

1  
00:00:00,560 --> 00:00:07,410  
okay so I'm going to talk about a little

2  
00:00:03,209 --> 00:00:11,250  
bit about qigong today and perhaps many

3  
00:00:07,410 --> 00:00:12,870  
of you are already familiar with jago-ji

4  
00:00:11,250 --> 00:00:16,320  
has been mentioned quite a bit this

5  
00:00:12,869 --> 00:00:20,868  
morning already chi gong is a self

6  
00:00:16,320 --> 00:00:24,210  
healing practice that often involves

7  
00:00:20,868 --> 00:00:27,268  
pleading control and exercises that

8  
00:00:24,210 --> 00:00:29,400  
always involves on working with Chi and

9  
00:00:27,268 --> 00:00:31,768  
that's where that the word she go and

10  
00:00:29,399 --> 00:00:33,299  
growing in so work in Chinese so I'm

11  
00:00:31,768 --> 00:00:35,308  
going to start by demonstrating and

12  
00:00:33,299 --> 00:00:38,009  
personal meditation practice that I

13  
00:00:35,308 --> 00:00:40,530  
learned in China that I like to do my

14  
00:00:38,009 --> 00:00:43,468  
favorite it's called dumping buckets and

15  
00:00:40,530 --> 00:00:45,689  
I'll just to give a brief description of

16  
00:00:43,469 --> 00:00:47,910  
it and it gives you a feel for what what

17  
00:00:45,689 --> 00:00:51,599  
does meditation practice is alike so you

18  
00:00:47,909 --> 00:00:54,328  
stand with the loose loose knees and

19  
00:00:51,600 --> 00:00:57,090  
imagine scooping up a bucket of water

20  
00:00:54,329 --> 00:00:58,948  
and dumping it over your head and you

21  
00:00:57,090 --> 00:01:01,320  
feel the water in the beginning you can

22  
00:00:58,948 --> 00:01:04,408  
just feel a drip of water going down the

23  
00:01:01,320 --> 00:01:06,629  
front of your body and you can use your

24  
00:01:04,409 --> 00:01:10,140  
finger to touch your skin to help your

25  
00:01:06,629 --> 00:01:12,269  
imagination feel that Chi and you go all

26  
00:01:10,140 --> 00:01:14,728  
the way down your body splitting only

27  
00:01:12,269 --> 00:01:16,618  
legs and then slowly slowly and then

28  
00:01:14,728 --> 00:01:19,259  
dripping off the front of your toes into

29

00:01:16,618 --> 00:01:21,299  
the earthen feeling yourself granted

30  
00:01:19,259 --> 00:01:23,549  
invidi earth and you do three buckets

31  
00:01:21,299 --> 00:01:26,100  
the one down the front then you start

32  
00:01:23,549 --> 00:01:29,070  
again at the top and go down the back of

33  
00:01:26,099 --> 00:01:32,489  
your body third bucket down the sides

34  
00:01:29,069 --> 00:01:35,039  
and it's is this basically drawing your

35  
00:01:32,489 --> 00:01:36,569  
attention that there's a theory in

36  
00:01:35,040 --> 00:01:39,930  
chinese traditional chinese medicine

37  
00:01:36,569 --> 00:01:41,879  
code the mind moves achieve that she

38  
00:01:39,930 --> 00:01:44,100  
moves the blood and blood in this sense

39  
00:01:41,879 --> 00:01:47,399  
and the way they use it is is how much

40  
00:01:44,099 --> 00:01:50,368  
work encompasses more than just the

41  
00:01:47,399 --> 00:01:52,590  
right liquid and as you as you progress

42  
00:01:50,368 --> 00:01:55,140  
you can instead of just a single drop of

43  
00:01:52,590 --> 00:01:57,509

water you can make it a sheet of water

44

00:01:55,140 --> 00:01:59,218

that covers your whole body then as you

45

00:01:57,509 --> 00:02:01,170

progress further you can allow that

46

00:01:59,218 --> 00:02:04,679

water to penetrate deeper into your body

47

00:02:01,170 --> 00:02:06,299

with the one caveat I was given by that

48

00:02:04,680 --> 00:02:08,159

my teacher when you're

49

00:02:06,299 --> 00:02:09,719

going in your head you don't you don't

50

00:02:08,159 --> 00:02:11,639

go deep into your brain you wait until

51

00:02:09,719 --> 00:02:14,969

you get to your body to let this cheap

52

00:02:11,639 --> 00:02:17,909

penetrate deeply and this kind of self

53

00:02:14,969 --> 00:02:22,939

healing meditation practice is really

54

00:02:17,909 --> 00:02:26,550

the bulk of Qi Gong but there is also

55

00:02:22,939 --> 00:02:29,370

believe that practitioners who after a

56

00:02:26,550 --> 00:02:31,080

period of becoming adept are able to

