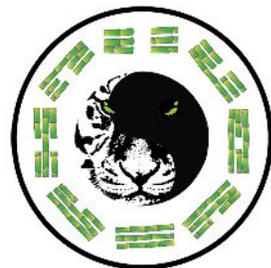


# Qigong for COVID-19 & Flu



**WHITE TIGER**  
**QIGONG**<sup>™</sup>  
.com

# About This Important Report and Strategy

- Why 2020 is the Year of the Metal Rat in the Chinese Zodiac and how it connects to the lungs and dangers for the respiratory system
- How COVID-19 attacks you from a Classical Chinese Medicine Perspective from a Chinese Medicine doctor on the front lines in Wuhan
- How can Qigong be used to strengthen your immune system to fend off COVID-19 and or reduce symptoms
- The mass fear that is being spread can consume you and what to do about it
- How the emotion of fear can weaken your immune system leaving a wider entry-way for infectious diseases to enter
- Specific White Tiger Qigong for COVID-19, to transform fear into courage and strengthen immunity
- Specific Qigong has been used in hospitals in Wuhan to treat COVID-19 patients

# Qigong for COVID-19?

Can Qigong be used for Coronavirus? Yes, Qigong can and is being used for Coronavirus right now even by hospitals in Wuhan. While Coronavirus is spreading globally, here is what you can do to enhance your safety and strengthen your immunity.

In Wuhan, where the source of this virus is, hospitals are practicing Medical Qigong Ba Duan Jin (8 Pieces of Brocade) with their patients.

Since so many people are self isolating and or being quarantined, now is the time to practice Qigong even more on your own. Thankfully we have the luxury of our online courses to do this. White Tiger Qigong has even more effective Qigong than the Ba Duan Jin (8 Pieces Of Brocade) for clearing toxins from the organs and strengthening them.

It is crucial in this time period to stay calm. The last thing we want to do is to succumb to fear as it can eat away at us and weaken our immune system when at this very time we need to strengthen our immune system. Of course if you think you have the virus seek medical attention as soon as possible.

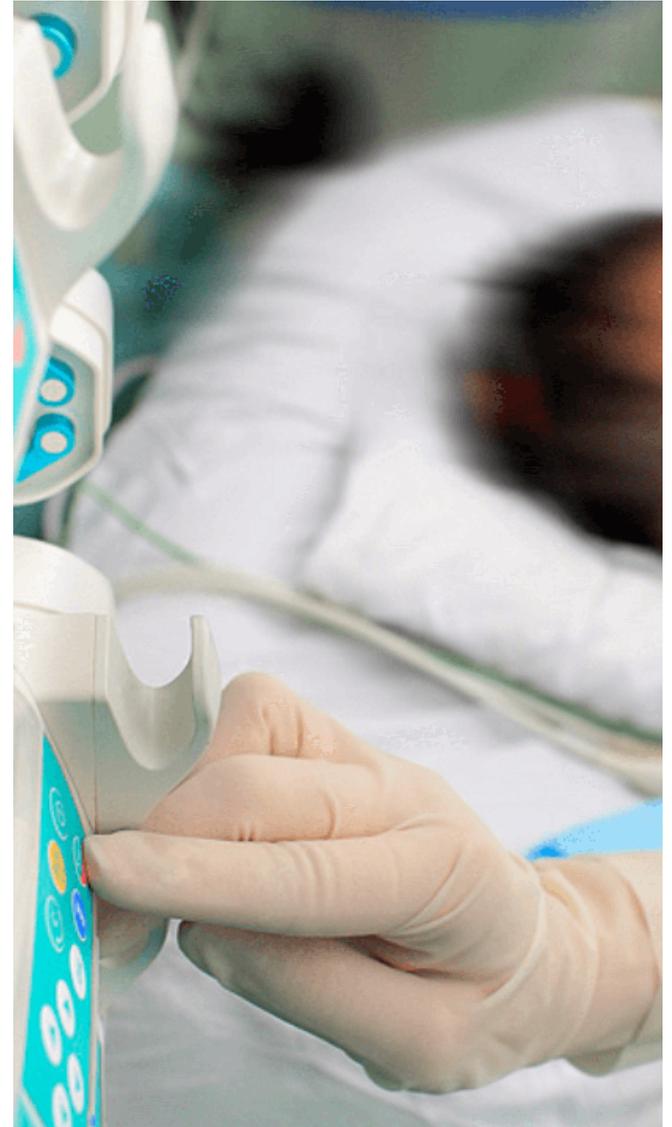
# Born With Illness

## Tevia Feng

*White Tiger Qigong's Master Instructor & Founder*

I was born with chronic illness and chronic sinus infections. My sister was born with pneumonia. My brother was born with rickets. My grandmother died an early death of a respiratory disease. We have colon cancer and heart disease in my family. I was born poor. We lived in the floor of my father's office on a futon because we did not have enough money for an apartment while he started his business selling organic foods from the farm.

Everything was against me, but my parents had a game changing plan. They didn't want me in and out of hospitals my entire life and on costly medications. They wanted to end this cycle of family sickness, but they wanted to do it naturally. They did not trust big pharma, and they were exploring natural alternatives.



# First Time Meeting Qigong

My father started doing Qigong and meditation before I was born and had great results and he wanted to introduce me to it when I was ready. My first exposure to Qigong was when I was just seven years old and battling chronic illness. My parents introduced me to a master who was so strong mentally and physically he harnessed his Qi to break through woodboards. Not only could he do that, but he could teach it too.

To demonstrate, I asked a large guy in our class if he could break through a wooden board about one inch thick. He did not teach this guy the technique yet as it was his first day in class. The big guy chopped with all his might and let out a loud roar and hit the board, barely making a crack. He immediately began wimpering as he hurt his hand trying to chop it.

# First Time Meeting Qigong (cont'd)

He then asked a wispy, blond haired, petit little 12 year old girl to come up and have a whack at the board, but before she would do this he taught her a simple technique. He taught her how to align her hand, arm and twist of the waist with a compression in the rib cage as she struck downward. He showed her how the movement must start from the legs and ripple up through the body and finally strike downward so the entire body is aligned and moving as one. He taught her how to coordinate a special breathing technique with the movement and finally he taught her how to concentrate her mind and believe she was cutting through the board as if it was nothing.

To put it simply, he taught her how to unify her body, breath and spirit into one single force. In her first attempt she cut through the board like a stick of butter.

“Mom, Dad, I wanna do this!”

From then on I was hooked.

# Car Crash and Going Under the Knife

Fast forward years later, I was a teenager and got into a devastating car crash. Doctors told me I had have surgery on my spine and knee. I was scared, I did not want to have surgery that would change my life forever, but the doctors said there was no other way.

I went to visit my master I had been studying with right away. He encouraged me to just wait on the surgery and try a simple Qigong exercise before going under the knife. This simple Qigong exercise created an undulating wave through my spine. It softened all the muscles and fascia through a gentle, rhythmic movement. The movement not only relieved my back pain, but it massaged my internal organs leaving me feeling peaceful and totally relaxed. I did this everyday for 5-10 minutes. After 4 years all my back pain disappeared and over 20 years later I still have not had to have surgery and my back is in better shape than people I know in their twenties.



# Not All Qigong is Good

After that, I went all around the world studying over many different styles of Qigong and meditation. I realized not all were effective and some were a downright waste of time.

With over 3000 kinds of documented Qigong out there how do you know what type is right for you? It took me years to understand and figure this out. I studied over 50 different styles and isolated the very few styles I found to be the most effective and efficient styles out there. I have taken these 4 styles of Qigong and worked with anatomists, Chinese Medicine doctors, sports science experts, and professionals in education to put together the most modern, comprehensive approach to Qigong that I have found anywhere in the world.

# The White Tiger Qigong Pledge

White Tiger Qigong specializes in deep dynamic ancient Qigong exercises fused with sports science, fascia, modern anatomy and Classical Chinese Medicine and out together in a university style curriculum to ignite transformation in the individual and open the pathway for them to maximize their potential. I have not seen any type of Qigong out there anything like this.

For more information on what Qigong is see our ebook 5 Element Qigong.

## OUR MISSION

Empower people to find balance, fulfilment and reach their potential so that together we can sustain a flourishing environment.

We do this by fusing ancient art and cutting-edge science to provide people with a lifelong physical, mental and spiritual Qigong practice that engages the individual with their inner potential and the nature around them, scales that potential across communities and channels the impact globally.

# About Me

I had seen the power of Qigong, on myself, but now the real test was, could I teach others to get the results I could?

Since then, I journeyed all around China and the world seeking the greatest masters including north-western part of Hubei, Beijing and Southern China, where he met and trained extensively with several true Qigong masters.

Throughout this journey, I have met many Qigong masters around the world, acquiring rare skills, from unique breathing techniques and exercises to delving into the heart of Qi energy. Each master has helped shape the Qigong training I teach today.



# About Me

I have since published featured articles in the largest Qigong Magazine in the world. I have published 3 books on Qigong and these books have been translated into multiple languages. I was named one of the top 3 Qigong masters in Indonesia.

As the Qigong master instructor of White Tiger Qigong, I have taught thousands of students from around the world, in countries including China, Thailand, Vietnam, Singapore, Indonesia, Italy, Switzerland, France, Australia, and the US. I have worked closely with terminally ill individuals to professional athletes, ballet dancers, the North American Muay Thai champion, the 2019 female Karate world champion, martial arts instructors, yoga instructors, hedge fund managers, political figures, military elite, UHNWI, circus performers, health care professionals, psychologists, medical doctors and more.

Now we are entering the age of a new world in which no one in our lifetime has faced before, a pandemic. Despite the fear being stricken into society, we need to stay calm, stay humble, curious, aware, learn and adapt. This is the principle of the I-Ching, the book of Changes from which Taoist philosophy was born.

Now I want to present to you how to utilize Qigong in an effort to protect yourself against COVID-19 and the flu.

# Qigong in Wuhan Hospital for COVID-19 Patients

<https://bit.ly/2Ud01Tz>



# 2020: Year of the Lungs (Metal Rat)

- Each year is associated with a different animal characteristic and different element
- Metal is an element from Chinese Medicine
- The metal element represents the lungs, immunity, intestines, sinuses
- Care for your respiratory system: Chinese Rat Qi has an adverse effect on the Lung system and cold, coughs, asthma, flu, and fatigue may be exasperated.
- This metal year relates to dampness.
- COVID-19 has been shown as dampness in the lungs that cannot move. This shows as phlegm that cannot move.
- The rat year is the time for introspection and going within.

