



**Question and Answer Series**  
**Cosmic Shower**  
**by Grandmaster Wong Kiew Kit**

## **Question 1**

When we practice arts like Cosmic Shower, we gain cosmic wisdom, whereas many of those who have renounced the world to dedicate their lives to attaining cosmic wisdom do not gain such wisdom.

Considering this situation, how should we in Shaolin Wahnam perceive those who have renounced the world yet seem to generally lack such high level experiences that we often attain even in regional courses conducted by Sifu? After all, it seems they ought to be the leaders in spirituality, yet our practice is much more cost effective.

Sifu Mark Blohm

## **Answer**

Thanks for pointing out this important fact, though others outside our school may think we are boasting and some may become angry. Irrespective of what others may or may not believe, it is true that when we practice advanced arts like Cosmic Shower, Cosmic Breathing, and Merging with the Cosmos even at our regional courses, we gain cosmic wisdom, whereas many of those who have renounced the world to dedicate their lives to attaining cosmic wisdom do not gain such wisdom.

The truth of this statement can be readily verified by those who have direct experience of cosmic wisdom as a result of practicing our advanced arts. By extension we also know that many of those who have renounced the world in order to gain cosmic wisdom have not succeeded.

Many people outside our school may ask, often indignantly, how do we know we have gained cosmic wisdom, and how do we know these other people have not gained cosmic wisdom as we are not them.

It is like asking how do we know we have internal force or can generate an energy flow, and how do we know other people do not have internal force or do not generate an energy flow.

We know we have internal force and can generate an energy flow from direct experience. In other words, we know we have internal force because we have internal force. We know we can generate an energy flow because we can generate an energy flow.

To confirm our knowing, we can perform what those with internal force or who can generate an energy flow are believed to be able to perform. For example, we are more powerful than those who are bigger sized than us. This is due to our internal force. We can overcome injury and illness without taking medication. This is due to our ability to generate energy flow.

We know others do not have internal force or cannot generate an energy flow because their speech and action indicate so. For example, if they say that internal force is based on body mechanics, we know that they don't have internal force because internal force is not based on body mechanics. If they have been practicing chi kung exercise for many years and are still weak and sick, we know that they cannot generate an energy flow because energy flow will make them strong and healthy.

It is the same with cosmic wisdom. If we have cosmic wisdom, we know it. Just like if we have a car, we know we have a car. We also know others do not have cosmic wisdom from the way they speak and act.

What is cosmic wisdom? For those who have cosmic wisdom, they don't have to ask the question. Just like those who have internal force and can generate an energy flow don't have to ask what internal force is, and how to generate an energy flow. These terms – cosmic wisdom, internal force and energy flow – are

self-explanatory. Cosmic wisdom is wisdom of the Cosmos, internal force is force that is internal, and energy flow is energy that is flowing.

But for those who may not have cosmic wisdom, it is helpful to elaborate on its meaning. Cosmic wisdom is different from ordinary knowledge and worldly wisdom. Knowing that you can quench your thirst by drinking water is ordinary knowledge. Knowing that your chance of having your leave approved is better when you ask your boss while he is happy than while he is angry is worldly wisdom.

Understanding and appreciating that goodness will bring goodness, that your real being is your spirit, that your body is changing all the time, that your spirit can expand beyond your body, that mind can material events, that our phenomenal world is an illusion, is cosmic wisdom.

Hence, when someone says that his mind is his brain, or that the physical world is objectively real, we know he does not have cosmic wisdom. When someone acts that his body is all he is, or that events cannot be changed by thoughts, we also know he lacks cosmic wisdom.

How should we perceive those who lack cosmic wisdom, especially those who have renounced the world to obtain it but fail? We pity them, without being arrogant. At the same time we are humbly grateful that we have the golden opportunity to benefit from cosmic wisdom.

We offer to help them if they are deserving, but we recognize their right to practice the way they think is best for themselves. If they are stubborn or disrespectful, we do not want to waste our time on them.

Some of them, like teachers and elderly members, ought to be leaders in spirituality. We show them due respect. We know, but do not overtly mention it,

that their spiritual development is not high despite their high status in the spiritual communities.

Why do we, despite being in a chi kung and kungfu school and not a spiritual cultivation centre, have such high spiritual attainments whereas even those who have renounced the world for spiritual cultivation do not?

We are clear about what spiritual cultivation is, and differentiate it from moral education and religious devotion. Many others are confused over these three different, though related, disciplines.

Spiritual cultivation is self-explanatory. It is cultivation of the spirit, also known as soul, mind, heart, psyche or consciousness in different cultures.

A highly spiritual person is usually but not necessarily morally upright. Black magicians are a good example of those who have cultivated their spirit to a high level but may not practice high moral values. On the other hand, a morally upright person may not believe in the spirit, he believes that his present life in this phenomenal world is all that is.

A highly spiritual person may or may not be religious. Modern psychics are a good example of those who have cultivated their spirit, or consciousness, to a high level but may not believe in any religion. On the other hand, religious people may not have attained a high level of spiritual cultivation. They are often afraid and depressed, which shows that their spirit is weak.

All our training involves triple cultivation, i.e. cultivating the physical body, cultivating energy, and cultivating the spirit. We place much emphasis on the mind or spiritual level, which explains why we have such wonderful results in a relatively short time. We start all our training with smiling from the heart, which sets our spirit free. We have presence of mind throughout our training. And we

conclude our training in standing meditation, which is a training of the spirit. Our training gives us a lot of energy and clarity of mind, which are very important in spiritual cultivation that leads to cosmic wisdom.

Most other people, including those who have renounced the world for spiritual cultivation, do not have such wonderful training. They do not have the benefit of triple cultivation. Many spiritual cultivators are sick and in pain. They do not know how to generate energy flow to overcome their sickness and pain. They do not know how to develop internal force from energy training to strengthen and enhance their spirit.

Many spiritual cultivator practice sitting meditation in their training, but they do not realize that they merely sit in a lotus position without developing their spirit. Indeed, many of them become dull and depressed instead of being fresh and alert, which is the basic requirement to train their spirit.

Many spiritual cultivators are confused over knowledge and attainment. They read a lot and may have much knowledge on spirituality, or religion, but achieve little in practical attainment.

Our cosmic wisdom gives us a lot of benefits not only in spiritual cultivation but in our daily life. Our cosmic wisdom enables us to perceive things in ways ordinary people may not perceive. Our being relaxed, peaceful and happy, the basic benefits of our spiritual cultivation with cosmic wisdom, enables us to have better results no matter what we do.

## Question 2

Can Sifu please tell us more about the origins of Cosmic Shower?

How has Sifu learned or attained the skill of Cosmic Shower?

Is the Cosmic Shower learned at the course the same like we do it at the end of our Small Universe practice?

Sifu Leonard Lackinger

## Answer

Cosmic Shower, known as “Opening of Five Flowers” is a very advanced Taoist chi kung exercise. It is performed while sitting in a lotus position, and is usually for spiritual cultivation.

I did not learn Cosmic Shower from any of my sifus, but read about it in Taoist Chi Kung classics. I also read about the necessity for a healer to cleanse himself of negative chi which he might have picked up from his patients, and also to replenish himself if he channels much chi to his patients.

In my early years of healing I used to flick my fingers, like flicking off water and unlike Flicking Fingers of Sinew Metamorphosis, after healing work. I usually replenished myself by performing “Lifting the Sky”. It was much later that I used “Lifting the Sky” or “Carrying the Moon” to induce a cosmic shower to cleanse myself.

Except in One-Finger Shooting Zen, my chi flow was little when I learned “Lifting the Sky” and other Lohan Hands from my sifu, Sifu Ho Fatt Nam. Earlier when I learned from Uncle Righteousness and Sifu Chee Kim Thong, I had no concept of chi flow.

Even in One-Finger Shooting Zen, the chi flow was different from the concept of chi flow in our school. Now when we talk about chi flow, we think of our body swaying gently, and sometimes vigorously. In One-Finger Shooting Zen, it was more of internal force, but the internal force was flowing. I had the concept of chi flow in One-Finger Shooting Zen much later, when I had started teaching chi kung to the public.

