

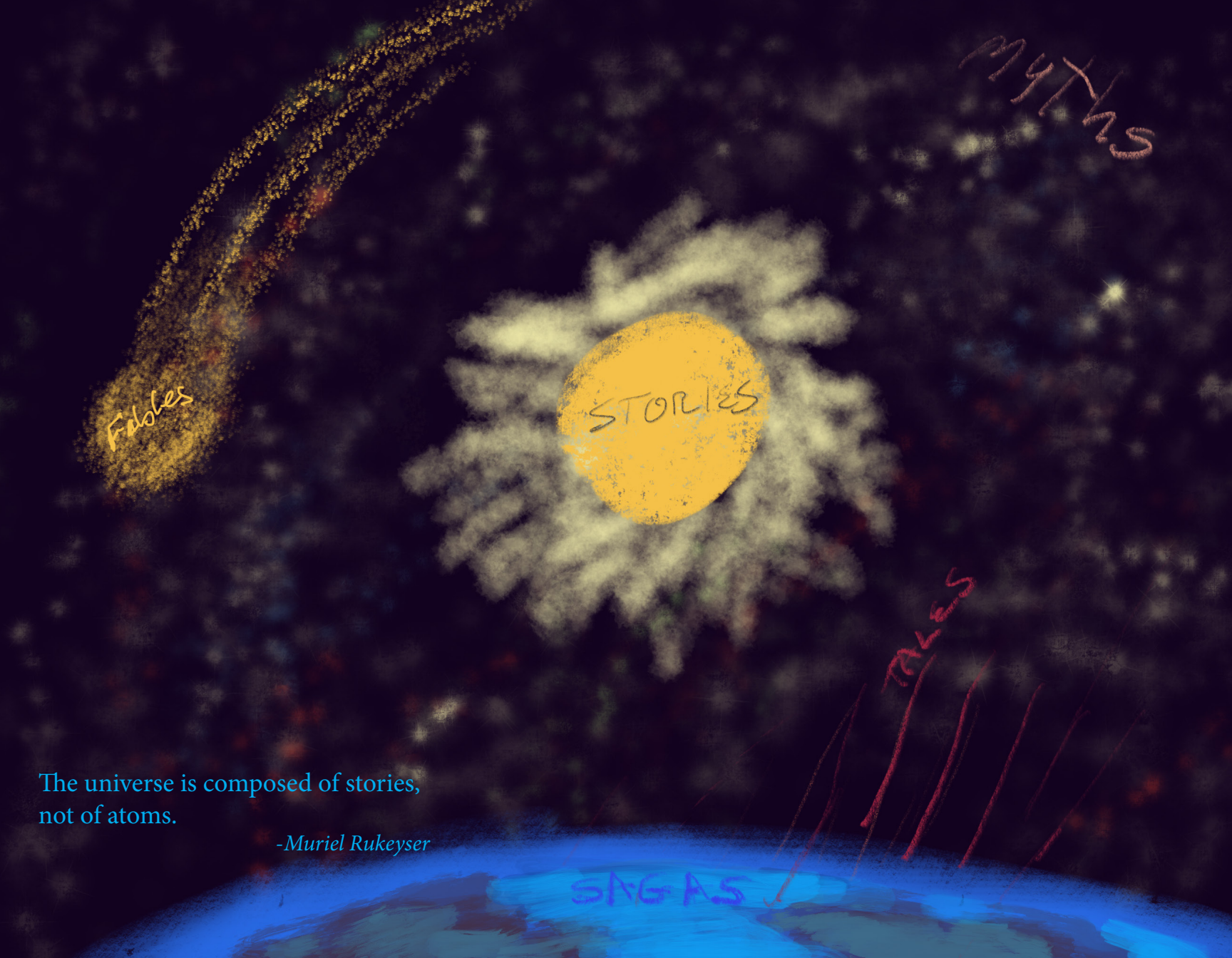


The Golden Chí Ball: A Tale

Story - Kurt Klinzing
Art - Jake Klinzing

Dedication

To Master-level Teachers Frank and Megan Cullerton
of Body Mind Systems,
whose indefatigable caring
put me on the path of sharing what I have learned
and
to Master-level Teacher Michael Leone
of Zen Wellness
who introduced me to 'The Golden Chi Ball'
and medical Qigong.



