



*Chi Exercises for Health and Rejuvenation*  
Foundation Tai-Chi Chi Kung Courses, Woodland,  
Ashburton DEVON TQ13 7JY, England 01364 653 618  
Peterchin2@btinternet.com www.rainbow-taichi.org.uk

## FOUNDATION TAOIST AND TAI CHI CHI KUNG TRAINING LIGHT BEING INTENSIVE ONE AND SYLLABUS 2016-2018

### FTT Course - Discover Your Inner Chi Energising Fountain of Health and Rejuvenation

The FTT LBI course trains the student to use Tai Chi Chi Kung as a mirror for self development. By mastering the 15 RAINBOW TAI CHI CHI KUNG EXERCISES AND PRINCIPLES, you firstly achieve a total sense of peace, loving acceptance and clarity in your HBMS and then, with skill and sensitivity, share the wisdom of your experience with humanity and the world. By joining this course, you are also helping yourself and humanity FIND NEW ROOT SELF EMPOWERING BELIEFS and take the next initiation to go on into higher dimensions of enlightened living and healthier lifestyle.

#### FTT/LBI PRE-REQUISITE

Humbleness to learn. Motivation to start and complete the FTT/LBI training including regular daily homework and weekly reports. Using Rainbow Tai Chi Chi Kung tools excite and inspire you to wake up and practice every day!!!

#### FTT/LBI ONE SUBJECTS

1. General Practice, Benefits, Philosophy and HBMS Education System of the 15 Rainbow TCCK and ZCK Exercises and Principles as based on the 15 Ways to a Happier You book.
2. The therapeutic value of Rainbow Tai Chi Chi Kung and Zhineng Chi Kung - as a relaxing, health optimising and self healing practice.
3. Transform your life by understanding the 8 dimensions of Tai Chi.
4. Rainbow Taoist Leadership Training to unfold/express your intelligence and value of unity in diversity.
5. Introduction to the Tao of Prosperity and CSC (Conserve/Spend/Conserve) Principles to bring you greater harmony and enrichment.
6. Introduction to Yin Yang Tao Balancing Therapies - The Trilogue /Thanking Processes and The Option Attitude to balance the inner family development and bring about wisdom and true self realization
7. Yin Yang Tao Games of Cooperation and Fun.

FTT/LBI FIELDWORK TRAINING FOR TEACHER TRAINEES help to build up self esteem and learn to create more chi for yourself, your relatives, your friends, students and the world.

FTT/LBI PROJECTS designed to help you succeed in grounding your highest aspirations in your daily life

#### Requirements -

Books 15 Ways to a Happier You - Tai Chi Chi Kung, You are a Light Being and You can Heal Yourself with Zhineng Chi Kung. Attendance of Summer School 2016/17  
DVDS - 7 CK and 8 FTC. MERIDIAN CHART FOR THE 15 FTCK PRACTICE  
Tai Chi shoes

Action - Fill in Enrolment Form a.s.a.p and see Master Choy for 1-1 before the end of Summer School 2016 Part One Course.



## **HOW YOU WILL BENEFIT FROM THE FTT LBI ONE COURSE**

- 1. IMPROVE YOUR SEX DRIVE, YOUR SEX LIFE AND FIND A NEW LIFELONG PARTNER!!** How? GROW YOUR HEART CENTRED AND FUN CONNECTION to your body, her/his body, mind and spirit!! HEART-BEAT LISTENING AND BREATH MEDITATION
- 2. LONGEVITY IS YOURS!**  
Optimize your health and self healing abilities  
How? Find the Fountain of Youth and Rejuvenation!! Zhineng Chi Healing and ZCK practice. Eg. Joanne overcoming her golf sized lump and tumour.
- 3. YOU WILL BE HAPPIER AND HAVE MORE FUN IN YOUR DAILY LIFE!!**  
How? Guaranteed, if you have the humbleness to learn the Tao of COMEDY or ART OF SELF HUMOUR, can guarantee you finding HAPPINESS!!!
- 4. YOU WILL BE MORE BALANCED**  
How? Transform Personal Problems into Lessons to learn HBMS balance. How? By practicing the FTCK Principles as Tools to empower yourself.  
You will be introduced to the TRILOGUE and THANKING PROCESSES to ADD THE MAGIC ELEMENT MISSING IN DAILY LIVING!!
- 5. TRANSFORM NEGATIVE NEWS IN YOUR LIFE WITH PEACE AND A-CHI-EVE CONTENTMENT AND MORE FUN!!** Eg. Newspaper negative news!!  
How? Learn Yin Yang Tao Games. Benefit from Sky Chi, human chi, earth chi!
- 6. FIND YOUR TRUE VOCATION AND LIFE VACATION!!!**  
How? Join an Adventure and Explore a MULTI DIMENSIONAL WORLD AS A LIGHT BEING to bring NEW HOPE AND NEW DIMENSIONAL AWARENESS to humanity. Help Aborigines and Tibetans and all ancient wise to fulfil prophecy - the coming of the Rainbow Serpent, the Rainbow Ancient Warriors, the Anthakarana, the Capricorn Age, the Rainbow Nation of rainbow beings are here!! A NEW HAPPILIZATION IS HERE!
- 7. DEEPEN YOUR ROOT SELF CONFIDENCE AND CREATIVITY**  
How? Study about Self UNKNOWING, peel off the old layers of YOUR CONSCIOUSNESS in your left brain and find NEW ROOTS OF SELF EMPOWERING RIGHT BRAIN BELIEFS in you.
- 8. BE A SOUL GARDNER AND FALL IN LOVE WITH MOTHER NATURE ALL OVER AGAIN EVERY DAY!!** How? Let us go and join the Galactric Gardeners and GROW SOUL AND PHYSICAL FOOD AND HERBS!! Start or continue a garden of love.
- 9. LEARN DIRECTLY FROM A MASTER!!** Master your relationship to your heart beats, your sexy and radiant body, powerful mind and cosmic spiritual life! How? Personal apprenticeship training with Master Choy by cognitive direct communication.
- 10. BE PROSPEROUS (Prospero - According to hope).** Bring hope to the nations crumbling into Economic Depression. How? Tao of Prosperity and Conserve Spend Conserve Energy studies.

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