My first experience of chi flow inside my body, a sensation of electric current flowing along my arms, was from a set of mobile chi kung I learned from a chi kung master in Alor Star where I taught for a few years as a school teacher. I cannot recall his name now. He was very impressed with my Shaolin Kungfu and proposed to exchange his set of mobile chi kung with combat applications from me.

This came about from a little incidence. He wanted to have some friendly sparring with me, which I gladly accepted as I was still looking for people to spar with at that time. He gave me a low punch, like "Precious Duck Swims through Lotus", which I stopped with a "taming-hand".

It was a feint move. He swiftly changed his low punch to a hanging fist, like "Reverse Hanging of Golden Lotus", striking his back-fist at my face. But I was ready for him. I "thread" away his hanging fist quite effortlessly, using "Golden Dragon Plays with Water". I could have hit him, but I didn't, and he probably sensed it.

I can still remember he was shocked at my spontaneous response. That movement must be his specialty, and he must have expected to hit me.

At that time I had not composed our 16 combat sequences of Shaolin Kungfu. I also had not composed their fore-runners, the 12 combat sequences I taught at Shaolin Wahnam Association in Sungai Petani. If I had, I would have taught him



these combat sequences because they are an excellent introduction of combat application. I can't remember what I taught him, most probably it was some combat applications from the legacy of Wong Fei Hoong.

Although he taught me only one set of mobile chi kung, and I taught him many combat applications, I believed I gained more from this exchange, not because I held back my teaching but because, as far as I knew, he did not make full use of what I taught him.

On the other hand, I made full use of what he taught me. There was no special name for his mobile chi kung set. The set was unnamed. There was also no special name for his type of chi kung. It was just called chi kung. I practiced this set every day, or every night. When I first experienced electric currents flowing along my arms and legs after a few months of daily practice, I was fascinated. It was considered by me then, and by most chi kung practitioners in general, as very high-level. It is just ridiculous that our students now have more powerful results in a few days!

The set consisted of about 36 patterns, but most of the patterns were repeated. The most frequently performed pattern was what we now call "Green Dragon Charges at Face", but it was performed without any force, not even internal force, and certainly without any muscular strength. Another pattern that was frequently repeated was "Swallow Flies through Clouds". In fact, I took these pattern from the mobile chi kung set to be included in the Eighteen Lohan Art.

This experience of internal chi flow from the mobile chi kung set later led me to have more noticeable chi flow manifested as swaying and as vigorous movements when I taught the Eighteen Lohan Hands.

As mentioned earlier, when I first learned some patterns of the Eighteen Lohan Hands, I did not feel chi flow. But later when I taught chi kung to the public, I could feel chi cascading down from my head to my feet, especially when I performed patterns like “Lifting the Sky” and “Carrying the Moon”. In my Intensive Chi Kung Course, I taught students to tap energy from the Cosmos, and let the energy cascade down their body. This was the first manifestation of Cosmic Shower.

When organizers requested me to teach more advanced courses, I taught the art of Cosmic Shower. At first it was called Golden Shower because I perceived that the energy coming down from heaven and passing through us was golden in colour.

Riccardo Salvatore told me that “golden shower” had a different connotation for some people. When senior students forcefully placed the heads of junior students in a water-closet, an act of bullying that we strongly oppose, and flashed down the water, it was called “golden shower”. So I changed “Golden Shower” to “Cosmic Shower” as we literally let cosmic energy shower down our body.

I read from classics that blockage was not only physical, but also emotional, mental and spiritual. So, as my teaching methodology progressed, I taught students to clear not only their physical blockage but also their emotional, mental and spiritual ones using cosmic shower.

In a moment of cosmic inspiration, I suddenly realized that God, or whatever term we call the Supreme Reality, is all compassionate, and gives his blessings to all people. If some people do not receive God’s blessings, it is not because God does not give them, but because they block themselves from God’s blessings. Their blockage can be physical, emotional, mental or spiritual. Cosmic Shower is an excellent way to clear all the blockage. This realization and teaching has benefitted a lot of people.

As I practiced Cosmic Shower, I discovered that cosmic energy not only cleanses but also builds. So the next step in my teaching progression was to teach students to strengthen themselves physically, emotionally, mentally and spiritually.

Cosmic Shower and Small Universe are different arts. Both are wonderful. After practicing the Small Universe, practitioners may experience a cosmic shower or other wonderful benefits they have learned from other courses.

If one has not attended a Cosmic Shower course before, it is possible, especially if he is advanced in chi kung training, for him to experience a cosmic shower. Cosmic energy or God's blessings are there all the time. If he opens himself, he can receive the cosmic energy and God's blessings.

But by attending a Cosmic Shower course, a student will be transmitted the skills and techniques of Cosmic Shower. He will not only learn a rare and advanced art in just a few hours, but also benefit from my more than 30 years of chi kung development and crystallization.

### **Question 3**

I think that I have attended a Cosmic Shower Course 2 or 3 times since I joined Shaolin Wahnam. I remember that I felt extremely calm, blessed and with a very sharp mental clarity. The funny thing is that, though I have taken this course several times, I don't remember the main hallmarks of this fantastic art.

We are very lucky to have in our school such a wide variety of arts. As the arts that we practice are holistic, it is very hard for me to separate the benefits into different categories. For example, practicing stances makes me feel very happy, I can also feel an extreme mental clarity and, at the end, I feel stronger at all levels.

In Bone Marrow Cleansing, at the bone marrow level, I also feel very cleansed and stronger at all levels. From my experience, Sinew Metamorphosis has also been very spiritual, makes me feel very strong and with an extreme mental clarity that connects me with everything that is. I also experience these same wonderful benefits with my Taijiquan solo practice.

Maybe my ignorance is caused by my level of development and I cannot see or appreciate yet the main differences between these arts.

May you explain the main benefits/hallmarks of practicing Cosmic Shower? How does this art differ from other arts like Sinew Metamorphosis, Bone Marrow Cleansing, Stance Training and Small and Big Universe?

Santiago

## **Answer**

Like many other students in our school, it is very modest of you to attribute your ignorance to your low level of development. But the fact is that like most students in our school, you are neither ignorant nor low in your developmental level.

We must, of course, not let this fact make us arrogant. While realizing this fact, we still remain humble.

I do not make a statement, especially a statement of fact, wildly. I always substantiate my statement.

Compared to most chi kung and kungfu practitioners, including some masters, you are very knowledgeable. Your level of development is also high.

You know many essential aspects of chi kung and kungfu that many practitioners do not. You know, for example, that the essence of chi kung is energy flow, that a practitioner must be in a chi kung state of mind to practice chi kung, and why practicing chi kung contributes to health, vitality and longevity.

In kungfu, you know the most fundamental purpose of kungfu is combat, that good kungfu contributes to good health, and great kungfu contributes to spiritual development. You know that while actual fighting is rare in our modern law-abiding society, practicing a martial art is beneficial as it enriches our daily life.

These aspects are not only important, they are essential. This means that if a chi kung or a kungfu practitioner, irrespective of whether he is a student or a master, does not know these facts, his practice becomes meaningless or deviated. This is a main reason why today much of chi kung is meaningless, as it is no longer an art of energy, and much of kungfu is meaningless as it is no longer an art of combat. Chi kung has deviated to become gentle physical exercise, and kungfu has

deviated to a demonstration to please spectators or a generous exchange of blows.

More important than theoretical knowledge is practical attainment. In chi kung you can generate an energy flow, tap energy from the cosmos, direct energy to wherever you want in your body, and even expand beyond your physical body. You have cleansed off a lot of negative emotions, have become grateful and caring, peaceful and happy.

In kungfu you can apply your kungfu techniques for combat, and develop internal force. You use tactics and strategies in sparring. You apply kungfu principles to enrich your daily life.

With such knowledge and attainment, would you call yourself ignorant and your development level low, especially considering that even many chi kung masters today cannot generate an energy flow and do not believe that chi kung can overcome illness, and many kungfu masters cannot use their kungfu techniques for combat and do not believe in internal force? You may, out of modesty or in comparison with genuine great masters, but certainly not when compared with most chi kung and kungfu practitioners today. But we must not allow this fact make us arrogant.