The universe is composed of stories,
not of atoms.

-Muriel Rukeyser

Greetings Fellow Qi Seeker,

When I learned the Golden Chi Ball, I found it difficult to remember the order of the movements. However, the movements in Chinese forms have a descriptive names, e.g. 'Standing in a boat' or ' Monkey leaps from tree'. At first this seemed to add an additional memory debt, but in time I came to see this was a tremendous mnemonic aid as well as being fun. However, this still did not help me remember the order of the movements.

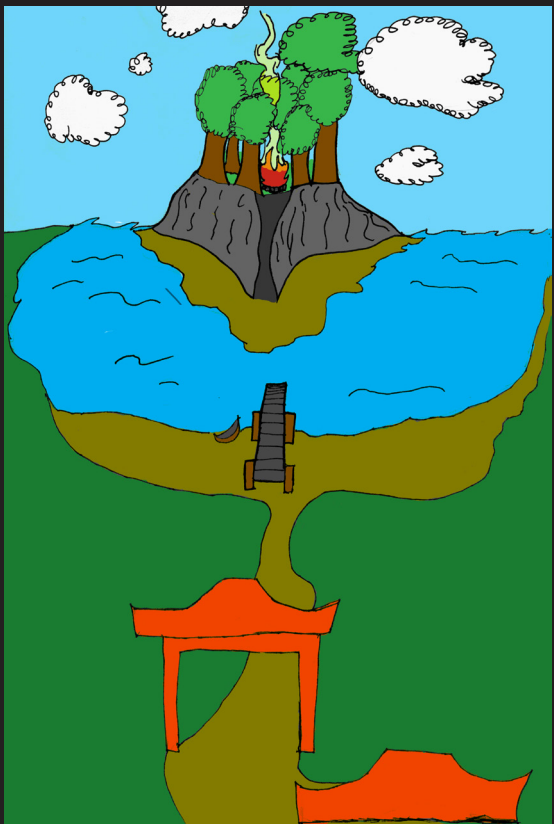
To remember the order I employ the ancient technique of creating a story to bind the memories. Our brains are wired to remember stories. When I get lost in practice I just think of where I am in the story and, remembering the next event, then I associate it with the next movement.

You can make your own story, but here is the story I use to remember.

- One-Cycle Guy



Shake the 9 Gates
Standing on a boat
Phoenix Ascends the Flames
Monkey Leaps from Tree
Snake Rises from Grass
Embrace the Sun and the Moon
Clear the 7 Energy Centers
Gather the Clouds to make a Pillow
Return to Fetal Position
Leading the Golden Chi Ball



The Story

I was sleeping soundly in my bed dreaming of the eternal tao, when...

EARTHQUAKE!!!!

To escape I ran from the temple through **Nine Shaking Gates**.

I ran down the hill to the lake, where I saw an island in the distance.
Standing in a boat I crossed the lake.

Once on the island, looking up the hill I saw a raging pyre. I ran up the hill. At the fire I saw a **Phoenix Ascend the Flames**.

The phoenix flew up and, landing on a branch, became a monkey.
The Monkey leapt from the tree, transforming into a snake.

The Snake rose from the grass.

Looking up, the snake saw the heavenly bodies. It flew up to **Embrace the Sun and the Moon**.

