

Ancient Wisdom From World's #1 Tonic Herb Expert



Member Robert Anderson recommends "Three Treasures of Life with Ron Teegarden" as a quick and easy video teaching of how to generate chi and heal the body-mind of self and others and thought it worth sharing with Community Communiqué members.

He says, "Ron Teegarden is perhaps the foremost expert on Chinese herbalism, particularly tonic (health-building) herbs. His line of Dragon Herbs includes some of the most powerful formulas on the planet. The following was delivered to the attendees of the Longevity Conference held in May 2012 in Orange County, California (featuring David Wolfe et al.), and includes some helpful techniques for generating and circulating chi w/in the body for healing of self and others. It can serve as a quick intro to such healing modalities or a helpful refresher for those already familiar. Notice, he mentions just at the end that the 'deeper' use of the technique is applied to the force centers (chakras), and Cosolargists will recognize the technique as well as being privy to the greatest tonic of them all: Divine Light."

Dr. Tom Lee, another Communiqué member, concurs that the video provides some practical techniques for health and power: "These videos are wonderful as entry efforts at getting people interested in building their health experiences through ancient techniques to work on the body, mind, and spirit. "I would not rate these presenters as ultimate Masters, but they are certainly informative teachers. Their interests and skills are consistent with our teachings and studies. Efforts directed toward all the ancient mysteries will lead toward

Source and our Community of Light.”

[Link to longevity.com to watch the video “Three Treasures of Life with Ron Teegarden.”](#)

Link submitted by Robert Anderson