# COVID-19 From a Chinese Medicine Perspective

First we have to understand that Coronavirus (COVID-19) can attack the lungs creating phlegm that does not move and therefore can obstruct breathing. It is crucial in these times to strengthen our lungs and clear the lung channels. Also in Chinese Medicine we know that the winter is the time that the lungs can be at their weakest which is why coughs and flu are most vicious in the winter. In Chinese Medicine we know that the large intestine is (fu) organ that pairs with the lungs (zang), hence we can treat the lungs and the large intestine channels at once. The strategy is to remove the disease by focusing on the large intestine, large intestine channel as well as the lung and lung channel. We have to parts to this protocol for flu and Qigong for Coronavirus:

- Clear the large intestine and lungs as well as channels and then strengthen them
- Strengthen and nourish the kidneys
- We need to release fear from the kidneys as they are related to adrenals. When we experience fear the sympathetic nervous system kicks in and we go into fight or flight mode. Doing this chronically can weaken our immune system. Therefore it is imperative that we keep our emotions calm in this time while strengthening our immunity.

# What This Is and Is Not

- This is not a magical cure for COVID-19.
- These statements are not approved by any health agency.
- You should seek medical attention if you have symptoms of COVID-19.
- This Qigong can be combined with herbs and acupuncture for maximum effectiveness.
- You do not have to have COVID-19 to do this Qigong. It can be used as a preventative methodology and also for regular flu.
- I cannot guarantee any kind of results.

# Chinese Medicine Key Findings from the Front Lines in Wuhan

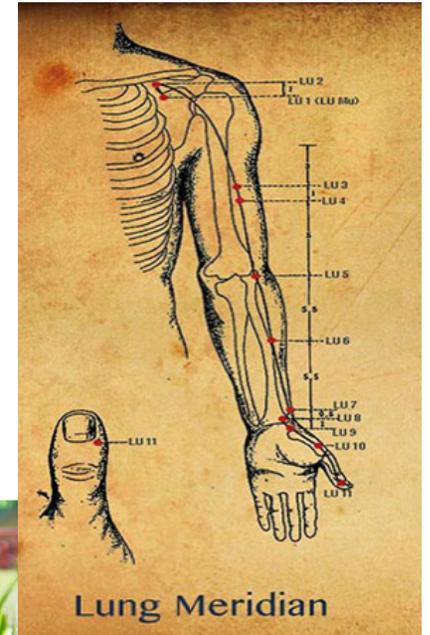
- Dampness-sticky white coating on the tongue
- Thick dampness obstructing the lungs
- Absence of phlegm or low phlegm-turns into rubber glue like substance that is stuck in the lungs and middle burner/cannot move
- Afflicts both the lung and large intestines
- Moisten the the phlegm in the lungs and move it
- Move Qi in the large intestine and lung meridian channels

# Objectives of this Qigong

- Clear the obstruction of phlegm in the lungs blocking breathing
- Clear both the large intestine and lung meridian channels
- Open the lungs to be able to breathe deep again
- Strengthen the lungs
- Alleviate and transform fear into courage and strengthen the immune system

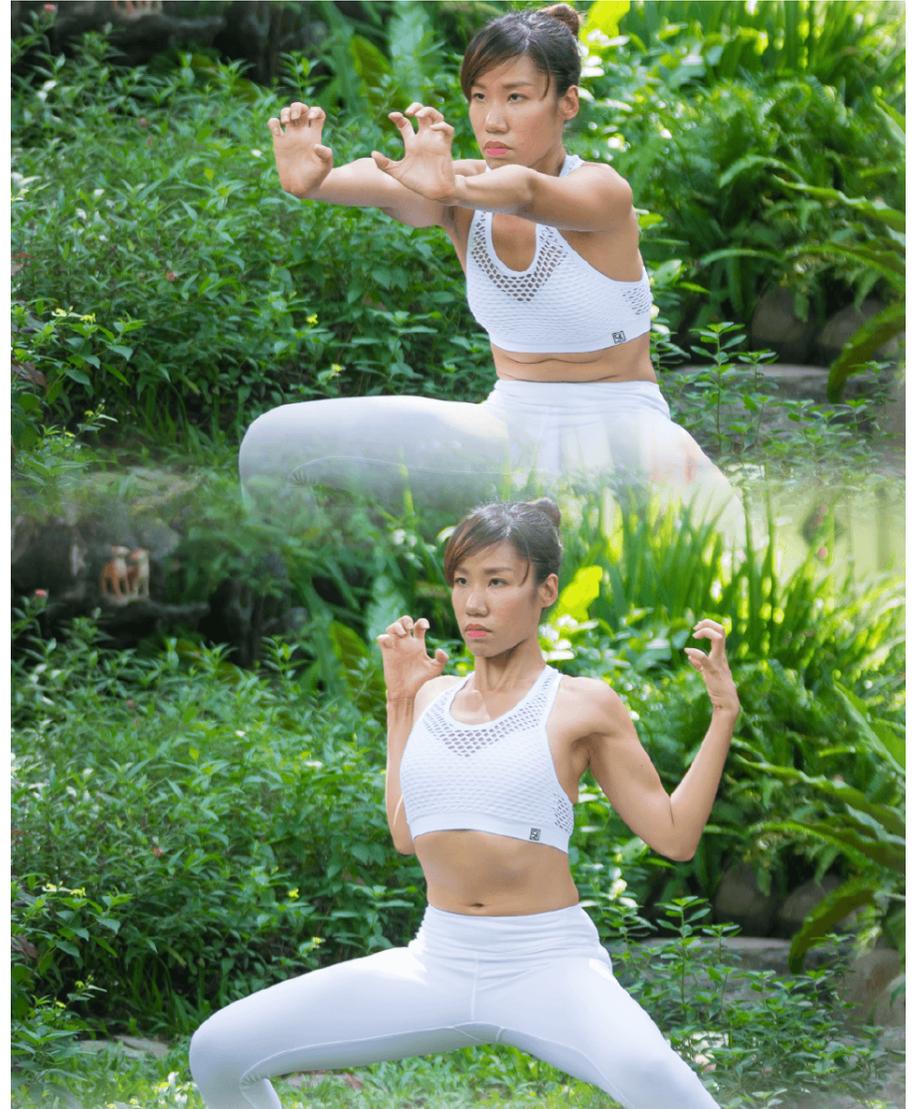
# Purpose of Tiger Qigong For COVID-19

- Release the excess heat, disease and move phlegm caused from the virus.
- Wrings out the entire lung and large intestine channels through the deep twisting in the arms.



# The purpose of Tiger Qigong for COVID and Flu

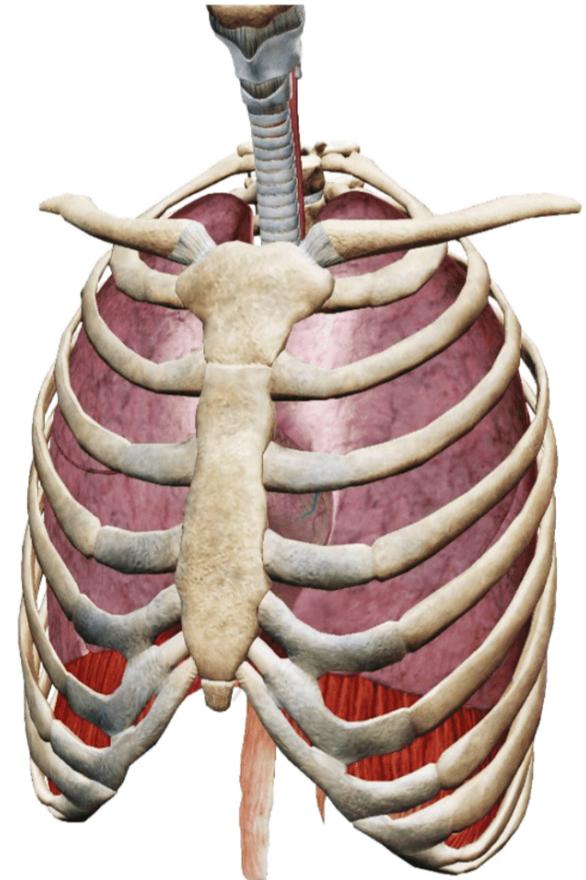
- Opens the lungs when the arms open with the pullback phase coupled with a maximum inhalation.
- Squeeze out the lungs with a maximum exhalation. At the same time you are bringing the pelvis forward to squeeze out the intestines (large intestine).



