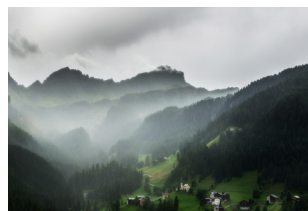


CHI IN LITTLE ATMOS

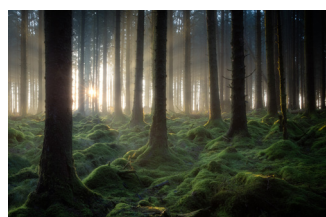
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From a linguistic perspective, “atmos” is a rather clever English abbreviation which has some philosophical knowledge embedded in it. Atmos is short for atmosphere which is the invisible gaseous envelope surrounding the earth. For this reason, “atmos” can be easily substituted with the word “air” and often is replaced with the word “air”. However, there is far more complexity in the meaning of this little word. This is how I would like to start this chapter about CHI in Little Atmos.

As an abbreviated term, Atmos can be used to describe any celestial bodies that are related to heaven, the universe, or divinity. The word itself reflects the wisdom and view about life from our ancestors. Earth itself is an energetic vibrating entity, just like a human being is an individual entity. Atmos is the invisible heavenly energy layer surrounding the earth which enables it to sustain all forms of life. In this sense, you can consider atmos to be the spirit of the earth just like we consider consciousness to be the true spirit for human beings. The same theory applies to using atmos to describe the mood in a room, as it refers to the essence of the invisible spirit or energy within a body or system which carries any form of life. If we want to talk about Little Atmos, we must first understand the true meaning of atmos and its nature as a life enabling power. This power is the so-called CHI, a term used to describe the intrinsic energy within our body as a human being. Without CHI or prana, there is no energy and no life, and our world would simply cease to exist.



The atmos is bound to the solid mass of the earth by gravity and is the vital cradle to multicellular life on earth for both photosynthesis and respiration. At the same time, atmos also shields life from harmful things like small rocks littered throughout the solar system to those electromagnetic radiation waves such as gamma and x-rays. Atmos and molecules in the air scatter short wavelengths and different gases, particularly ozone, which absorbs dangerous ultraviolet radiation.

Ancient Chinese, Indian and Greek medicines bear the same philosophy about the essential elements of life. Those seemingly inert elements are interconnected and integrated within the atmos; together they form an electromagnetic grid of life which is what can be seen as the “CHI” of atmos. The fire element is manifested through photons of the sunlight; the water element is presented from the water vapor which is in the form of a gas; the wind element is reflected in the flow of air pressure in motion; the air element consists of all the essential gaseous ingredients such as oxygen, carbon dioxide, nitrogen, ozone etc; the earth element is the invisible dust floating and combusting with various components in the air. This grid of life or CHI in atmos is intervened literally the same way as the human body, and is the only medium to extend life into our own body through breathing. If you believe what is described in the genesis (2:7) that “god formed the man of dust from the ground, he breathed the breath of life into the man’s nostrils, and the man became a living person”, then you shall understand the “CHI” in atmos is already sufficient to be a living energy being by itself. Otherwise, where do we get the life force from breathing through our nostrils since God only took one breath at creation? Because of this reason, breathing is the only thing we can’t live without to stay alive. Equally the philosophy from Aristotle that “Air gives us a soul, life and consciousness” can be further elaborated as “CHI” in atmos gives us a soul, life and consciousness. In the same spirit, the ancient Chinese philosophy has dedicated characters for a different kind of CHI. The character for CHI obtained after birth is a combination of two characters (Figure 1: on the left side) which represents food intake and breathing; the character for true CHI granted by life itself (Figure 1: on the right side) consists of components that imply invisible, formless heavenly, and an element of water of life at its base. Thus, the CHI in atmos is connected with the true CHI granted by life itself. This wisdom is actually already embedded in the Chinese language, the word atmosphere in Chinese is called “Big CHI Layer” by literal translation into English. Unfortunately, this kind of

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Figure 1: Two kinds of CHIs

knowledge has somehow been lost in our modern living, language, science education, and even some spiritual teachings altogether. I consider this knowledge to be a prerequisite to understanding CHI in Little Atmos.



