

GRANDMASTER WONG KIEW KIT'S HOME PAGE
QUESTIONS AND ANSWERS

QUESTIONS ON SMALL AND BIG UNIVERSE



QUESTION 1

We know that the Small Universe (or microcosmic circulation) is a very high level art.

How is it that so many schools in the world offer this as the first exercise for beginners?

Could Sifu compare the benefits of Small Universe as practised in our school with the "same" exercise as practised by beginners in other schools?

If all things were equal, at what point in a student's training (or development) would Sifu recommend learning and practising Small Universe and Big Universe?

— Sifu Andrew Barnett

The Small Universe, or the Micro-Cosmic Circulation as it is called in some schools, is a very high-level art. Practitioners would take about 10 years to attain it.

Some people even called the Small Universe "the chi kung." It is not correct as we all know there are many other types of chi kung, but it shows the importance these people place on the Small Universe.

Why are the Small Universe and also the Big Universe so important? There is a chi kung saying that "Those who have attained the Small Universe will overcome all diseases; those who have attained the Big Universe will live beyond a hundred years."

Those who practised kungfu valued the Small Universe very highly. Besides good health, vitality and longevity, the Small Universe gave kungfu practitioners tremendous internal force, and they were also very fast and would not be tired. Only practitioners at a master's level would have the opportunity to learn the Small Universe. Often they would "bi guan", which means "seclude themselves in an inaccessible place, and only

come out of the inaccessible place after they have accomplished the attainment of the art." They would hold a grand celebration on their accomplishment.

We in Shaolin Wahnam are elite. We even upgrade the chi kung saying to a higher level. "Those who have attained the Small Universe will live beyond a hundred years, and those who have attained the Big Universe will never die." Irrespective of whether they practice kungfu, they have tremendous internal force, are very fast and never become tired. They can use their tremendous internal force to enrich their lives.

We mean it when we say those who have attained the Big Universe will never die. Actually everybody never dies. Their physical bodies may discompose, but their spirit, or soul, never. When they have attained the Big Universe, they will have confirmation of this fact many times. Life will also be different. Every day will be a joy.

Attaining the Small Universe means that energy flows round the Ren Meridian and the Du Meridian continuously. Attaining the Big Universe means that energy of the practitioner merges with the Cosmos.

The Ren Meridian and the Du Meridian, also called the Conceptual Meridian and the Governing Meridian, are seas of energy of a person. When the energy in the Ren Meridian and the Du Meridian is flowing continuously, it means that energy is flowing very well in the whole person. Not only the flow is continuous, the volume also increases tremendously. The practitioner will have radiant health, a lot of vitality, and his energy will flow for a very long time, which means he has longevity.

Many people who attended previous Small and Big Universe courses have reported to me that they have become noticeably lucky. It is no surprise. They have very good "hou yun qi", or very good circulation of energy, which means they are very lucky.

Because chi kung is so ridiculously debased today, some schools teach the Small Universe to even beginners! Actually it does not

matter what they teach because they teach only the techniques, without the skills to generate a continuous energy flow along the Ren Meridian and the Du Meridian.

When I was at Attilio's hotel in Finale Ligure in Italy about 20 years ago, an inner-chamber disciple of a world-known master described to me how he performed his Small Universe, or Micro-Cosmic Flow as he called it. He visualized energy at his various dan tian, or energy fields. This could be dangerous. It causes stagnation of energy at his energy fields. This person was visibly very sick. He could hardly speak.

This person was an exception. He told me that he woke up at about 5.00 am every morning and practised his chi kung until about 9.00 am. Then he would attend to his clinic, using chi to heal others!

But others who were supposed to have attained the Micro-Cosmic Circulation did not show much benefit. They only learned techniques, but did not accomplish the benefits their art was meant to give.

When I taught in Spain in my early years of chi kung teaching, some students asked me whether they could straight-away attend my advanced courses as they had learned chi kung before, including the Micro-Cosmic Circulation. But I insisted that they must start from the beginning, attending my Generating Energy Flow course. Most of them later reported to me that they were very happy to follow my advice. They never expected that chi kung was like what we practice, i.e. energy exercise. They only practised techniques as physical exercise.

I would recommend that only when a practitioner has sufficient chi in his dan tian should he commence learning and practising the Small Universe. He must also be able to generate an energy flow, a fundamental skill that most other chi kung practitioners, including "masters", may not know. Only when the practitioner has attained the Small Universe, should he attempt the Big Universe.

Those who attained the Small Universe in the past took about 10 years. I took 3 years, which was remarkable, and justified my reputation as being a kungfu genius. Looking back, I would attribute my speed in attaining the Small Universe to my sifu, Sifu Ho Fatt Nam, introducing the "Forceful Small Universe" into my training which helped me tremendously to bring my chi from the "hui yin" energy point to my "bai hui" energy point.

It is simply ridiculous that our Small Universe Course takes only 3 days, with the Big Universe added in! Actually it is not just 3 days for the Small and Big Universe Course. Those who will attend the course must have sufficient chi in their dan tian. The 3 days are meant to apply suitable techniques to induce a continuous energy flow along the Ren Meridian and the Du Meridian, and then to expand the energy into the Cosmos.

We are able to apply these suitable techniques to accomplish the skills and benefits of the Small Universe and the Big Universe because of some incredible advantages that we have, that other schools lack. We differentiate between skills and techniques, whereas most other schools don't. We are able to generate an energy flow at will, whereas most other practitioners cannot. Most importantly, I shall transmit the skills to the participants, whereas other practitioners have to practice the techniques for months or years to acquire the skills.

QUESTION 2

Every school in which I have trained internal arts has remarked on the importance of the Small Universe, relegating it to either the very beginning of training or reserving it for advanced, indoor disciples. Naturally, I'm quite curious about it!

Sifu mentioned in several of his books that the Small Universe is the foundation for many advanced arts, including Golden Bell and Cosmos Palm, especially as trained by Shaolin disciples in the past using orthodox methods. What is it about the Small Universe that made it a requirement for past practitioners to attain advanced force such as Golden Bell and Cosmos Palm?

On a similar note, what it is about the way we train in Shaolin Wahnam today that enables people who do not possess the true breakthrough of the Small Universe to attain Golden Bell, Cosmos Palm, and other advanced or specialized internal force? Does the order in which one learns advanced arts, e.g. Small Universe before Cosmos Palm, or Cosmos Palm before Small Universe, change the final results obtained by the practitioner?