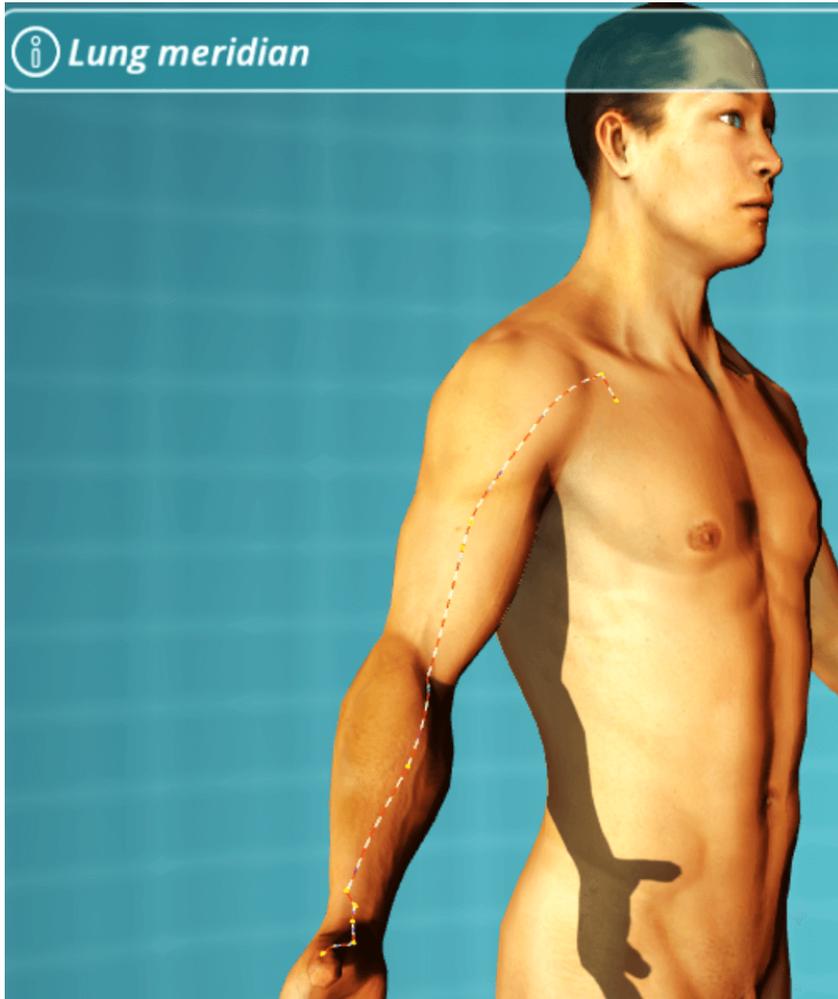
# Tiger Metal Lungs



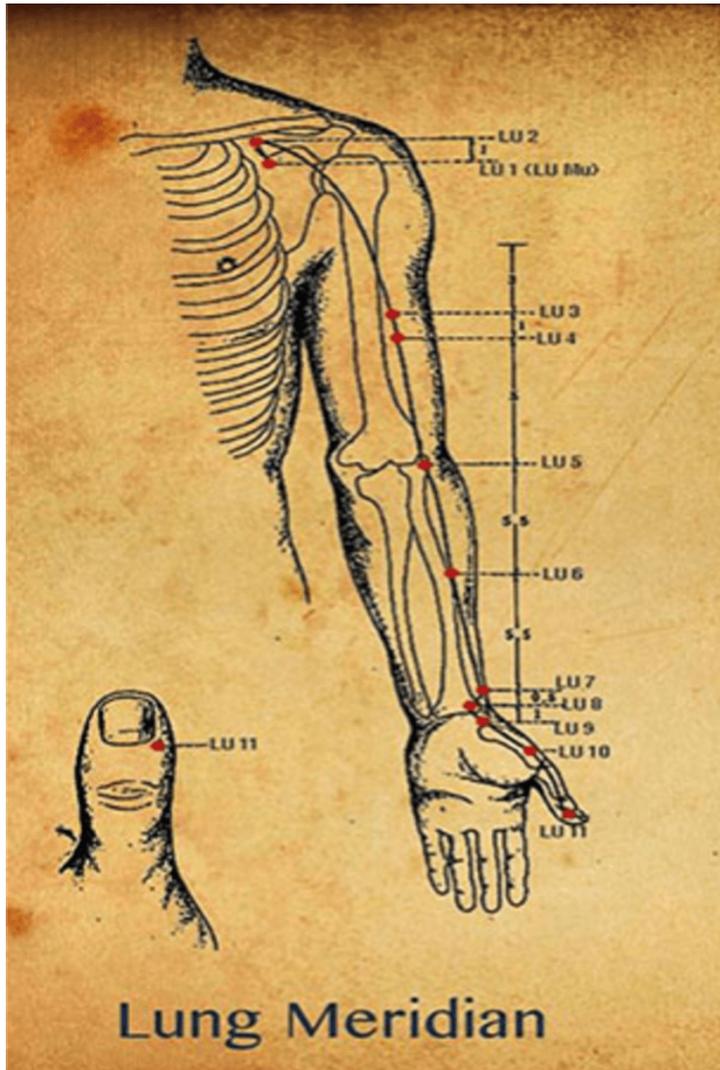
# Tiger: Stretch & Open Lungs



# Meridians Of Tiger Qigong



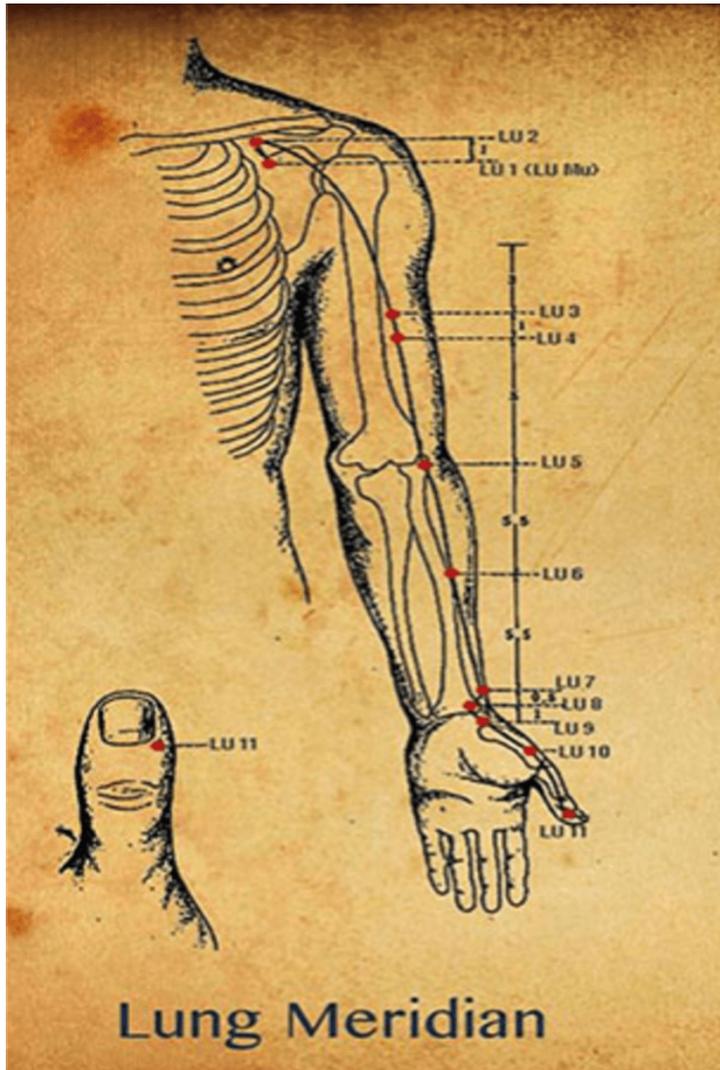
# Lung Meridian-Functions



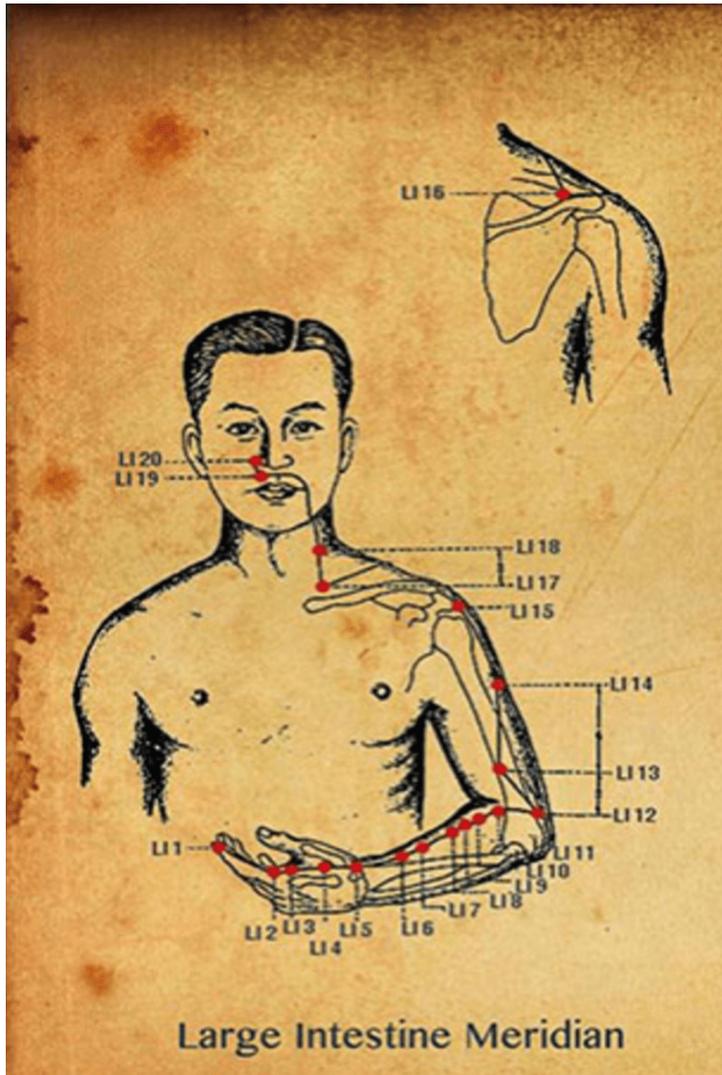
- Rules/ dominates/ circulates qi:
- Circulates wei qi to skin
- Regulates body temperature
- Controls opening and closing of the pores
- Treats mood disorders
- Regulates circulation of wei qi in the chest: wei qi in the chest helps to regulate heart rate and rhythm via its control of the smooth muscle contractions.
- Upper source of water: the Lungs regulate body fluids in the upper body and diffuse them to the skin, body hair, and sensory orifices above and descend to the Kidneys to recirculate.
- The Lung channel can treat pain and other pathologies in areas that its channel circulates.
- Opens to the nose: draws in qi from the environment
- Part of wei qi's first defense from exterior pathogens.

# Lung Meridian-Emotions

- Reflects the process of letting go of that which is no longer needed.



# Large Intestine Meridian



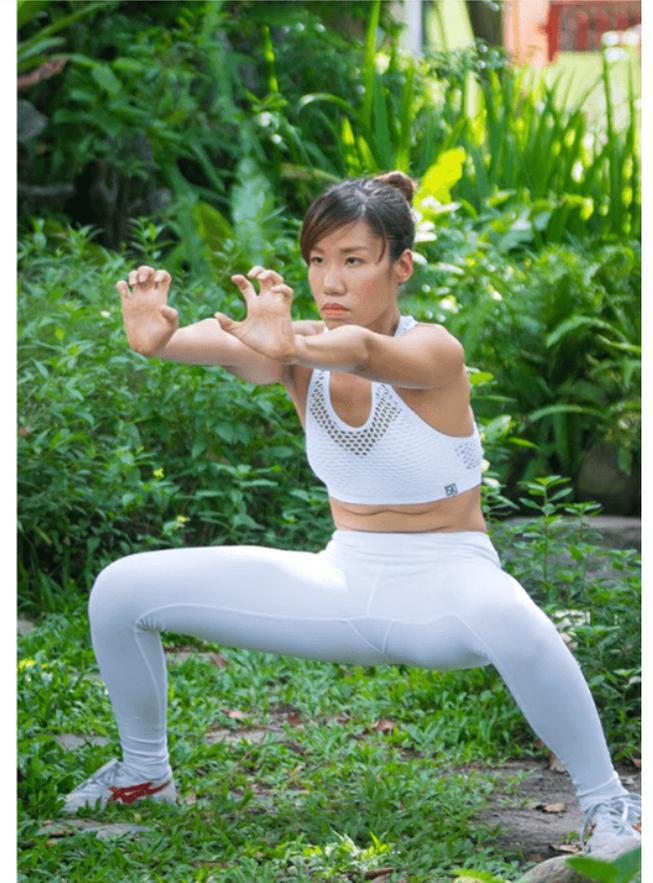
## Physical:

The Large Intestine promotes sweat, clears heat, orders and descends the qi, impacts the face, and clears the orifices.

