

# Accessing and channeling your Ki

My quest in the spiritual/metaphysical realm began 30 years ago and in no small way, was instrumental in my undertaking the study of martial arts. I have broached many diverse subjects in this area and found that the common thread among them was they were all directly linked to some facet of Energy.

Without the benefit of a teacher, I studied all I could about the universe, our place in it and the true extent of human capabilities. So it was with great excitement that I accepted Grandmaster Andy Ah Po's invitation to attend his Chi Gong symposium. I would finally bridge the gap between theory and practice under the tutelage of someone renowned for his capabilities in this area. The fact that the symposium was held in Sedona, Arizona, a well known "energy center" in the U.S., was icing on the cake.

Grandmaster Ah Po comes from a native Hawaiian Warrior as well as "Kahuna" class and since age 6 has been schooled in the "Huna" traditions. "The word 'Huna' means 'secret' and is taken from the

Hawaiian word 'Kahuna' which means 'keeper of the secret'. It is therefore the "secret science or practice of the control of the Universal life energies through the control of mind and breath", and is the focus of this article. (The terms and phrases in bold, italic print are Grandmaster Ah Po's. I include them to preserve the essential flavor that made his presentations unique.)

## *Getting in Touch with...*

Ki, Chi or "Mana" (internal energy or life force) cannot be developed. It resides in each of us and our goal was to develop a higher level of conscious awareness to access and utilize it for positive purposes. To succeed we had to be "open to change", to "look and listen with the intent to

learn" and to "trust our feelings".

We began with intense physical training centered around forms, with an emphasis on proper breathing. We learned that in addition to the Weh Ga Ryu (external energy) and Neh Ga Ryu (internal energy) methods, there was a third that Grandmaster Ah Po called Chung Ga Nyu (Ryu) - a blend of the two and a more natural method.

Because each form has its own distinct characteristics, we learned to experience the differences and exhibit them in a manner that now became not only technically correct but, "characteristically correct". For instance, you can't do Neh Gung breathing with Weh Gung applications. Quoting the late Great Grandmaster Hwang Kee (his instructor for 20 years), Grandmaster Ah Po stressed performing techniques in their proper character. "The internal organism must work in concert with the external. Much like humans, when you're out of character there is an imbalance. Be on the outside as you are on the inside and there will be no conflict between form and technique. In this way, Tang Soo Do helps develop your true character, not a fake one."

To understand the Chung Ga Nyu method, we worked on Tae Ki Kwan, a special form created by Grandmaster Ah Po. An active method with soft techniques and economy of motion, it allowed us to experience natural movement and



breathing, a sense of calm and ease in its performance, and a sensory awareness that greatly assisted me in later exercises.