We are indeed very lucky to have an incredible range of arts in our school. Our arts are both holistic and thematic. Any chi kung exercise can give us good health, vitality and longevity. Any kungfu set enables us to defend ourselves. This is the holistic aspect. On the other hand, some chi kung exercises are good at cleansing, whereas others are good at building. Some kungfu sets focus on striking, others focus on chin-na. This is the thematic aspect.

Your own examples show that you have benefitted both from the thematic and holistic aspects of various arts. Thematically, Bone Marrow Cleansing enables

energy to flow at five different levels, but you also feel cleansed and stronger holistically. Thematically Sineu Metamorphosis generated a lot of internal force, but you also feel connected with everything holistically. Thematically Taijiquan is for combat, but you have spiritual experience holistically.

The hallmark of practicing Cosmic Shower is to experience a cascade of energy flowing down from the head through the body to the feet.

Its main benefits are to cleanse and to strengthen – physically, emotionally, mentally and spiritually. The energy which you tap from the cosmos clears your physical, emotional, mental and spiritual blockage.

For example, if you have an illness, clearing away your physical blockage will restore your good health. If you feel angry, clearing away your emotional blockage will make you peaceful. If you are confused, clearing away your mental blockage will enable you to think clearly. If you are afraid, clearing away your spiritual blockage will give you confidence.

The cosmic energy also strengthens you physically, emotionally, mentally and spiritually. You will feel physically stronger than before. You have better control over your emotions. Your mind is focus and fresh. You feel free and happy.

The differences between Cosmic Shower and other arts may be classified under the following headings – form, methodology, benefit and philosophy.

Cosmic Shower is a skill, and this skill of experiencing a shower of cosmic energy down our body can be induced by using different techniques, which have different form. The prototype exercise from which we draw inspiration for this art is called “Opening of Five Flowers”. This was a very advanced Taoist art performed while sitting in a lotus position.

In our case, we usually use “Lifting the Sky” or “Carrying the Moon” to induce a cosmic shower. The form of the techniques are very different. While the form of “Lifting the Sky” and “Carrying the Moon” are not the same, they are both basically dynamic patterns while standing at the same spot, raising and lowering both hands, which are very different from sitting quietly with eyes closed or half-closed in a lotus position.

The methodology to induce the cosmic shower is also different. In our case we use physical movement and breathing, whereas in the Taoist exercise practitioners in the past let energy accumulate at the lowest energy field, then brought up the accumulated energy to higher and higher energy fields, and eventually at the top-most energy field at the crown of the head, to be open and let the energy flow down in a shower. It was a long and often tedious process.

It is simply ridiculous that now our students can attain Cosmic Shower in a matter of hours. In both the prototype, “Opening of Five Flowers”, and our method of Cosmic Shower, operating at the mind level is very important.

Operating at the mind level applies to advanced arts, like Cosmic Shower, Cosmic Breathing, and Bone Marrow Cleansing. Middle-level arts like Abdominal Breathing and Lifting Water operates at the energy level. Elementary arts like Self-Manifested Chi Movement and Dynamic Patterns operate at the form level.

However, in our school, because we are able into a deep chi kung state of mind, even elementary arts are operated at mind level. This is a main reason why we can have powerful results, even for otherwise low-level arts, in a relative short time.

Thematically the benefits of the various arts are different, although holistically all arts of chi kung give good health, vitality and longevity. The main benefit of Self-Manifested Chi Movement is to overcome illness, that of Dynamic Patterns to promote well-being and vitality, and that of Zhan Zhuang or stance training to



develop internal force.

The main benefit of Cosmic Shower is cleansing for spiritual cultivation. The main benefit of Self-Manifested Chi Movement is also cleansing, but it is more at a physical level to overcome illness.

However, because of my spread and depth in chi kung, I was able to extend spiritual cleansing in Cosmic Shower to prepare practitioners to merge into Cosmic Reality, or in Western terms to return to God the Holy Spirit, to cleansing at the physical, emotional and mental levels which are not ready to leave the phenomenal for the transcendental. Further, I was also able to extend the benefit of cleansing to the benefit of strengthening in all our physical, emotional, mental and spiritual levels.

The philosophy of Cosmic Shower is profound. Cosmic energy is employed to cleanse practitioners so thoroughly that not even a spec of dust remains so that they can merge with Cosmic Reality. As our students are not ready to leave the phenomenal world yet, I operate Cosmic Shower at a relatively lower level, which is still very high compared to most other arts of chi kung. Cosmic energy is employed to cleanse practitioners physically, emotionally and mentally so that they excel in all aspects in the phenomenal world, and to cleanse them spiritual so that they have a glimpse of Cosmic Reality.

This profound philosophy is different from other types of chi kung. At the lowest level of chi kung, Self-Manifested Chi Movement, which is also the most useful because it fulfills the need of most people today, the philosophy is to generate an energy flow powerful enough to clear blockage to restore good health. At the middle level, the philosophy of Zhan Zhuang is to accumulate a lot of energy for peak performance.

We are very lucky in our school. Our spread and depth not only enables us to

practice a great variety of chi kung arts quite deeply, but also to employ just one art of chi kung for different purposes according to our needs and aspiration. Hence, although Cosmic Shower is basically for spiritual cleansing, we may use it at a low level to clear blockage for overcoming illness, at a middle level to develop internal force for peak performance, or at a high level to strengthen our spirit to enjoy a glimpse of Cosmic Reality.

## Question 4

In (1) Cosmic Shower energy in the practitioner generally flows from above to below . In (2) Abdominal Breathing energy flows in a cycle above-below-above similar to (3) Small Universal Flow . In (4) Cosmic Breathing energy pulsates to and fro the dantian . In (5) Transcendental Big Universe energy expands away from the dantian .

For a spiritual cultivator, if all things are equal, aiming to be detached from relative distractions in the phenomenal world below to investigate the heaven above or merge with the Void, are the above arts (numbered from 1 to 5) less to more efficacious in ascending number to achieve the aim?

Considering that Zen Masters focus their energy or attain no-mind and Taoist spiritual cultivators build and nourish their energy and move their focus from the lower to upper dantians gradually before expanding out of the Baihui above, would Cosmic Shower, with the downward energy flow, make us energetically have a downward tendency to the lower dantians (eg 2-3 inches below navel, huiyin and yongquan etc) and hence more attached to and rooted in the phenomenal world (which is not necessarily bad , depending on one's aim)?

Dr Damian Kiskey

## Answer

Thank your for the sharp observation. I am very impressed with the question. It gives the five arts a new perspective which, I believe, past masters did not realise before, and which will contribute to the understanding and benefit of future practitioners.

All the five arts — Cosmic Shower, Abdominal Breathing, Small Universe, Cosmic Breathing and Transcendental Big Universe — are advanced. It is rare just to have the opportunity to practice one correctly. It is simply ridiculous, in a good way,

that we in Shaolin Wahnam have a chance to practice all of them and in a relatively very short time.

How do we know we practice the arts correctly? This is quite simple. There are records of how these arts were practiced by masters in the past, and we do exactly as they did.

More importantly, how do we know we have similar results? This is a more important question any practitioner should consider. It is alarming that many practitioners do not consider this question, irrespective of the arts they practice, with the consequence that not only they do not derive the benefits the arts they practice are meant to give, but sometimes they even derive harm. There is glaring evidence in the vast number of people who practice chi kung and martial arts today, although many of them do not realise the evidence, or choose to ignore it.

Actually, for the sake of discussion, even if the methods we practice the arts are not the same as what past masters did, but the benefits are similar, we are justified in our practice. In our case both the methods and the results are similar. Indeed, we started using the methods past masters did, and when we had the results we compared them with the results of the past masters.

You are right in your observation, or more probably your experience, of the nature of energy flow in the five arts. In Cosmic Shower, energy flows from above to below. But the energy does not stay below at our feet. It flows out, generating a continuous flow from above to below linking heaven, human and earth, attaining the Confucian concept of triple unity.

In Abdominal Breathing a practitioner takes energy from the Cosmos and stores it at his dan tian, or central energy field. Thus he becomes more powerful. He also attains a one-pointed mind as he focuses on the in flow of cosmic energy.