## Emotional:

represents how a person positions himself in and interprets the world around him. A world seen as hostile will generate a need to be hypervigilant and combative or rebellious.

# Tiger Sequence



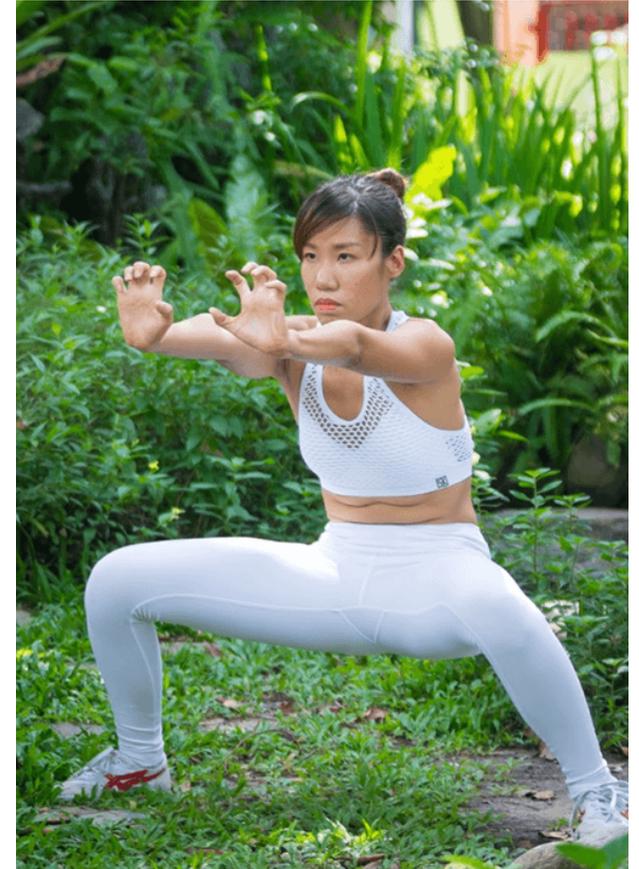
# Instructions



Maximum exhalation during the exhalation phase



“Siii” sound to expel heat and toxins from the lungs and large intestine for 3 repetitions



Hold the breath on the exhalation for 3 seconds. Visualize phlegm and heat moving out.

# Lung Qigong Meditation



As you close, make the Siii sound while breathing out. Feel all the energy in your body settle downwards into the Dan Tian. Focus on your lungs, smiling to your lungs, sending positive, happy energy to your lungs. Breathe deep breaths into your lungs, drawing a beautiful, healing pearl white color into your lungs. Feel your lungs pulsing with happiness and the white color, as it strengthens it.

After at least 8 breaths of this, bring the energy with your mind down into your lower Dan Tian feeling all the energy coalesce into a small white pearl, storing the energy there.

# Breathing Instructions for COVID-19 and Flu

Focus on a maximum exhalation during the exhalation phase making the “Siii” sound to expel heat and toxins from the lungs and large intestine for 3 repetitions and then close. Hold the breath on the exhalation for 3 seconds. Visualize phlegm and heat moving out.

The purpose of this is to release the excess heat, disease and move phlegm caused from the virus.

Check out our Qigong for COVID-19 online course to watch the actual videos.

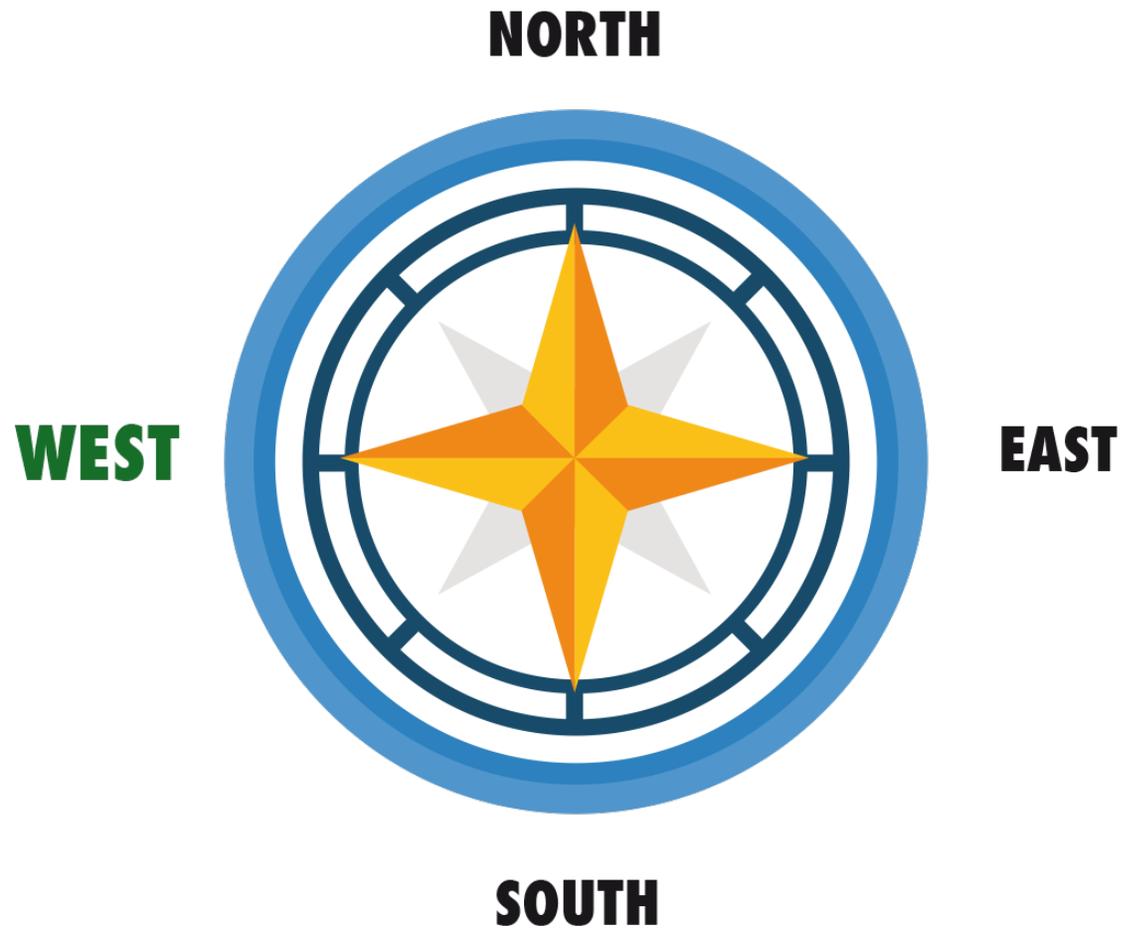


**HEALING SOUND FOR LUNGS — VISIT THIS PAGE FOR MORE DETAILS**

<https://www.whitetigerqigong.com/blog/release-negative-emotions-six-healing-sounds-medical-qigong-training-forms/>

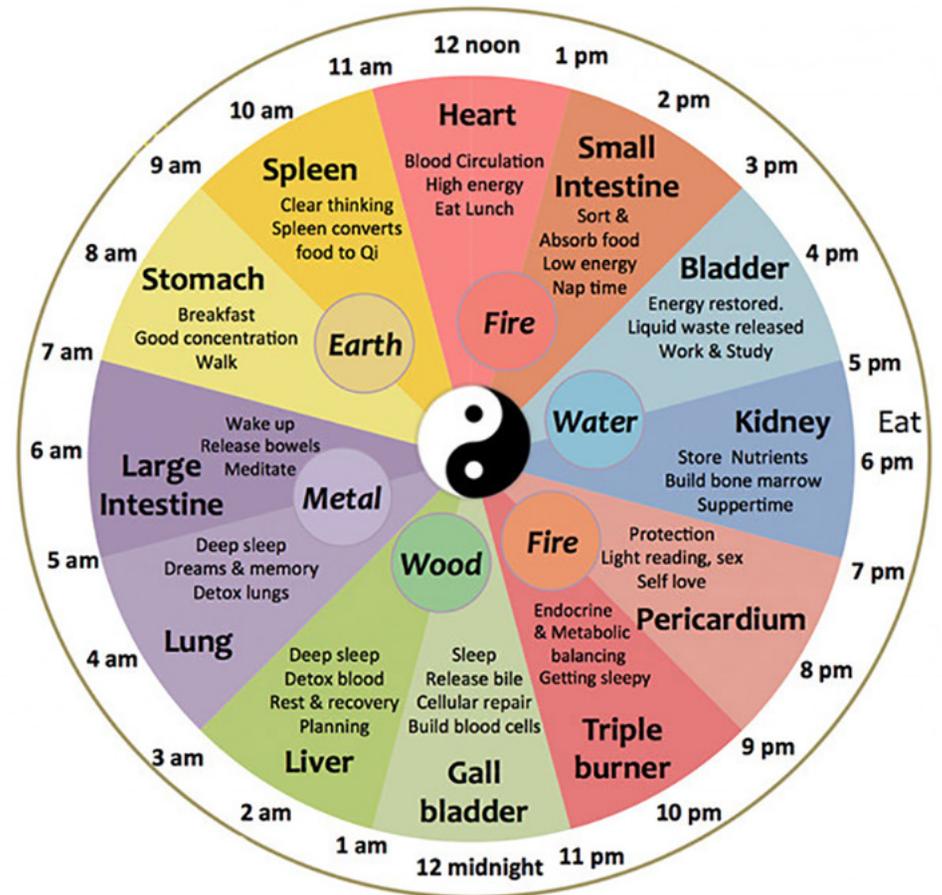
# Face WEST for Lungs

Each element in Chinese Medicine is associated with a different direction. When you face the direction of that element while doing Qigong you can strengthen that organ.



# Time of Day To Practice 5am-7am and 5pm-7pm

The hours of the day are where one organ becomes predominant. By practicing at the time associated with the lungs you can strengthen the lungs.