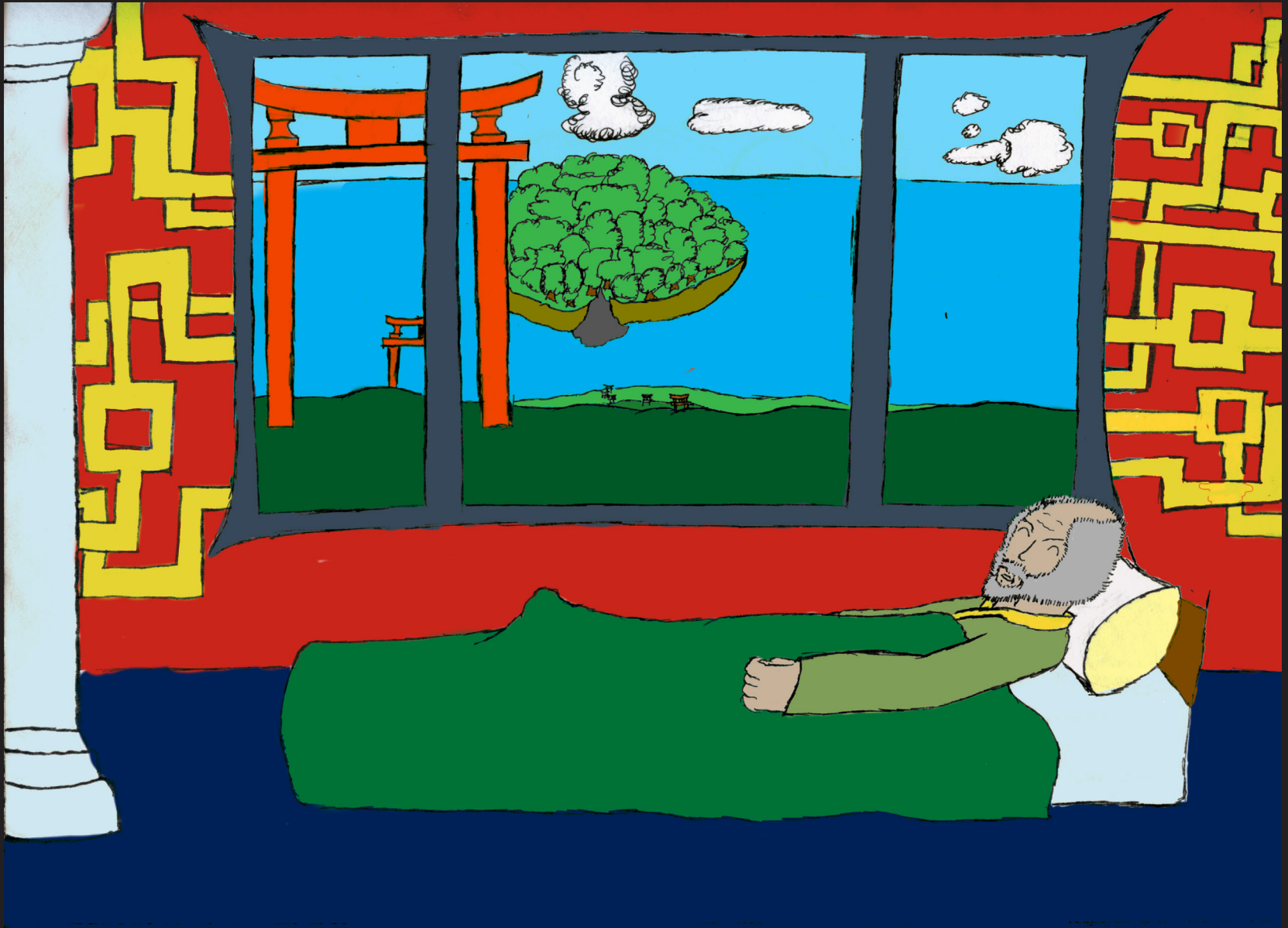
The snake flew down to the *Church of the Chakras* and **Rang the 7 Energy Centers**.

After all that I was so tired, I **Gathered the Clouds to Make a Pillow**.