When the energy at his dan tian is full, the energy overflows along the ren and the du meridians, thus completing the Small Universe whereby the energy flows round his body in a never-ending circle, giving him good health, vitality and longevity as well as remarkably good luck.

This normally takes more than 10 years. But my sifu, Sifu Ho Fatt Nam, shortened the process to about 2 years by teaching me to use Reverse Breathing to bring the energy from my hui-ying up to my bai-hui.

I further shortened the process to a few days of learning the necessary techniques in five stages! But students selected to attend my Small Universe course already had sufficient energy in their dan tian for the small universal energy flow. They just learned the techniques to activate the flow.

In Cosmic Breathing energy pulsates to and from the dan tian. A practitioner literally pulsates with the Universe. In our Cosmic Breathing courses I was able to grasp this opportunity and led course participants to merge their personal energy inside their body with cosmic energy outside, thus expanding into the Cosmos and attaining a spiritual awakening.

This incredible experience is the Transcendental Big Universe. Energy not only expands from the dan tian, which many of our students, particularly those who have practiced Abdominal Breathing, have attained and which is still in the phenomenal realm, but also the personal energy of a practitioner merges with the cosmic energy of the Universe, attaining the transcendental where there is no differentiation.

Yes, if all other things were equal, Cosmic Shower, Abdominal Breathing, Small Universe, Cosmic Breathing and Transcendental Big Universe are in ascending order of efficaciousness for a spiritual cultivator to be detached from relative distractions in the phenomenal world below to investigate the heaven above or to

merge with the Void.

It should be noted that the lowest art in this order, Cosmic Shower, by itself is efficacious in attaining the transcendental. Many on our school, because of their high-level skills, can employ Cosmic Shower to expand into the Cosmos. It would, of course, be more effective, when they use a method of at a higher order, like Cosmic Breathing.

It is also helpful to note that all the above arts refer to skills and not to techniques. In Cosmic Shower we have the skills to let cosmic energy shower down our body. In Abdominal Breathing, we have the skills to drink in cosmic energy into our dan tian. In Small Universe we have the skill to let our energy flow along the ren and the du meridians around our body. In Cosmic Breathing, we have the skills to pulsate with the Cosmos. In Transcendental Big Universe we have the skills to expand into the Cosmos.

In theory we can use any technique to activate any of the above skills. We may, for example, if we try to be funny or to be innovative, use Horse-Riding Stance to have cosmic energy shower down our body or to expand into the Cosmos. Of course, if all other things were equal, when we use a better technique, we shall be more effective.

Some of the best techniques to activate the respective skills are Carrying the Moon for Cosmic Shower, dan tian breathing for Abdominal Breathing, dan tian breathing for Small Universe, dan tian breathing for Cosmic Breathing, and dan tian breathing for Transcendental Big Universe. It is no wonder that dan tian breathing, which is used in four of the above five arts, and can also be used for Cosmic Shower if we want to, is sometimes called natural breathing, although most people today, except children, find it unnatural.

In this connection, it is heartening to remind ourselves that it is natural to be

healthy, and we are naturally a Buddha, or undifferentiated with the Cosmos, although most people are ignorant of these facts.

Zen masters aim at no mind whereby they merge with the Cosmos. Taoist cultivators emerge from their bai-hui as immortals and roam the heavens, but they still exist in the phenomenal. This is a main reason, amongst the known who of course constitute only a small minority, why Zen cultivation is considered higher than Taoist cultivation. Taoist masters who wish to attain the highest achievement practice sitting meditation to merge with the Cosmos.

For most other practitioners Cosmic Shower, with its downward energy flow, may abate them to the phenomenal world. It will cleanse their blockage and nourish them, giving them good health, vitality, longevity as well as peace and happiness.

However, we are different. Because of our high-level skills, we can use Cosmic Shower to expand into the Cosmos. Strictly speaking, it is not Cosmic Shower. Our practitioners may start with Cosmic Shower, employing a suitable technique like Carrying the Moon, but when they expand into the Cosmos they will have to use the skills of expanding into the Cosmos.

## Question 5

Cosmic Shower is an extremely profound practice, especially when guided under the supervision of a master. It seems to very deeply cleanse and energise the meridians, with mental and spiritual expansion being one of its hallmarks. Please can you talk about the history and development of this practice; both your own personal experience and what you know of its uses throughout the history of the internal arts.

Sifu Andy Cusick

## Answer

For convenience and better understanding, we may classify our chi kung arts into three levels:

### 1 Basic Level

- (a) Five-Animal Play
- (b) 18 Jewels
- (3) 18 Lohan Hands

### 2 Intermediate Level

- (a) Internal Force
- (b) Bone Marrow Cleansing
- (c) Cosmic Shower

### 3 Advanced Level

- (a) Sinew Metamorphosis
- (b) Cosmic Breathing
- (c) Merging with the Cosmos



The main result of these three levels corresponds to:

Overcoming illness, health, vitality and longevity

Peak performance

Highest spiritual fulfilment

Please note that the classification is arbitrary, and there is much over-lapping.

However, if you have advanced skills, you can perform lower level arts at a higher level, like using Cosmic Shower to expand into the Cosmos.

I developed Cosmic Shower from my own dedicated practice of Lifting the Sky and Carrying the Moon. Lifting the Sky was my favourite chi kung exercise. which I have practiced the most frequently.

After years of practicing Lifting the Sky and sometimes Carrying the Moon, I felt cosmic energy showering down my body. It was a very pleasant feeling of cosmic shower.

In my early years of teaching Intensive Chi Kung Course, I made use of this discovery and led students to tap energy from the Cosmos and then let the cosmic energy come down as a shower.

At first I found the Cosmic Shower cleanse me thoroughly, making me healthy and full of vitality. Later I discovered that it also cleansed me emotionally, mentally and spiritually.

Spiritual cleansing was confirmed by many students telling me that after chi kung practice during the Intensive Chi Kung Course, they found the world more beautiful. I reasoned that the external world had not changed, but the students had changed internally. Lifting the Sky and Carrying the Moon had purified their spirit, making them see things and relationship more beautifully.

When course organizers asked me for more advanced courses, I introduced Cosmic Shower. At first I called it Golden Shower, as I could feel the energy showering down from above was golden in colour. Riccardo Salvatore told me that golden shower had another connotation. When university seniors forced their juniors to place their heads in water-closet, and flushed down the water, it was called golden shower. So I changed the name of the course to Cosmic Shower.

In my study of chi kung classics, I found an advanced Taoist chi kung exercise similar to our Cosmic Shower. This Taoist exercise was called "Opening of Five Flowers" and was performed seated in a lotus position.

Through years of dedicated practice, an aspirant could open his bai-hui energy point at the top of his head, like the opening of petals in a flower. Vital energy would bubble out and flow down the aspirant, who would be very youthful irrespective of his chronically age.

My continued practice of Cosmic Shower gave me the experience that cosmic shower not only cleansed me but also strengthened me physically, emotionally, mentally and spiritually. I confirmed the results by asking students at my Cosmic Shower courses. More than 80% of students discernibly felt the strengthening physically, emotionally, mentally and spiritually.

It would take a Taoist aspirant more than 10 years to attain the "Opening of Five Flowers". I took more than two years to attain Cosmic Shower. It is just ridiculous that with my heart-to-heart transmission, our students can attain a Cosmic Shower in a few hours!

Many other people would ask how our students know that they have successfully practiced Cosmic Shower. The answer is actually simple, but very important. It is precisely that many other people do not ask such a question and know the answer that they have wasted a lot of time, and sometimes even have harmed

themselves.

Our students know they have successfully practiced Cosmic Shower because they have obtained the benefits practicing Cosmic Shower successfully will give. More than 80% of those who attended my Cosmic Shower courses, for example, reported that they felt themselves well cleansed, and that they could control their emotions and thoughts better than before, which showed their Cosmic Shower practice had strengthened them emotionally and mentally.

Some people who don't have the opportunity to enjoy such benefits may ask how our students know they can control their emotions and thoughts better than before. In principle, it is like these people asking how do they know they have eaten an orange or drunk some coffee. If they have eaten an orange or drunk some coffee, they would know it, just as our students know they can better control their emotions and thoughts because of their own direct experience.

