

Little Nine Heaven Internal Kung Fu

October 2024



Thanksgiving is almost here, that means Christmas and New Years is just around the corner. Time is going faster every year I am writing this newsletter to keep all of you up to date on what happening our new website is almost done for our Little Nine Heaven nonprofit group the website is

Littlenineheaven.org



Thanksgiving is almost here, and that means Christmas and New Year's are just around the corner. It feels as though time is moving faster with each passing year. As we approach the end of another year, it's a good time to reflect on the moments we've shared, the lessons we've learned, and the people who have enriched our lives. The holidays remind us to slow down and appreciate these special times with family, friends, and loved ones, even as time seems to be flying by. Whether it's the warmth of Thanksgiving dinner, the joy of exchanging gifts, or the hope that comes with the New Year, these traditions help us savor the present and carry cherished memories into the future. As we gather together, let's remember to be grateful for every experience, big or small, and look forward to the possibilities that await us in the new year.

感恩节快到了，这也意味着圣诞节和新年即将来临。每年似乎时间都在加速流逝。随着这一年的结束临近，我们正好可以回顾一起

度过的时光、学到的教训，以及那些丰富了我们的生活的人们。节日提醒我们放慢脚步，珍惜与家人、朋友和所爱之

人共度的美好时光，哪怕时间在飞逝。无论是感恩节晚餐的温馨，交换礼物的喜悦，还是对新年的期待，这些传统帮助我们享受当下，并将珍贵的记忆带入未来。当我们团聚时，别忘了感激每一个大大小小的经历，并期待新年中等待我们的无限可能。



Soi Cowboy

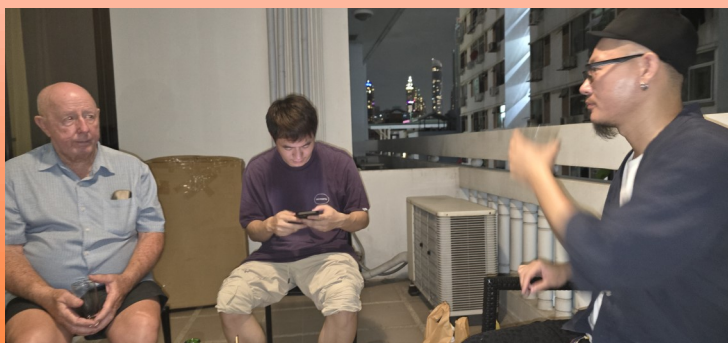


Beautiful Beaches

In September, from the 3rd to the 22nd, I had the pleasure of teaching Taoist Lovemaking and Shih Shui Kung to a wonderfully diverse group: two young women from China, one man from Singapore, and two men from the United States. The training was both intense and rewarding, with everyone fully immersed in learning these ancient practices. Despite the short span of time, each participant gained a deep understanding and appreciation for the teachings. It was heartening to see how much progress was made in such a short period—everyone was not only satisfied but deeply enriched by the experience.

在九月的3号到22号期间，我有幸教授了一群来自不同国家的学员道家房中术和石髓功。这群学员包括两位来自中国的年轻女性、一位来自新加坡的男性，以及两位来自美国的男性。此次训练既紧张又充实，每个人都全身心地投入到学习这些古老的练习中。虽然时间短暂，但每位学员都对这些教学有了深刻的理解和认同。看到大家在如此短的时间内取得了显著的进步，令人倍感欣慰——每个人不仅感到满意，而且在心灵和知识上都得到了极大的提升。

Thailand, as always, provided the perfect backdrop for the training. The serene atmosphere and natural beauty of this country make it an ideal place for such immersive learning. Beyond the structured lessons, the participants had the chance to experience the culture, enjoy the peaceful surroundings, and integrate the teachings into their daily routines. It's always a joy to teach in such a special place, where the energy of the land complements the wisdom of the practices. Looking back, it was a truly successful session, and I'm grateful for the opportunity to share this knowledge with eager and committed students from all over the world.



泰国一如既往地为我们这次培训提供了完美的背景。这个国家的宁静氛围和自然美景使其成为进行沉浸式学习的理想之地。除了系统的课程之外，学员们还能够体验当地文化，享受宁静的环境，并将所学的知识融入日常生活中。在这样一个特别的地方教学总是充满乐趣，土地的能量与练习的智慧相得益彰。回顾这次培训，它确实非常成功，我很感激有机会与来自世界各地的热情且专注的学生们分享这份知识。



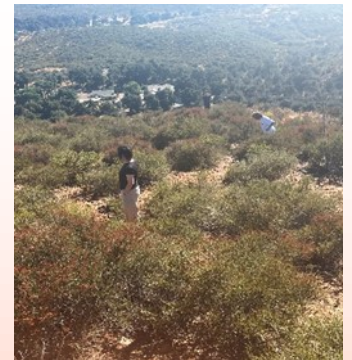
On the 26th of September, I had the pleasure of welcoming two lovely ladies from China who came to learn the advanced method of Shih Shui Ching. They were dedicated and practiced hard, eager to master this ancient art. Our days were filled with focused training, but we also made sure to balance the intensity with moments of relaxation and joy. We enjoyed fun times together in the Jacuzzi and swimming pool, allowing ourselves to unwind and let the practices sink in. The sun and moon meditations brought a sense of peace and connection with nature, while the back-to-back meditations created a unique sense of unity and presence. There was plenty of laughter mixed with our teaching sessions, and we shared many memorable moments over breakfast, lunch, and dinner. The camaraderie was truly special.