# Dragon Qigong To Alleviate Fear and Strengthen the Immune System



# Water – Dragon – Kidneys



Fear of the unknown | Existential questions | One's purpose

Kidney system: Antidote to fear | Faith in oneself | Faith in higher power

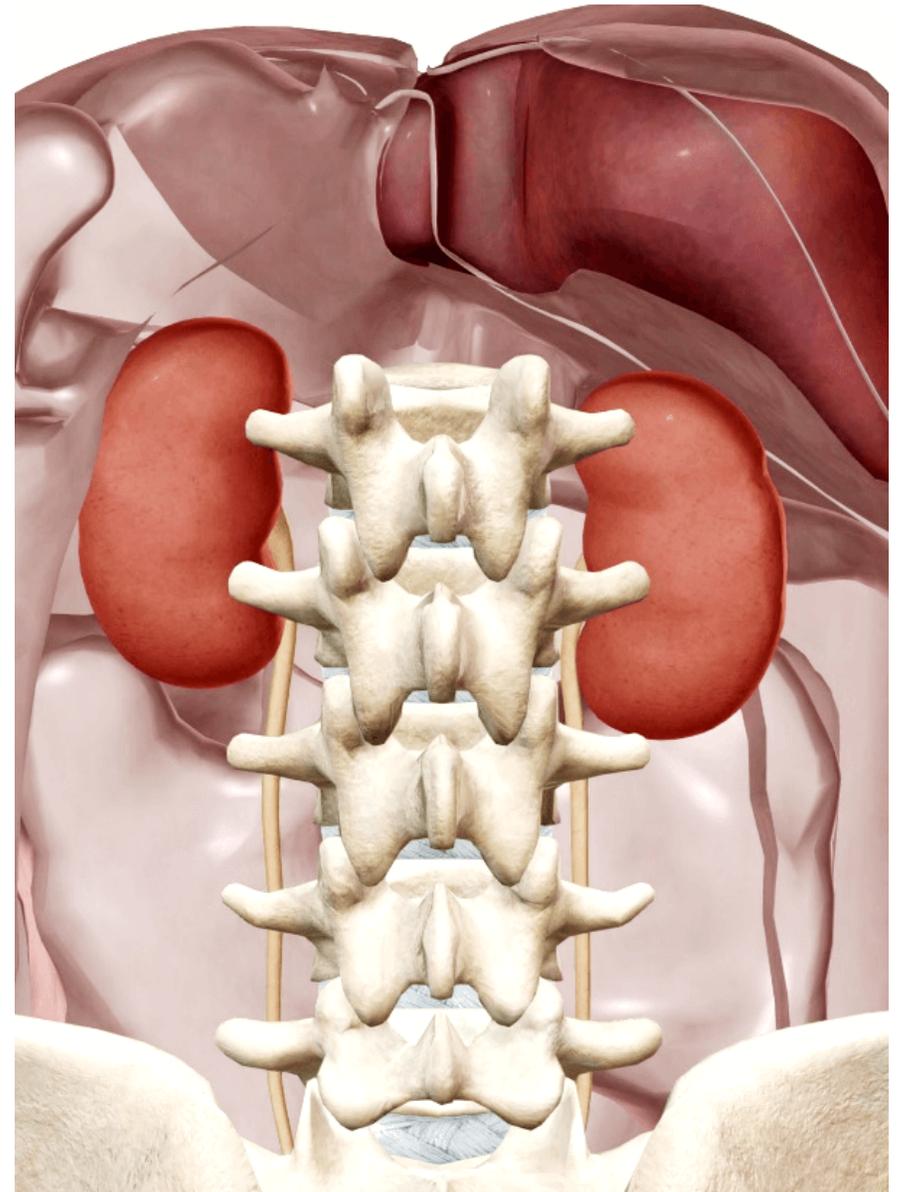
# Dragon Effects on Kidneys



- Wrings out and compresses kidneys through twist
- Stretches lungs
- Psoas opener

Tip:  
Breathe low into kidneys

# Dragon Kidneys

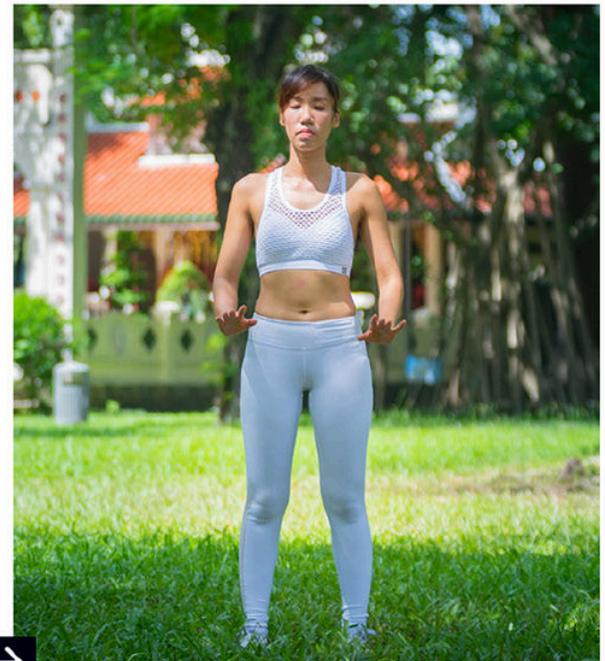


# Dragon Sequence



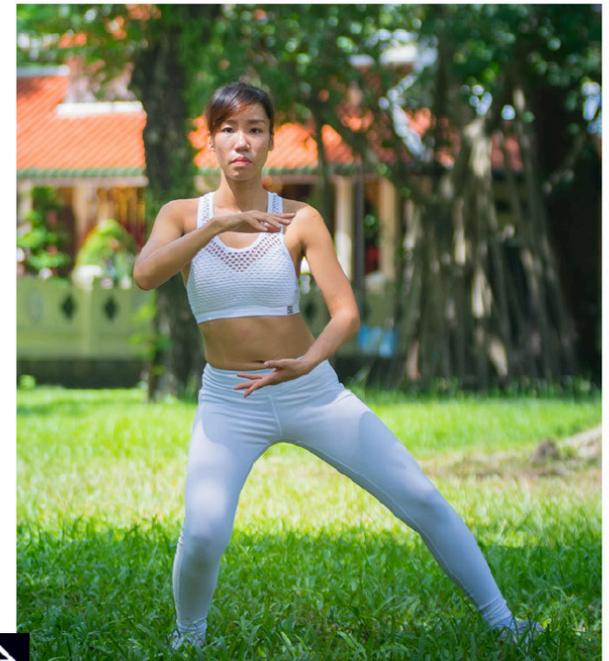
# Dragon Sequence Instructions

From the standing meditation posture, open by raising both arms forward to chest level on the inhale and then dropping them back down to the waist on the exhale. From here, inhale and turn both hands as if “holding a ball”, with the right hand above the left at the level of the navel. Exhaling, step out with the left foot into a horse stance and then sink the turn into the “bow stance” as you inhale, while the right palm pushes up towards the sky and the left hand moves out laterally to the left as if throwing a frisbee.



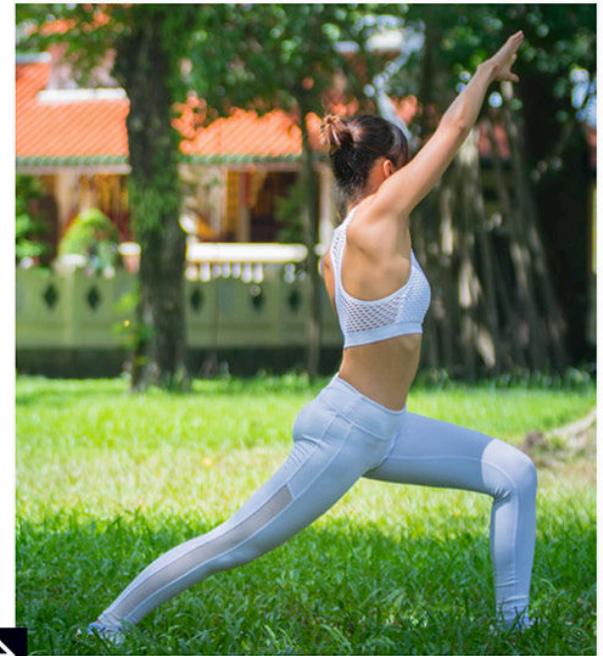
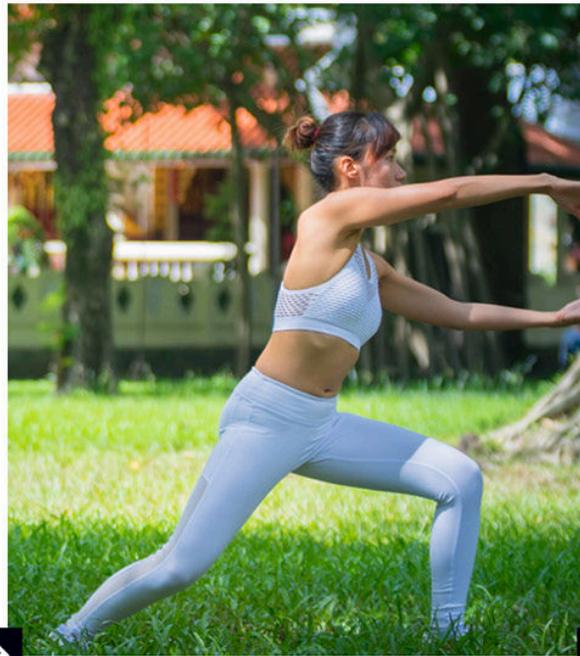
# Dragon Sequence Instructions

Try to turn completely around while keeping both feet planted firmly in bow stance. This is the full extent of the motion. Hold this posture for three to nine seconds while comfortably holding a full breath and directing the eyes to the left palm.

