

“Inhale Deeply Yellow Arches”

This artwork by Viennese artist Axel Koschier (*1980) is based on the notes of self-described medical intuitive and -eccentric Andreas Nikolaus “Niki” Feschner. The notes, that are reproduced below, were found and photographed in a storage space attached to Feschner’s Tblissi apartment in front of which his body was discovered in the early morning hours of October 31st 2017. While local Georgian authorities ruled Feschner’s death an ‘accidental fall’ from his balcony, his followers, to this day, attribute it to an involvement of external actors: Feschner was controversial in his idiosyncratic medical practice of combining Qi Gong (Qi Kung), visual manifestation and his methodology of gaining insight through ‘channelings’ of deceased celebrities including Lady Di, Mohandas Ghandi and Abraham Lincoln. In a since-deleted post on a dedicated follower section of social media website ‘Reddit’, forum user Fesch_Vengo used credible details, including suspicious flight patterns and ominous celebratory semi-public

communications of Mongolian state security organs, to attribute Feschner's untimely death to rogue elements within the Mongolian state. Feschner had entertained a tense relationship with the latter ever since his expulsion from the country in 2017.

This previously unpublished text - extensively studied and practiced for months by Koschier - was found in Feschner's notes and reflects a late period of his work. Feschner, near destitute, explored using his unique intuitive gifts for commercial gain after being banned from the practice of medicine and having local and international bank accounts as well as online payment providers blocked. This was likely upon injunction of the US Department of State: In 2018, leaked cables suggested that Ulaanbaatar's state security organs exercised direct pressure on their US counterparts. Feschner, infamous for his direct and provocative style of communication, had in 2016 antagonised members of

an influential Ulaanbaatar family by publicly diagnosing corruption of the family qi, the collective vital life force flowing through and animating the bodies of its members. This feud forced Feschner to seek alternative venues of financial income: The notes were composed for a local subsidiary of international fast food retailer McDonalds, which had previously opened the country's first 'ride & drive thru' store in Ulaanbaatar accessible to both vehicles and horses. The manager of the local store Aaron Joseph IV, a US Mormon missionary, upon a chance meeting with Feschner seeking employment, had proposed for him to craft advertising copy. Specifically, Feschner was to contribute to a cross-promotional marketing campaign between McDonalds and Disney for the film 'Despicable Me 3'. Despite Joseph's intervention, the marketing campaign never saw the light of day and Feschner, increasingly isolated and facing hostility in the Mongolian capital, decided to leave the country in early 2017.

Born as the youngest sibling into a Franconian auto-parts dynasty in 1966, Feschner left his home city of Bamberg for the study of commercial law at the prestigious Parisian university Panthéon-Assas ("Paris 2") in 1984, but after two semesters decided to abandon his studies against the wishes of his parents. Feschner left for Tangier and decided to forego his inheritance to live in poverty on the streets of the Moroccan coastal city for 2 years. Feschner, who had developed an opium addiction, at this point began earning his livelihood as a medical intuitive and healer. He claimed to have discovered the practice by healing himself after being gravely injured during a mugging by street thugs and suffering a near death experience.

In the following years, Feschner intensified and professionalised his practice of alternative medicine. A successful healer in high demand in Tangier, he eventually left to pursue his practice in the alt-health El-Dorado of the US. With the help of investors, he opened a medical juicing

clinic in St Petersburg, Florida, in 1994, which, however, was forced to cease operations two years after, due to a lawsuit by a disgruntled patient. In the same year, facing the payment of a substantial settlement, Feschner fled the US for South East Asia to study the practice of esoteric Taoist Yoga and Qi Gong (Qi Kung) and its breathing techniques under various Thai and Burmese masters before permanently installing himself on a farm outside of the suburbs of post-Soviet Ulaanbatar (Ulan Bator) in 1996. There, he continued to teach meditative and spiritual practices as well as his own idiosyncratic system of healing. The text below is a transcription from Feschner's photographed handwritten notes as part of his legacy, discovered by artist Axel Koschier during a sleepless night of internet research in the Covid-winter of 2021. Despite Feschner's precarious material situation, we must interpret his venture into commercial advertising less as a desperate measure, than in the legacy of his spiritual project of a rejection of dualities: Feschner refused the idea of considering the commercial world

as a separate or lower plane when compared to the 'higher' sphere of art, intellectualism and spirituality.

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Inhale Deeply Yellow Arches

Stand in a relaxed fashion, your knees slightly bent. Imagine tension falling from your body, from shoulders, upper body, and the jaw which store and accumulate stress and tension. Fixate the MCDONALDS Yellow Arches. Now relax your gaze, watch with deep and heartfelt benevolence and inner smile. Imagine yourself an old sage, kindly beholding the world. Witness the lines blurring slightly.

Observe the dynamic gold beginning to move, coming alive in the arches, radiating from its center towards the outside. Use your tongue to touch the middle of your palate to close the microcosmic orbit. Feel the warmth circulat-

ing through your body from your palate to your brain down your neck and vertebrae all the way to your coccyx and perineum, the Hui Yin, and back up the front of your body.

With your nose, quietly draw in the golden stream into the point one inch behind your navel, the Tan-Tien Chi-Chung. Slowly and quietly inhale contracting your navel until you feel like it 'touches' the point opposite on your back. Exhale expanding your belly. Visualise the uptake of the golden arch fortifying your chi. Imagine exhaling toxic and stagnant energy accumulated there through your nose.

Repeat 9-18 times.

Feeling a warm yellow stove in your navel, move Chi energy along the microcosmic orbit. Contract the muscles around your anus to not let it leak to the floor! Inhale up your back. The adrenal glands are two beans sitting on top of your kidney in the middle of your back. In Qi-Kung, this energy center is represented by the colour

yellow. Feel fresh golden yellow MCDONALDS invigorating your energy center! Feel the yellow arch fortifying your back infusing each vertebra! Inhale up your back, feeling its entirety expand, the golden arches invigorating/becoming your shoulders and arms. Smile into your relaxed warm orange kidneys and yellow adrenal glands, the Jai-Ji, filling them up with golden chi with each breath. Imagine DISNEY yellow minion men cleaning out old stress and stale anxiety. Exhale out old polluted and stagnant Chi through your nose.

Repeat 9-18 times.

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