

## **The Tequila Drinkers Guide to Health and Wellness**

### **EP 034 - Pulse to Your Health**

**Guest: Tevia Fang**

**Sarina Stone:** Hello and welcome back. We are in beautiful Tao Garden in the dining hall. If you guys are following the show you know to expect lots of noise because we are recording this live. Master Chia is on tour and, so he has asked one of his favorite educators in medical qigong, Tevia Feng, the founder of White Tiger Qigong School, to come and share some knowledge with us until master Chia can join us again in December. So, our show today, I must be honest, I have no idea what this guy is going to say. I asked Tevia, “what do you want to talk about today” and he said, “I want to talk about pulsing”. My head went to the weird place and now we’re going to say hi to Tevia and find out what the heck is that.

**Tevia Feng:** Hey.

**SS:** Ok, Pulsing...

**TF:** Well, like the blenders pulsing. <laughing>  
Everything has a pulse. In Taoism we have the microcosm and the macrocosm.

**SS:** Microcosm and macrocosm, yes sir.

**TF:** That basically means that everything is a mirror reflection of what’s on the outside. We know that the sun pulses. We know that the Earth has a pulse. We know that stars have a pulse. You can look at a star at night and see it pulsing. Some might say that is the atmosphere moving. We also know that we have a pulse. We actually have many pulses. The heart pulses and is pumping blood. You have the pulse in your arms that the doctor can feel. In

Chinese medicine you have many different pulses. Let's take it to another level.

When I work with different cancer patients, people with difficult to treat illnesses. One of the common factors is stagnation. This is one of the underlying causes of disease that we've found. Stagnation occurs when there is a blockage.

In the previous podcast we talked about relaxation and how that can help us breakthrough stagnation. How can we get to the point of relaxation? We need to learn to pulse. The Chinese discovered a way to pulse their energy. I learned this when I was first a teenager and I was so excited about it because I could feel my hands pulsing with energy.

**SS:** That makes sense that the opposite of stagnation, which will cause disease is things stop moving you're in trouble, is movement. Pulsing is a clear specialized movement. If the area is pulsing it is not stagnated. And it is just that simple.

**TF:** I'm going to give everyone an exercise in a little bit that you can do right off the bat. What we do with the medical qigong is coiling and uncoiling the fascia, the arm, the legs, the spine. We're bending it, we're stretching it, we're expanding it, we're doing this all over the body and this creates a pulse. As opposed to a static stretch we're we are not pulsing. A dynamic stretch we're pulsing. Dance is a form of pulsing. Anything that is rhythmic is creating a pulse. Rhythm is one of the core principals of our White Tiger qigong. Every movement must have some type of rhythm this is what makes qigong...qigong in dynamic qigong.

By creating a rhythm, we are creating a pulse on a physical level. Then on an internal level we have foregate breathing. Foregate breathing is really easy. <First let's talk about Tan Tien>. You have your lower Tan Tien, for all those that don't know what your

Tan Tien is it translates into elixir field. It's really in your lower abdomen. If you take three finger widths below your naval and a couple knuckles deep, that's about where your Tan Tien resides. From the western perspective that is your digestive system. It's also connected to your reproductive system which has a pulse.

All these places are where we're going to store that energy. We concentrate the energy there. My master taught me just focus and you will bring energy there. You focus there when you breathe in and feel your abdomen expanding gently and you breathe out you feel it contracting gently. Then you are creating a pulse. Now we can circulate that pulse from the core of the body all the way out to the extremities. We can do that first with the mind and then integrate that physically.

We can do that now. Take a moment. Close your eyes. Breathe into your belly and focus that in your belly. Feel the breath coming in. Then exhale into your palms. So, when you exhale, turn your palms up, put your mind in the center of your palms. So, breathe in focus on your belly and breathe out and focus on your palms.

**SS:** Ok, that's cool.

**TF:** You can feel it?

**SS:** For me it's heat. Instant heat and it radiates up.

**TF:** A cool party trick I do is make my hands and feet sweat in a couple minutes just by doing this. Please think its magic but its not. I've just been doing this for so many years that I'm able to control my body temperature.

**SS:** Wait a minute. So, you make your hands sweat. How do you prove that?

**TF:** I show them. They feel my hands and my feet.

**SS:** Eww. <laughing>

**TF:** Most people don't want to feel my feet. They do touch my hands only to find that they are clammy and wet. I just do it to prove a point that its not magic. This is called Togate Breathing. You just learned to breath into your hands. Once you can feel that sensation, it might take you guys a month, a day. You're trying to feel my Laogong point. That's in the center of your hand and it means old workers palace. And that is where they say qi comes out from...from the center of the hand. Focus on that point. That is also an acupuncture point related to the pericardium.

**SS:** Pericardium is the sac around your heart.

**TF:** It's connected to the root of the great vesicles. You have in the sole of your foot, you have what is called the Yong Quan point. That means bubbling spring in Chinese. That is related to the kidneys as far as an acupuncture point. Once you can feel your hands pulsing or getting hot or tingly, then you can feel your feet. Start to visualize while you are breathing in on your abdomen and your hands and feet when you're breathing out. This what they call Foregate Breathing. You are generated a pump, a pulse from the core of your body to your extremities.