57

00:02:29,370 --> 00:02:34,200

manipulate cheat outside their own body

58  
00:02:31,080 --> 00:02:38,160  
to treat patients and this is referred

59  
00:02:34,199 --> 00:02:40,889  
to as external Chico now and again this

60  
00:02:38,159 --> 00:02:43,859  
is this a situation where you have a

61  
00:02:40,889 --> 00:02:46,319  
practitioner that is trying to influence

62  
00:02:43,860 --> 00:02:49,410  
the Chi of a patient to promote health

63  
00:02:46,319 --> 00:02:52,469  
or healing and so my talk today is going

64  
00:02:49,409 --> 00:02:54,060  
to focus beginning and launch off and in

65  
00:02:52,469 --> 00:03:00,689  
this direction of looking at external

66  
00:02:54,060 --> 00:03:03,060  
chi go now G you know maybe prana maybe

67  
00:03:00,689 --> 00:03:06,449  
the Oregon the tick mentioned earlier

68  
00:03:03,060 --> 00:03:08,610  
but there were there's some research

69  
00:03:06,449 --> 00:03:10,889  
done China looking at the mainstream

70  
00:03:08,610 --> 00:03:12,750  
energetic emissions coming out of 20

71  
00:03:10,889 --> 00:03:16,259  
masters when they were treating patients

72  
00:03:12,750 --> 00:03:21,180  
and some of them you know would be what

73  
00:03:16,259 --> 00:03:23,189  
you expected I was whoops i was i was

74  
00:03:21,180 --> 00:03:25,110  
surprised to see infrasound in this list

75  
00:03:23,189 --> 00:03:27,150  
and that's just because I really didn't

76  
00:03:25,110 --> 00:03:28,920  
know a lot about it for some so perhaps

77  
00:03:27,150 --> 00:03:30,450  
you don't as well so I'll bring you

78  
00:03:28,919 --> 00:03:34,469  
along the curve that I fall

79  
00:03:30,449 --> 00:03:37,649  
so infrasound is basically sound waves

80  
00:03:34,469 --> 00:03:41,128  
that are below the limit of human

81  
00:03:37,650 --> 00:03:43,830  
hearing so 20 cycles per second or 20

82  
00:03:41,128 --> 00:03:46,709  
Hertz is generally the limit at which

83  
00:03:43,830 --> 00:03:48,690  
humans stop being able to hear sound

84  
00:03:46,709 --> 00:03:51,840  
waves they're still sound waves but we

85  
00:03:48,689 --> 00:03:56,098  
just don't hear them and just not a

86

00:03:51,840 --> 00:04:00,209  
little bit of a review whoops gotta get

87  
00:03:56,098 --> 00:04:01,919  
this these molecules of air don't

88  
00:04:00,209 --> 00:04:03,360  
actually traverse this distance they

89  
00:04:01,919 --> 00:04:05,579  
just vibrate a little bit affect the

90  
00:04:03,360 --> 00:04:07,680  
next ones to create these waves but the

91  
00:04:05,580 --> 00:04:13,290  
molecules themselves are not reversing

92  
00:04:07,680 --> 00:04:15,120  
this distance so the human body produces

93  
00:04:13,289 --> 00:04:18,959  
infrasound this little guys going to

94  
00:04:15,120 --> 00:04:23,550  
help me lead a group exercise with the

95  
00:04:18,959 --> 00:04:25,079  
heart of course you might imagine is one

96  
00:04:23,550 --> 00:04:27,240  
of the major producers of infrasound in

97  
00:04:25,079 --> 00:04:28,740  
the body so with the heartbeat it

98  
00:04:27,240 --> 00:04:30,150  
produces a sound that we can hear but

99  
00:04:28,740 --> 00:04:31,740  
also as part of that sound there's an

100  
00:04:30,149 --> 00:04:34,049

infrasonic component that we don't hear

101

00:04:31,740 --> 00:04:35,370

now the muscles in our bodies also

102

00:04:34,050 --> 00:04:38,189

produce in for some when they change

103

00:04:35,370 --> 00:04:41,459

length so we follow the example with

104

00:04:38,189 --> 00:04:43,620

this guy making a fist the muscles in

105

00:04:41,459 --> 00:04:45,478

your forearm will make infrasound and

106

00:04:43,620 --> 00:04:48,870

you can sense that by sticking your

107

00:04:45,478 --> 00:04:51,300

thumbs in your ear and slowly making a

108

00:04:48,870 --> 00:04:55,668

fist and it helps to do both so that you

109

00:04:51,300 --> 00:04:55,668

don't and you need a rumbling

110

00:05:00,720 --> 00:05:05,860

there's a little demonstration of every

111

00:05:03,730 --> 00:05:09,220

sound so you can feel the spot that this

112

00:05:05,860 --> 00:05:10,930