### **Accessing...**

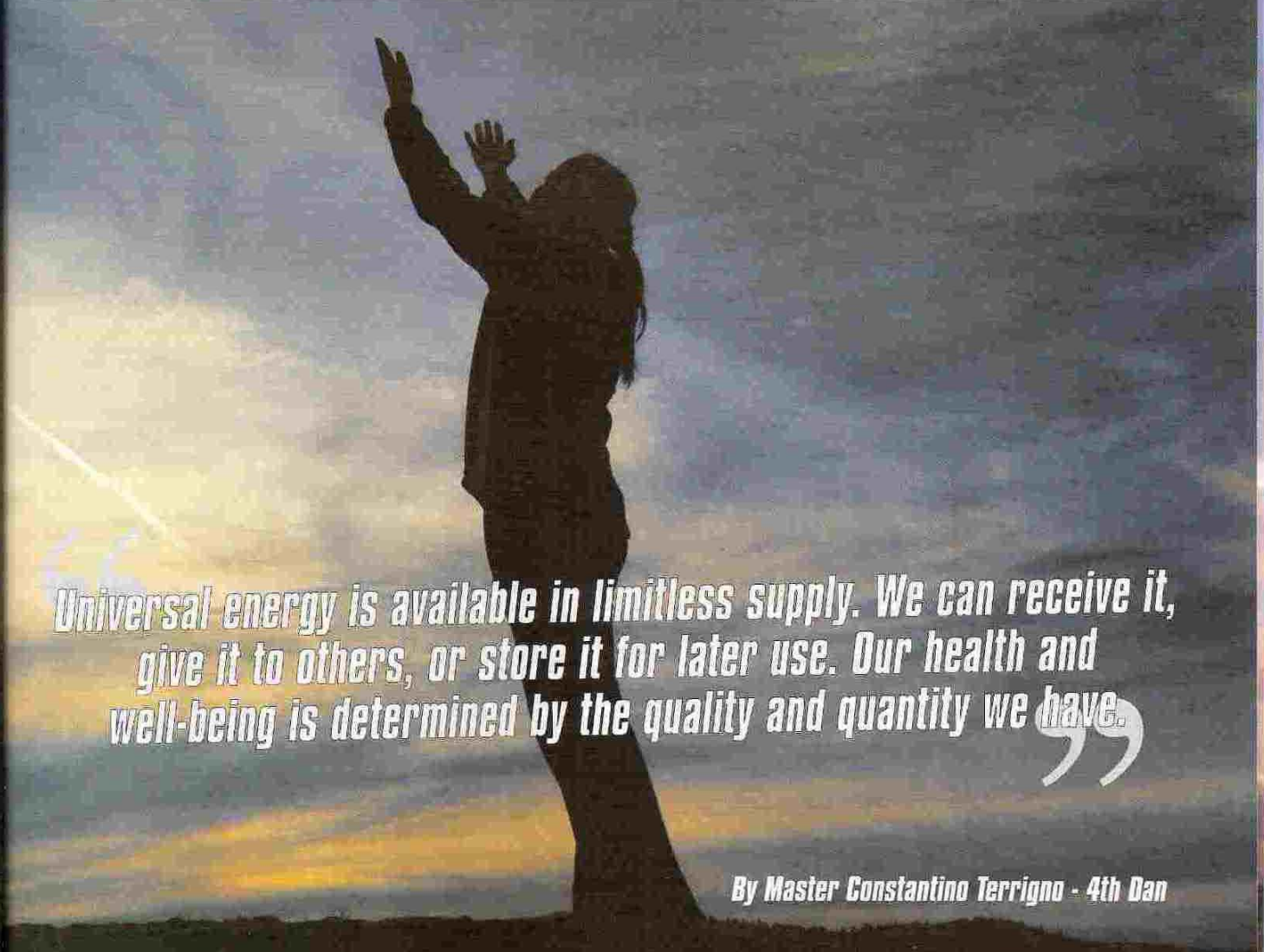
Universal energy is available in limitless supply. We can receive it, give it to others, or store it for later use. Our health and well-being is determined by the quality and quantity we have. It can be measured and photographed (as in Kirlian photography) and can be seen by the highly trained eye such as Grandmaster Ah Po's. Also called the aura, it is an energy field that surrounds all living things and which we experience on an unconscious level. I equate it to the commanding presence or qualities that attract us to some people, or in negative terms, the feeling that something is not right or trustworthy about a person. Either way, it is an exchange of energy that most people are unaware of.

This energy exchange is not just localized but can take place across vast distances. Furthermore, the volume can be turned up through group dynamics. In one forms session we were asked to keep pace with each other and, I noticed that this tuning in, or synchronization allowed me to tap into the energy of those around me, propelling me along with less effort than before. We then performed a form quickly and continuously for three minutes. I don't know how many repetitions we did, but after about two minutes I was clearly past the physical and onto the mental level. Again, the group tempo and energy served as a regulator, and while tiring, I noticed I wasn't even breathing hard. I later learned that Grandmaster Ah Po was also extending his Ki to us.

Energy is a natural phenomena. Unfortunately, humans have removed themselves from the natural environment and created an artifi-