— Frederick Chu

The Small Universe, in which energy in the Ren Meridian and the Du Meridian flows continuously, is a very important art. That is why you find its importance mentioned in every internal school you have practised in.

We do not mean to be presumptuous or arrogant, but even internal schools that do not really have internal force in their training, mention the importance of the Small Universe, like many Taijiquan, Baguazhang and Xingyiquan schools today. These schools are supposed to teach internal arts, but there is nothing internal in their training. They merely teach external techniques. But they still mention the importance of the Small Universe, often not knowing why. They have heard about the importance of the Small Universe from past masters.

Why is the Small Universe so important to internal arts? It is so important because it contributes greatly to the attainment of internal arts. We shall have a clearer idea if we use some quantification. Suppose all other things were equal, and two practitioners, A and B, start to acquire an internal art. The only difference is that A has the Small Universe, and B hasn't. B will take at least 3 times longer to attain what A does.

A can attain the effects of his internal art faster because he has the Small Universe. The Ren Meridian and the Du Meridian are regarded as the seas of energy. When energy is flowing well in the two meridians, it is also flowing well in the whole body. Not only the flow is smooth, the flow will also become larger.

Internal arts are a function of energy flow. The smoother and larger the energy flow is, the better will be the result of the internal arts.

Not many people know these facts, including real masters. The masters may have the Small Universe, or they may be expert in their internal arts, but they may still not know these facts. They become masters due to their long years of dedication.

This is a main reason why masters have taken a long time to become masters, and why there are so few masters. Not anyone who has practised a long time will become a master, though today we may refer to one as a "master" out of respect. It is also because of ignorance of the real meaning of the master's art.

Not many people will practice an art for a long time. Out of those who have practised the art for a long time, only a very small minority will have practised in such a way that they develop the necessary skills, usually unknowingly, to become masters.

Our students in Shaolin Wahnam are very lucky. Not only they know the philosophy of the art they practice, they have the necessary skills transmitted to them.

Hence, internal arts schools, as well as some schools that do not teach internal arts, relegate the Small Universe at the very

beginning of training, or reserve it for advanced, indoor disciples. Most schools reserve the Small Universe to advanced, indoor disciples.

Worse, most schools teach only the outward techniques of the Small Universe without its essence and benefits. Those schools that teach the Small Universe at the beginning do not know how advanced and powerful the Small Universe is.

When I mentioned that the Small Universe was the foundation of advanced arts like Golden Bell and Cosmos Palm, I meant that it contributed greatly to the attainment of the advanced arts. I did not mean that the Small Universe was a necessary condition for attaining the advanced arts. A practitioner, today or in the past, can or could attain any of the advanced arts without having the Small Universe.

The main reasons why having the Small Universe contributes greatly to the attainment of advanced arts are a lot of energy and the energy is flowing. For most people the Ren Meridian and the Du Meridian are blocked at many places. When the two meridians are full of energy, it means he has a lot of energy.

The energy in the two meridians must also be constantly flowing.

In any advanced internal art, the practitioner must have a lot of energy, and the energy must be flowing. Even in an advanced art where energy is consolidated, like in Iron Wire, the energy must be flowing first. The practitioner consolidates his flowing energy, usually without knowing the terms and without knowing what he is doing, except in Shaolin Wahnam. After using the consolidated force, the practitioner must let his energy flow, otherwise it will become big muscles which are detrimental to health.

In Shaolin Wahnam even if students do not have a real breakthrough of the Small Universe, they understand kungfu philosophy. Masters refer to the breakthrough of the Small Universe as "real" and "false". A real breakthrough is when energy is flowing continuously in the Ren Meridian and the Du Meridian. A "false" breakthrough is when only a bubble of

energy is flowing in the two meridians. The two meridians may remain "open" for a short while, then "close" again.

When a Shaolin Wahnam student trains an advanced art, he will generate an energy flow, and consolidate it if necessary. Usually the philosophy is explained to him. If he has the Small Universe, he will accomplish the attainment faster and more powerfully. If he does not have the Small Universe, he will still accomplish the attainment, but slower and less powerfully.

Students of other schools will not know the philosophy. They will also not know what they are doing. They just practice the techniques. Hence, they take a much longer time. By practising the techniques faithfully, a small percentage may eventually acquire the skills to accomplish the advanced art, but they will not know the philosophy behind what they have been doing.

The order of learning the Small Universe and other advanced arts is important. Presuming all other things being equal, if a practitioner learns the Small Universe first than another advanced art, like Cosmos Palm, he will attain the advanced art faster and more powerfully. If a practitioner does not have the Small Universe, but learns an advanced art, he will attain the advanced art slower and less powerfully. Later if this practitioner learns the Small Universe, his attainment will also be slower and less powerful.

QUESTION 3

I have read that the old ways take much longer but are more powerful which led to the astonishing martial and internal levels of the past masters. Is this still applicable for those willing to take the slow path? Better yet can we still reach the level of martial and internal attainment of the past masters with dedication and perseverance using our new developed ways?

— David Langford

It is true that the old ways to develop the Small Universe and the Big Universe took a much longer time, and the attainment was more powerful which led to astonishing martial and internal levels of past masters.

It would take about 10 years to attain the Small Universe, and another 10 years to attain the Big Universe. Those who had the opportunity to train the Small Universe or the Big Universe were already masters. Attaining the Small Universe and the Big Universe would make them great masters.

Great master who had attained the Small Universe would have great internal force, like being able to sustain weapon attacks without injury, and damaging opponents from some distance without physical contact. Great masters who had attained the Big Universe would become immortals, or have merged with the Supreme Reality.

Their attainment would be incredible. Most people today may not believe what they could do.

Present day attainments of the Small Universe and the Big Universe can be classified into two groups. One group, which forms the great majority, is that practitioners of the Small Universe and the Big Universe only perform techniques, sometimes wrong techniques, without the results. The other group, which forms the elite, very small minority occurs in our school, Shaolin Wahnam. Practitioners of this second elite group

have the results of the Small Universe and the Big Universe, but the results are nothing when compared to results in the past.

Of course, it is understandable that most people will not believe in what we say. Some may call us big liars and may become indignant. As I have mentioned often, that is their problem. In this case, these other people will not have the opportunity to test what we say is true because the Small and Big Universe Course is by invitation only.

How do we know that what we say is true? Those who successfully complete the Small and Big Universe Course will have the wonderful benefits of what the Small Universe and the Big Universe will give.

