

“I maybe had a little follow up question to something you were saying earlier. When you were talking about the breath and the chi and the energy moving out, I just wanted to clarify something there. I guess two things, and do with them what you will, but I was wondering if when you were saying that you focus on the chi and that’s with energy feeling coming out, is that something that you feel like you’re focusing on, is it something that you’re making happen?”

“So wherever your vision goes, your chi goes. So if you look past the wall, your chi will want to go there. If you deliver it. If you look internal, which is the chi gung, your internal vision is—can you focus on the sensations in your wrist. So I’m just going to ask you to do this now. So you can just close your eyes, and focus the sensations on your wrist. And it may take you a few seconds, but as long as you keep noticing, then all of a sudden, oh geez there they are. And if you kept doing that with mindful breathing, a full breath in, a full breath out with a relaxing muscle tone, and did that a few more times, you’re going to notice those sensations are going to intensify. Number one, because your sensitivity is improving, so your phenomenal experience of it is like ‘oh this is getting stronger’; and then, also, because you’re breathing deeper and releasing tension, you’re actually building more chi. You’re being focused to your wrist because that’s where your awareness is going, your mind-fullness is going there, so the energy goes there. So when you work it here, first, then you can work it out here, to an opponent, or whatever else. Does that answer your question?”

“So it’s a bit of both. You’re focusing on, you’re becoming more aware of what’s happening, but you’re also able to free up blockages and help it move.”

“Yeah.”

“So, relatedly, in the second part and third part where we’re throwing energy, and again answer this or don’t whatever you..., would you say you’re throwing energy outside of your body?”

“Well, you’re releasing it. You’re releasing it. And you can play. You can, I mean, that’s what I say, use it, play: I’m just going to release it to my fingertips. Or this time I’m going to release it to the wall. So that means your eyes are going to look at the wall while your hands go there. And I don’t know if you’ve done these—well, we have done these drills whether you’ve been there or not—I mean I get you to step in and hit one of the bags or pads. And when I have you look at the pad, that’s where the energy stops. When I have you looking at the other side of the guy’s skull who’s holding the pad and you just release, you notice you move that person much more. Well, why is that. It’s just that you’re aiming the sight. So the energy will go, or try to go, or go as much as it can go to that place that you’ve targeted. Now does that mean you’re going to be able to punch through a steel wall? Well, probably not, I don’t know, that’s maybe with a thousand lifetimes of practice you can get to that level, but certainly if you want to hit harder, if you look at the surface of someone’s skin, it’s not going to be as heavy hit as if your eyes are looking on the outside of the back of their skull. Now as I’m doing to you now, like, you’re there but [3:41/60:00] right now I’m looking at the surface of your lips, now I’m on the other side of your skull—I don’t know if you can tell the difference in my eyes—now I’m on the other side, now I’m right at your lips. Now I’m on the other side. It’s like you’re inconsequential, right, like you’re just in the way of the wall. Talking about *yi*, which is the internal part of the six element theory—there’s six elements: the

wrist and ankle, elbow and knee, shoulder and hip, and we have the *jing*, the intention, and the energy; so the *chi*, the *yi*, and the *jing*; so they are the three internal elements and then the external ones are matching, wrist with ankle, elbow with knee, hip with shoulder, as we move.”

“Ok. Well, thank you very much.”

“Great, thank you. Thank you, that’s great.”