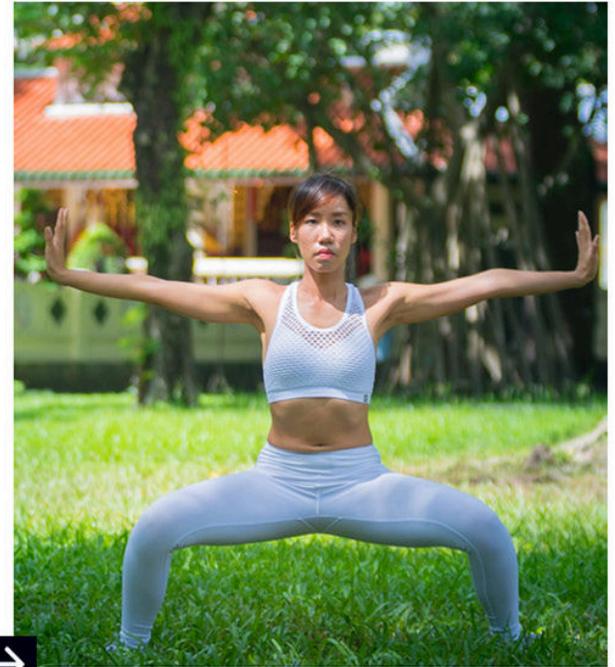


# Dragon Sequence Instructions

From this position, slowly return to horse stance as you breathe out, holding the arms parallel to the ground with fingertips facing upwards. Finally, breathe in and step the left foot in so that the feet are again shoulder-width apart, simultaneously circling the arms back to “holding a ball” position, except this time the right hand is on the bottom instead of the top. Rest here for a minimum of three breath cycles before repeating on the other side. Remember, what is on the outside is also on the inside, so feel the area from your Lower Dan Tian to your Middle Dan Tian becoming full. Repeat this motion on the right side to complete one whole round; three repetitions on each side make a full set. Once a full set is complete, end the sequence by opening the hands down, out, and up and then closing



# Dragon Sequence Instructions



## **Bow Stance:**

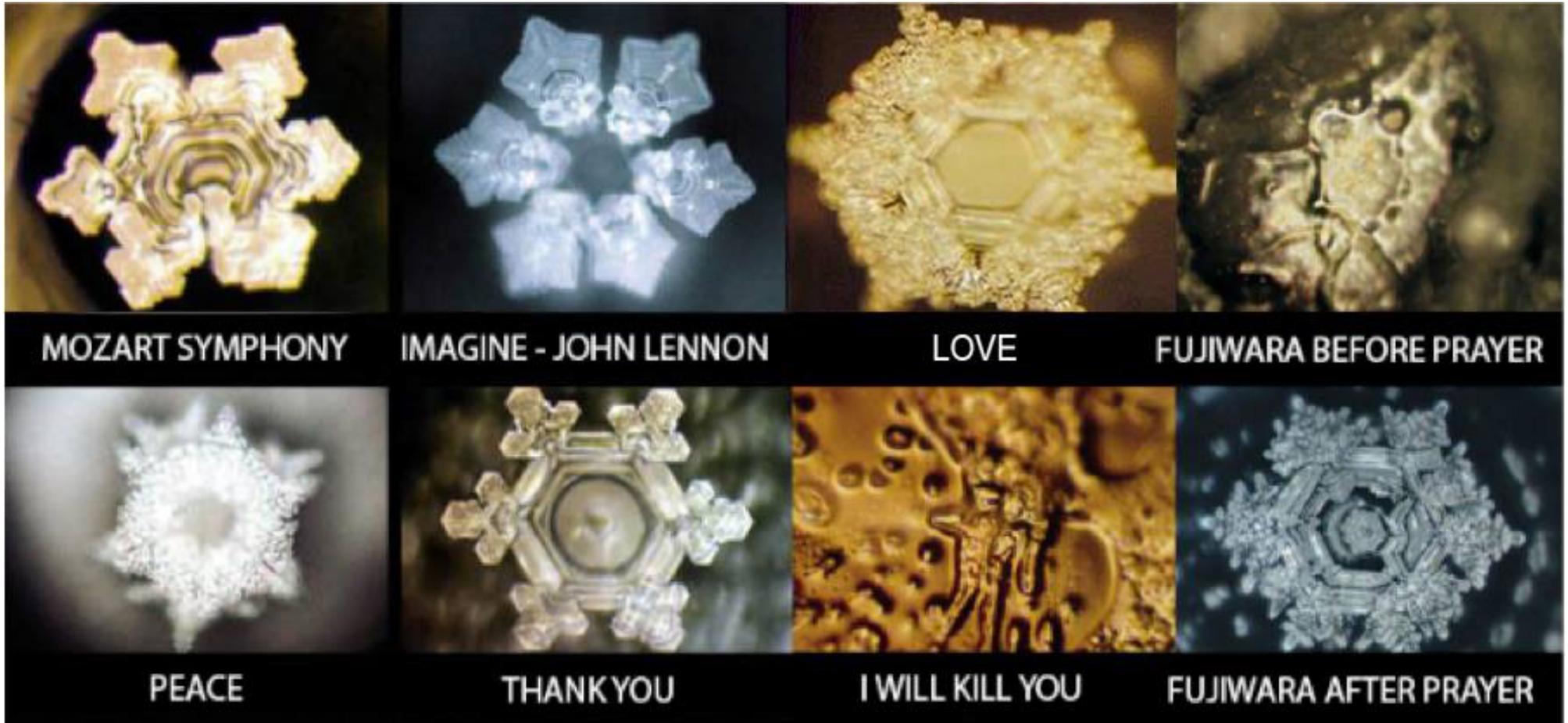
- Both feet firmly pushing into the ground
- Front foot facing forward
- Back foot turned inward to a 45-degree angle
- Back leg straight and front bent

## **Upper Body:**

- Top palm facing the sky over the head
- Back hand facing the sky and at the shoulder level
- Both arms straight
- Maximum twist in the spine

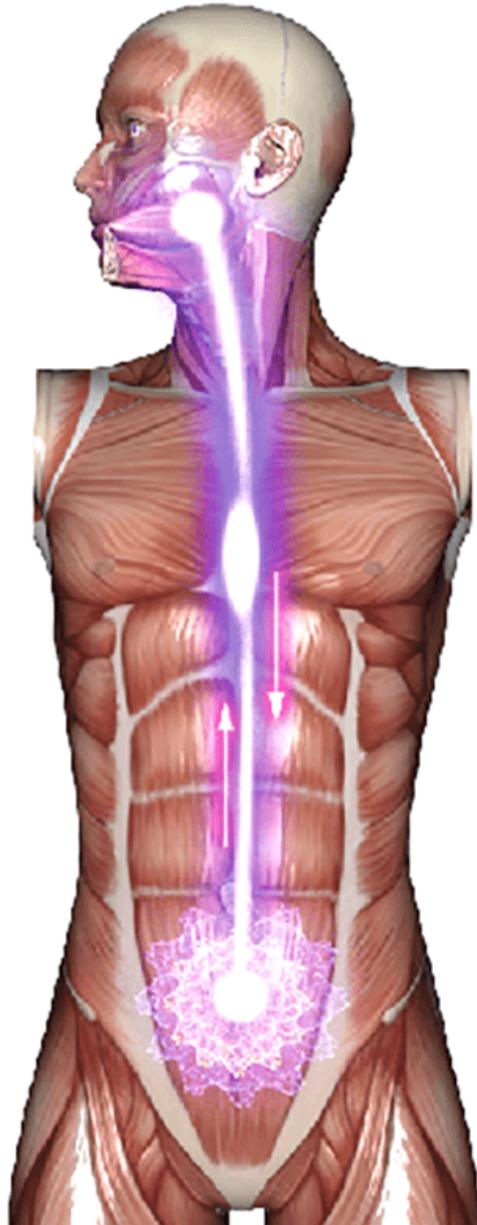
# What Is The Golden Elixir?

Golden Elixir is an inner alchemy (nei dan) practice whose purpose is to bring healing, balance and rejuvenation to the practitioner.



Hidden Messages In Water by Masuro Emoto

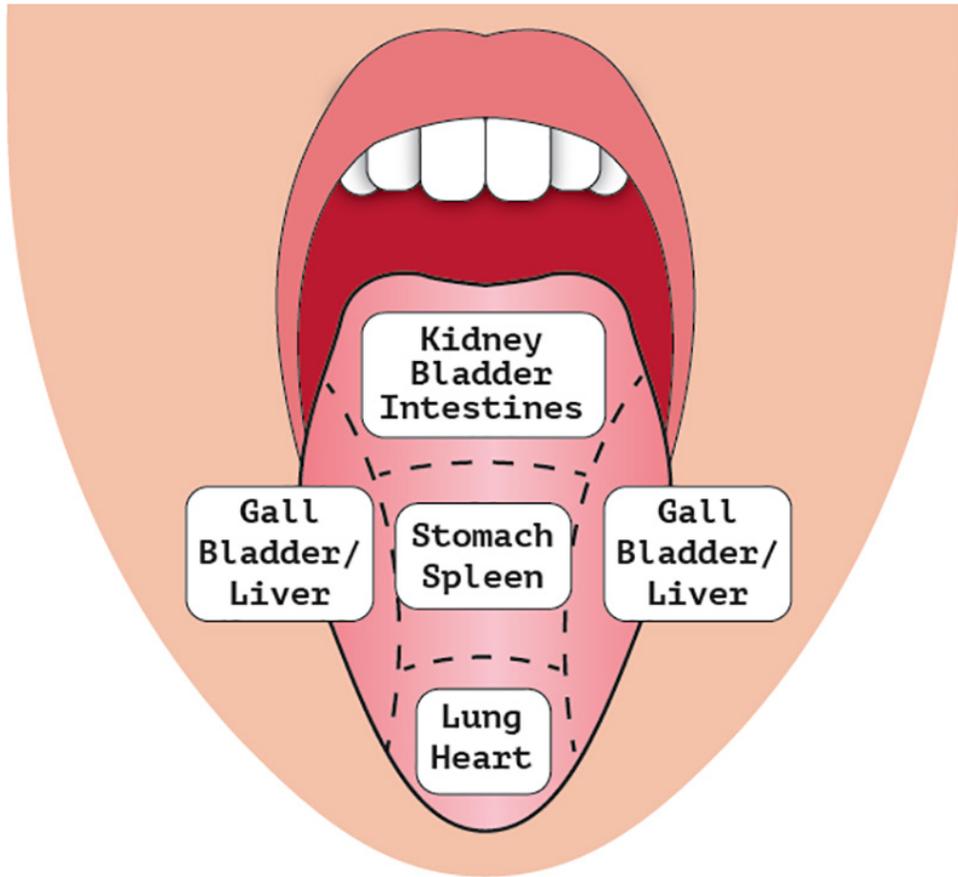
# Golden Elixir Qigong



## **BENEFITS OF GOLDEN ELIXIR QIGONG**

- Salivate and secrete vital enzymes to improve your digestive system
- Help cool excess fire in the body It helps fire descend
- Meridians of the spleen, heart and lung all go to the tongue, movement of the tongue helps stimulate circulation within these meridians.
- Replenish the Jing and mix water and fire.