Mother earth is an expression we use all the time, yet we don't think of it as a true living mother being. We talk about the atmos of our mother earth in pretty much the same way. So, the question we should ask ourselves is what makes us alive? Since we can't be alive without breathing the grid of life from the atmos of our mother earth, isn't this what keeps us alive? I specifically use the expression of breathing the grid of life, and not breathing oxygen. There is a fundamental difference between the grid of life and oxygen in the atmos. Because of all the scientific education, we believe oxygen is the only necessary ingredient for breathing. This understanding is wrong as oxygen actually is toxic by itself.

Therefore, astronauts must be equipped with the exact composition of earth's atmos in the space station to stay healthy. So, it is the CHI or the grid of 5 elements embedded in the atmos which truly sustains life and keeps us alive.

However, the atmos is never stationery. It constantly evolves and is a double-edged sword to life. The CHI of atmos is formed by the influence of the cosmology as a whole and is affected by the consequence of life on earth. With billions of years of transformation, the atmos has acquired the life sustaining grid of energy with the perfect combination of those elements defined by our ancestors. Once those elements are out of balance, it can turn into a bitter foe to life on earth as we have witnessed the effects of acidic rains on nature (figure 2: acid rain effects). So what is the key to keeping this balance for sustaining life? Nobel Prize winner Dr. Albert Szent Györgyi has the perfect summary about the elixir of life. According to him, the basic living function is water and an electromagnetic field and oxygen dissolved in water. These are the properties required for electron excitation. This profound scientific view reflects the essence of life and the CHI of atmos. A life sustaining form of energy, regardless of whether it is the CHI of atmos or the living cells in our human bodies, the energy must carry ready-made electric energy within an aqueous surrounding. The electro-magnetic energy in the form of electrons or photons is a pure energy with zero rest mass. This energy is formless, shapeless, and heavenly and it is the so-called yang, masculine, kundalini energy. However, this energy can not sustain life by itself. It requires water, the so-called yin, feminine, shakti energy, as its electric conservational reservoir which also serves as the incubator for life. Therefore, the unity of Yin vs Yang, masculine vs feminine, kundalini vs shakti are all about the same essential energy as we have been studying all along in the medical or life sciences. In medical science, it is well understood that cells and tissues must maintain a reducing environment to survive. This reducing environment means a negatively charged or alkaline surrounding, which provides the electro-chemical gradient needed for electron flow. This is also the reason why all the activated forms of oxygen and water metabolites are negatively charged – superoxide, peroxide, ozone, hydrogen peroxide and hydroxyl ion etc. For a better understanding, I would like to present the following situation.

Imagine a space of 10 meters high and a diameter of 30 kilometers. If there are no negatively charged ions presented in its atmos, both animals and humans will fall ill within it. However, if we just add 1 teaspoon of negatively charged ions into the atmos of this massive space, the animals and humans will be revived to a sound living status. This is how powerful and how critical the CHI of atmos is for life. In real life, this is the reason why we feel great in the deep mountain forest and after a storm. As a matter of fact, proliferation and differentiation of cells can't be performed without the existence of such a negatively charged trans-membrane potential for electron flow.