Sleeping, I curled up **Returning to Fetal Position**.

On awakening I joyously **Lead the Golden Chi Ball** around my body.

I was sleeping soundly in my bed dreaming of the eternal tao, when...



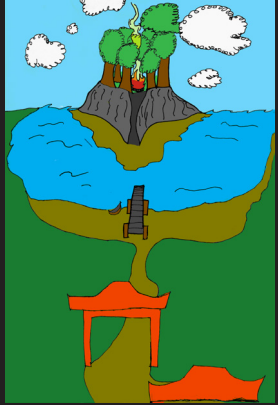


**EARTH-
QUAKE!!!!**

To escape I ran from
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I ran down the hill to the lake, where I saw an island in the distance.



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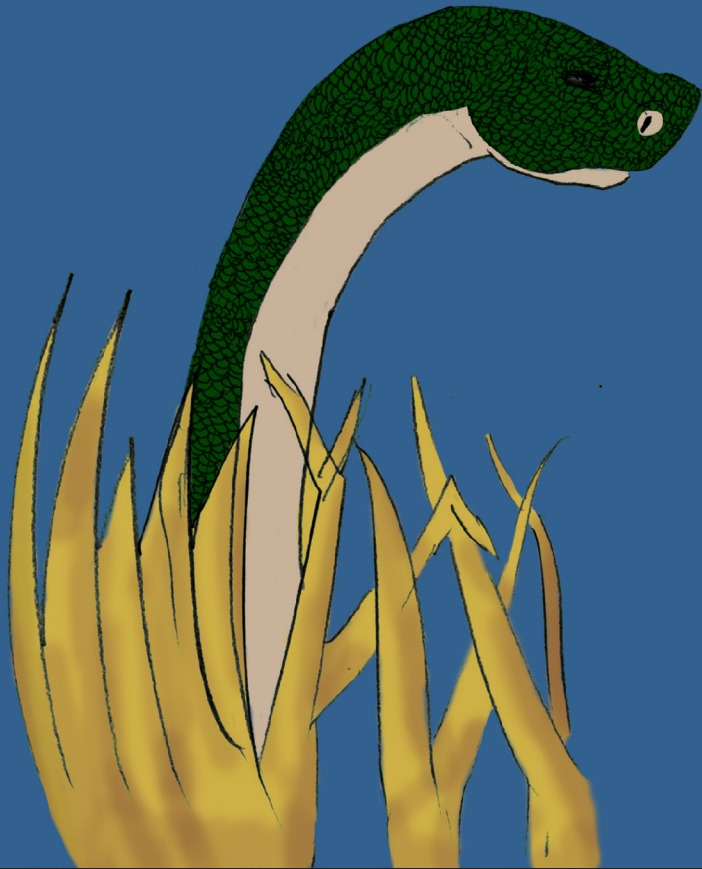