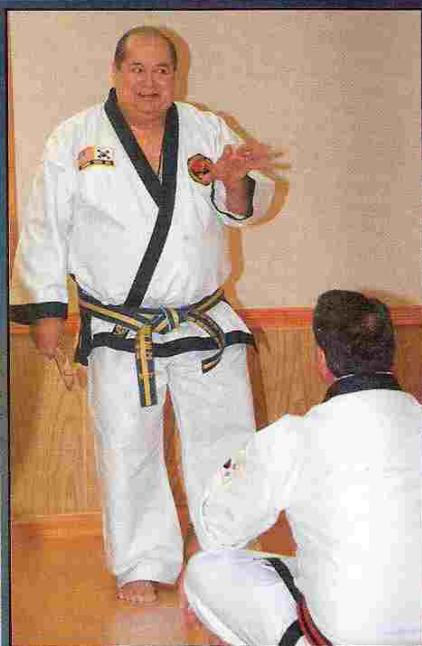
cial one, consequently losing their connection with it. We built upon and paved over our natural surroundings thereby insulating ourselves from the flow of energy. "Grounding" or "rooting" is another way to improve our awareness of earth's energy and to stabilize us, just as a solid martial arts stance would improve our technique. Correct body alignment facilitates the flow of Ki and to experience this we practiced basic kicks through the body's center line. This improved balance and accuracy and made the kick more efficient, with less dissipation of the kick's energy. It also allowed better utilization of the waist (Hu Ri), a signature of Tang Soo Do.

Ki is also accessible through visualization (mental imagery) since it focuses our thoughts and magnifies our intentions. Moo Sang, or guided imagery, is the process of walking through a mental scene created by us or a narrator. It elicits a physio-



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*By Master Constantino Terrigno - 4th Dan*



### Channeling Your Ki

To receive and extend Ki, the operative concepts were "energy flows where attention goes" and "focus on the result, not the process". This exercise had Grandmaster Ah Po moving noiselessly around the room. With our eyes closed we were to point in his direction when we felt we had "located" him. Interestingly, I pointed at him every time. From my position, I could judge that the others also found him more often than not. Two other Grandmasters then moved around with him but we were to find only Grandmaster Ah Po. I missed only once out of roughly four attempts.

Next, Grandmaster Ah Po sent directed attention to only one of us. If we "felt" we were being looked at we were to open our eyes immediately. A number of us then got a chance to be the sender. I found it was easier to send than receive. When we send we are in control and focus more. When receiving we tend to override our intuition - we anticipate (think) rather than react (feel).

When it comes to energy control though, nothing is more exciting than visual confirmation of its effects. Using heart rate monitors and employing the volcano and beach imagery, we raised and lowered our heart rate by up to 10 beats. We then tried to change the rate by at least a specific number and I was able to achieve a 12 beat drop within four seconds. Grandmaster Ferraro who has practiced Chi Gong for eight years, was able to record a +20 downward drop.

But the highlight of our exercises was that of physically affecting an

external object, in this case a plant. Grandmaster Ah Po is truly adept at this and demonstrated it repeatedly throughout the sessions. We broke off into three groups, and using the volcano scene or some other method, we charged ourselves internally and simply extended our open hand towards the plant to within roughly eight inches. The results were startling. I was able to move the plant about 30 - 40 percent of the time. On two occasions, I was stunned by the amount of motion in the plant leaves, as if a soft wind had blown by.

One master in my group was having some difficulty. Grandmaster Ah Po unexpectedly grabbed him and vigorously rubbed his face with his hand, charging him with his Ki. When he tried again, the plant moved!

There were other demonstrations and exercises but I won't soon forget the sensation of being taken down by Grandmaster Ah Po. I was asked to attack him from a fighting stance. All I remember is my initial forward movement, his hand over my face and picking myself up off the floor. I never saw him move toward me. For about fifteen minutes afterwards I could still feel the pressure and tingling where his fingertips had been on my face.

### What Does it all Mean?

One can never go in expecting to do any of what we did on the first try or even in the two days we had. Constant practice is required over a long period of time. But despite that, what (I) we were able to experience in such a short time is irrefutable evidence that energy can be accessed and channeled in many ways. So the symposium was an unquestionable success from my standpoint. It was also a new stepping off point for me as I continue my study of Tang Soo Do and of the spiritual and metaphysical.

In terms of its ultimate meaning, it serves to underscore the important notion that if energy is everywhere and it flows through us all, then we are in fact all connected and drawing not only from the same energy pool, but the same universal mind. It is available to us to make remarkable changes in our personal lives for the better. Consequently, if we change our thoughts and lives, we can ultimately change our world. And that's a reassuring thought for anyone.