## **Question 6**

Tonight, as I was enjoying a chi flow after 10 minutes of Golden Bridge I felt a Cosmic Shower, the Grace of God, flowing right through me. The beauty of it was beyond words.

My question: could I have experienced this if I had solely practised Golden Bridge and never had been taught other Chi Kung exercises and skills such as Cosmic Shower? Or is this beautiful experience the result of your teachings of spread and depth?

I cannot thank you enough for your teachings; besides health, vitality mental clarity and other worldly benefits we also enjoy such beautiful spiritual experiences, by the grace of all your teachings and sacrifices.

Sifu Roeland Dijkema

## **Answer**

Congratulations for your wonderful experience. Other people outside our school who never had such a beautiful experience will never understand it, but those in our school who have had such an experience before would understand it perfectly. This is why great masters said that such beautiful experiences were inexplicable.

At first I did not understand why such experiences were inexplicable. I reasoned that those with such experiences could describe their experiences in words. Then, in a flash of inspiration, I realised why the masters mentioned that such experiences were inexplicable.

Even if such experiences are described exactly and correctly in words, those who never have had such experiences would never understand the description, even when they fully understand the dictionary meanings of all the words used in the

description.

A prosaic example will make this clearer. Suppose someone has never been on a boat trip on the canals of Amsterdam. A person who has had such an experience may describe the boat trip as beautiful, exquisite or enchanting. But that someone who never had an experience would never know how beautiful, exquisite or enchanting the boat trip was. It would be even more difficult to understand your experience of Cosmic Shower which was more beautiful, more exquisite and more enchanting.

Your description of the Cosmic Shower as the grace of God and beyond words is very appropriate. It is the grace of God because the Cosmic Shower clears physical, emotional, mental and spiritual blockage, giving you good health, vitality, longevity, mental clarity and spiritual joys. It is beyond words because no matter how you try to describe it, those without the experience will never understand the description.

It is worthwhile to note that how much a practitioner benefits from Cosmic Shower depends on his developmental stage. In other words, how much grace God gives to people depends on their needs. For a beginner who is sick, Cosmic Shower clears his physical blockage and enables him to recover, or God overcomes his illness and gives him good health. For an advanced practitioner, Cosmic Shower clears his spiritual blockage and gives him cosmic wisdom, or God makes him see things in celestial light. The multiple level of benefits of Cosmic Shower makes it a great art.

If you had not practiced Cosmic Shower and other high-level arts but only had practiced Golden Bridge, it is very unlikely that you would have such an experience. If you ever had such a beautiful experience, it would be after a few years of practicing Golden Bridge. For you, if you practiced Golden Bridge daily, you might have 10% chance of experiencing a cosmic shower after 5 years. Yes,

your beautiful experience is the result of my teaching of spread and depth.

For other people outside our school who do not have my teaching of spread and depth, they would be lucky if they had 1% chance of experiencing a cosmic shower after practicing Golden Bridge daily for 20 years. As I have often mentioned, some people may be angry at my estimation, and that is their problem, not mine. I make the estimation honestly.

Why is it that our Shaolin Wahnam instructors or students could have 10% chance of experiencing a cosmic shower after practicing Golden Bridge for 5 years, even though they had not practiced the art of Cosmic Shower, whereas other practitioners would have only 1% chance after 20 years? It is because our instructors and students have the general skills though they don't have the specific techniques of experiencing a cosmic shower, whereas other practitioners have neither the skills nor the techniques. Other practitioners do not even have the skills to develop internal force with Golden Bridge.

Those who attend my course on Cosmic Shower would learn the techniques and be transmitted the skills within 4 hours. In other words they will be able to enjoy a cosmic shower within 4 hours because they have both the skills and the techniques. Someone in our school who does not have the specific skills of Cosmic Shower but has the general skills of chi kung, and knows the specific techniques of Cosmic Shower, may acquire the skills after a few months of daily practice. The explanation above is straightforward, but other people may not understand it even when they understand the dictionary meaning of all the words used. As mentioned at the start of the answer, it is because they lack direct experience.

## **Question 7**

Practicing Cosmic Shower often leads to experiencing the presence of the Divine, albeit using an energy visualization method.

In my experience the feeling of Cosmic Shower is getting more and more refined over the years, and what was in my earliest stages a real energy shower feeling (feeling of energy) gradually evolved to a very subtle contact with the Supreme or Divine. I have to add that this Cosmic Shower feeling can now be initiated without any technique and without conscious volition as well, but just by standing where I am, relaxed and happy.

Therefore I would like to ask what are the differences between God (or the Divine) and energy. What is the relationship between God (Cosmos, Divine, etc...) and energy? Are the development stages described above to be normally expected?

Sifu Maxime Citerne

## **Answer**

Congratulations for your wonderful development. This development, though expected from senior practitioners in our school is very, very rare. Most chi kung practitioners do not even experience an energy flow. And the number of people who practice gentle physical exercise but mistaken it as chi kung is actually very small compared to the world's population.

But your development is expected from our students. Those students who only learn generating energy flow from us, but do not learn any other chi kung skills in other courses, if they practice regularly and sufficiently may sometimes feel energy flowing inside them even when they are not performing any chi kung patterns.

Those who progress to more advanced chi kung skills, like Sinew Metamorphosis or Small Universe, may feel the effects of their arts even when they are not performing the respective techniques, like feeling very powerful or enjoying a small universal energy flow. In your case, as you have learnt Cosmic Shower before, you can feel a shower of cosmic energy by just standing relaxed and feeling happy.

Originally, Cosmic Shower was just the art of having cosmic energy showering down our body. This is still the result practitioners in other schools, who practice genuine chi kung and have practiced consistently for many years, experience when they perform similar chi kung skills.

They may not call their art Cosmic Shower. Indeed many of them may not have different techniques or skills. They continue practicing what they first learned, and after many years of dedicated practice, they may experience cosmic energy showering down through them. This experience of a cosmic shower happens only infrequently, and they would consider it a fantastic attainment. Only a small percentage of those who practice genuine chi kung would have this experience, probably less than 10%.

Please note that this is not 10% of those who say they practice chi kung. More than 80% of those who say, and sincerely believe, that they practice chi kung actually practice gentle physical exercise. Thus, this is 10% of the total number of the less than 20% of people who say they practice chi kung. In other words, a rough estimate is that less than 2% of people who say they practice chi kung outside our school may have a cosmic shower infrequently.

The term "Cosmic Shower" was coined by me for this regional course that produced a shower of cosmic energy down the body of course participants. At first I called it "Golden Shower", but later changed the term to "Cosmic Shower".



More than 60% of those who attended a Cosmic Shower course would experience a cosmic shower down their body. There were two reasons why we could be so ridiculously cost-effective. I knew the philosophy of having a cosmic shower, including the necessary techniques and skills, and I transmitted the skills to the course participants.

Amongst those who practice chi kung (most of them actually practice gentle physical exercise), but do not know the techniques and the skills of Cosmic Shower, less than 2% may experience a cosmic energy showering down their body if they practice diligently for more than 5 years. For our students, who not only practice genuine chi kung but can purposely generate an energy flow, if they know the techniques and the skills, but the skills are not transmitted to them, more than 50% will have a cosmic shower if they practice the techniques and skills on their own for less than 6 months. If they attend a Cosmic Shower Course where the skills are transmitted to them, they can have a cosmic shower in less than 4 hours!

As I continued teaching Cosmic Shower, I improved my teaching methodology. First I transmitted the skills of opening their meridians so that cosmic energy could shower down the body of course participants more effectively. Then I transmitted the skills of cleansing their blockage physically, emotionally, mentally and spiritually. Now, in the latest development, after their cleansing, I transmit the skills of strengthening them physically, emotionally, mentally and spiritually.

Besides having learnt Cosmic Shower, you also have learnt Sinew Metamorphosis or other methods that can build tremendous internal force, and Merging with the Cosmos. Hence, as you have practiced the techniques and skills diligently, even when you are not performing the techniques but are in an ideal condition, like standing upright and relaxed, and feeling happy, the skills manifest themselves, with you enjoying a cosmic shower or expanding into the Cosmos.