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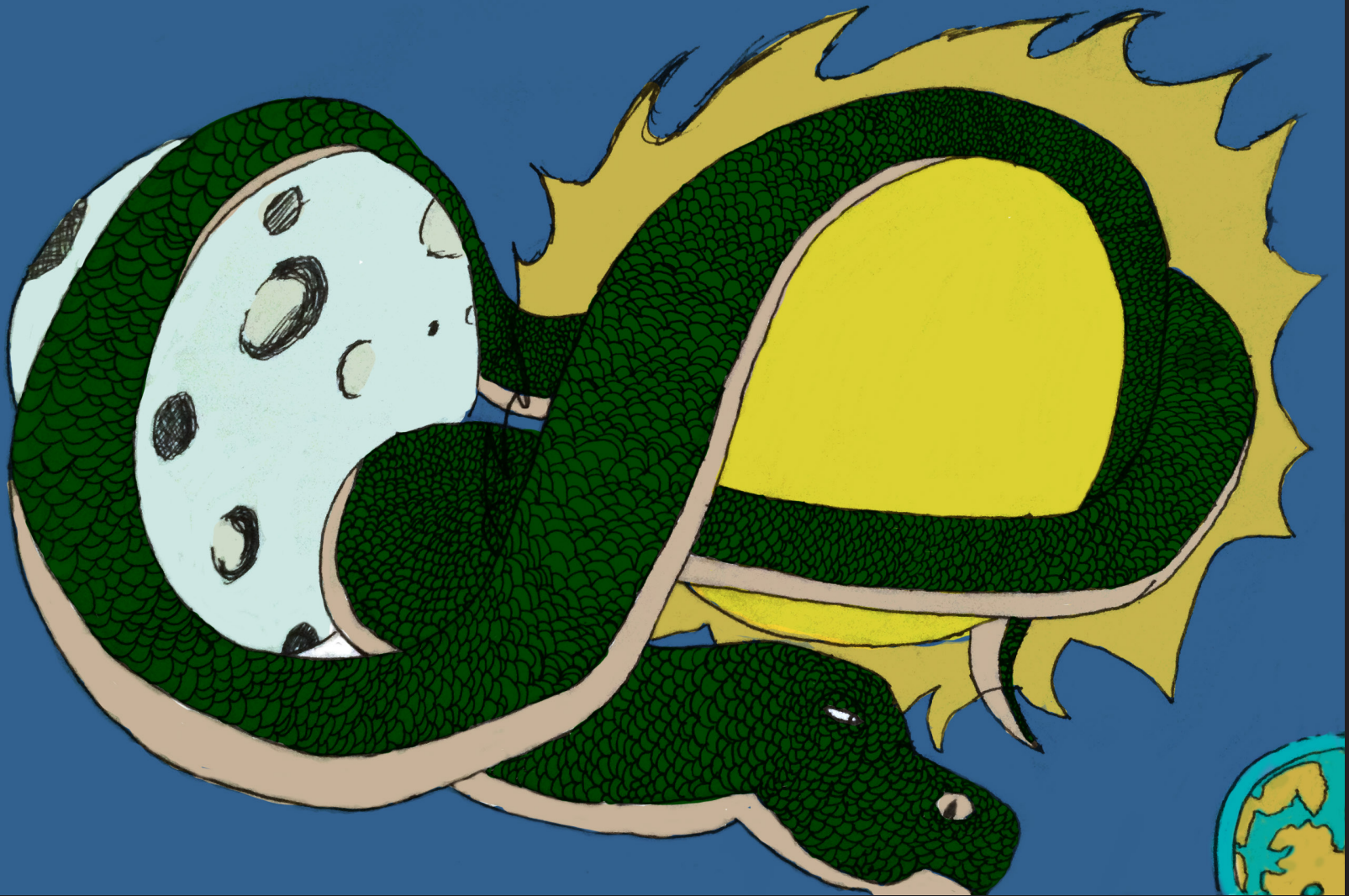


**The Monkey leapt from the tree,
transforming into a snake.**



**Looking up the snake saw
the heavenly bodies.**

The Snake rose from the grass.

