

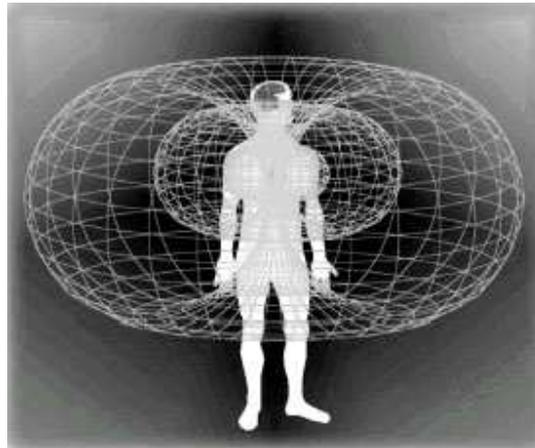
# Qigong & The Power of Magnetic Fields

Enhance Your Chi with the Power of Magnets.

[www.Developyourenergy.net](http://www.Developyourenergy.net)

## **A New Look at Human Energy Cultivation By Sifu Dan Ferrera**

Qigong or “Energy Cultivation” is the ancient Oriental system of gathering, condensing and circulating life force energy known as Qi or Prana through a unique system of exercises involving breath control, body alignments and various meditation methods. There are literally thousands of individual Qigong systems and approaches to this ancient art, but all of them serve the same essential purpose, the generation of bioelectrical energy and circulation within the human body. In recent years, this mysterious energy has become associated with the phenomenon of bioelectricity and the body’s electromagnetic field. With all of the advancements in technology, scientists have been provided with new tools for measuring some of this bioelectricity. Some of these include the (ECG) or electro-cardiogram, the (EEG) or electroencephalogram and the (EMG) or electromyogram, which measure the electrical activity in the heart, cerebral cortex and skeletal muscles respectively. Therefore it should be readily apparent that if there were not electrical energy in the human body, such medical tests would not be possible. There have also been several studies conducted in the United States, Japan and China, which have documented and measured the electromagnetic energy and infrared radiations emanating from long term Qigong practioners.



**Electromagnetic Field of the Human Heart**

Now, we are provided with the following clues **(1)** Qigong or the science of energy cultivation is associated with the act of deep breathing, **(2)** Practicing Qigong increases this electromagnetic energy within the human body, **(3)** The human body is primarily made of water approximately 70%, while the blood is about 90% water, **(4)** This bodily

fluid is also filled with several electro-conductive minerals such as copper, zinc, iron, calcium, magnesium, sodium, potassium, etc.

**Deep Breathing-** When we breathe, the air we take into our lungs is electrically charged. We are not just merely consuming oxygen when we breathe; we are actually charging our body's cells with electromagnetism. Our human cells are designed like tiny electrical storage batteries with a positive pole in the nucleus and a negative pole in the cytoplasm. The internal organs act almost like electric capacitors, capable of storing vast amounts of bioelectric energy. Therefore, it makes perfect sense that deep breathing combined with specific focus or intent would be beneficial to accumulating bioelectric energy. This is exactly what our bodies require right down to the cellular level. In fact, the two most important things to our daily survival are air and water neither of which have any nutritional value whatsoever. How long can you live without breathing? Most people believe that it is the oxygen that sustains us, but we breathe out CO<sub>2</sub> (Carbon Dioxide), which has the oxygen molecule attached to the carbon as a waste product. If the oxygen is so important, why isn't it used or burned up as a fuel source in our bodies? The ancients believed that there was energy in the air that surrounds us, which they called Qi (Key), Chi (Chee) or Prana. They also believed that one could learn to accumulate and circulate this abundant energy within the body to improve ones health emotionally, physically and spiritually. In my years of training experience, I have proven to myself that this philosophy is 100% true and anyone who participates in my Qigong class for at least 1-month will surely discover this as well.

