

Chi Gong Workshop with Peter Moon

Atlantykron 2010

Overview: Peter Moon's Chi Gong workshop is based upon the Great Mystery which underlies all other mysteries and that is known as the Tao, also known as the Mother of All Mysteries. Peter Moon's prolific writing career, which is known for his experiences with synchronicity, is actually based upon the Tao and his reading of the *Tao Te Ching* at a young age. He was at that time, however, disappointed that there was no school of instruction. It took him thirty-five years to find the right teacher and one who is teaching secrets that have literally remained secret for millennia. These secrets are now being taught freely in the practice known as Taoist Chi Gong and Peter will share with you what he has learned of these secrets with regard to maintaining and regaining youth, self-defense, increased vitality and health. For those interested, this also includes athletic conditioning such as how to run faster.

Curriculum Includes:

Chi Gong will teach you a radical way to change your life style and increase your strength and personal power through the art of breath. *Chi* means "breath" or "life" and *Gong* means "work." Every human being on Earth is on a march towards death. It begins when we are born and is to be expected. If one follows the typical behavior pattern of typical people, you will be right in step with the life expectancy of the average citizen. Stepping off of this treadmill requires that you make a radical departure from your fellow human beings.

Most people are breathing without any conscious effort as they go through the day. It is a scientific fact that most people breathe with five percent lung capacity or less. Why? What are we supposed to do with the rest of our lung capacity? One of the reasons we do not breathe to the fullest extent we can is that no one has told us any different. It is just accepted by our thought processes that we should limp along as substandard breathers. Our brain certainly does not go into a panic if we breath at five percent capacity, and this is a very key point which opens the door to further understanding. It has been stated many times that human beings operate with something on the order of ten percent of their brain capacity. Although this is broadly recognized, it is never recognized that this has everything to do with our lung capacity. In order to function, the brain needs oxygen. Fill your lungs to capacity and your brain is going to change substantially. Keep in mind that breathing is literally the act of animating a body. If you control your breath, you control your life. By running your body at five percent capacity, you will be capable of five percent of your potential longevity.

This workshop will teach you how to breath with all of your lung capacity, and give you something to work with after you leave Atlantykron and return to the world.

Breathing is the most important step, but there is more to the equation. The act of breathing brings oxygen into the lungs which then transfers into the blood. The blood vessels, however, are not the only way oxygen gets into your body. There is also something in your body which is called the fascia and it connects your entire body. When you cut open an uncooked chicken, you see can see a viscous white matter which seems to connect everything. This is the fascia. It connects your muscles, your organs, your bones, your tendons, your ligaments and everything else.

The fascia brings oxygen to all of the body. It laces itself through the ligaments, tendons and literally brings oxygen into the bone marrow. This is why the Chinese refer to Chi Gong as bone marrow washing. When your bones have oxygen, they become strong and generate adult stem cells. These stem cells travel throughout the entire system and heal the body.

When you were born, the fascia originally emanated from the naval and this is its source. The entire fascia of the body can be manipulated, massaged or healed through the naval. The in-out function of breathing originated in the naval even before the lungs were developed. Breathing therefore includes the naval. It is already occurring naturally in your body but on a reduced level. You want to cultivate and increase its ability to literally make the fascia come alive.

In Chi Gong we are building up or conditioning the fascia, the ligaments, the tendons, and the bones. Muscles are simply there to assist these more senior support systems. If the fascia, ligaments, tendons and bones are conditioned, professional athletes will not need to retire at age thirty-five or forty. They can last a lot longer.

Longevity has everything to do with the optimum functioning of your internal organs such as the heart, liver, pancreas, spleen, and kidneys. The more oxygen in your system, the better these will function. From this perspective, it is a no-brainer that increased lung capacity will extend your life by leaps and bounds. The equation is too simple to be believed, but it is genuinely that elementary. All answers are basically simple, and this one is hiding in plain sight yet virtually no one does it.

Your lungs have five lobes, but most people use less than one. By breathing long enough and continuously enough, you can eventually fill these lobes to capacity. Reaching this level is quite an accomplishment, but it is no place to stop. One keeps breathing. If you do, you will then begin to fill ten chambers of the body. This is another level all together. When you fill all five lobes and all ten chambers, oxygen literally begins to pour out of your system.

The technique required in these matters is to gradually and slowly fill up your lungs and body as if you were very slowly inflating a balloon. If you have ever seen the air let out of a full balloon, you will begin to understand the power that a human body is capable of. When you employ tendons and bones, it is even more powerful. It takes a lot of practice and hard work to inflate your body to such an extent. That is why Chi Gong means breath *work*. You actually have to work at it.

It all begins with your next breath.

You will learn more than you ever imagined in this workshop.