this beautiful act has sometimes caused pain, suffering, sadness, shame and loneliness. I don't believe anybody should experience that feeling.

The joy and the beautiful feeling of happiness and fulfillment you feel when you're in love is so beautiful. Being able to lay next to your partner, just holding each other can truly bring joy and happiness. The joy of lust and love that flows through your body is a feeling you wish would never go away. This is true love. When was the last time you felt this beauty?



Sexual energy is the strongest energy we have within our bodies. It keeps us healthier and happier and it can also prevent sickness as well as relieve stress. It can burn calories, improve our cardiovascular system, improve intimacy, reduce pain, boost self-esteem, strengthen pelvic floor muscles, cure an oncoming sickness, and improve sleep. Why not use this sexual energy to its fullest?

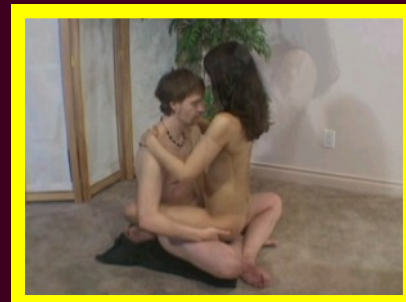


I am the only American student to learn this treasured knowledge directly from my Taoist masters in Taiwan. My main purpose in writing about this subject is because I am getting older even though my body is healthy and strong I would like to pass on the knowledge I have learned to a man or a woman who is willing to practice the way I have learned and be able to show the loyalty and dedication I did all these years. It will not be easy, it will not be fun, but when it is over and

you look back at the knowledge you have, you will know it is worth millions. You will be able to help many people/couples in becoming healthier and happier than ever before through Shih Shui, meditation, and skillful lovemaking. What will you learn? (1) The art of feeling (2) The art of lovemaking (4) Patience (5) Complete control over your body (6) Meditation (7) Chi Kung (8) Acupressure massage (9) much more.

TAOIST LOVEMAKING

Around 2001, I thought I found a student who would have been worthy of this magnificent system. First I taught him Shih Shiu but he didn't practice every day as I had instructed. He promised he would practice more. Three months or so later we went to the Philippines to start on his path of Taoist lovemaking. We practiced for 4 days about 4 hours a day only on the art of feeling without touching a woman's breasts or private area. He was astonished that only with the art of feeling that he could bring a woman to a very powerful orgasm. He was so surprised and amazed that he could satisfy her only by touch/ feeling. Even with this extreme satisfaction, he still would not practice like I asked him to. I set down the rules that he needed to follow or I would stop teaching him and he would have to forfeit the money he paid me. He continued to disobey every one of my rules, but I kept teaching him because he promised to me that he would try harder. I gave him many chances and each time he failed over and over again so I stopped teaching him. It was sad because he would have been very good.



In 2005, I started teaching another student who I believe will be very good one day. Again I set down rules that he needed to follow or I would stop teaching him. He agreed and we practiced a few different times with a few different women and he became very good as he respected me and my teachings and did everything exactly as I said. The only problem is he is very busy and has no time to practice, as there still remains much for him to learn.

I feel that what I have to share can be of benefit in helping people find the harmony, respect, happiness, confidence, and complete satisfaction they desire. This knowledge cannot be taught from a book, or in any college degree. Different authors and "gurus" have bought my books and or DVDs and changed the wording and said it is their knowledge and are teaching what they learned from a book. However, their teachings cannot compare to the real truth of this knowledge that was handed down to me years ago. My master would always say "There is not a women in this world that cannot be satisfied." It will be very sad if this great knowledge is forever lost.

The book of my life story on this subject *Ancient Lovemaking Secrets: The journey toward immortality* is now an e-book on my website: www.littlenineheaven.com. The DVD's "Ancient Lovemaking Secrets" part 1 & 2 consists of nudity and has most of the knowledge that is in my e-book. I am planning on making part 3, 4 and 5 sometime next year. I am looking for an investor interested in this project for adult education.

中国家庭性福房室养生学术论坛暨国际中华性健康研究会房室养生学专业委员会成立大会合影 2016年10月22日 于青岛





October 27th, 2016 — I was a guest speaker at the first Health and Sexuality Convention held in Hangzhou, Zhejiang China in 65 years

Upcoming Classes

MAY 2019

Chicago, Illinois

May 10 to 21st

Shih Shui Kung & Chi Kung

JUNE 2019

Bangkok, Thailand

(1 Opening Left!)

May 27th to June 10th

Shih Shui Kung & Taoist

Lovemaking

La Jolla, California

June 17th

Student's Wedding

JULY 2019

Banning, California

(5 Openings Left)

Dates Pending

Kung-Fu

OCTOBER 2019

China L9H Tour

(Limited Openings)

Dates Pending

Sightseeing Master Chiao's home,
Peng Zu Mountain & More

Please Contact siful9h@gmail.com to reserve your spot!

Happy Valentine's Day