# Golden Elixir Chinese Medicine



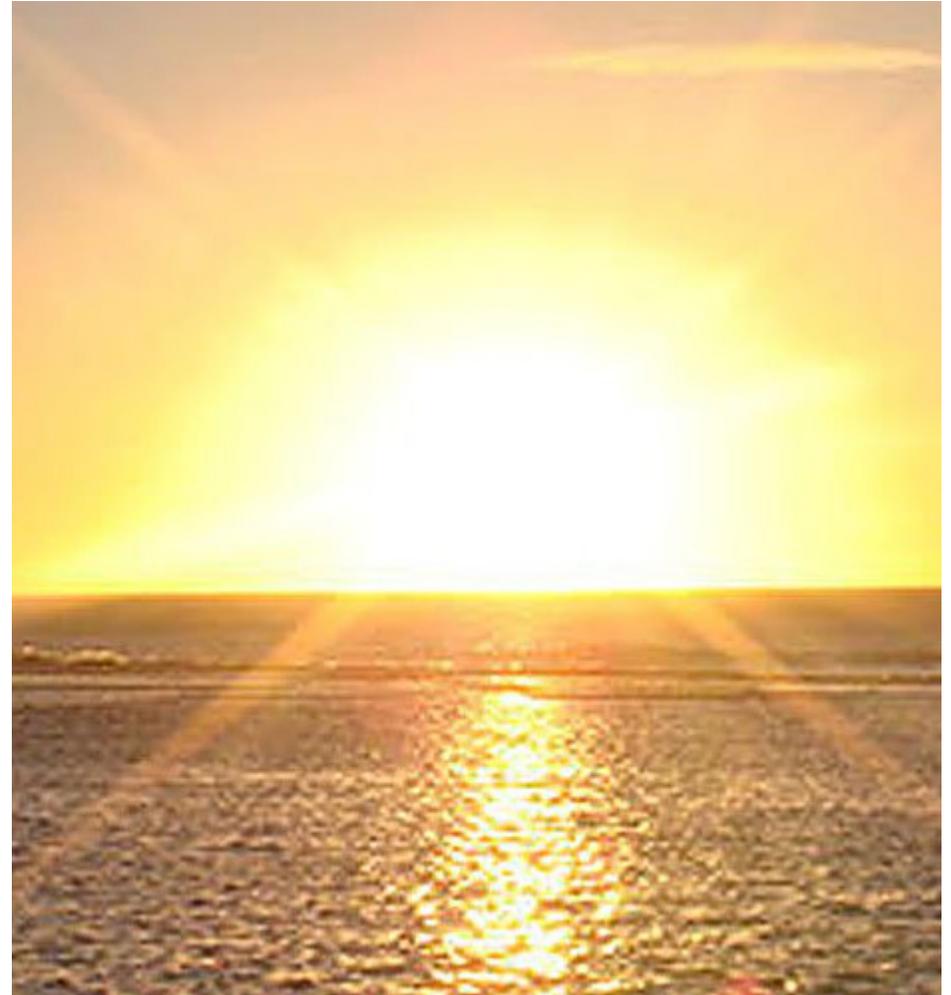
## TONGUE MOVEMENTS REGULATE THE MERIDIANS OF THE:

- Lung
- Spleen
- Heart
- Kidneys
- Liver
- Invigorate the Qi and blood circulation

# Golden Elixir Formula

Natural elemental energy / Sun  
+  
concentrated programmed thoughts  
+  
saliva (water)  
=  
Healing Elixir

Traditionally gold representing  
the energy of the sun.



# Use Colors for Organs with Golden Elixir



1. Face the direction that the organ is related to and be in that element-West-Metal-Lungs
2. Breathe in White into mouth at least 9 breaths
3. Swallow to nourish lungs

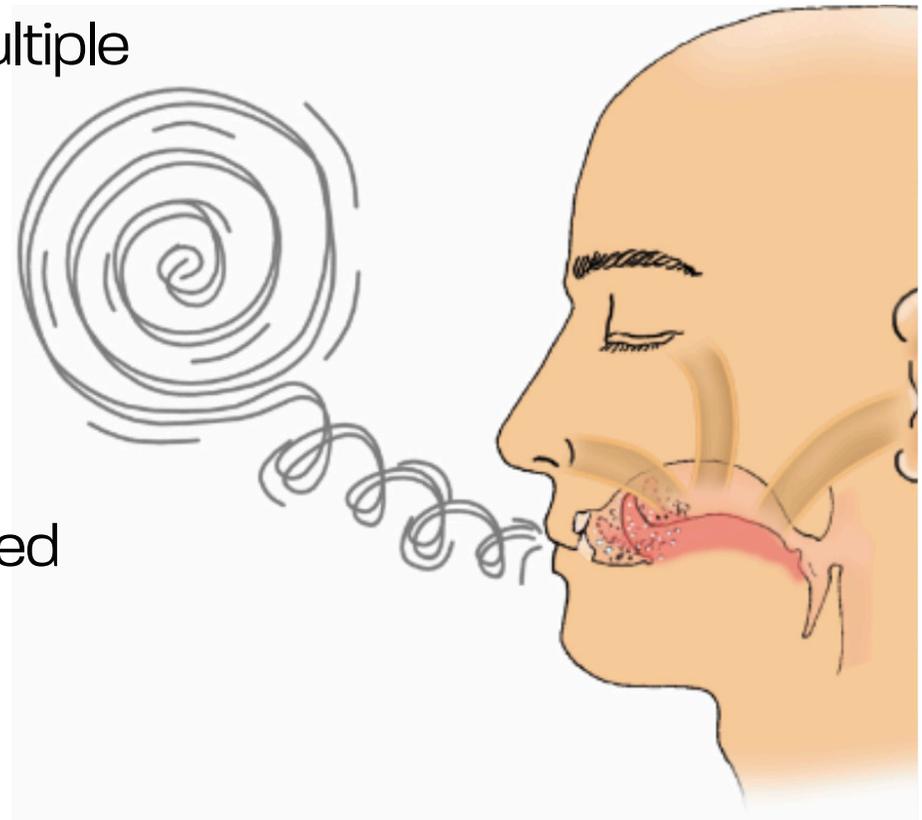
\*For further enhancement use:

- the 24 hour Qi clock
- time of day
- month

# Golden Elixir Instructions A

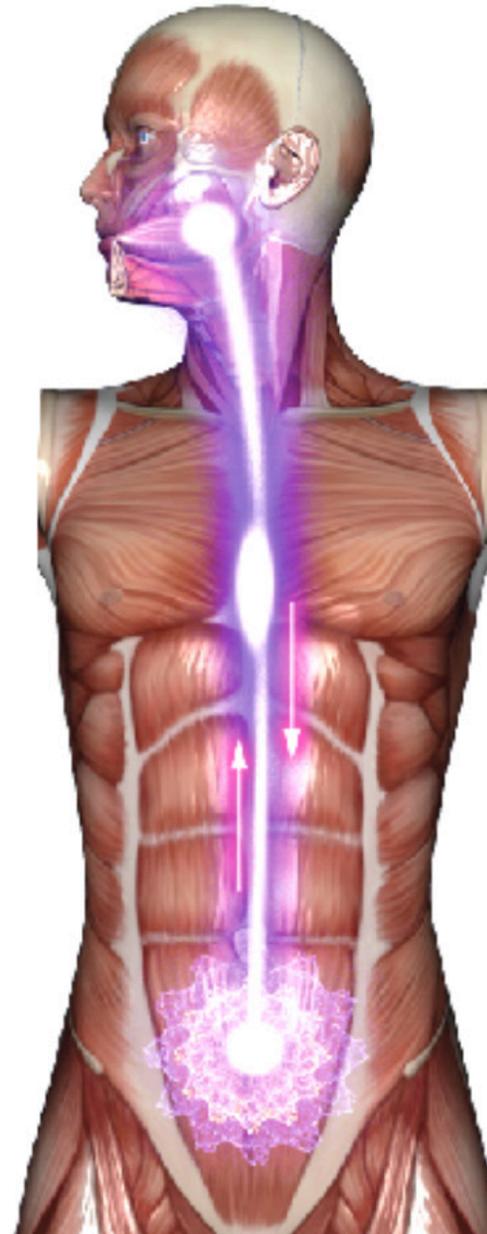
## Generate saliva in your mouth through:

1. Chattering the teeth multiple times
2. Swirling your tongue around mouth multiple times and massaging gum line
3. Beating sides of mouth
4. Mix with oxygen
5. Swallow a small portion of it, coordinated with the inhalation and exhalation.



# Golden Elixir Instructions B

- Guide the White Elixir into the Lower Dan Tian
- Allow the White Elixir to flow throughout the body washing away all disease and bringing nourishment



# Holding Ball Qigong

- Regulates the Middle Dan Tian
- Breath: Abdominal
- Mind: Feel the ball pulsing and becoming more full



