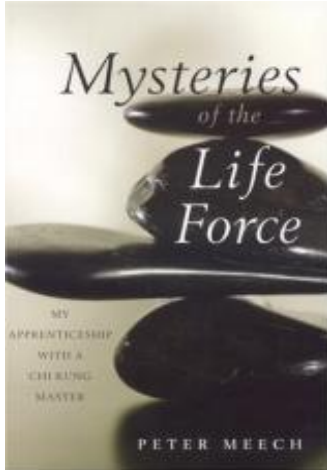


Mysteries of the Life Force: My Apprenticeship with a Chi Kung Master

by Peter Meech



About the Book

By turns suspenseful, philosophical, and humorous, **Mysteries of the Life Force** takes you on a fascinating journey into the mysterious world of chi kung, chronicling the first seven years of an extraordinary apprenticeship that took place between author Peter Meech and a celebrated chi kung master from Shanghai.

Originally, Peter wanted to interview the chi kung master after watching him perform on *Ripley's Believe it or Not*. Instead, he became an unwitting apprentice and embarked on an incredible journey of inner exploration that continues to this day.

Chi kung is sometimes described as an internal martial art, and during his apprenticeship, Peter learned how to manipulate the mysterious life force called *chi*. Many astonishing events pushed him past the edge of his rational understanding, including telepathic exchanges between master and student, the throwing of chi-energy over great distances, and the use of dreams as a medium for instruction.

Peter had to pass a big test to complete the first phase of the apprenticeship, but the nature of the test was never disclosed. Indeed, an important aspect of the test was to discover exactly what it consisted of, and this detective work is the narrative thread that pulls the reader through to the story's startling conclusion.

Discussion Guide

1. How do you get in touch with the life force in your own life?
2. What experiences have you had that can't be explained by mainstream science?

3. Can people waste their life force? Explain.
4. Do you think that having some expertise in chi kung, yoga or another spiritual discipline leads to wisdom? Do you think these disciplines are a prerequisite to wisdom?
5. Is the life force just like electricity, or is it different from electricity in some way?
6. Does all life have the life force? Does all matter have the life force?
7. In the book Dr. Chow tells the author that their meeting was fated. Do you think certain events in life are fated?
8. How much free will do you think the average person has? In other words, to what extent can we alter our destinies?
9. Is chi the same thing as God? If not, how do they differ?

Author Bio

Peter Meech was born in Toronto, is a citizen of the United States and Canada, and received a Master's degree in communications from Stanford University, where he won a Stanford Nicol award for writing. He currently gives private instruction to students in chi kung and is a writer and producer.

Peter has served as a script doctor on several feature films, and was a director of Island Films, which, in conjunction with Atlantis Films, produced Vincent Price's *Dracula* and Lucy Maud Montgomery's *I Know a Secret*. He has written for a variety of television shows, including "Dracula: the Series", (syndicated), "Ready or Not" (Showtime), "Tintin" (HBO), "Masked Rider" (FOX Family), "VR Troopers" (FOX Family) and "Emily of New Moon" (Disney). Peter spent two years writing for German television. He also worked in Japan, producing a Japanese movie with Robbie Robertson entitled *Jenifa*, starring Jennifer Holmes and Takayuki Yamada, which premiered in Tokyo in May, 2004.

He is a member of the Writer's Guild of America, the Animation Caucus of the WGA, the Writer's Guild of Canada, the British Academy of Film and Television, and the Screen Actor's Guild.

Peter currently has several projects in development and lives in Los Angeles.

Critical Praise

"**Mysteries of the Life Force** is a beautifully written account of a Westerner's introduction to an ancient Eastern discipline. Peter Meech, the author of this engrossing tale, provides his readers with an adventure more authentic than anything in the Castaneda books as he slowly develops what his chi kung master refers to as a 'Chinese brain.'"

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