The differences between God or the Divine and energy is a matter of semantics,

and depend much on the persons using those terms as well as the conditions in which those terms are used.

For those who do not believe in God or the Divine, and have no exposure of genuine chi kung, and that constitute a lot of people in the world, God and energy are different. They regard God as a term used to scare people, or sometimes to persuade them to do good. They regard energy as some force that does work, like bring of oil to drive engines, or the action of winds that insidiously but surely erodes land.

For those who believe in God or the Divine but have no exposure to genuine chi kung, the terms are also different. They regard God or the Divine as real, though many may not fully understand the terms. They also regard energy as force that does work.

For those who may or may not believe in God or the Divine, and practice gentle physical exercise but mistaken to be chi kung, the terms are also different. God is supreme, whereas energy in the context of the "chi kung" they practice, is what they have heard of but never experienced.

For us in Shaolin Wahnam, whether God or the Divine and energy are the same or different depends on the conditions we use these terms. In a cosmic dimension, God or the Divine and energy are the same. God or the Divine is an undifferentiated spread of universal energy, infinite and eternal.

In a personal context, God or the Divine and energy are different. God is personal, though He can also be universal in other situations, and the God one worships may or may not be the same as the God another person worships. The connotations, at least, are very different.

Energy is the force we work with for attaining good health, vitality, longevity, mental clarity and spiritual joy. It is different from God or the Divine.

The relationship between God or the Divine and energy depends on ones understanding and situations. To many people there is no relationship between God or the Divine and energy, regardless of whether it is mechanical energy, natural energy or life force as in genuine chi kung. To others, especially those who are pious, the fruitful use of energy, like driving a car or practicing chi kung to overcome illness, is a grace of God or the Divine.

When we practice Cosmic Shower, we regard the energy that cleanses and strengthen us as a grace of God. We appreciate that God or the Divine is all compassionate, and He gives his grace to all people. It is not because God or the Divine does not bestow grace on them that some people are sick or unhappy. It is because they block themselves from the grace of God. Cosmic Shower is an excellent method to clear the blockage.

The developmental stages you mentioned above, like the feeling of Cosmic Shower getting more and more refined, and from experiencing a cosmic shower to a presence of the Divine, are normally expected from our instructors and students who practice our arts diligently. But to most other people, such developmental stages are very rare, and may be considered crazy by some people.

As explained in some details above, the developmental stages of our instructors and students depend on the philosophy, skills and techniques they have learnt. If they have learnt only basic philosophy, skills and techniques of generating an energy flow, they may also obtain the benefits of more advanced chi kung arts after practicing diligently for many years.

This, in fact, is the normal development of most other practitioners who practice genuine chi kung. But they need a much longer time, and a far smaller percentage will attain these results because they only know the basic techniques, without knowing the basic philosophy and skills.

Those instructors and students who attend courses on special chi kung arts, like Cosmic Shower, Cosmic Breathing and Developing Internal Force, will have more than 80% of obtaining the respective benefits in 4 hours because the philosophy and techniques are taught, and the skills transmitted to them. It is simply ridiculous but true.

## Question 8

Regarding that you teach the Cosmic Shower quite frequently all over the world and also that you mention the Cosmic Shower very often, it seems to me quite obviously, that the Cosmic Shower may be one of your favorite skills. Could you explain why?

Thomas

## Answer

Yes, Cosmic Shower is one of my favour skills.

I practiced this skill quite frequently in my early years as a chi kung healer. In the 1980s I was a pioneer in not only opening chi kung teaching to the public, but also teaching it in a package of 6 months with set aims and objectives.

It was much later than some chi kung masters from China came to Malaysia and countries of Southeast Asia to teach chi kung, but mostly in the form of gentle physical exercise, in courses of a few months. Most of these masters, however, did not practice, or at least did not teach kungfu.

This was, I believe, a first innovation in chi kung history. Previously chi kung, better known as nei kung or internal art, was taught exclusively only to advanced kungfu disciples after they had proven themselves worthy.

There were no set aims nor objectives, and there was no time frame. Practicing nei kung would be a matter of years. A master would teach his few selected students, and sometimes only one selected student, some techniques of internal art without any conscious awareness of the purpose why he taught them, apart from the obvious fact that this teaching was an advanced, and usually secret, part

of his art. The selected students learned it without knowing why, apart from their acceptance of the new teaching as a reward for their dedication.

Hence, later when some masters from China taught chi kung in various Southeast Asian countries to the public, there were two main concepts of internal arts. One was nei kung, a form of advanced, internal kungfu. The other was chi kung, a form of exercise for general well-being. Many people, including some masters, wrongly considered that nei kung was only for combat, chi kung could not be used for fighting, and both could not be used to overcome illness. Indeed it was partly because of these issues that I had a big controversy with both the kungfu and the chi kung circles in the 1980s.

At this time I was still working as a school teacher. So I employed a chi kung master as a chi kung healer in a chi kung clinic I set up in partnership with two other persons. This master later betrayed me and left, and so I had to carry on the clinic as a chi kung healer myself.

To be efficient in my job as a chi kung healer, I read a lot of chi kung classics. It was emphasized that a healer must cleanse himself off the sick energy that he might have picked up from his patients.

I found two effective methods. One was to flick away the bad energy from the fingers like flicking away water. The other method was to have an energy shower.

I discovered an energy shower from my dedicated practice of exercises from the 18 Lohan Hands, like Lifting the Sky and Carrying the Moon. As I progressed in my many years of training, I discovered a shower of energy coming down my head through my body to my feet.

At first I called it Golden Shower, and taught it my early courses as I travelled overseas to teach. Later I called it Cosmic Shower.

In my early courses, Cosmic Shower was used only for cleansing. It was effective not only for cleansing sick energy a chi kung healer might pick up from his patients, but also for clearing blockage to enable people to overcome illness.

At first I was aware only of physical cleansing. But as I taught more courses, I discovered that the cleansing could also be emotional, mental and spiritual. I discovered from direct experience that students who were angry or anxious became calm and relaxed, who previously had negative thoughts started to have good thoughts, and who were previously depressed or easily afraid became peaceful and confident.

In a flash of inspiration I discovered that God or the Divine gave His grace to everybody, in the form of good health, being peaceful, mental freshness and being happy. But some people blocked themselves from God's or Divine grace, and become sick, agitated, dull and depressed. Cosmic Shower was an excellent art to clear the blockage so as to receive the grace of God or the Divine.

As I progressed in my teaching, I discovered that Cosmic Shower not only cleansed but also strengthened practitioners physically, emotionally, mentally and spiritually. The benefits were confirmed by asking course participants to answer from their own experience. More than 80% of participants of Cosmic Shower courses reported that they felt stronger physically, could control their emotions more effectively, had better mental clarity, and were uplifted spiritually.

## **Question 9**

When I practiced Vipassana the instruction was "observe your body sensations from head to toe and from toe to head". After some time this induced a Cosmic Shower.

A few years later I took a retreat with a Rinzai Zen group. Here the instruction was "inhale with the Cosmos, exhale with the Cosmos". This induced Cosmic Breathing.

Are Cosmic Shower and Cosmic Breathing different in terms of spiritual cultivation? Is there any relation between Cosmic Shower and Vipassana and between Cosmic Breathing and Zen?

Sifu Anton Schmick

## **Answer**

Your wonderful experiences of a cosmic shower and of cosmic breathing when you practiced Vipassana meditation and when you practiced Rinzai Zen respectively were due to your having practiced Cosmic Shower and Cosmic Breathing before.

Even if you had not attended these two courses, because of the advanced skills you have acquired in our school, like entering deeply into a chi kung state of mind and tapping energy from the Cosmos, you would also have such beautiful experiences and benefits because the methods in the Vipassana and Zen practices were similar to those in our Cosmic Shower and Cosmic breathing. Other practitioners would not have such experiences and benefits no matter for how long they may practice Vipassana meditation or Zen.



This is a great benefit that our students have, i.e. experiencing similar results of our arts when they practice other arts or during their normal life. Because they have learnt how to generate an energy flow, for example, many of our students can experience an energy flow when they perform chi kung exercises of other schools. Because they have learnt internal force, our students can feel internal force even during their normal life.