Successfully completing the course is the norm. As a conservative estimate, at least 60% of the participants will complete the course successfully. To be more exact, at least 80% will be successful. What about the 20% who are not successful? Usually they do not follow instructions, though they may honestly think they do. For example, they are asked not to worry, but they worry about whether they are performing the techniques correctly.

How do we know we have attained the Small Universe and the Big Universe? It is from direct experience. Those who do not have the experience will not know, even when the explanation is clear and simple.

To attain the Small Universe is to have chi, or energy, continuously flowing in the Ren Meridian and the Du Meridian. Many practitioners may not clearly feel chi flowing throughout the Ren Meridian and the Du Meridian, but if they can feel chi flowing along parts of the meridians, or if they can feel vibrations or tingling sensations at their lips and at their anus, they may reasonably conclude they are successful in attaining the Small Universe.

To attain the Big Universe is to have the personal chi of a practitioner merging with the universal chi of the Cosmos or Cosmic Reality. If a practitioner feels that he (or she) is nowhere

and everywhere, it is a good indication that he has attained the Big Universe.

Another effective way to confirm whether one has attained the Small Universe and the Big Universe is to examine whether he (or she) has obtained the benefits that the Small Universe and the Big Universe will give.

A chi kung saying mentions that "Attaining the Small Universe will overcome hundreds of diseases, and attaining the Big Universe will enable a practitioner to live beyond a hundred years". We in Shaolin Wahnam have upgraded the saying to "Attaining the Small Universe will enable a practitioner to live beyond a hundred years, and attaining the Big Universe will enable that he (or she) will never die."

If a person suffers from an illness, especially a so-called incurable disease, by attaining the Small Universe he will overcome the illness. Please remember that it takes time to overcome an illness. If it overcomes the illness too fast, it may not give other organs enough time to make adjustment.

If a person is already healthy, he will never be sick. He will also have noticeable improvement of his vitality. He will have longevity when he grows old.

Although it is not specifically mentioned in chi kung classics, attaining the Small Universe will make us very lucky, as reported by many practitioners who have attended a Small and Big Universe Course. "Hou yun qi" or "good circulation of energy" which actually means good luck, will be particularly powerful when one has attained the Small Universe.

Attaining the Big Universe is life-changing. He will feel free and happy, not just during his practice but all the time. With sufficient confirmation, he will realize that his spirit will never die. He will overcome the most dreadful fear of humanity, i.e. the fear of death.

While these benefits of the Small Universe and the Big Universe are wonderful, they are still far from those of past masters. The

main reason is time.

Past master spent a much longer time to attain the Small Universe and the Big Universe, and a much longer time to continue practising these arts. Our practitioners in Shaolin Wahnam spend a much shorter time.

If a Shaolin Wahnam practitioner is willing to spend the same amount of time as past masters, not only he will be able to reach the levels of martial and internal attainment of past masters, but also he will surpass them. If he takes a "slow path", like what past masters did, he is still better because he has more information.

We live in different times with different needs and aspirations. Past masters did not have television, travel to places they like, or take delicious food of other countries. If past masters have a lot of knowledge, they would be regarded as sages. We now can become "sages" by pressing some buttons of the internet, but we need to differentiate rubbish from good information. More immediately, we need to guard against over-training.

QUESTION 4

How can the Small Universe enhance our Kung Fu? For example, how can it enhance our combat efficiency?

What is the difference between Bone Marrow Cleansing at the Meridian Level and the Big Universe?

— Santi

Attaining the Small Universe enhances kungfu in many ways. What are the many ways that kungfu is useful?

We may, for convenience, classify the many ways kungfu is useful into the following categories:

1. For performance.
2. For combat.
3. For health, vitality and longevity.
4. For peak performance in daily life.
5. For being peaceful and happy.
6. For expanding into the Cosmos.

Attaining the Small Universe enhances all these categories. We shall presume all other things were equal, and compare two persons, A and B, in each of the category, with A having attained the Small Universe and B hasn't.

Kungfu in its modern form as wushu is now mainly for performance. A who has attained the Small Universe will certainly perform better than B who hasn't attained the Small Universe. A has more energy, more stamina and more force in his performance.

When A performs kungfu instead of wushu, he will be better than B. Even when A is not involved in wushu or kungfu performance, he will be better in any performance, including performing his daily work, because he has more energy, more stamina and is more forceful.

A will be better than A in combat, which was actually the reason why anyone practised kungfu in the past. A is better because he has more energy, more stamina and is more forceful as a result of having attained the Small Universe.

Today, we live law-abiding societies where combat seldom happens. People practice kungfu or other martial arts as hobbies. Most of these people merely exchange blows or fight like children in free sparring, without using their kungfu or other martial art techniques. When a Karate or Taekwondo practitioner is engaged in free sparring, he also exchanges blows without using the Karate or Taekwondo techniques he has practised.

Still, if A and B exchange blows, A will be better than B. A has more energy, more stamina and is more forceful. His blows will hurt an opponent more seriously, he can last longer, and be able to take blows better.

Surprisingly, not many people realize that the purpose of practising kungfu today is to have good health, vitality and longevity, even though the basic function of kungfu is combat. Even if they realize the purpose, their practice is not conducive to good health, vitality and longevity, particularly when they copy other martial arts in training and free sparring. Our school is one of the very few that transfers what we learn in kungfu training for health, vitality and longevity.

Unlike in enriching our daily life where we may need to know the philosophy and techniques in the transfer, the contribution of our kungfu training to our health, vitality and longevity is intrinsic. In other words, we do not have to do anything extra to be better in good health, vitality and longevity. Because of the way we train our kungfu, we will naturally be better in health, vitality and longevity.

As an analogy, when a person is healthy, he will be able to do anything better than when he is sick. The better performance is intrinsic. He does not have to do anything extra to have better performance.

When we compare A and B, i.e. a person who has attained the Small Universe with another person who has not, A will have better health, better vitality and better longevity than B. The betterment in good health, vitality and longevity is intrinsic.

A will attain better peak performance than B in daily life. Again the better peak performance is intrinsic. For example, if B can produce his best result in an hour, A can produce the same best result in less than an hour. If B can earn 10,000 euros in one month, which is the most he can earn in the month, A can earn more than 10,000 euros in one month.