is happening in your body animals

113

00:05:09,220 --> 00:05:12,100

commute animals you know they don't have

114

00:05:10,930 --> 00:05:13,720

to stick their thumbs in the ears they

115  
00:05:12,100 --> 00:05:14,920  
actually hear the sound of me we're

116  
00:05:13,720 --> 00:05:18,780  
learning more and more that they use it

117  
00:05:14,920 --> 00:05:21,069  
to communicate I it's been you know I

118  
00:05:18,779 --> 00:05:23,379  
elephants are I think the most famous

119  
00:05:21,069 --> 00:05:26,379  
for using it for sounded they got famous

120  
00:05:23,379 --> 00:05:28,600  
because they using persona to travel

121  
00:05:26,379 --> 00:05:31,509  
through the ground and others in the

122  
00:05:28,600 --> 00:05:34,060  
herd kilometers away can sense the

123  
00:05:31,509 --> 00:05:36,899  
infrasound through their feet and the

124  
00:05:34,060 --> 00:05:39,970  
hertz apparently communicate this way

125  
00:05:36,899 --> 00:05:44,549  
Tigers also in their vocalizations

126  
00:05:39,970 --> 00:05:47,530  
recently it's been come to light that

127  
00:05:44,550 --> 00:05:49,540  
they will to basically speak to each

128  
00:05:47,529 --> 00:05:51,669  
other with impress on salve airy

129  
00:05:49,540 --> 00:05:54,970  
important component of the way the

130  
00:05:51,670 --> 00:05:57,310  
Tigers communicate and and the the long

131  
00:05:54,970 --> 00:06:00,310  
wavelength of infrasound allows it to

132  
00:05:57,310 --> 00:06:02,949  
penetrate solid of course with the the

133  
00:06:00,310 --> 00:06:05,230  
elephant elephant example you can you

134  
00:06:02,949 --> 00:06:07,569  
can see that and again with the Tigers

135  
00:06:05,230 --> 00:06:09,730  
the dense forests make it difficult for

136  
00:06:07,569 --> 00:06:12,219  
audible sound to penetrate very deeply

137  
00:06:09,730 --> 00:06:13,689  
but the long wavelengths of infrasound

138  
00:06:12,220 --> 00:06:16,150  
makes it very effective for

139  
00:06:13,689 --> 00:06:19,930  
communicating through dense forest and I

140  
00:06:16,149 --> 00:06:21,909  
point this out because I'm going to come

141  
00:06:19,930 --> 00:06:23,980  
back to the penetrative aspect of

142  
00:06:21,910 --> 00:06:27,160  
infrasound later in the talk when we

143

00:06:23,980 --> 00:06:30,189  
when we move into clinical the potential

144  
00:06:27,160 --> 00:06:33,010  
for clinical application so humans dhoom

145  
00:06:30,189 --> 00:06:35,500  
sense and force own native even though

146  
00:06:33,009 --> 00:06:37,480  
we can't hear it in one of the most

147  
00:06:35,500 --> 00:06:41,829  
profound reactions to high intensity in

148  
00:06:37,480 --> 00:06:45,270  
person is nausea and this leads to the

149  
00:06:41,829 --> 00:06:47,709  
very fun urban myth of the brown note

150  
00:06:45,269 --> 00:06:50,009  
which I don't know if anybody heard of

151  
00:06:47,709 --> 00:06:51,599  
it it's there's been some fun TV

152  
00:06:50,009 --> 00:06:54,899  
adaptations of this

153  
00:06:51,600 --> 00:06:57,629  
most notably on South Park where they

154  
00:06:54,899 --> 00:07:02,269  
played the brown note to make everybody

155  
00:06:57,629 --> 00:07:02,269  
on earth simultaneously crap their pants

156  
00:07:02,300 --> 00:07:08,420  
now another fun perhaps myth I don't

157  
00:07:06,569 --> 00:07:11,790

know a victim yet coventry university

158

00:07:08,420 --> 00:07:14,129

has talked about that the femur there's

159

00:07:11,790 --> 00:07:15,900

a feeling of our fear that sense within

160

00:07:14,129 --> 00:07:18,000

persona and because we don't perceive

161

00:07:15,899 --> 00:07:19,319

anything coming to us it gives us vague

162

00:07:18,000 --> 00:07:20,759

feeling that something weird or

163

00:07:19,319 --> 00:07:23,819

something perhaps supernatural is

164

00:07:20,759 --> 00:07:25,920

happening and perhaps coupled with the

165

00:07:23,819 --> 00:07:27,930

fact that the resonant frequency of the

166

00:07:25,920 --> 00:07:30,530

eyeball is in the range of infrasound if

167

00:07:27,930 --> 00:07:36,540

you combine those two it might create

168

00:07:30,529 --> 00:07:38,009