Because deep breathing exercises are vital in the practice of Chi Gung, we must increase your understanding of this mysterious process. The first thing that you must fully understand is that we are all electromagnetic entities! Every single cell in our bodies is a tiny electric storage battery and generator. Every organ is part of an electrical grid. We live and breathe with electromagnetism. It is everywhere all around us. The air we inhale is full of electromagnetism, as are the clothes and fabrics, which cover our bodies. Within our bodies, this electricity flows through us like water through an extremely complex network of river channels. The electrically charged (+ or -) air we take into our bodies through breathing is our primary "nutrient" as all of our cells require this electric charge

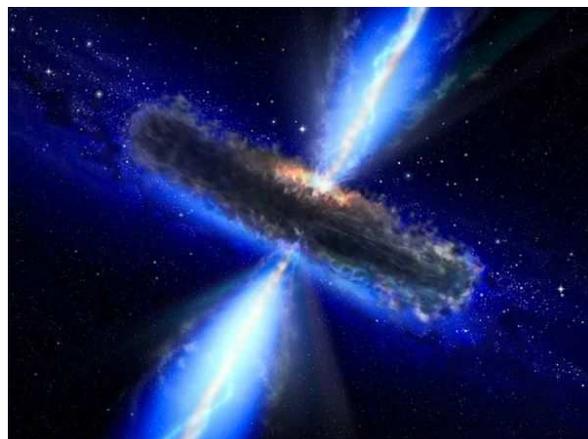
in order to live. Unfortunately for most of us city folk, the cells require the right type of charge or polarity. The problem lies in the fact that most of the air we breathe contains a preponderance of positively charged ions. An ion is simply an atom or a group of atoms that carry a positive or negative charge as a result of having gained or lost one or more electrons. When an atom throws off an electron, it becomes positively charged, which has a negative effect on people and animals. When an atom attracts or gains a free electron, it becomes negatively charged and it is the negative ions, which have powerful beneficial effects on the health of animals and humans. When you live near a city, or live a “modern lifestyle” you breathe air that is primarily charged with harmful positive ions. This is because steel and concrete absorb the beneficial negative ions like a sponge. Think of all the concrete and steel that surround your environment (cars, buildings, roads, trains, sidewalks, driveways, etc.). Furthermore, modern appliances such as clothing dryers, televisions, computer screens, vacuum cleaners, etc. are very powerful positive ion generating machines. Friction also produces these harmful ions through static charge. Consider how much friction all the car tires rubbing against the road surface generate. What about the clothes you pull out of the dryer? Do they zap and pop with static electricity? Try placing the back of your hand near the T.V. screen while it is turned on. You are absolutely surrounded by positive ions! Since most of us can not move to a more beneficial setting, we suggest that you purchase at least one negative ion generator, which can be placed in the room you practice your Chi Gung deep breathing exercises. Another should be placed in your bedroom if it is within your financial means. Negative ion generators are not terribly expensive as most are priced between \$50 to a \$100.

### **Magnetism, The Body’s Second Nutrient**

In the previous section, we discussed how the electrically charged air we breathe is our first nutrient. Our second nutrient, which is closely related to electricity, is magnetism. Remember, that we are all bio-electromagnetic entities and that there is also another less familiar name for electrical energy, which is "electromagnetic energy" or "electromagnetic vibrations." Basically, electrical energy is a combination of two things: magnetic fields and electrostatic fields. Wires can guide electrical energy, but it can also

travel through space without any wires whatsoever. For example, if we wave a bar magnet near a coil of wire, electrical energy produced by simply moving the magnet will leap into the coil even though the magnet never touched the coil. This is fundamentally the same process used by electric generators. They simply rotate magnets around copper coils and the moving magnets produce electrical energy, which leaps into the coils. In fact, it's the same principle utilized in Sifu's Magnetic Chinese Therapy Balls (or Magnetic Baoding Balls). Science also recognizes this close relationship between electricity and magnetism. As far back as 1820, Hans Oersted of Denmark discovered a direct relationship between electricity and magnetism by showing that an electric current flowing in a wire caused a nearby compass needle to be deflected. Following the discoveries of Oersted, Ampere, an 18th century physicist whose notable achievements were germinal to the harnessing of electrical energy, discovered a quantitative relationship between the strength of an electric current with the magnetic field it creates (Ampere's theorem). Noting the close relationship between electricity and magnetism, he described magnetism as "electricity thrown into curves".