In terms of spiritual cultivation, Cosmic Shower and Cosmic Breathing are both the same and different. The answer depends much on our terms of reference.

If we think of spiritual cultivation in general, Cosmic Shower and Cosmic Breathing are the same as both are advanced arts with benefits ranging from the basic to the highest level.

At a basic level, both Cosmic Shower and Cosmic Breathing enable practitioners to be peaceful and happy. Considering that many people today are agitated and stressful, even these basic benefits are marvellous, though many of our students take these benefits for granted. By the fact that they learn chi kung in our school, they are peaceful and happy.

At the highest level, both Cosmic Shower and Cosmic Breathing enable our advanced practitioners to expand into the Cosmos. Understandably many other people may not believe that our students can attain such marvellous results. Some may ask how we know we have expanded into the Cosmos. It is like asking how we know we have eaten our lunch. Those who have no direct experience will not understand our explanation, nor our analogy.

In thematic aspects, Cosmic Shower and Cosmic Breathing are different. As their names clearly reveal, in Cosmic Shower, we enjoy a cascade of energy flowing through us from the Cosmos, and in Cosmic Breathing we breath, or pulsate, with the Cosmos.

It is helpful to remember that “breathing” in Cosmic Breathing is in a classical sense, referring to an exchange of energy between our dan tian and the Cosmos, in contrast with a modern sense of breathing referring to an exchange of air through the nose and mouth. Indeed, during Cosmic Breathing many of our students realize that they do not breath in the modern sense.

Why do we practice Cosmic Shower and Cosmic Breathing? In other words, what are the benefits we can get from these two marvellous arts? As mentioned earlier, these arts provide many benefits ranging from the basic to the highest, but we shall now focus on only their primary benefits, which also show their difference.

In Cosmic Shower we employ cosmic energy to cleanse and strengthen ourselves physically, emotionally, mentally and spiritually, thus receiving and enhancing the blessing of God or the Divine. In Cosmic Breathing we use cosmic energy to build tremendous internal force to break through our illusionary body to expand into the Cosmos.

Yes, there is much relation between Cosmic Shower and Vipassana meditation, and between Cosmic Breathing and Zen as you practiced them.

By paying attention to your body sensations from head to toe, you also stimulate an energy flow from head to toe. This flow of energy from head to toe attract energy from the Cosmos, thus manifesting in a cosmic shower.

For those who have not learnt Cosmic Shower before, they would not have a cosmic shower. At best they would pay attention to body sensation from head to toe, eventually attaining a one-pointed mind.

For my early students who attended Cosmic Shower courses, they would just experience a cosmic shower. For my later students, they would also know how to use the cosmic energy to cleanse themselves physically, emotionally, mentally and

spiritually. As I have improved my teaching methodology, for those who attended my latest Cosmic Shower courses, besides cleansing they would also know how to use cosmic energy to strengthen themselves physically, emotionally, mentally and spiritually.

In your Zen training, as you inhaled with the Cosmos and exhaled with the Cosmos, you attained cosmic breathing, where you needed not breath in and out air through your nose and mouth, but exchanged energy between your dan tian and the Cosmos. Those who have not learnt Cosmic Breathing, will not be able to pulsate with the Cosmos because they still breath in and out through their nose and mouth. But a very small minority may unintentionally developed into cosmic breathing after many years of dedicated practice.

Cosmic Breathing is very powerful. Practitioners literally pulsate with the Cosmos. Hence, they are able to use not just their personal energy through their normal nose and mouth breathing, but to use cosmic energy from the Cosmos. With this tremendous amount of energy, and with the appropriate techniques and skills, they are able to expand into the Cosmos.

This applies to our students who have attended courses on Cosmic Breathing. The very few who practice Zen for a long time and unintentionally develop cosmic breathing, would not be able to use the internal force to expand into the Cosmos because they do not have the necessary techniques and skills to do so.

The internal force they have developed from their unintentional cosmic breathing will also not be as powerful as that developed by our students even though they may have spent longer time in their training. Their intention is to inhale with the Cosmos and exhale with the Cosmos, and not to develop tremendous internal force to be used to expand into the Cosmos. They also inhale and exhale through their nose and mouth, though without their realising it they infrequently exchange energy between their dan tian and the Cosmos.

These examples illustrate why we are so incredibly successful and effective. We understand the philosophy, know our aims and objectives, and purposely work towards attaining our aims and objectives with appropriate skills and techniques. Others just practice the techniques, albeit diligently, and obtain remarkable results incidentally after a long time.

## Question 10

I am also very interested to understand the differences between the variety of ways in which we as humans feel the divine flowing within our body's hearts and minds. Our wonderful Sifu has allowed us to experience this in many different, profound and direct ways through his generous and beautiful teaching.

With my very basic level of understanding sometimes things can get blurred with regards to what I am feeling, how I am feeling it and where its coming from. Thus generally I tend to just let go and enjoy allowing the universe to flow through me rather than trying to grasp hold of or understand it. However is this correct?

For example: practicing chi kung with my dad and experiencing chi flow together has been at times profound, beautiful and expanding, and once we suddenly felt a cosmic shower running into and through both of us. However at some point it was difficult to understand where it was flowing, i.e. from top to bottom, bottom to top, round and round, inwards to outwards or out to in, as we were simply enjoying being.

Maybe it was instead a wonderful chi flow blessing of awesomeness from the divine for us both. Either way it was a fabulous thing.

Sifu Sean Grame

## Answer

The divine, called God in many religions, is infinite and eternal. It is everything there is. In parsec terms, it is the universal spread of energy.

In its widest sense, the divine flowing in us is energy flow in chi kung. In its narrow sense, it is a cosmic shower. Hence the divine flowing within our body's hearts and minds ranges from one exercise to all of chi kung.

The divine flow gives us the grace of God, manifested as good health, being happy, mental clarity and spiritual joys. But some people are sick and unhappy. This is not because the divine, or God, does not give His blessings to all people, but these sick and unhappy people block themselves from the grace of God. An excellent art is Cosmic Shower, which clear the blockage and lets the grace of God flow through.

The same principle applies to all other types of energy flow in all chi kung. Providing good health, which includes and surpasses overcoming pain and illness, is the basic benefit of all chi kung, the essence of which is energy flow.

There are countless ways of practicing chi kung, i.e. generating an energy flow or letting the divine flow through us. The countless differences may be classified into two main groups, dynamic chi kung and quiescent

An example of dynamic chi kung is Lifting the Sky from the 19 Lohan Hands. An example of quiescent chi kung is Abdominal Breathing.

Cosmic Shower refers to a chi kung skill, and it belongs to quiescent chi kung. We can implement the skill of Cosmic Shower with many different exercises. An excellent example is Lifting the Sky. Another excellent example is Carrying the Moon. Both are dynamic chi kung techniques.

We can also induce a cosmic shower using the quiescent technique of Dan Tian Breathing. But if all other things were equal, using Lifting the Sky or Carrying the Moon is more effective.

Congratulations for the beautiful, profound and expanding experiences, especially together with you dad. It was indeed wonderful to practice chi kung with your dad and together enjoy its amazing benefits. Practicing chi kung together with your dad by itself was a great blessing.

Like most of our instructors, you are very modest to say that your understanding and experience of chi kung are very basic. Modesty is a virtue which we should cultivate. But, at the same time, we should also realise that your understanding and experience of chi kung, like the understanding and experience of chi kung of other instructors, are actually quite advanced when compared to those of other practitioners, including masters of the present as well as of the past.

Many masters today, for example, do not know what is entering into a chi kung state of mind, which is basic knowledge to all our students as it is an essential condition for practicing genuine chi kung. These masters, therefore, would not have entered into a chi kung state of mind on purpose when they practice chi kung, but due to their long years of practice, they might have entered into a chi kung state of mind incidentally. Hence, their chi kung attainment must not be high, but we still address them as masters, which is a sign of our modesty.

Masters in the past had a higher level of attainment than modern masters, but their knowledge of chi kung was lower. This was because knowledge was scarce in the past. Some masters might be illiterate. Today, especially with the internet, information is aplenty — to an extent that we have to distinguish good knowledge from mis-information.