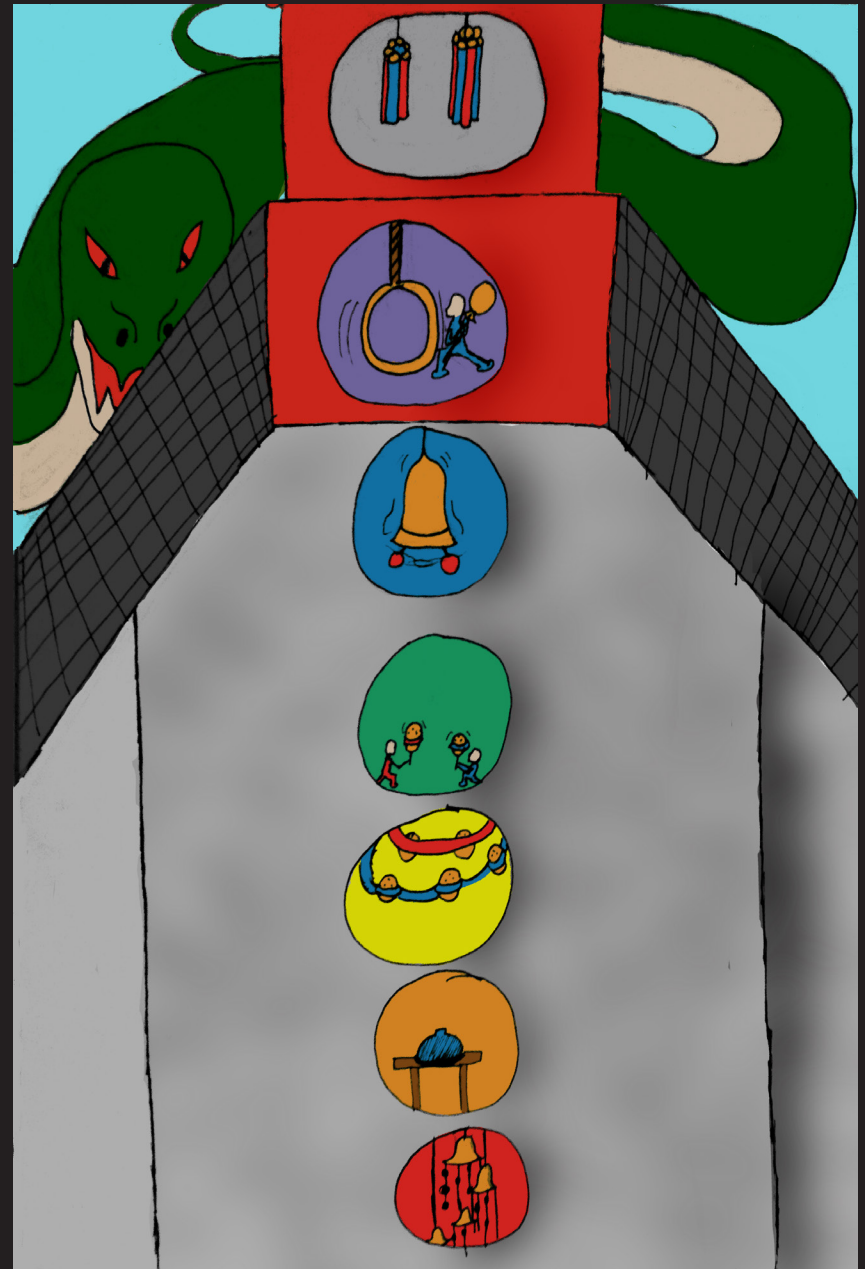


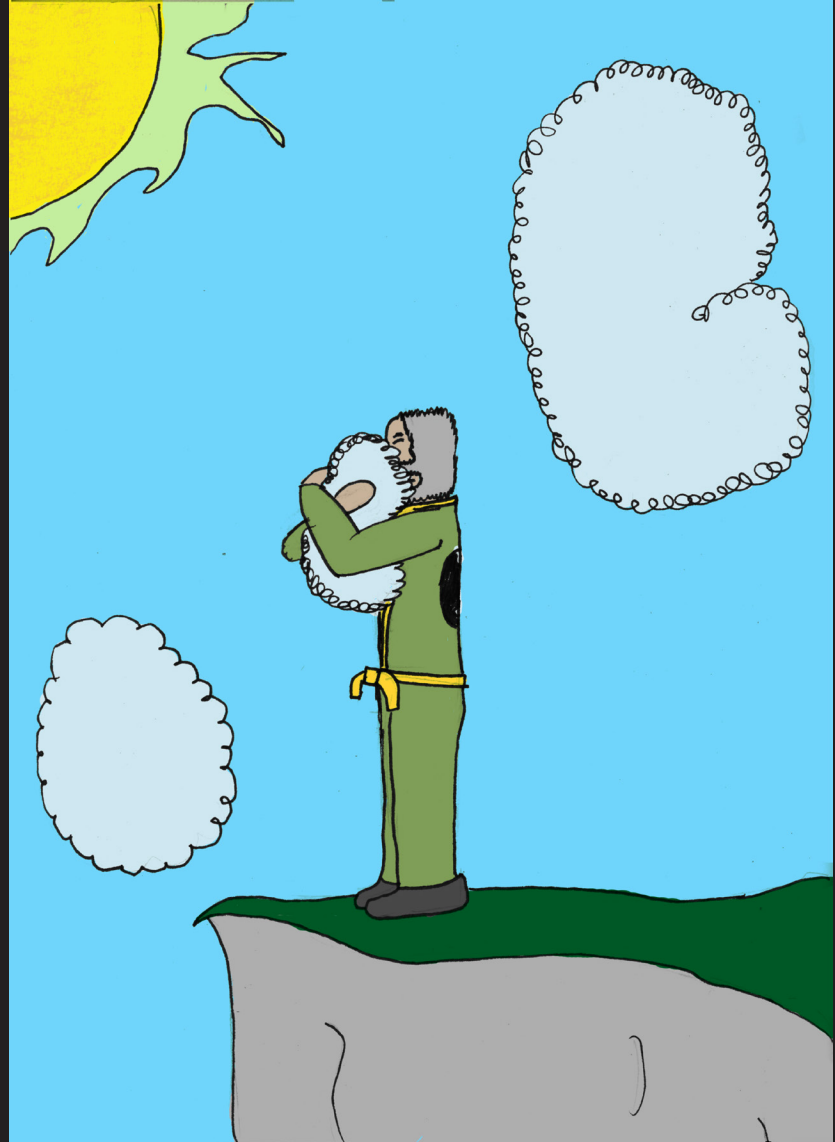
It flew up to **Embrace the Sun and the Moon.**



The snake flew down to
the *Church of the Chakras* and

Rang the 7 Energy Centers.





After all that I was so tired

I Gathered the Clouds to Make a Pillow.



Sleeping, I curled up **Returning to Fetal Position.**



**On awakening I joyously
Lead the Golden
Chi Ball
around my body.**



Kurt Klinzing

Kurt, a retired software architect, instructs Tai Chi and Qigong at the Quality of Life Now website when he's not composing stories of questionable literary value.

<https://qolnow.com>



Jake Klinzing

<https://jklinzingMedia.com>

<https://jakesMediaCompany.com>

Jake bases his drawing style on the manga and anime art he loves.

He is generally considered the handsomest American University junior political science major who graduated from Lexington High School.

Jake is available as a video editor in Los Angeles.



Shake the 9 Gates



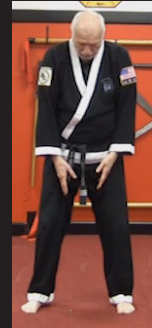
Standing on a boat



Phoenix Ascends the Flames



Monkey Leaps From Tree



Snake Rises from Grass



Embrace the Sun and the Moon



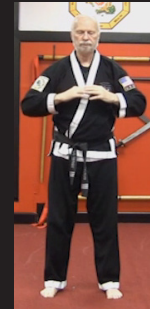
Clear the 7 Energy Centers



Gather the Clouds to make a Pillow



Return to Fetal Position



Leading the Golden Chi Ball

I put a digital version of the book on our Quality of Life Now site.
Come and join us for free Sunday lessons

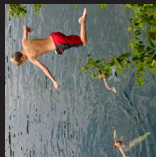
<https://qolnow.com/resources>

Check out these sites

www.HumanHarmonies.com

www.ZenWellness.com

www.JKlinzingMedia.com



Leap into Life Books
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