what is seeing ghosts so just to this is

169

00:07:36,540 --> 00:07:39,780

a little bit more background and really

170

00:07:38,009 --> 00:07:41,909

getting way out of the realm where I

171

00:07:39,779 --> 00:07:44,279

have any expertise that can speak with

172  
00:07:41,910 --> 00:07:46,620  
any authority whatsoever but just for

173  
00:07:44,279 --> 00:07:48,539  
fun I wanted to lie about the connects

174  
00:07:46,620 --> 00:07:51,899  
between infrasound in crop circles which

175  
00:07:48,540 --> 00:07:54,240  
I learned about just to come to this

176  
00:07:51,899 --> 00:07:56,429  
conference and share with you the

177  
00:07:54,240 --> 00:08:00,210  
Italian starts with the nausea that is

178  
00:07:56,430 --> 00:08:02,759  
apparently experienced by humans

179  
00:08:00,209 --> 00:08:04,319  
visiting crop circles and then there's a

180  
00:08:02,759 --> 00:08:07,709  
story emerging that if you look at this

181  
00:08:04,319 --> 00:08:09,839  
stocks of the of the wheat as they're

182  
00:08:07,709 --> 00:08:12,750  
bent over they don't look like they've

183  
00:08:09,839 --> 00:08:14,819  
been physically bent as they would be if

184  
00:08:12,750 --> 00:08:16,319  
it was a bunch of teenagers with the

185  
00:08:14,819 --> 00:08:20,459  
two-by-four just smashing down the

186  
00:08:16,319 --> 00:08:22,259  
stocks but there are small holes right

187  
00:08:20,459 --> 00:08:26,159  
at the nodes where it looks like water

188  
00:08:22,259 --> 00:08:27,750  
has escaped it's been superheated so

189  
00:08:26,160 --> 00:08:30,990  
they the story goes that they're

190  
00:08:27,750 --> 00:08:32,788  
basically melted or liquefied because of

191  
00:08:30,990 --> 00:08:34,168  
a combination of infrasound pressure and

192  
00:08:32,788 --> 00:08:36,990  
then the stocks fall over in this

193  
00:08:34,168 --> 00:08:38,788  
intricate patterns so that's just for

194  
00:08:36,990 --> 00:08:40,710  
fun perhaps a little more sinister

195  
00:08:38,788 --> 00:08:43,649  
definitely more grounded in science and

196  
00:08:40,710 --> 00:08:45,269  
more relevant to today's

197  
00:08:43,649 --> 00:08:50,490  
discussion is the development of

198  
00:08:45,269 --> 00:08:51,959  
infrasound us as weaponry and I'm going

199  
00:08:50,490 --> 00:08:57,568  
to ask if anybody can help me pronounce

200

00:08:51,958 --> 00:09:00,828  
this guy's name Gavin bro so he and his

201  
00:08:57,568 --> 00:09:03,509  
team were developing weapons and

202  
00:09:00,828 --> 00:09:06,508  
apparently apparently the team you know

203  
00:09:03,509 --> 00:09:08,579  
with new nearly fatal experiences in the

204  
00:09:06,509 --> 00:09:12,028  
inner and developing these things this

205  
00:09:08,578 --> 00:09:14,549  
has been in 1957 and again I wanted to

206  
00:09:12,028 --> 00:09:15,869  
point out that the the key and in this

207  
00:09:14,549 --> 00:09:18,149  
case with the weaponry was the ability

208  
00:09:15,869 --> 00:09:19,889  
to kill people without the need to just

209  
00:09:18,149 --> 00:09:21,839  
you know MIT breakthrough buildings and

210  
00:09:19,889 --> 00:09:25,589  
and also that was real advantage of this

211  
00:09:21,839 --> 00:09:27,990  
and and and lichen like most things in

212  
00:09:25,589 --> 00:09:30,959  
medicine if you if you figure out that

213  
00:09:27,990 --> 00:09:33,379  
something can can be detrimental to

214  
00:09:30,958 --> 00:09:37,708

human physiology at one to us it's often

215

00:09:33,379 --> 00:09:41,188

possible to find a therapeutic dose so

216

00:09:37,708 --> 00:09:45,388

what has happened with infrasonic

217

00:09:41,188 --> 00:09:49,730

devices as in the healing realm so we

218

00:09:45,389 --> 00:09:52,110

started to look at this we threw my

219

00:09:49,730 --> 00:09:54,149

interactions working with chi chi gong

220

00:09:52,110 --> 00:09:57,120

practitioners in the chi gong community

221

00:09:54,149 --> 00:09:58,980

we became aware of a device that was

222

00:09:57,120 --> 00:10:01,339

affectionately called the Chi go machine

223

00:09:58,980 --> 00:10:01,339

now the