In being peaceful and happy, A will be better than B, because A has attained the Small Universe and B hasn't. Before attaining the Small Universe was A also peaceful and happy? Is there a difference in A after he has attained the Small Universe? Yes, there is a difference. After attaining the Small Universe, A will be more peaceful and happier than before.

Because A has attained the Small Universe and B hasn't, A will be able to expand into the Cosmos easier and faster than B.

An excellent way to expand into the Cosmos is to have attained the Big Universe. To attain the Big Universe, it is easier and faster if the practitioner already has attained the Small Universe.

Internal force and combat efficiency are the two pillars of kungfu training. A practitioner can develop internal force and attain combat efficiency without attaining the Small Universe. But attaining the Small Universe will enhance both internal force and combat efficiency.

If all other things were equal, but A has attained the Small Universe and B hasn't, A's attainment in internal force and in combat application will be better than B's. The reason is that having attained the Small Universe, A's energy flow and amount of energy are more than those of B.

One who has attained the Small Universe must have developed internal force and practised combat efficiency. If he has not developed internal force, or has not practised combat efficiency,

even when he has attained the Small Universe, he will not have internal force or combat efficiency. Another person who has not attained the Small Universe but has developed internal force and has practised combat efficiency will be better than him in these two areas.

Internal force is a function of the smoothness and the amount of energy flow. One who has attained the Small Universe will have smoother and more amount of energy flow than another person who has not attained the Small Universe.

Combat efficiency is a function of form, force, speed, experience and an element of threat. Presuming that form, experience and an element of threat are the same, a person who has more force and greater speed will be more combat efficient than another person who has less force and slower speed. Attaining the Small Universe increases both force and speed.

There are different interpretations for the meaning of the Big Universe.

- The Big Universe can mean that there is no differentiation.
- It is just energy or consciousness.
- It is the Supreme Reality, which may be called differently by different cultures, such as God the Holy Spirit, Tao, the Spiritual Body of the Buddha, Suchness, Tathagata, the Great Void, or Emptiness.
- It is everything there is, the infinite and the eternal.

The Big Universe can mean when the personal energy of a practitioner merges with Cosmic energy. This is the meaning we use in the Small and Big Universe Course. When a practitioner attains the Big Universe in this meaning, he is nowhere and everywhere. This is what we call the Spiritual Big Universe, or the Transcendental Big Universe. If the practitioner does not come back to the phenomenal realm, he will just merge into the Void. Hence it is very important that he must perform the Big Universe in the presence of a master who can bring him back to the phenomenal.

But those who experience the Big Universe in this sense may also be in the phenomenal realm. They are in the transition between leaving the phenomenal to enter the transcendental.

The third meaning of the Big Universe is what we call the Medical Big Universe or the Phenomenal Big Universe. Here energy flows in all his twelve primary meridians, namely the Lung Meridian, the Colon Meridian, the Spleen Meridian, the Stomach Meridian, the Heart Meridian, the Small Intestine Meridian, the Urinary Meridian, the Kidney Meridian, the Pericardium Meridian, the Triple Warmer Meridian, the Gall Bladder Meridian and the Liver Meridian.

In our school, in Bone Marrow Cleansing at the Meridian Level energy also flows along these twelve meridians. But the Medical Big Universe is deeper and more advanced.

There are five levels of energy flow in Bone Marrow Cleansing, namely at the Skin Level, at the Muscle Level, at the Meridian Level, at the Organ Level, and at the Bone-Marrow Level. So long as energy flows at any one of the meridian level, a practitioner can say that he has attained energy flow at the meridian level. But we are elite, we attempt all the level of the twelve meridians.

In the Small and Big Universe Course, we shall attain the Small Universe where energy flows along the Ren Meridian and the Du Meridian, and attain the Spiritual Big Universe where participants merge with Cosmic Reality.

QUESTION 5

During the Fukushima nuclear accident in Japan you told us that practising Small Universe is excellent against radiation hazards. Could you tell us why some skills like Small Universe are better suited than other chi kung exercises for such purpose?

— *Sifu Omar Iversen*

The Small Universe is excellent against radiation hazards because it is not only excellent for cleansing but also excellent for building. The Small Universe cleanses and builds at the same time. It cleanses away radiation hazards, and builds cells that are damaged by radiation. The process goes on indefinitely. It means that as soon as there is harm from radiation, it cleanses away the harm, and immediately builds the body to be strong again.

In the Small Universe, chi flows along the Ren Meridian and the Du Meridian. As the Ren Meridian and the Du Meridian are the seas of chi, chi will flow throughout the whole body. Hence when a person practices the Small Universe, he sets both the cleansing process and the building process to go on continuously.

Besides the Small Universe, another excellent chi kung exercise against radiation hazards is Cosmic Shower. Like the Small Universe, Cosmic Shower cleanses and builds the body constantly. The difference is that the Small Universe flows along the Ren Meridian and the Du Meridian, and subsequently the whole body, Cosmic Shower flows from the head down to the feet.

Hypothetically, if a chi kung exercise just cleanses or just builds, it will not be as effective. If it just cleanses, the practitioner's body is already weakened by radiation. If the exercise just builds, the harmful cells may not be drained away. But chi kung, especially in our school, cleanses and builds at the same time, though there may be more emphasis on cleansing or on building. Self-Manifested Chi Movement, for example,

emphasizes on cleansing. Sineu Metamorphosis emphasizes on building.

Hence, any genuine chi kung exercises are good against radiation hazards, but the Small Universe and Cosmic Shower are particularly excellent. Performing gentle physical exercise using chi kung techniques, which most people are doing, does not have beneficial effects.

QUESTION 6

When a practitioner has a real breakthrough in the first two of the eight wondrous meridians the practitioner has attained the Small Universe. When a practitioner has attained a real breakthrough in the third wondrous meridian, every day will be a joy. What are the results and benefits of a real breakthrough in the other five of the eight wondrous meridians?

When a practitioner attains the Big Universe before he attains the Small Universe it does not automatically mean that the practitioner will be healthy all the time. I am curious why this is the case. Do the meridians of the Big Universe build one circle of energy like the Small Universe does with the two meridians?

— Bernhard

The term "Eight Wondrous Meridians" was coined by me when I wrote "The Complete Book of Chinese Medicine. The eight Wondrous Meridians are:

1. Ren Meridian, or the Conceptual Meridian.
2. Du Meridian, or the Governing Meridian.
3. Chong Meridian, or the Rushing Meridian.
4. Dai Meridian, or Belt Meridian.
5. Yin Qiao Meridian, or the In-Tall Meridian.
6. Yang Qiao Meridian, or the Out-Tall Meridian.
7. Yin Wei Meridian, or the In-Protective Meridian.
8. Yang Wei Meridian, or the Out-Protective Meridian.