Magnetic energy is a structuring force of the entire universe. As such, it is a reflection of the order that causes the infinite galaxies, stars and planets throughout the known universe to revolve and spin at incredible velocities while remaining in their respective orbits. As one of the fundamental forces of nature, electromagnetism is in concept equivalent in definition to the Traditional Chinese Medicine concept of 'Chi', or the East Indian Ayurvedic definition of 'Prana'. These concepts are what many in the West, regard as the 'life force' or "life essence".



One can tangibly understand that the Scientific South pole side of a magnet was equivalent in energy to the definition in of Yin Chi, or in Ayurveda of Shakti energy. The North facing side was equivalent to Yang Chi, or Ayurvedic Shiva energy. The South pole of the magnet is cooling, sedating and dispersing, which corresponds to the Traditional Chinese medicine definition of Yin or negative polarity. The North polarity is heating, stimulating and accumulating, which corresponds to the Traditional Chinese medicine definition of Yang or positive polarity. Now consider that every atom generates an electromagnetic field, we humans, along with all of nature, are imbued with the power of electromagnetism. It is also possible for us to channel our innate positive electromagnetic energy for healing both ourselves and others. There are of course some doctors and medical experts that discredit the idea of bioelectricity and electromagnetic energy. The interesting contradiction to their opinion is that modern medicine has come to depend upon many high tech diagnostic procedures such as the (ECG) electrocardiogram, the (EEG) electroencephalogram, the (EMG) electromyogram, which measure the electrical activity in the heart, the cerebral cortex and the skeletal muscles respectively. If there were no electrical energy in the body, such tests would not be possible. Also consider the fact that you are not “brain dead” until there is no electrical activity being measured in your head.

Currently, the Earth’s magnetic field strength is about a ½ Gauss. While seemingly small, the magnetic field strength of gauss as a measurement is in proportion to the total mass of the magnet. With that, a ½ Gauss strength in proportion to the enormous size of the Earth becomes very significant. As a matter of fact, it is absolutely essential to life. The large neodymium 2-inch diameter disc magnets that you will be using, which are available through <http://supermagnetman.net/> are nearly 12,000 Gauss each! Part of the Earth’s magnetic field is created by the ‘ionosphere’-- a layer of air containing electrically charged particles that extend from sixty to a hundred miles above the Earth’s surface. Extending some thousands of miles into space is the ‘magnetosphere’, also known as the Van Allen Radiation Belt. The magnetosphere is a huge swarm of radioactive particles that are threatening to life. If it were not for the fact that the harmful radiation particles are trapped by the Earth’s magnetic field, life on Earth would not be possible.

Interestingly, the half Gauss strength of the Earth also seems to be in a state of cyclic change so that over time, the Earth's magnetic poles have repeatedly shifted and changed their location. Current scientific research estimates that these reversals occur approximately every half to one million years. The most recent reversal occurred about 700,000 years ago. It has been documented that the Earth's magnetic field has diminished about 50% of what it was 500-1000 years ago, with a full 5% decline recorded in the last 100 years. Can you appreciate the vital importance of geomagnetic energy to life?