**SS:** Why would we want to do this?

**TF:** Because we have what is called the twelve main meridians. In the previous shows we spoke about meridians and how they are connective tissue lines that are physical tangible lines. Not just imaginary, they are real physical lines. These are conductors of electricity like wires in the body you can send charges through these lines and that is what is generating the heat. We are gaining mastery of our deeper systems in our body. I didn't do this just

through my visualization, I did this through doing years of qigong and learning how to feel my meridians through twisting and coiling and uncoiling my body. Then because I can feel my meridians, I can also use my mind to send electrical charges through these meridians.

**SS:** This concept goes back to what you said in the beginning of the show about stagnation. In Chinese medicine, the root of disease is stagnated energy. I'm talking electro-magnetic energy. The stuff that communicates from your brain to all your organs, glands, and muscles. They tell you to move...this isn't mystical. It's the real deal. When these meridians get clogged or stagnate, this is the beginning of big trouble. We've come full circle with that one. So, you're saying that you can train this to a point where we are aware of the lines of energy (meridians) going through the body.

Can you tell if you are stuck somewhere?

**TF:** Yeah. I can feel it very quickly. Have you ever got a muscle spasm? That is a sign of stagnation. You need to coil and uncoil that area and realize where that area is connected to. So, you must study. Anyone can go onto Google right now and find meridian maps and you can find where these lines are and see where the connection is. If you had a bicep spasm you would coil your shoulder all the way to your fingertips by twisting your arm and untwisting it, again and again.

**SS:** What I'm looking at listeners is a very simple movement. He didn't jump up and spin on his nose or anything. Anyone can do this setting at their desk.

**TF:** You can point your middle finger at something. That is your central axis point. Then you twist and rotate your shoulder inwards all the way to your fingertips. Breath in. Then untwist your shoulder and breath out.

**SS:** I feel the pull on the second twist down to the thumb and the pointer finger. Definitely, the nerves are being stimulated here.

**TF:** The nerves are all in the different layers of fascia.

The pulsing gets even more interesting is when we can learn to pulse our brain.

**SS:** Ok, now you have my attention. By the way, I'm sitting here twisting my arms and it feels really good. If you've listened to any of these interviews, Tevia sometimes gets really excited about how good he feels. He's a grown man and frequently bouncing off the walls with energy.

Tell us about pulsing our brain.

**TF:** Pulsing your brain is not so mystical. When I heard about it from my master for the first time, I thought it was mystical. He said you can condense and compress the center of your brain. What they call a mud pill. I thought that sounded very vague and not concrete, so I did some research. What I found is that the brain is encapsulated in a bag of fascia. This fascia is connected down your spine.

**SS:** So how do you move the bag around your brain?

**TF:** You can contract it, and this will help to bring circulation to the brain. Most people don't realize you can do this. But you need to be under the supervision of a qualified teacher to do this because it can be dangerous. You can suck your eyes in...it gets quite deep.

I started researching more science behind it and I found this interesting author called Rupert Sheldrake. He was funded to do

research on paranormal things. He had a book that answered how does your pet dog know when you're coming home ( [Dogs That Know When Their Owners Are Coming Home by Rupert Sheldrake](#)).

**SS:** That's cool. Because everybody's dog knows when they are coming home.

**TF:** He did research on this and he found that our brains emit receive frequencies.

**SS:** If anybody doubts it, how do you explain that you know what your kid is thinking before they speak.

**TF:** This concept is used in military tactics. Fighter pilots are train not to look at the enemies' eyes because the enemy can sense it. We are basically radio emitters from our brain. Imagine you could control that and tap into that power. I've spent years developing this and its like a muscle, the more you do it the better you get at it.

**SS:** Tevia and I only get to do one more show before Master Chia comes back again. This one I will participate a little bit more. So, don't judge me listeners but I earned my way through school by doing psychic readings. I'm a gypsy. I was born with it. I can't say I didn't train it because after a few decades of doing it you get really good at it. I'm very interested in what you have to say about exercises that everybody can do to open the brain to these possibilities. It's kind of like putting a telescope on the peep hole of your door because you see what's coming. I'm not saying you will make healthy choices. When you see it, you might invite the monster in anyways then you should listen to the shows we did before about emotions.

To wrap things up here, Tevia finish up what are the benefits to pulse the brain and the fascia around the brain. Is there a physical

benefit?

**TF:** Absolutely. This is going to bring circulation to the brain, so it will stave off things like dementia, Alzheimer's and Parkinson's. Medical qigong is being used in China for these types of diseases.

**SS:** I can tell you when I learned about senior care, I spent a year working with a woman that was ninety-three. When I walked in she was diagnosed with brain atrophy. If there is a way that we can prevent this kind of brain stagnation. This is not a metaphor. It can prevent spinal fluid from getting up there so if there is a way that we can exercise our brain, I think we should do it.

If our listeners are interested in brain health and a full body holistic experience, they should get in touch with you and maybe ask questions on this subject. How should they do that?

**TF:** WhiteTigerQigong.com or check me out on Facebook, Twitter, Instagram, Youtube. I have online courses, books.

**SS:** Tevia feels really passionate about sharing this with the people. That is the reason Master Chia and I are such big fans. Alright listeners. Thanks so much for listening. I hope this was food for thought, for your brain and we'll see you.