Figure 2: Acid rain effects
(source from dreamstime image)

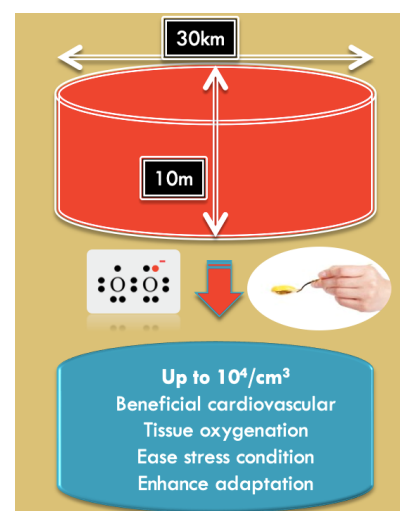


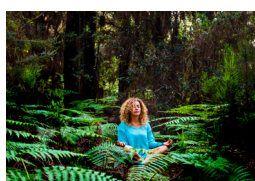
Figure 3: the elixir of life in a nutshell

Another example to illustrate the essence of life as described by Dr. Albert Szent Györgyi on the basic living function follows. The average life expectancy of over 100 years old is 0.015/500 persons in the world. In a Chinese village Bama, the life expectancy of over 100 years old is 7/500 persons while the village next to Bama has a life expectancy below the average in the world. In 2006, a geological exploration in Bama provided a plausible scientific explanation to the longevity of the Bama villagers. Around the village, there are several dozen naturally formed caves with diameters of 600 meters and depths up to 500 meters. With the help of the sun and natural surroundings, those caves created a unique atmos within which diverse plants have flourished with diverse plants, trees, and creeks flowing underneath. The water in those creeks is charged with high electric energy thanks to the CHI-rich atmos in the caves. The villagers have been drinking this water for centuries and thus have contributed to the exceptional longevity at Bama



Figure 4: Bama underground caves

The ocean of life is driven by nothing more than electrons in constant motion as they integrate, disintegrate, and reintegrate - a never-ending process. The atmos is the gaseous ocean of life and the CHI within is its essence. With this understanding, we shall look at the essence of Little Atmos.



Little Atmos is a conceptual revolution in how people think about the essence of vital energy in life and health. It is symbolic, yet purposefully implies the essential elements of life and the pivotal role of the atmos. Powered by its proprietary technology and innovative methodology, Little Atmos mimics the example of nature to achieve revitalization and rejuvenation through recreating the CHI of atmos.

Over the years, terminology, theory, and hypotheses have been formulated by leading scientists and medical professionals in pursuit of a scientific validation of the remarkable health benefits demonstrated around the world. I was one such scholar who tried to understand its essence from the scientific knowledge acquired throughout my academic and professional education. Yet, the works of numerous elite scholars in fields like medicine, physiology, biophysics, quantum physics and mathematics have broadened my viewpoint to go beyond the limitation of modern science and medicine. This renewed insight has prompted me to look beyond medicine and investigate life itself, which brought me to the realm of ancient wisdom, energy medicine, spiritual practices, philosophies, and even religious beliefs across the world. The combination of scientific knowledge and ancient wisdom has completely reshaped my understanding about life. This has been further validated by my own health journey. Above all, the direct spiritual experience to witness life in its true nature has been the most profound finding about life that I found.

Dr. Kurt Friedrich Gödel (28 April 1906 – 14 January 1978) is a German scientist, one of the greatest we have seen in the world. He was logician, mathematician, and philosopher, and was considered along with Aristotle and Gottlob Frege to be one of the most significant logicians in history. Dr. Gödel had an immense influence on the scientific and philosophical thinking in the 20th century. At the age of 25, he published his first incompleteness theorem which separates truth from proof in science. The so-called Gödel Incompleteness Theorem essentially defines the reality that in any theoretical scientific work, there will be some elements that are true but cannot be proved by science itself. In other words, truth can never be fully proven or explained by science in any given system or life. This is the same as the expression in science that lets God create one miracle and we will do the rest. Understanding this fundamental principle of science is extremely important on the subject of CHI in Little Atmos.

Our modern philosophy is built upon the “Divide and Conquer” principle from René Descartes, who was heralded as the first modern philosopher. Unfortunately, this reductionistic approach has failed to captivate the fundamental traces of energy and life force in its true form. Whenever a concept like CHI is brought up, it is dismissed as pseudo-science. It is time for us to truly embrace life as a complete entirety is the greatest miracle and the wellbeing of our mind and body is inseparable from the basic function of living as defined by Dr. Albert Szent Györgyi.