In Chinese the Eight Wondrous Meridians are called "qi jing ba mai". Please note that the Romanized Chinese "q" is pronounced in English like "ch", and "b" like "p".

"Qi" means "wondrous", "marvelous", "miraculous", "odd" or "strange". Please note that the Romanized Chinese word for chi or energy is also "qi", but pronounced in a different tone. "Jing" means the meridians or pathways where chi flows. "Ba" means "eight". "Mai" also means meridians.

Chinese physicians use two terms for meridians, — "jing" and "mai". "Jing" refers to main meridians, like the 16 Primary Meridians leading to or from various internal organs, such as the Lung Meridians, the Heart Meridian, and the Stomach Meridian. "Mai" refers to secondary meridians that branch out from the main meridians.

This division is not strictly followed. The Eight Wondrous Meridians, or "qi jing ba mai", are actually main meridians, but they are usually referred to as "mai". In Cantonese, "dim mark" means "dotting energy pathways". In Mandarin, "dim mark" is "dian xue", which is "dotting energy points".

Unlike the 16 Primary Meridians which are well studied in Chinese medicine, the 8 Wondrous Meridians are not. Nevertheless, it is well known that the chi or energy in the 8 Wondrous Meridians act as reserve in energy reservoirs and will flow to fill the primary meridians when necessary. They also act like structures that enable a person to stand and walk, and they contribute to longevity.

When chi or energy flows constantly along the Ren Meridian and the Du Meridian, which are two of the Eight Wondrous Meridians, a practitioner attains the Small Universe.

I am not sure which one of the third of the Eight Wondrous Meridians you refer to. I presume it is the Chong Meridian, or the Rushing Meridian. I am not sure whether it will particularly make every day a joy for the practitioner, but it is similar to the kundalini effect in yoga.

In our school everyone finds every day a joy because everyone, including those who practice only kungfu, practices chi kung. Those who only practice gentle physical exercise using chi kung techniques may not enjoy this wonderful benefit.

If a practitioner has a real breakthrough of the other five meridians of the Eight Wondrous Meridians, presuming that he does not have a real breakthrough of the Ren Meridian, the Du Meridian, and the Rushing Meridian, he will:

1. Be able to stand, walk and run because of the real breakthrough of the In-Tall Meridians and the Out-Tall Meridians.
2. Be always healthy because of the real breakthrough of the Yin-Protective Meridians and the Yang-Protective Meridians.
3. Be very agile in his waist rotation because of the real breakthrough of the Belt Meridian.

But this is only an academic question. In the coming Small and Big Universe Course, we shall first attain the Small Universe. Depending on time factor, we may or may not attempt the Medical Big Universe, but we shall attempt the Spiritual Big Universe, which will indirectly include the Medical Big Universe as energy will permeates throughout the body.

In our school we have the Medical or Phenomenal Big Universe and the Spiritual or Transcendental Big Universe. Although it is possible, it is unlikely that someone attains the Big Universe, irrespective of whether it is the Medical or the Spiritual, before he has attained the Small Universe.

Even in theory, when a practitioner has attained the Big Universe but not the Small Universe, he will also be automatically healthy all the time. Of course, if he only knows the techniques of the Big Universe without enjoying its essence and benefits, he may not be healthy.

When a practitioner has attained the Medical Big Universe, presuming that he has not attained the Small Universe, his chi or energy in all his 16 primary meridians will flowing continuously. He just cannot be sick because his energy is flowing very well. In English, it means that all his cells, his tissues, his organs and his systems are working the ways they are meant to work.

When a practitioner has attained the Spiritual Big Universe, he will also have attained the Small Universe because his energy has permeated every part of his body, and has merged with Cosmic energy. He is nowhere and everywhere. The Spiritual Big Universe is life-changing. Certainly he will happy when he comes back to the phenomenal world.

In the Medical Big Universe, presuming that he has not attained the Small Universe, his 16 primary meridians build one circle of energy, but the energy may not be continuously flowing in the Ren Meridian and the Du Meridian, which belong to the Eight Wondrous Meridians, and not the Primary Meridians.

In the Spiritual Big Universe, his energy permeates all throughout his body, which means that he will also have attained the Small Universe.

It is indeed ridiculous that the Small and Big Universe Course takes only 3 days. But course participants must have a lot of energy in his dan tian, and be able to generate an energy flow, which actually every student in Shaolin Wahnam knows.

QUESTION 7

When practising the Small Universe you have mentioned that the Wuji Stance is best for beginner/intermediate students and that the Cosmos Stance is best for advanced students as it enhances results when they are ready.

What of practising the Small and the Big Universe in the seated (lotus/half lotus) position? Is it more or less advanced, and how do the purpose and effects of the Small and the Big Universe differ in the seated position versus standing? Are there other traditional postures in which the Small and the Big Universe were trained?

— Dom Z

Yes, the Wuji Stance, or standing upright and relaxed, is the best position for beginners and intermediate practitioners when practising the Small Universe. It is also the best position for practising the Big Universe.

When the practitioners are advanced, and know the skills and the techniques of the Small Universe and the Big Universe well, they can use the Cosmos Stance. The Cosmos Stance is better than the Wuji Stance because it is more stable and focuses chi, or vital energy, at the dan tian, or abdominal energy field.

For both the Small Universe and the Big Universe, being more stable and with chi better focused at the dan tian is more favorable. When a practitioner is more stable, he is in a better position to circulate energy flow continuously round the Ren Meridian and the Du Meridian in the Small Universe. In the Big Universe, when a practitioner better focuses his chi at his dan tian, he is in a better position to circulate his chi in the 16 primary meridians in the Medical Big Universe, and to merge with Cosmic chi in the Spiritual Big Universe.

Then, why is the Cosmos Stance not suitable for beginning and intermediate students of the Small Universe and the Big

Universe. It is because the Cosmos Stance needs more effort than the Wuji Stance. The extra effort may distract practitioners in acquiring the skills of the Small Universe and the Big Universe.

In the Cosmos Stance, a practitioner has to bend his knees slightly to sit at the Stance, whereas in the Wuji Stance he merely stands upright. The practitioner will be more easily tired in the Cosmos Stance than in the Wuji Stance. He may have to concentrate on performing the stance correctly instead of focusing on developing the skills of the Small Universe or the Big Universe.