Sun and Moon Meditation in the yard

9月26日，我有幸迎来了两位来自中国的女士，她们前来学习石髓经的高级方法。她们非常投入，刻苦练习，渴望掌握这门古老的技艺。我们的日子充满了专注的训练，但我们也确保在强度之中找到放松与快乐的平衡。我们一起在按摩浴缸和游泳池中放松，让身体和心灵沉浸在这些练习中。太阳和月亮冥想带来了与大自然的宁静连接，而背靠背的冥想创造了一种独特的团结感和当下的存在感。教学期间充满了欢笑，我们还在早餐、午餐和晚餐中分享了许多难忘的时刻。这样的友谊真的非常特别。

One of the highlights of the visit was our hike to the top of the mountains, where we explored the land I gifted to one of my students, Ajay. In the future, Ajay has committed to building on that land with housing for students to train, as well as a shrine dedicated to Xiao Jiu Tian, myself, Master Chiao Chang-Hong, and my other teachers. The stunning views and the fresh mountain air made the hike feel like an adventure, and it was a perfect complement to the spiritual and physical work we were doing. It was a deeply fulfilling experience, filled with learning, fun, and the beauty of connection—both with the practice and with each other.



此次行程的亮点之一是我们徒步登上山顶，参观了我赠送给我的学生Ajay的土地。未来，Ajay承诺将在那片土地上建造学生训练的住所，以及一座供奉小九天、我自己、乔长虹师父和我的其他老师的神殿。壮丽的景色和清新的山间空气让这次徒步旅行充满了冒险的感觉，也与我们正在进行的精神和身体修炼相得益彰。这是一段非常充实的经历，充满了学习、欢乐以及与练习和彼此之间的美好连接。

New Books



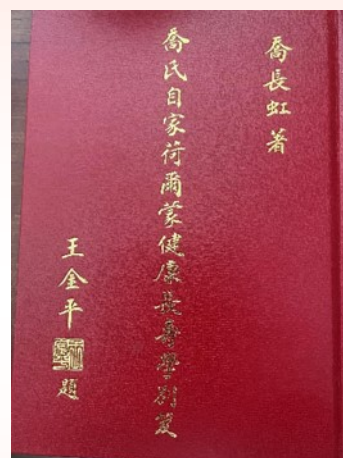
I'm excited to share that I have completed the translation of two of Grandmaster Chiao Chang-Hung's important works. The first is his oldest book on Shih Shui Kung, originally printed in 1949—long before anyone else was discussing Shih Shui. As the sole lineage holder and 32nd generation master of the Little Nine Heaven Wu Tao system, Grandmaster Chiao is the true origin of this ancient Taoist kung fu practice. Unfortunately, many so-called "masters" in the U.S. and China have read and copied parts of this book, falsely claiming to have learned the system. In reality, their knowledge comes only from what they've read, not through true lineage or practice. This book is currently sold in China and Taiwan and will soon be available in the United States.

The second book I translated is Grandmaster Chiao's final work, written shortly before his passing in 2000, which focuses on Women's Shih Shui Ching and Taoist Lovemaking for women. These two important books will be available for purchase

starting in January 2025.

我很高兴地分享，我已经完成了对乔长虹大师两部重要著作的翻译。第一本是他关于石髓功的最古老的书籍，最早印刷于1949年——在那之前很少有人讨论石髓。作为小九天吴道体系的唯一传承者和第32代大师，乔大师是真正的这门古老道教功夫的源头。不幸的是，许多在美国和中国自称为“大师”的人读过并抄袭了这本书的部分内容，虚假地声称他们学习了这一体系。实际上，他们的知识仅仅来自于阅读，而不是通过真正的传承或实践。这本书目前在中国和台湾有售，不久将会在美国上市。

我翻译的第二本书是乔大师的最后一部作品，写于他于2000年去世前不久，主要聚焦于女性石髓经和女性道家房中术。这两本重要书籍将于2025年1月开始销售。



We're excited to announce the upcoming release of our new titles, *Ancient Lovemaking Secrets*, *The Art of Ba-Kua Chang*, and *Tzu-Men Chang*. These books are over 90% complete, along with Sifu McNeil's life story.

For those interested, we will be hosting a small Christmas gathering in Banning on December 6, 7, and 8. If you'd like to join us, please call Ajay at +1-847-454-6272. Each guest can bring a gift valued at no more than \$25, as well as no more than \$25 for food, lodging, and training for the weekend. We'll also offer two days of training for those who wish to participate, or you can simply come to enjoy the company of fellow students. This is a wonderful opportunity for us to connect before the year comes to a close!

我们很高兴地宣布即将发布我们的新书，包括《古代房中术秘密》、《八卦掌的艺术》和《紫门掌》。这些书籍已完成超过90%，同时还有麦克尼尔师父的生平故事。

对于有兴趣的人，我们将在12月6、7和8日在班宁举办一个小型的圣诞聚会。如果您想参加，请致电 Ajay，电话是 +1-847-454-6272。每位客人可以带一份价值不超过25美元的礼物，以及不超过25美元用于周末的餐饮、住宿和培训。我们还将为希望参与的人提供两天的培训，或者您也可以简单地来享受与其他学员的相聚。这是我们在年末之前联系的绝佳机会！

Upcoming Events

December 6, 7, 8 2024—Christmas Party - Banning, CA—Please call or text Ajay

Kumra at (847) 454-6272

May 2025 (Dates Pending)—Annual L9H Inc. Seminar; Internal Kung Fu—

Philadelphia, PA—Please call or text Adam Sharp (454) 716-7616 or Ajay Kumra

(847) 454-6272 to RSVP as soon as possible.

Summer 2025— Shih Shui Kung, Taoist Lovemaking—Johannesburg, South Africa

-Please email Sifulgh@gmail.com