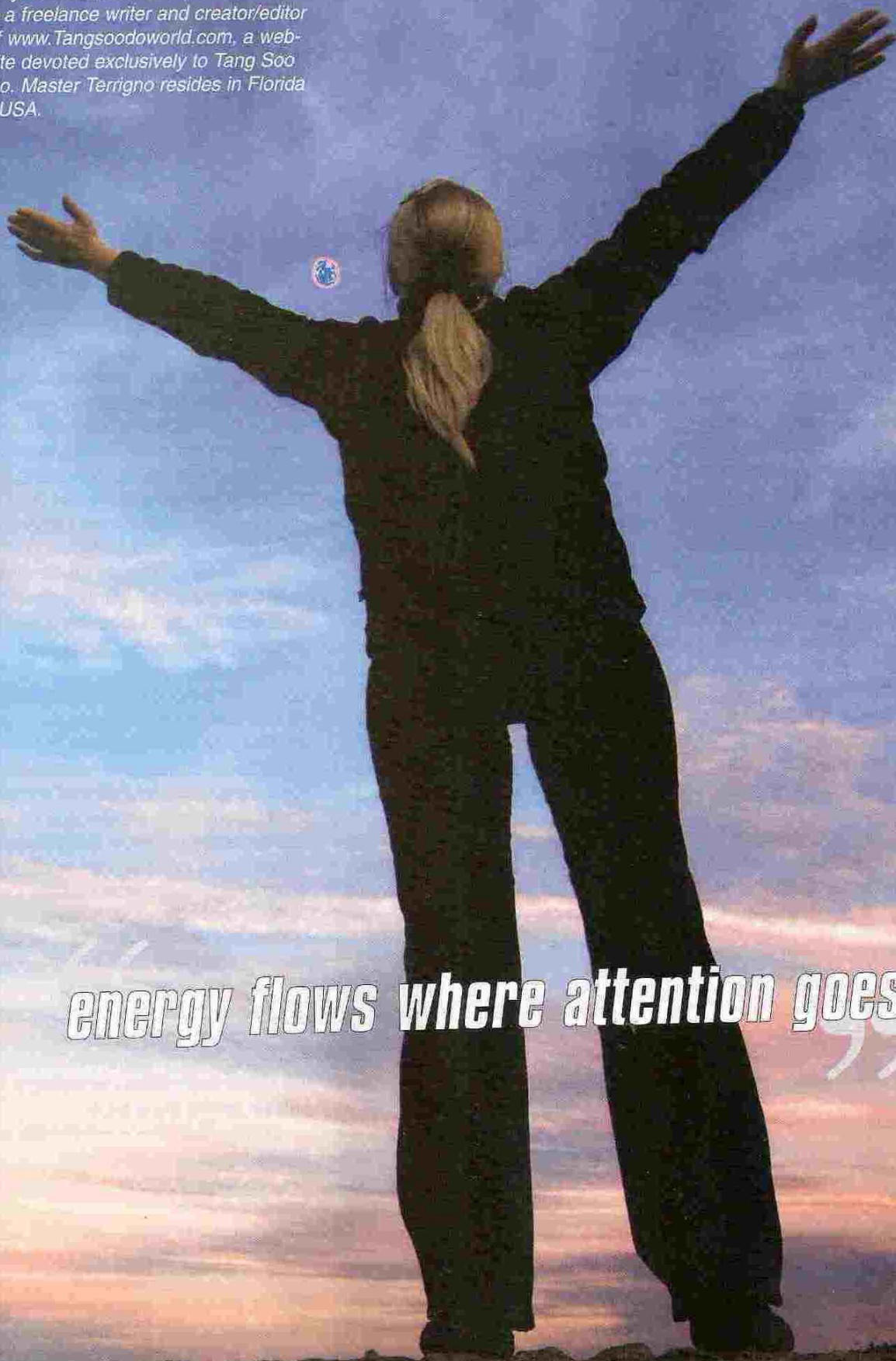
logical outcome or Yu Sang that can be calm or highly charged. With us seated and eyes closed, Grandmaster Ah Po verbally led us through a beach scene complete with sights, sounds and smells. The result was a feeling of peacefulness and calm energy. He then led us up the side of a volcano and produced the opposite effect - a more active, tense energy.

Grandmaster Ah Po pointed out that in Huna practices, in addition to the physical, mental and spiritual states or "selves" there is fourth, emotional self, and all are necessary for well-being and the positive flow of Ki. The visual exercises help create an emotional response that directly affects the physical and therefore, Ki.



## Tang Soo!

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