Doctors Barnwell and Brown of the Department of Biological Sciences, North Western University, USA, conducted a great number of experiments exposing magnetic fields upon a variety of living organisms and reported that, "There remains no reasonable doubt that **all living organisms are extraordinarily sensitive to magnetic fields.**" The effect of magnetic fields on living organisms continues in the United States and throughout the world but some of the most important medical research is that which is being conducted by the Japanese. If all living organisms are "**extraordinarily sensitive**" to magnetic fields, don't you think that a 50% decline in the Gauss strength of the Earth's magnetic field is significant to all life? Now, consider that chemicals change in molecular weight when they are exposed to magnetic fields. Also consider that when water is exposed to strong magnetic fields, more of the beneficial negatively charged hydroxyl (OH-) ions are generated to form calcium bicarbonate and other alkaline particles. Normal water typically has a pH level of around 7, which is neutral, while magnetized water can reach an alkaline pH of 9.2 after being exposed to a 7000 Gauss strength magnet. When pH levels drop below 7, the water or substance is acidic. Alkaline pH levels have been shown to be strong enough to destroy cancer cells (see Barefoot and Reich) because cancer cells cannot survive in an alkaline environment. Now, let's shed some additional light on this topic. Consider the fact that our physical bodies are over 70% water and our blood is 90% water and this water is absolutely filled with electro-conductive metals such as sodium, potassium, iron, manganese, magnesium, etc. We believe that this is exactly how bioelectricity is conducted throughout our physical bodies. Magnetic fields have been scientifically shown to rearrange hydrogen bonds. Therefore, this same phenomenon allows the body's liquid to dissolve and break down electro-conductive minerals in the blood, allowing them to conduct ions and/or "Chi" throughout the energy pathways of the

entire body. Numerous rigid, scientific studies have been done both here and in Japan and China documenting the electromagnetic energy and infrared radiations emanating from Chi Gong practitioners. The benefits of Chi Gong practice are very real. As we explained earlier with the electric wire influencing the compass needle, pure science states that wherever you have an electrical field, you also have a magnetic field and vice versa, thus magnetism is our second nutrient. Current scientific research documents the following specific physiological effects of biomagnetic therapy:

- \* It effects increasing blood and oxygen circulation along with the nutrient carrying potential of the blood.
  - \* It is able to positively effect pH balance (acid-alkaline) towards alkaline, which is often acidic and imbalanced in disease tissues.
  - \* It positively speeds up the migration of calcium ions to facilitate the healing of nervous tissue and bones (usually at least in half the time). Because of this it can also help remove the pathological buildup of calcium associated with arthritic joints.
  - \* It can powerfully influence the production of certain hormones from the various endocrine glands.
  - \* It stimulates and fosters enzyme activity and other related physiological processes.
- If you consider that all functions of the body are essentially bioelectric and biomagnetic, you can understand how each body cell down to the DNA level has a positive and negative biomagnetic field and that cell division, itself, is fundamentally a magnetic process that occurs throughout the various tissues and organs of the body. Physiological biochemistry that utilizes the various amino acids requires both bioelectric and biomagnetic energy to occur.

Now, if magnetic fields can produce such a beneficial effect on water by rearranging the hydrogen bonds and making the ionic minerals more energy conductive, doesn't it also make sense that our physical bodies and blood, which are 70% and 90% water respectively, would benefit from exposure to these same exact magnetic fields? Wouldn't this exposure logically supercharge our bodily fluids to the same degree as it did in the water? We believe that the answer is a resounding **"YES"**! The use of magnets in

Traditional Chinese medicine goes back over 2000 years to the “Chinese Yellow Emperor’s book of internal medicine”, which is believed to be one of the oldest medical texts known. It clearly states how magnetic stones were used to correct Chi imbalances.