The essence of Little Atmos can be summarized in four principal steps of action as illustrated in figure 5.

Once the normal atmos air is purified, Little Atmos recreates an energy-rich micro atmos based on photosynthesis to activate oxygen.

This proprietary light stimulated excitation creates a supercharged singlet oxygen molecule from the normal air. Oxygen in the air is a stable para-magnetic molecule, its active forms are particularly relevant to physiological processes in living organisms.

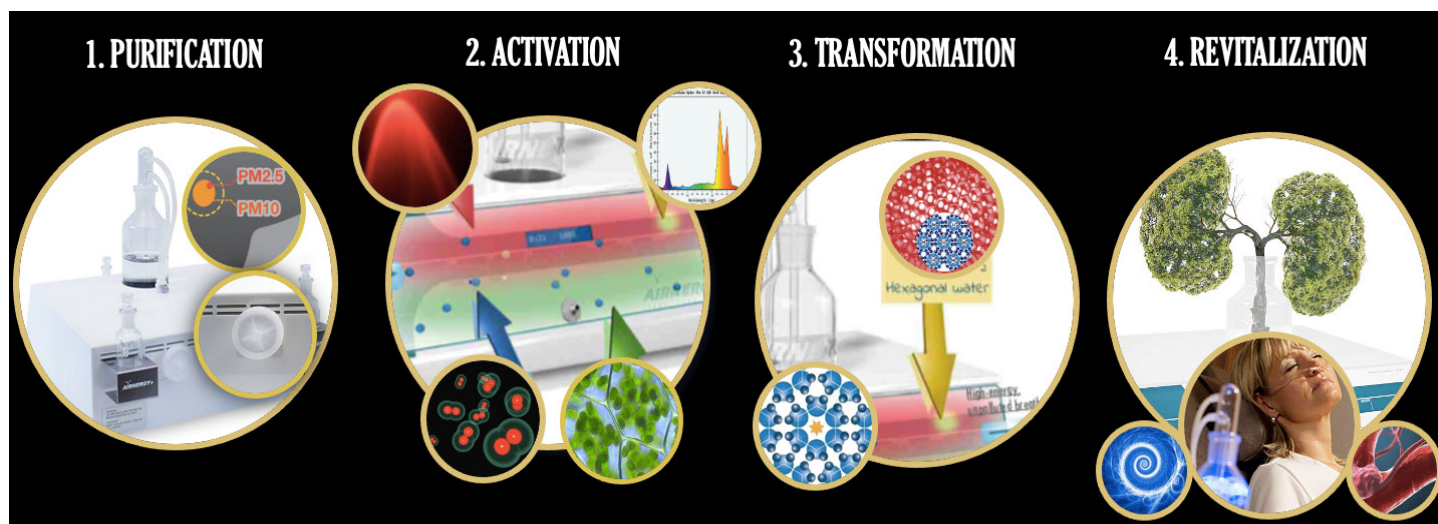


Figure 5: The four steps of action to recreate atmos

Singlet oxygen is the most powerful energy state of oxygen and has the highest energy potential. This active form of negatively charged super oxygen is released back into the same micro atmos at the site of creation during the step of transformation.

The presence of water vapor in atmos and additional water elements of the system captures this vital energy. This in turn, not only changed the structure of water to so-called fourth-phase water or EZ water, but also changed the entire micro atmos to be an energy-rich and life-enabling CHI gradient.

Therefore, the essence of Little Atmos is truly in the recreation of CHI in Little Atmos.

*“Nature is one. It is not divided into physics, chemistry, quantum mechanics.”
“If structure does not tell us anything about function, it means that we have not looked at it correctly”*

Nobel Prize Winner Dr. Albert Szent - Györgyi