



# Little Nine Heaven Internal Kung-Fu

April 2023



## What is the Lesson Here?

I was recently asked, “What did I learn from my experiences and what can the reader learn or gain from this article?” First, I must ask the questions: Why are we put on this earth? What is our purpose here? Why are some born rich and live in large, beautiful homes and others are poor and can barely survive? Some live stagnantly, life goes on, but nothing changes. Some live, in constant fear and danger, while others are carefree and without worry. Why do some countries have plenty and other countries are filled with killings, poverty, and disease? Where is our God? Is it fair? The answer is yes; it is fair because we need a balance on this earth, and that balance is yin and yang, positive and negative. This has been going on since the beginning of time. Work hard and one day you will succeed in one way or another. Because when you have a dream and the determination to do better, no matter how it turns out you can hold your head high with respect for yourself. There are many definitions of success and many kinds of happiness, wealth; spiritual wealth is invaluable.

Throughout my life, I have lost some dear friends, family members and **my teachers**. This is a part of life that must happen. But remember when one passes, they are going to a better place, without pain and suffering. As hard as it is, you should be happy for them. Things happen for a reason, even in tragedies. Look up into the heavens and ask your own God, why? You will learn the answer one day. As I did.



1930 -1973



1934 - 2002



1934 – 1984





1905 – 1996



1925 – 2000



1914 - 2001

To lose a loved one through the hands of another person is even harder to accept and to forgive. I hope you never have to experience this feeling. But for those who have, you need to bounce back, as hard as it is. You must realize it happened for a reason. Find something to take away the anger, sadness, and loneliness and maybe even help someone else in need. You must let go for your own sake and for others. Let the higher force take care of justice as it inevitably will in far reaches of Time. We are always being tested in many ways and for many reasons: at work or home, by our partner, wife, husband, boss and even our friends; just as my teachers tested me in many ways. Now, how can you pass the test? The same way I did; be truthful, don't take advantage of others, work hard, be kind, think of others not only yourself, and give that extra little bit when you think you don't have it.



**My son before he was murdered.**

I have experienced and witnessed some things that people would say are impossible and cannot be true. Yet, the unbelievable happens all around us, all the time. The classic example is the mother who has an accident, and her car is overturned. Without thinking she quickly crawls out of the car and picks up one side, turning it over to save her trapped child. Is this impossible? It has happened. Another example is the skydiver whose parachute malfunctions and falls to the ground but survives with only some broken bones. Is this also impossible? This too has happened, more than once. A doctor says you have cancer and will die in three months, but you are still alive ten years later. We only use a small percentage of our brain. Our bodies are capable of many things that most people think is impossible.





In my life there were many times I was so broke that I could not afford food let alone pay my bills. Then there were other times that I had more than enough money. But regardless of my financial situation, if someone needed help, I would always try my best to do so. I believe the more you do for others the happier you will be. And it seems that no matter how bad things were financially, always something or someone came through. I encourage you to not give up in times of need as everything will turn out for the best and for the right reason, as it was meant to be.

My daughter Kim is married with a one son and three granddaughters; she is retired and traveling the US with her husband. My other daughter, Jennifer has two daughters, one grandson and one granddaughter. Christine, my youngest daughter, is married with two daughters and owns a mental practice office. My wife and I are still happily married and doing well. I have many things to be grateful for: my health, family, and my many students throughout the world. I have been on both sides of the street and have students from all walks of life. I can truly say I love and treat them all equally. I am rich in many ways and you too are also rich if you can just realize it. Be happy with the wealth you have and understand its value. I thank you world. I truly hope you have enjoyed this article. Perhaps you will discover a personal connection and benefit from these stories; maybe even realize your own potential and find your own path to fulfill your destiny.

## Forgive Me When I Whine

When we were growing up in Missouri our grandparents made sure we went to the Baptist church they attended. But when my dad married his third wife, Susan, she converted us to the Catholic religion. I was even an altar boy and learned most of the prayers in Latin. Later in life, my girlfriend Sharon was a born-again Christian and many of my students were of many different religions: Seven Day Adventist, Jewish, Muslim, Hindu, and Baha'i, Christian, Islamic, Buddhist, Taoist and others. To me they seemed to be the same, except they prayed to different Gods. But the thing that most of them believed in was one Supreme God, the one not seen. I am not much for going to church every week. I feel I have the right to pray at home, in my car, while working or whenever I feel like it; and I do pray often. There have been times when I was very down and felt things couldn't get worse and life wasn't fair. Then there were times I felt I had everything and nothing could be better. But whether I was up or down, I still believed that everything that happens in our lives happens for a reason.

One day my grandmother put a poem on the kitchen wall to help us realize things could be worse. It was called "Forgive Me When I Whine" and it went something like this:

*Today upon a bus I saw a lovely maiden with golden hair.*

*I envied her - she seemed so gay; and, oh I wished I were so fair.*

*When suddenly she rose to leave, I saw her hobble down the aisle;*

*She had one foot and wore a crutch, but as she passed, she smiled.*

*Oh, God forgive me when I whine;*

*I have two feet - the world is mine.*

*When exiting the bus across the street there was a newspaper stand.*

*The man selling papers was talking to another gentleman - he had such charm.*

*When he finished I walked over and said "Sir, here is my dime."*

*He turned and said "Thank you sir." Then I knew that he was blind.*

*Oh, God forgive me when I whine;  
I have two eyes - the world is mine.*

*Later while walking down the street, I saw a boy with eyes of blue.*

*He stood and watched the others play, as if he didn't know what to do.*

*I stopped a moment and said, "Son why don't you join the others, dear?"*

*He looked ahead without a word and then I knew, he couldn't hear.*

*Oh, God forgive me when I whine;  
I have two ears - the world is mine.*

*With feet to take me where I go, with eyes to see the sun-set glow,*

*With ears to hear what I should know.*

*Oh, God forgive me when I whine;*

*I am truly blessed indeed - the world is mine!*

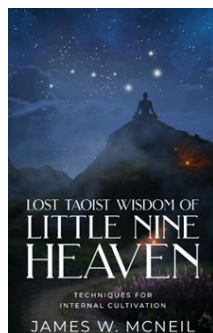
I learned this poem when I was young, and whenever things get rough, I say it. I tell God "I am truly blessed; indeed, please forgive me when I whine." I often think about the many people throughout the world who have very little and I wish in some way I could help. And then again I say, "God thank you and please forgive me when I whine. I am truly blessed indeed." If all of us would think more of what we have rather than what we don't have, we would be happier. Good health, a job, someone who loves you; these are blessings that make you rich in a special way, more so than money. I truly feel that my training and teaching has helped many people and I hope it will continue long after I am gone. Thank You

Sincerely  
Sifu McNeil



## New Book: "Lost Taoist Wisdom of Little Nine Heaven Techniques for Internal Cultivation"

*Our new book should be on sale by June of 2023. Shih Shui Ching is the most powerful training for men and women and is the secret to the fountain of youth for many if done correctly. At first, I intended to write only on Shih Shui Ching, consisting of Chi Kung, Nei Kung, swinging weights, sexual exercises, and meditation. However, while writing, I discovered I needed to tell more about my experiences, accomplishments, and what Grandmaster Chiao Chang-Hung taught me privately from Master to student. I also decided to add the many aspects of Little Nine Heaven Wu Tao system into this book. It is truly one of a kind and will amaze everyone who reads it.*



If you wish to pre-order, please go to my website [www.littlenineheaven.com](http://www.littlenineheaven.com) to order.

We will only be printing a limited amount of copies.