Moreover, by standing upright and be relaxed in the Wuji Stance, it is easier for a practitioner to circulate his energy round his Ren Meridian and Du Meridian in the practice of the Small Universe, or the 16 primary meridians in the Medical Big Universe. In the Spiritual Big Universe, it is easier in the Wuji Stance than in the Cosmos Stance to perform Cosmic Breathing, which will develop a lot of chi for him to expand into the Cosmos.

When a practitioner has developed into an advanced level, when he can circulate his chi flow, or develop a lot of chi, he can then adopt the Cosmos Stance.

There are four main modes of position a practitioner can adopt when practising the Small Universe and the Big Universe, and they include all possible positions. These four modes of position are standing, sitting, lying down and moving. These are also the four modes for practising meditation, or training of mind or spirit.

A practitioner may adopt any mode he likes. He may, for example, stand with his hands on his hip, his toes pointing outward like a letter "V", leaning slightly backward, and tensing his muscles. Or he may sit on a sofa lazily, lie in bed like a worm, or move about haphazardly.

But throughout centuries, it has been discovered that standing at the Wuji Stance for beginning and intermediate practitioners, and standing at the Cosmos Stance for advanced practitioners are the best in practising the Small Universe and the Big

Universe. Some advanced practitioners may not know that the Cosmos Stance instead of the Wuji Stance will produce better result, or they are so used to the Wuji Stance that they do not want to change to the Cosmos Stance, or because of other factors the Wuji Stance is preferred, or the difference in result may be negligible.

Hence, a practitioner may sit in a lotus or a half-lotus position when practising the Small Universe. But if all other things were equal, his result will not be as good as the Wuji Stance when he is a beginning or intermediated practitioner, or the Cosmos Stance when he is advanced.

The lotus or the half-lotus seated position are not as effective as the Wuji Stance or the Cosmos Stance because being seated the chi will be focused at the base instead of being circulated or expanded. The lotus and the half-lotus seated position are excellent in stilling chi so that the practitioner can focus on the mind or spirit.

Indeed, due to their years of dedication, some masters have attained the Small Universe, but usually they are not aware of it. A very, very few, the greatest of them all, may have expanded into the Cosmos.

It is indeed ridiculous, because other things are not equal, participants in the coming Small and Big Universe Course will have an opportunity to experience the Small Universe and even the Big Universe, not after many years but in just 3 days. From past experience, at least 60% of the course participants may expand into the Cosmos.

In theory practitioners can adopt any position when practising the Small Universe or the Big Universe, but in practice most practitioners stand upright, i.e. in the Wuji Stance, when practising the Small Universe and the Medical Big Universe, and sit in a full lotus or a half-lotus position when practising the Spiritual Big Universe. They do so not because they understand the philosophy behind, but because that is the standard way to practice the Small Universe and the Big Universe. In the coming

Small and Big Universe Course, we use the Wuji Stance when practising the Big Universe.

It may have become trite by now, but most people practice the techniques of the Small Universe and the Big Universe without attaining the results. Only very, very few people, due to their long years of dedication, may have acquired the skills and eventually attain the Small Universe and the Big Universe.

Irrespective of whether practitioners are standing or sitting or adopting any other positions, the results of the Small Universe and the Big Universe are the same. In the Small Universe, chi flows continuously along the Ren Meridian and the Du Meridian. In the Medical Big Universe, chi flows continuously in the 16 Primary Meridians. In the Spiritual Big Universe, the personal chi of a practitioner merges with the Universal Chi of Transcendental Reality.

QUESTION 8

I have been practising the Small and Big Universe for several years now.

Right at the moment I practice the Small Universe in the Wuji Stance just because it feels nice. The Big Universe though I practice rather in the Cosmos stance, again just because it feels good.

Could you please give your opinion about this development as it's a spontaneous happening rather than an intuitive one?

Another question came to my mind concerning the Big Universe. The Big Universe is also been activated with the 12 Sinew Metamorphosis exercises. Though it seems I feel a difference when I activate the Big Universe with the orthodox traditional way in the Cosmos stance, than using one of the 12 Sinew Metamorphosis exercises. The former even though standing in the Cosmos stance feels more flowing than using for instance Flicking Fingers which is performed in the Wuji stance.

Could please elaborate on that further?

— Sifu Roland Mastel

The Small Universe and the Big Universe are very advanced, wonderful exercises. They can be practised separately, or together.

If they are practised together, it is usual to practice the Small Universe first, then the Big Universe. But there is no harm if the order is reverse. Or, I believe many of our Shaolin Wahnam members may do this, the Small Universe and the Big Universe can be practised in any way practitioners like, such as a small part of the Big Universe, then a small part of the Small Universe, another part of the Small Universe, and then a part or whole of the Big Universe.

What you have been doing, i.e. practising the Small Universe in the Wuji Stance and the Big Universe in the Cosmos Stance because it feels good, is excellent. This in fact is what masters normally do - because it feels nice, not because they understand the underlying philosophy.

I would say that your use of the Wuji Stance for the Small Universe and the Cosmos Stance for the Big Universe because it feels nice, is an intuitive action. You do so intuitively, without thinking about the reasons. Hence, I would modify your question as my opinion about this development in your intuitive (and also spontaneous) happening rather than an intellectualized one.

I would also take this opportunity to say that intellectualization is not necessarily bad. Our three golden rules of practice are not to worry, not to intellectualize, and to enjoy our practice. It is bad only during practice because it brings us out of a chi kung state of mind.

At other times, intellectualization can be good. If we want to prevent or overcome over-training, we purposely intellectualize. Here, intellectualization is good. When students ask me questions, I have to intellectualize. Again, here intellectualization is good.

That is how things happen in Eastern culture - not just in the Small Universe and the Big Universe, but in all things. We use the False Leg Stance when threading an opponent's attack with "Golden Dragon Plays with Water", or raise our stance instead of lifting our hands when we lift a heavy weight, because it feels nice.

These actions, and other similar actions, happen intuitively and spontaneously. Later, masters may think about the actions and come out with relevant philosophies. Using another stance to thread would have missed avoiding an opponent's force. Not raising the stance when lifting a heavy weight, would be less effective. Of course, the actors must have learnt the proper methods first, otherwise they would not know the methods.