Standing on the “Yin Chi” (Scientific South Pole) exposure of powerful magnets while practicing Chi Gung is analogous to bodybuilders taking steroids to build superhuman muscle mass through weight training except with the magnets, there are only positive health benefits. Practicing traditional Chi Gung standing meditation (Zhang Zhuang) postures and routines, while standing on top of the YIN (Scientific South Pole) side of two powerful neodymium magnets can quickly double or quadruple your Chi power almost instantly! We believe from physical experience that these magnets literally charge the ionic minerals within your blood stream up from the soles of your feet. It then pushes this bioelectric current up your legs, supercharging all of the Chi meridians, reflex points and bone marrow. In fact, in just a few minutes your circulatory system will have moved this energized blood throughout your entire body. Since these points on the soles of your feet are also part of the body’s main meridian pathway, the entire energy map of your body is dynamically changed. Practicing standing meditations facing the sun (Yang energy) during rise and set induces an extremely powerful effect. In the morning, face East while using the Yin side of the magnets and in the evening, face West and you will begin to internalize Chi energy to such a great extent, that you will soon become a spiritual dynamo!

**Make sure to clearly mark the north & south poles of your magnets for proper use.**

**Scientific North = YANG**

**Scientific South = YIN**

**When you order magnets, request to have the north pole marked for identification.**

**NOTE:** There is a difference between "scientific north" and what magnet therapy calls north. *See the biomagnetic research of Davis & Rawls:*

<http://keelynet.com/biology/biomag2.htm> (this will give you a good background on this subject) Basically scientific north is the side that points to the Earth's north pole, that is to say it points north when suspended from a string, just like a compass needle. This is how all magnets are marked for polarity. However, since magnets are only attracted to their

opposite pole, then either the Earth's north pole is + or the magnet is, but not both as this would cause repelling instead of attraction. Based upon personal research and experimentation, we agree with the findings Davis & Rawls. Personally, we have obtained great results from this definition of "polarity." Scientific North is Yang and Scientific South is Yin.

Magnet Therapy magnets used for healing are backwards and what they call north is "scientific south" and their south pole is "scientific north". You can test this easily with a magnet that has the poles marked and just feel where it repels since only opposites poles attract and likes resist.

**Magnetic Mattress:** A quick word of caution regarding magnetic mattress pads. Although they often work well in the short term for alleviating pain or discomfort, one should be aware that the body's magnetic field actually changes dynamically throughout the night. Sleeping on a magnetic mattress interferes with this natural process and is not recommended for long-term use.



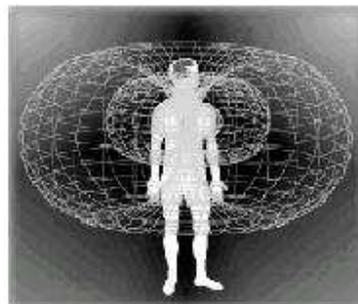
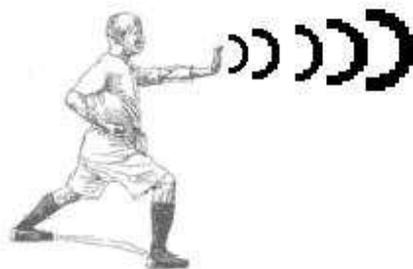
2-inch disc magnets (item # D1202)

[http://www.supermagnetman.net/product\\_info.php?products\\_id=220](http://www.supermagnetman.net/product_info.php?products_id=220)

**How to Utilize Chi Magnets:** The best Qigong (Chi Kung) exercise for magnets is standing meditation or Zhang Zhuang Qigong. Personal favorite is Shaolin Nei Jing Yi Zhi Chan Qigong. For the first 3-months, you should use only the YIN side of the magnets under your feet. After a while, the stimulating effect of the magnets will reduce a bit as your body becomes accustomed to the amount of energy. In other words, you just

get used to it feeling the same way over and over. One way to re-enhance the effectiveness is to take short breaks (3-days or so) from using the magnets once you reach this point. Another very effective method is to use the YIN side for the majority of your training, but during full moons (3-days prior and up to 3-days after, total 7-days) use the YANG side for the week. This approach has always generated strong results! Then take a few days off from using them and then reintroduce them after 3 or 4 days.

