

# Little Nine Heaven Internal Kung Fu

April 2020



*I wanted to write this newsletter to give my students and those wanting to learn something positive to read given the crisis the world is going through. Lets take this time to cherish what is important and enjoy the time we are spending indoors with our loved ones. I hope that couples and loved ones use this time to build upon their love for each other and learn to make each other happier than ever before.*

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## Love

In this newsletter, I would like to talk about the art of **Taoist Lovemaking**, and the words “**I Love You**” and the many benefits they have to offer. Many men and women are offended by the subject of sex for many different reasons and my goal is not to offend anyone reading this newsletter. I feel it is important to discuss love and relationships, especially in this time of chaos. Many of us now stay in our homes and find ourselves spending more time with our loved ones. For many this has been a great opportunity to rekindle the love and passion in their relationships and have **fun together**, but for others, they are finding that the fire and lust in their relationship has declined. Taoist lovemaking can rekindle that spark for those interested in trying.



For the past forty 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 teaching. When was the last time you held or looked at someone deep into their eyes and deep inside of you, you 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 of lovemaking, which requires communication, feelings, fun 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 those feelings.



The joy and the beautiful feeling of happiness and fulfillment you feel when you're in love should be beautiful. Being able to sit, walk, stay or 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?**



## Love

Sexual energy is the strongest energy we have within our bodies if you learn how to cultivate it. 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, 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. 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 the two concepts **“FEELING”** and **“SPIRIT”** are, 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 as their emotions take over and they forget about feeling or their mate. Chi Kung/Nei Kung is a simple exercise and many people do them throughout the world, but are they really getting the full benefit of their Chi/Nei kung? Do they truly feel the spirit and energy within themselves or are they only doing the movements?



There is a very powerful four letter word that is beautiful, but has caused many of us different kinds of feelings. It has brought happiness, sadness, loneliness, jealousy, and pain. This powerful word is **LOVE**.

## Love

There are different kinds of love, like the love for your children, close relative, or a close friend. It could also be a love for a place, or an animal, or a love of doing something. But the most powerful love of all is when a couple is holding each other, looking into each other's eyes, and from the bottom of your heart you say **I LOVE YOU**. These three words alone says it all: **I LOVE YOU**



The words "I Love You" should be a sacred saying; it is spoken and written in many different languages. Я люблю тебя in Russian - älskar dig in Swedish - Te quiero in Spanish - Ti amo in Italian - Je t'aime in French - Я люблю тебе in Ukrainian - mahal kita in Filipino - Ich liebe dich in German - Seni seviyorum in Turkish - Tôi yêu bạn in Vietnamese - ฉันรักเธอ in Thai and in -我爱你 Chinese. There are many other countries in this beautiful world of ours where people also say these same words in their language just as in America and England we say I Love You.



Even though these three special words are spelled and sound different in different countries, people are people all over the world and we all have the same joys, feelings, and heartache. So why can't we all live together as one in peace and harmony on this beautiful planet earth?

My hope and dream is that this article about Love will bring much happiness and joy in the coming year to all of you and through this Corona19 crisis. So after reading this little note I hope that all of you will turn to your loved one or loved ones and say from the bottom of your heart with feeling **"I LOVE YOU"**. If your loved one is far away, then give him/her a call and say **"I LOVE YOU"** and I miss you so very much.

Let keep in contact with your friends and love ones by phone or at a distance during this crisis.

Sincerely,

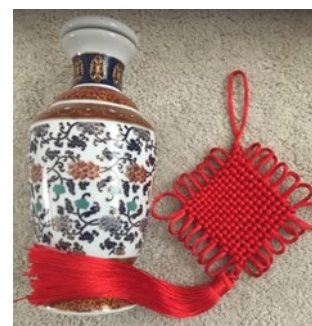
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**Please Contact [siful9h@gmail.com](mailto:siful9h@gmail.com) to reserve your spot!**