In Eastern culture, and kungfu and chi kung originated from the East, experience comes before philosophy. This is different from modern Western culture where philosophy comes before experience. For example, a research scientist first comes out with a philosophy, then he looks for justification in experience. Here, philosophy refers to a philosophy of a hypothesis, often mistaken to be a theory.

In our school, we differentiate between Medical Big Universe which is also called Phenomenal Big Universe, and Spiritual Big Universe, which is also called Transcendental Big Universe. It is pertinent to mention that the terms "Phenomenal Big Universe" and "Transcendental Big Universe" were coined by either Andrew, or Piti, and "Medical Big Universe" and "Spiritual Big Universe" were coined by me.

In traditional Chinese medicine, when chi, or vital energy, flows continuously in all the 16 primary meridians, a practitioner attains the Big Universe, as compared to the Small Universe where chi flows continuously in the Ren Meridian and the Du Meridian. In spiritual cultivation, especially in Taoism, when the personal chi of a practitioner merges with Cosmic chi, he attains the Big Universe. He emerges from his physical body as an immortal, or he merges with the Tao, which is everything there is.

When a practitioner attains the Medical Big Universe, he is still in the phenomenal realm. He is different from the floor he is standing on, and different from all other entities on earth. When a practitioner attains the Spiritual Big Universe and becomes an immortal, he is in the transcendental realm. He may not see various entities on earth, though he can if he wants to. When he merges with the Tao, he is totally transcendental. There is nothing else, but only Universal Consciousness.

The Big Universe — whether it is the Medical or the Spiritual Big Universe, or the Phenomenal or the Transcendental Big Universe - needs a lot of chi. The Sinew Metamorphosis exercises,

especially as they are practised in our school, produce a lot of chi.

You have been practising the Big Universe regularly. So when you have a lot of chi, the chi automatically flows along all your 16 primary meridians to accomplish the Medical Big Universe, or merges your personal chi with Universal Chi to accomplish the Spiritual Big Universe. Other people who have not attended our Small and Big Universe Course will not have this wonderful effect and benefits.

Because of the method you used in generating a lot of chi, you feel more consolidated than flowing, which is a characteristic of Sinew Metamorphosis. Although you feel more consolidated, your chi is still flowing, or else the chi will stagnate and you developed big muscles instead.

If you use the Cosmos Stance to accomplish the Big Universe, your chi will be more flowing. Although your chi is flowing, you can consolidate it whenever you want because you have learnt the methods. Whether your chi is flowing or consolidated, or both, you will feel and actually are very powerful. More significantly, you are healthy, full of vitality, have longevity, mental clarity and spiritual joys.

QUESTION 9

Can the Small Universe and Big Universe be activated spontaneously without previous chi kung practice, if a person's spiritual attainment is "advanced" enough? For example, can a living saint, who has never done chi kung or other energetic specific practices but is quite spiritually developed, have the Small and/or Big Universe activated, or is it necessary to practice an energy specific art?

Does the practice of Small and Big Universe help us to attain Enlightenment, and if yes, how?

— Andrew R and Karol

A highly spiritual person, like a living saint, can attain the Small Universe and the Big Universe without having to practice any chi kung exercises.

I would take this opportunity to explain the meaning of spirituality and of chi kung, because their meaning is often misunderstood. The meaning is what the two terms originally meant, and also what we interpret them to be. The general public often takes their meaning differently.

Most people take the meaning as the terms are generally understood, or misunderstood, and the terms are generally far off from what they originally meant. We in Shaolin Wahnam are most familiar with "kungfu" and "chi kung". By "kungfu", the public generally means kungfu forms for demonstration and fighting using techniques of other martial sports or fighting like children. By "chi kung", the public generally means gentle physical exercise using chi kung techniques.

The term "spirituality" is self-explanatory, but it is often confused with morality and religious education. Spirituality concerns the spirit as opposed to material things. Usually a highly spiritual person is highly moral, and knows much about religions, but it is not necessarily so.

A highly spiritual person, like a black magician who has spent much time cultivating his spirit though he may call it by other names like psychic training, may not be morally upright. Another highly spiritual person, like a genuine kungfu master who has spent much time in triple-cultivation, including his spirit, may not believe in religion.

Chi kung, written as "qigong" in Romanized Chinese, is the art of energy. The methods to cultivate energy are usually formal, but they can also be informal. A highly spiritual person who has spent much time in meditation, but who has not performed any formal chi kung exercises, may have attained the Small Universe and the Big Universe. His vital energy may continuously flow along his Ren Meridian and his Du Meridian, and he may have experienced transcendental reality, including merging with the Cosmos.

His attainment of the Small Universe and the Big Universe is not in-born, but an art. Actually all people have the Small Universe when they are babies, but all of them lose it as they grow up. The highly spiritual person acquires, or re-acquires, his Small Universe and the Big Universe through long years of meditation and informal energy practice, though he may not call it the Small Universe or the Big Universe.

Hence, it is possible that a highly spiritual person, who may not have practised formal chi kung exercises, to attain the Small Universe and the Big Universe. But this happens rarely. The person must be highly spiritual and have practised meditation or similar exercise for a long time, though he may not call his practice chi kung.

It is unlikely that a highly spiritual person would have his Small Universe and his Big Universe activated spontaneously, i.e. without any practice at all, irrespective of whether he consciously knows the practice. To have the Small Universe and the Big Universe activated, one must have a lot of energy. It takes time to develop a lot of energy. If the energy is generated

too fast, the physical body of the person may not cope with the energy; he would have over-trained.

The Small Universe and the Big Universe certainly helps us to attain Enlightenment. A main aim of the Big Universe is to attain Enlightenment, and a main aim of the Small Universe is to attain the Big Universe.

Enlightenment means an experiential awareness that one is the Cosmos or the Great Void. There is no differentiation at all, no object and no subject, no knower and no the known. It is returning to God the Holy Spirit, or attaining the Tao. Enlightenment, here, with a small letter "e" unless it starts a sentence like in this case, is not just understanding the underlying reasons, like the age of enlightenment.

On the other hand, attaining Enlightenment may not be the reason for practising the Small Universe or even the Big Universe. As an analogy, in our school combat efficiency may not be the reason for practising kungfu.

Combat efficiency is actually the fundamental reason for practising kungfu. In other words, the fundamental reason why anyone practices kungfu is to be combat efficient, so that he can defend himself or his loved ones when needed. However, in our school people practice kungfu because of the benefits genuine kungfu can give them, like good health, vitality, longevity, peak performance and spiritual joys.