One important benefit of this realisation that we are actually knowledgeable in chi kung besides having high attainment, is to give us courage to righting wrong. We would, of course, do so tactfully.

An example which some of our instructors often face is as follows. This example concerns kungfu rather than chi kung, but I mention it as it is common and the principle is the same. In Taijiquan Pushing Hands, an established master may tell our young instructor that the latter's way of pushing hands is incorrect, and the correct way is his way, which has been passed down, in his lineage, for generations.

Instead of keeping quiet which will give an impression that what the master has said is true, the instructor should politely reply that his way is what he has learned from our school and he has found it very useful, and the test of its usefulness is in practical application. Our young instructor should engage Pushing Hands with the master. Out of respect, he should not openly defeat the master, but he should first prevent the master from pushing him away, which shows defence, and then subtly push the master away or off-balance him, which shows attack, but without making it too obvious.

What you have said about letting the chi kung experience happen and not intellectualising on it, is not only correct, but was highly recommended by genuine past masters. They went further by telling practitioners not to worry about the benefits as the benefits would surely come. This is expressed by the term “wu-wei”, or non-action.

“Wu-wei” has been routinely explained as “not doing anything, and everything will be done for you”. This adds to the confusion. Many people, including many Chinese, wonder how could everything be done for you if you do nothing.

As I have often mentioned in class, the confusion will be cleared when we realize that “wu-wei” is only half the secret. The other half, which comes before, is “you-wei”, which means “do something”. So the complete secret is “do something” then “don’t do anything”, and everything will be done for you as a matter of course. Perform the action of an appropriate exercise, then be spontaneous and enjoy the experience, and the benefits that the exercise is meant to give will come.

Modern bogus masters do the reverse. They intellectualise about the exercise but never perform it, or never perform it the way it should be done. For example, in chi kung they talk about energy of different colours, which they never experience, but they never performed chi kung in a chi kung state of mind, which is an essential condition in performing any chi kung. In kungfu, they talk about internal



force as body mechanics, but they never have any experience of what they talk about, and therefore never have the benefits.

How do we know that these bogus masters do not have the experience and benefits of what they talk about when we are not them. It is because of direct experience. From our direct experience we know that we have to enter into a chi kung state of mind to perform chi kung, and that internal force is not the result of body mechanics.

Having enjoyed and benefited from our chi kung and kungfu experiences constantly for a long time, we can look back to explain what happened. Our experience constitute the philosophy. The philosophy comes after the experience, not before it. The philosophy is a logical explanation of our experience, and confirmed by repeated experience.

We say that we need to enter into a chi kung state of mind to generate an energy flow because that is our repeated experience. As a test, when we tense our muscles or let our mind wander, we cannot generate an energy flow.

We say that chi kung can overcome illness because that is our repeated experience. Many sick person have overcome their illness by practicing chi kung learned from us. Some skeptics may ask whether we did any scientific experiments to prove that it was actually chi kung, and not eating breakfast at 8 instead of at 9 as an outlandish example, that overcome their illness. We do not want to waste our time arguing with skeptics. To us, and to our students who were sick, it is sufficient, and rewarding, that they overcame their illness after practicing chi kung.

In line with wu-wei, where you enjoy a cosmic shower or any energy flow, it is not necessary to know how you are feeling it, where the chi is coming from, and where it is flowing, i.e. from top to bottom, bottom to top, round and round,

inwards to outwards, or out to in.

I was often amused when beginners in our school, though they had used chi kung techniques to practice gentle physical exercise for a long time in other schools, asked me when they first had their energy flow, from where the chi came from and why they felt tingling sensations at their fingers. After giving them brief answers that the chi could come from the Cosmos or could be within themselves, and that feeling tingling sensations at their fingers was a normal effect of chi flow, I made a point to ask them not to worry about unnecessary intellectualization and enjoy their experience and benefit.

But at the level of instructors, it is good to know the answers. If you perform Cosmic Shower, energy will cascade down from top to bottom. If you perform Long Breathing, which is a part of Small Universe in our methodology, energy will flow from bottom to top, i.e. from hub-yin to bai-hui. If you perform Swinging Hips or Hola Hoop, energy will flow round and round. When you use chi kung to cleanse, energy will flow from inwards to outwards. When you tap energy from the Cosmos, energy will flow from out to in.

All these are normal way of chi flow due to different chi kung techniques you have chosen if all other things were equal. If a practitioner has a sever blockage that may affect his life, energy will flow to clear the blockage irrespective of what techniques he choses. If the blockage is at the top of his head which may cause a stroke though he may not know it at present, energy will flow from bottom to top. If the blockage, for example, is at his feet where a gland produces some trace elements necessary for the normal functioning of his heart, but it is not doing its normal work because of the blockage, energy will flow from top to bottom. This is an excellent example of the benefit of wu-wei.

However, if his mind is powerful, despite the severe blockage, he may direct chi flow with his mind. This, I believe, is an important reason why some masters, who

undoubtedly had much internal force, did not live to a ripe old age. If they practiced wu-wei, or understand chi kung philosophy which our typical students know, they would allow chi flow to give them good health, vitality and longevity, which are the natural benefits of practicing genuine chi kung diligently.

Depending on how you look at it, your amazing experience was a wonderful chi flow blessing of awesomeness from the divine, or a natural result of your dedicated practice. Indeed, either way it was a fabulous thing.

## **Question 11**

I would like to share an experience rather than ask a question.

During standing meditation just now, I had a flash of inspirational experience that blessings are always there, ready to permeate our soul and cascade down onto us like in Cosmic Shower. Sigung mentions this all the time - God's blessing is for everyone, but those who tense physically, mentally and spiritually block themselves from His Grace.

It's one thing to hear this wisdom. But it's another thing to experience it as I just did. I "saw" my energetic blockages repelling away the divine blessings. I don't know why. After that experience, I spontaneously allowed myself to go into a gentle Cosmic Shower and saw my energetic garbage wash away allowing divine energy through. It was quite emotional as I felt some karma cleansed. And yes, this experience was triggered by Dragon Strength.

Stephen

## **Answer**

Thank you for sharing your wonderful experience, and thank you for the kind words said about me.

Your sharing will bring benefit to more people than what I have always mentioned, that God or the Divine gives His blessings to everybody, but those tense and intellectualise unnecessarily block themselves from His grace.

There are many ways to clear the blockage, like taking medication, socialising with friends, and enjoying a holiday, but practicing genuine chi kung is a sure and excellent way. Amongst countless chi kung exercises, Cosmic Shower is one of the best, if not the best.

Indeed, it is one thing to hear the wisdom, but it is another thing to experience it. With the internet, many people today have access to incredible wisdom, and also mis-information mistaken as wisdom, but few people make some effort to experience it and benefit from it.

An excellent way to have such an experience and benefit from it is to learn from a teacher who has the following qualifications:

He has the wisdom.

He has the methodology to experience and benefit from the wisdom.

He has many students who have experienced and benefitted from his teaching.

He is willing to teach you.

Obviously it is futile to learn from a teacher who does not have the wisdom you are seeking, yet a lot of people are doing just this. A lot of students who want to defend themselves, for example, learn kungfu from teachers who explicitly say that kungfu cannot be used for fighting.

Chi kung teachers know that practicing chi kung will give good health. Yet there are many students who learn from chi kung teachers who are themselves sick. It is obvious that these teachers do not have the methodology to benefit from their wisdom.

Some kungfu masters have internal force, but their students who have learnt from them for a long time, don't. It is unwise to learn from such teachers even when they themselves have the wisdom that good kungfu generates internal force, and have benefitted from the wisdom.

An important point many people neglect is whether the teacher is willing to teach you the kind of wisdom you seek to experience and benefit from. Some even go to the ridiculous extent to claim that if a teacher is a true master he must reach

whoever students willing to learn. Such students probably form their misconception from meeting many bogus masters.

To be emotional after karmic cleansing is quite usual.

Dragon Strength, as taught in the Dragon Strength Course, is a marvellous art. It will enhance anything we do, in chi kung, kungfu as well as in daily life.