Two seemingly paranormal abilities that result from the regular practice of certain Qigong's are 1) Deterrent Force and 2) Empty Force. Deterrent Force is the ability to completely overwhelm any negatively aggressive opponent who is either in physical contact with you and/or in fairly close proximity to your body via certain energetic information stored within every cell of your body as a result of Qigong training. Ling Kong Jin (Empty or Distant Force)- is the ability to physically move or manipulate another person via energy projection from a distance, which can be quite powerful even several meters away. This energetic force develops automatically as a result of any long-term standing practice known as Zhang Zhuang and typically manifests after 3-years of training from a combination of heaven and earth chi activating and building the dantien (the body's main energy storage center). There are also specific Tao Yin Qigong methods and Tenaga Delam techniques that utilize breath and intent that can develop this force much quicker. This skill can be used martially or medically as a projection skill. Basically, the person who has developed their chi to this level has obtained enough energetic strength to effect another person's cells and bioelectric field through emitting their chi. When you understand that every human cell is designed like a tiny battery and that all of the major organs such as the heart radiate a large electromagnetic field, it is much easier to understand how this phenomenon actually works.



## **Electro-Magnetic Chinese Therapy Balls**

<http://developyourenergy.net/chi-gong-101/>

This report tells you how to use and obtain Chinese Therapy balls also known as Baoding balls that will energize you hands and blood like CRAZY! This is really a complete Qigong course in and of itself, worth several times the cost of admission. Sifu Ferrera has discovered that by replacing the traditional bell ringing balls with two special spheres, one magnetic and the other dielectric, that you can energize your hands blood with micro-electricity and magnetism! Everyone that has experienced this for themselves are shocked by how effective this simple practice can be. You can even do it watching TV.

### **Testimonial from Two known Pranic Masters:**

“Dan’s Electro-Magnetic Baoding Therapy Balls add an extra dimension to the therapeutic experience... Strong magnetism, coupled with the micro-electrical effects, create a powerful sensation that even my skeptical friends have been able to feel.”

Santiago Dobles

Sifu Dan had sent me a set of therapy spheres as a gift to try out about a year ago. Immediately as I began to use them in my hands like traditional Baoding Balls, I felt an electric like current a strong magnetic wave moving through my energy channels. I also noticed it moved my energy and intent through my body with great ease. I find them to be an incredible way to clear energy channels and increase CHI levels especially when used in conjunction with Breathing or other Chi Kung methods. Great Stuff, I highly recommend them. Tao Semko

“The magnet is strong enough to pull the iron in your blood, which even most skeptics can feel it...After just a few minutes of practice with these things, I feel an invigoration that simply is not possible with conventional Baoding Chinese therapy balls. The magnetic effect seems to really amplify the micro-circulation within the hands, which turn a bright healthy pink very quickly, and the electrical effect between the magnet ball and the copper ball also produces a more powerful pull across the motor and sensory nerves of the hand, as well as an invigorated sensation of the nerve and meridian

pathways running into the body.. I never thought much about the traditional therapy balls, but these things are in a league of their own!”

Sifu Dan Ferrera is the senior Qigong instructor and sole proprietor of the Michigan Institute of Qigong Healing & Wellness, LLC headquartered at the World Class Institute of Martial Arts in Livonia Michigan. Through various Qigong masters and trainings along with his own efforts, he discovered or in many cases rediscovered various methods to significantly enhance and project one’s life force energy.

**Disclaimer:** There are no medical claims pertaining to the healing capabilities of these items or exercises. It is recommended that in all cases of disease, injury, sickness, etc. that the aid of a licensed health practitioner is obtained and that you follow their suggested treatment. This information is being made available for your personal and experimental purposes only and therefore absolutely no claims of healing and/or curing disease are made herein, expressed or implied. Remember, it is against the law to diagnose or make any claims that you may heal another person by any means whatsoever unless you have this privilege granted to you by law.

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