The fundamental reason for practising the Spiritual Big Universe is to attain Enlightenment. The fundamental reason for practising the Medical Big Universe is to have good health. The fundamental reason for practising the Small Universe is to attain the Big Universe.

While these are fundamental reasons, the actual reason, or reasons, why members of our school practice the Small Universe and the Big Universe may be different. Understandably, their actual reasons vary from persons to persons.

Many practice the Small Universe because of the tremendous internal force that the practice will bring. Many practice the Big Universe to have a glimpse of the Cosmos, to experience a satori or spiritual awakening, to have a life-changing experience.

Some practice the Small Universe and the Big Universe because of the rare opportunity our school provides. The Small Universe and the Big Universe normally take years to accomplish if practitioners have the rare opportunity in the first place, but in our school the course takes only 3 days!

How do the Small Universe and the Big Universe help us to attain Enlightenment. Enlightenment is omnipresence and infinite, where there is totally no differentiation. This is exactly what the Big Universe will provide.

But we are not ready to leave our phenomenal world to be totally Enlightened. So we have a glimpse of Cosmic Reality and come back to our phenomenal world. This glimpse is life-changing. It will, amongst other benefits, make everyday a joy.

The Small Universe is an ideal preparation for the Big Universe, which will ultimately bring Enlightenment. Hence, we practice the Small Universe to attain the Big Universe to attain Enlightenment.

QUESTION 10

As the Small Universe provides its practitioners with a smooth continuous flow of energy around the Du and Ren Meridians and distributes the chi from them to the other wondrous meridians, can we affirm that the Small Universe at some point reduces or even eliminates the over-training symptoms of practitioners? Can you please elaborate on this statement, explaining why it is true or false?

— Davy

The Small Universe enables practitioners to have a continuous flow of chi, or vital energy, round the Ren Meridian and the Du Meridian. The Ren Meridian and the Du Meridian, also called the Conceptual Meridian and the Governing Meridian, are the seas of chi, where all the chi of the 12 primary meridians flows to or from.

However, the other 6 of the 8 Wondrous Meridians are different. The chi in the Ren Meridian and the Du Meridian may not flow into these 6 secondary meridians.

In theory, the meridian systems links to every part of the body of a person. But in practice many parts of the body are blocked in almost all persons, except those who successfully take a special course like clearing the Eight Wondrous Meridians which is very rarely offered. Those who attend the Small and Big Universe Course will have a chance to clear all the wondrous meridians.

The Small and Big Universe is a very advanced course. Very, very few people will have a chance to really attain the Small Universe and the Big Universe. We in Shaolin Wahnam are ridiculously privileged.

Attaining the Small Universe and the Big Universe, or any advanced chi kung or kungfu arts on one hand, and over-training on the other, are different issues. Even a practitioner at a low level of a chi kung art can over-train. Over-training occurs

when the physical body of a practitioner cannot cope with the tremendous increase of energy, and not because the art is elementary or advanced.

If an art is advanced, which means a lot of energy is generated, presuming that all other things were equal, it is more likely for over-training to happen. But in real life all other things are not equal. The physical body of Shaolin Wahnam members can take more energy than that of ordinary person. Shaolin Wahnam members also understand a lot of chi kung philosophy, including over-training.

Some of those who use chi kung techniques to practice gentle physical exercise, which means most chi kung practitioners in the world today, over-train, but the over-training is mild that they soon overcome it, often without their knowing.

One may ask how can those who practice gentle physical exercise over-train as they do not generate energy.

When I mentioned earlier that over-training occurred when the physical body could not cope with the tremendous increase of energy, I was referring particularly to our Shaolin Wahnam members. Here is a good example that chi kung terms are often used for convenience, and are not scientific definitions.

The concept of yin-yang is useful to explain over-training.

In our case, yin represents the physical body, and yang represents an increase of energy. If the physical body can cope with the increase of energy, which means there is yin-yang harmony, over-training does not occur. If there is a rapid and large increase of energy, and the physical body cannot cope with the increase, although the body is healthy, over-training occurs.

In the case of other people, yin represents the physical body, and yang represents physical exercise. If the physical body can cope with the physical exercise, or there is yin-yang harmony, over-training does not occur. If the physical body cannot cope with excessive physical exercise, over-training occurs.

It is interesting to note that in our case over-training is due to too much energy, whereas in the case of most other people over-training is due to insufficient energy. Other people over-train when they have used up their energy in excessive physical exercise.

Over-training concerns a balance of the physical body and the amount of energy, and not whether the art is elementary or advanced. Our family members practising the Small Universe or the Big Universe will not over-train if they ensure that an increase of energy is within the capacity of their physical body.

Hence, your statement that the Small Universe can reduce or even eliminate the over-training symptoms of practitioners is false.

It is worthwhile to note that we need to ensure a balance between an increase (or decrease, in the case of physical exercise) of energy and the capacity of the physical body, not the need of the physical body.

Suppose the need of the physical body is 20,000 units of energy, and the capacity of an ordinary person is 25,000 units of energy, leaving 5,000 units as reserve.

In other words, with 20,000 units of energy he can carry out his daily life, like walking about and having his meals. If he has to run, he may soon be tired and out of breath, as he has used up 30,000 units of energy which exceeds his capacity of 25,000 units.

Because a Shaolin Wahnam student has learnt how to generate energy, his capacity is more. Suppose his capacity is 50,000 units, but his need is also 20,000 units. In other words, he needs 20,000 units of energy for his daily work. But he has the capacity to do twice the amount of work done by an ordinary person. When he runs, he only uses up 30,000 units of energy, so he may not be tired or out of breath.

If he attended the 1000 Steps Course in Finland, he can run even better. He uses only 5,000 units of energy, not 30,000 units, for

physical movement, and this 5,000 units as well as the other 25,000 units for running will be replenished from the Cosmos the next time he breathes in, and the result is that he will have more energy at the end of the run than when he started.

Those who will attend the coming Small and Big Universe Course will have similar effects. They won't be tired or out of breath in running or in doing any physical work. In case I forget to tell the class how to transfer the skills of the Small Universe to doing daily work without being tired or out of breath, those attending the course please remind me. Having attained the Small Universe, practitioners will have not just 50,000 units as his energy capacity, but he will have at least 100,000 units. In other words, he will be able to perform at least 4 times more work than ordinary people.