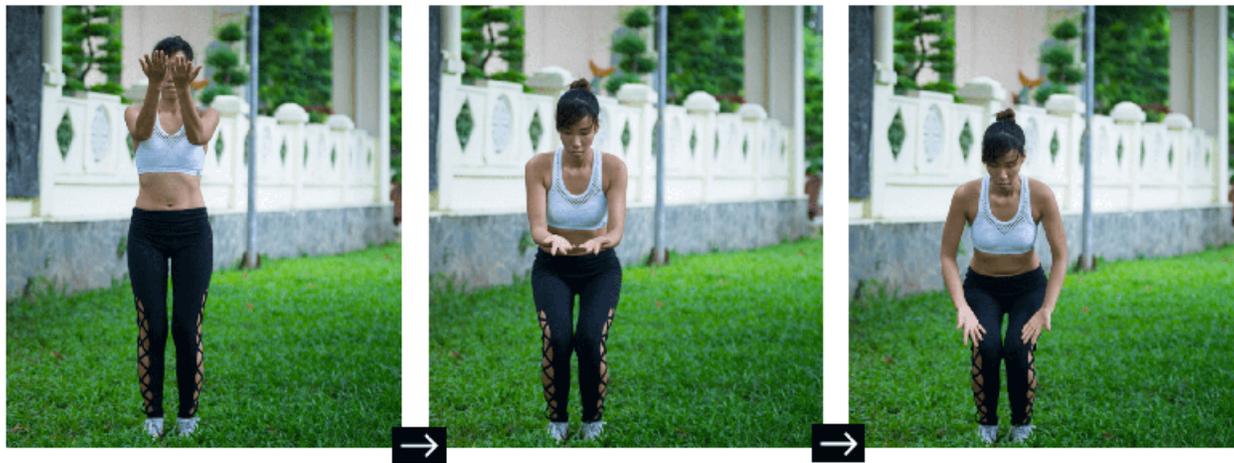
# Zhan Zhuang-Finish-Store the Qi



# Closing

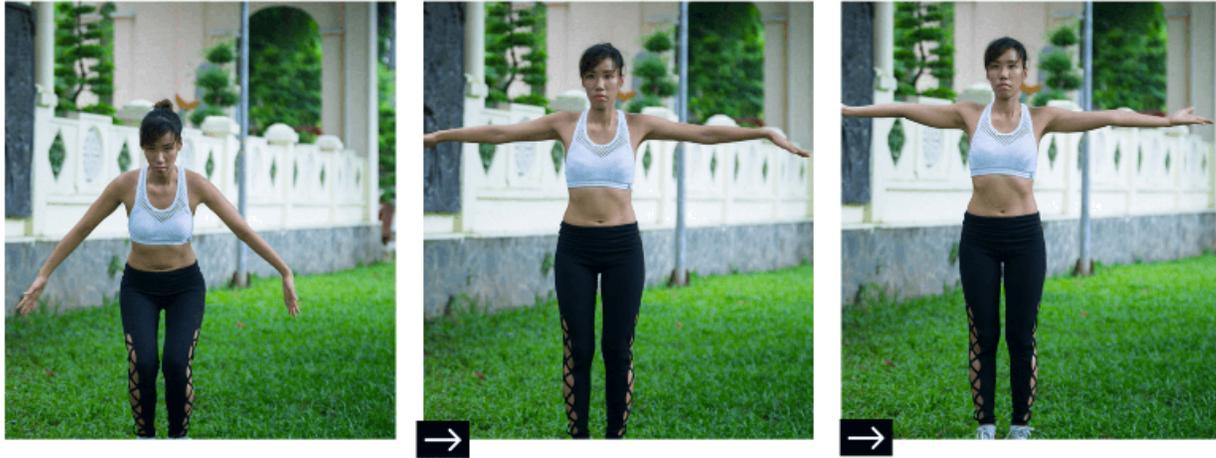
All Qigong exercise should include a closing sequence, which settles the body's energy back to the Dan Tian, calms the mind, and relaxes the body. We do this through Zhan Zhuang practice.

Bring the palms to the sides and face the palms up while positioning the feet at shoulder width apart. Inhale and at the same time bring the hands up, arching towards the centerline of your body. Once your hands reach the top of your head, face the palms downwards.

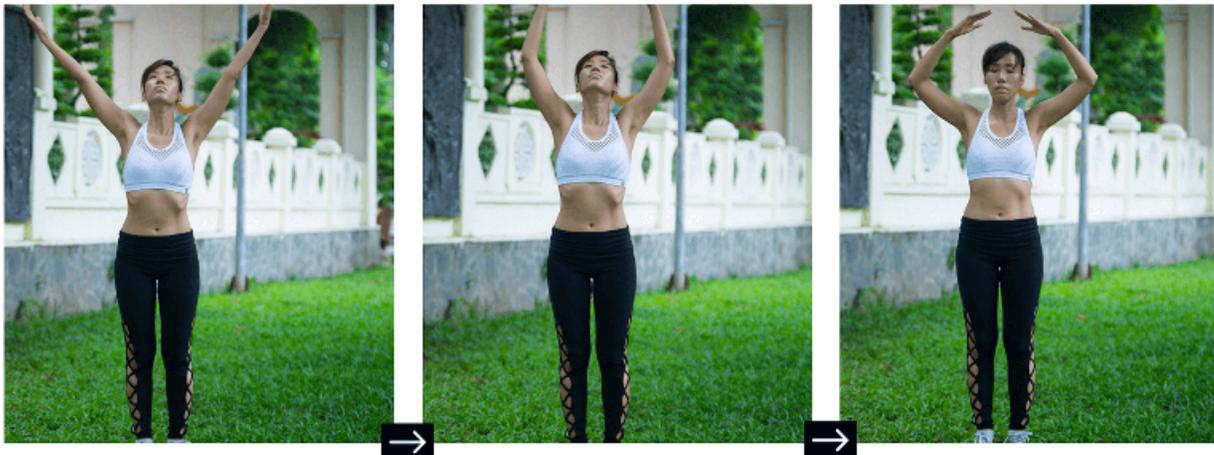


Exhale and press the Qi down your centerline with your fingertips facing each other. Passing through your Shang Dan Tian (Third Eye), then through your Zhong Dan Tian (Heart), pressing all the way down to the Xia Dan Tian (Lower Dan Tian).

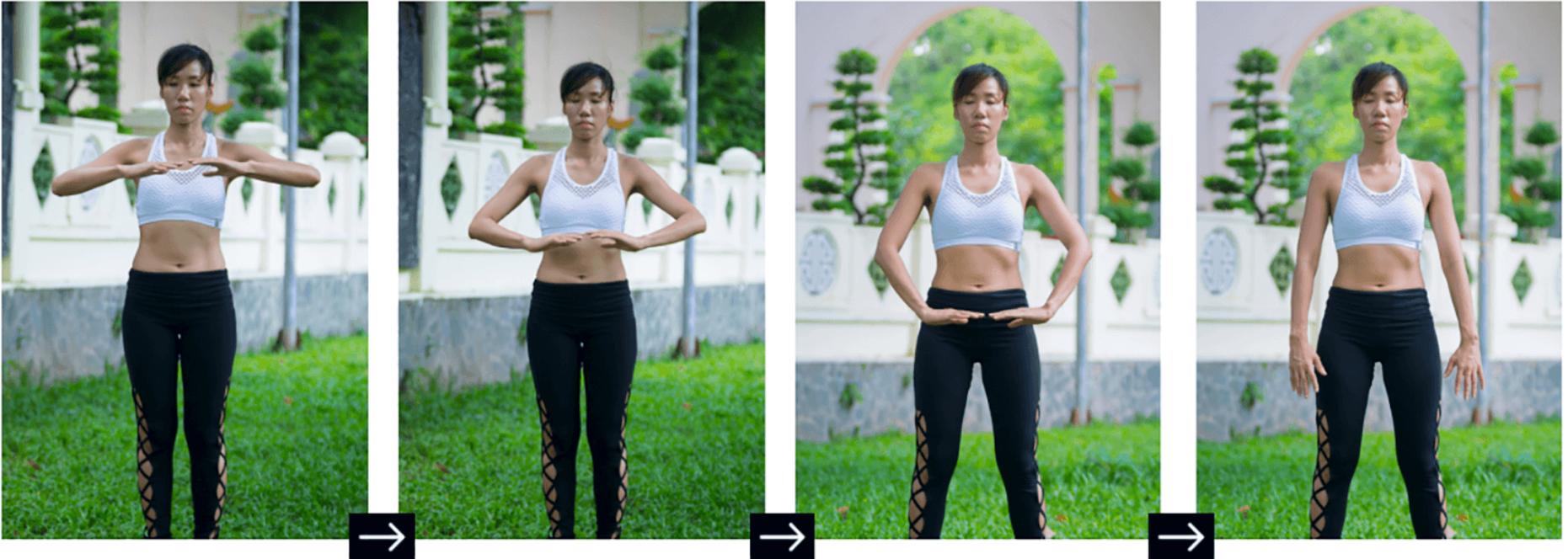
# Closing



Once you reach this point, slowly relax your hands at your sides while keeping your fingers spread, without your hands touching the legs. Begin the deep Four Gate Breathing, inhaling into the Dan Tian and exhaling into the centers of the feet and palms. Do at least eight to 64 breaths depending on how you feel.



# Closing



Exhale and press the Qi down your centerline with your fingertips facing each other. Passing through your Shang Dan Tian (Third Eye), then through your Zhong Dan Tian (Heart), pressing all the way down to the Xia Dan Tian (Lower Dan Tian).

# Final Closing



Once you complete these breaths, bring the palms over the Lower Dan Tian (left hand on the Dan Tian with right hand on top for males; the opposite for females). Breathe slow, deep breaths into the lower Dan Tian, feeling the Qi accumulating, gathering and condensing there.

Slow down the breath and make it soft, long and thin like a thin silk thread. Hold the thumb over the Large Intestine acupuncture point, which is the squishy part of the hand between the thumb and index finger. Place the thumb of the outside hand on the center of the palm of the inside hand. This is the Lao Gong point (Pericardium point).

By activating these two acupuncture points, you help the Qi to sink, which is what we want at the end of our practice. It is important after finishing all the Qi-gong exercises, to do some deep breathing Qigong. Sports science has proven that deeper breathing after exercise is not only necessary for replenishment of oxygen, but also for elimination of carbonic acid.

Whenever we open or close at the beginning and end of Qigong, we focus on the Dan Tian to generate source Qi, harmonize the blood vessels and strengthen the Spleen and Stomach.

# How to Use Your Practice

- Practice at least 20 minutes every morning between 5-7am or after waking if this is not possible.
- Do 3 repetitions of each exercise minimum.
- Do the Qigong for anxiety and fear exercises when you feel anxious or fear to keep calm. Stress decreases your immune response.
- If you get the symptoms seek medical attention and use the Qigong for COVID-19 breathing techniques listed with Tiger Qigong.

# Additional Natural Healing Strategies

- Find a Chinese Medicine Doctor who can treat you with herbs and acupuncture
- Have Ultra High-Dose Ozone (HDO) therapy treatments
- High dose Vitamin C IV
- Infusions of immune-boosting and antiviral IV cocktails. These are far superior to oral supplementation and in combination are the most powerful and effective strategy against COVID-19 and any other bacteria or viruses.

# Supercharge Your Practice

I put together this free book to get the information out to your friend's and family as soon as possible. If this method makes resonates with you and you want to go deeper, I have put together a more comprehensive online course and strategy for these times. The following is a special offer just for readers of this book who want to have the maximum advantage to have a super charged immune system to beat this and other viruses that may come along.

# SPECIAL OFFER AVAILABLE

- **Qigong for COVID-19**  
Online Course (\$149)

<https://whitetigerqigong.com/stopcovid>  
70% OFF Only \$29 (RRP \$285)

- **Qigong for Anxiety**  
Online Course (Value \$49)

Plus:

- Bonus #1  
PDF download of this course (\$19)
- Bonus #2  
PDF download of this course (\$19)
- Bonus #3  
Lung Elixir Qigong, Healing Sounds and  
Lung Acupressure Massage (Value \$49)



# Heal Yourself – Heal the World

We are witnessing unprecedented times of great climate change, natural catastrophes, the death of over 500 million animals in the Australian wildfires, the clearing of our great forests, pandemics, inching closer to wars with major powers, dramatic changes in population as cultures collide from the refugee crisis. These changes are only all going to increase if we do not do something now.

In these times it is crucial we not only boost our immunity, but keep centered, focused, as stress-free and worry-free as possible. Qigong has taught me how to connect with and care for the earth, how to love and heal myself. This rippled outwards as I began to care about showing others how to do this themselves. This individual transformation and going for your maximum potential can scale across communities and create a global movement, one that we need now.





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