

Syllabus for Medical Qigong Practitioner (Level P-1)

“Introduction to Medical Qigong Therapy”

(Required Textbooks: The Secret Teachings of Chinese Energetic Medicine:
Volume #1, Volume #2, Volume #3, Volume #4, and Volume #5)

1. Historical Overview of Chinese Energetic Medicine

From ancient Shaman Mystics to Imperial Court Healers, Chinese Energetic Medicine has a vast history. Reading Assignment: V1, Ch. 1-2 (p. 3-78); V3, Ch. 28 (p. 339-341).

2. Energetic Anatomy and Physiology

- An Introduction to the Eight Extraordinary Vessels. Reading Assignment: V1, Ch. 6 (p. 319-360).
- An Introduction to the Six Extraordinary Organs. Reading Assignment: V1, Ch. 7 (p. 369-400).
- The Three Bodies and Three Worlds; and the various interactions effecting the Body, Mind and Spirit (Thoughts and Feelings). Reading Assignment: V1, Ch. 2 (p. 78-98).
- An Introduction to the ancient Daoist Three Powers of Heaven, Earth, and Man: Reading Assignment: V2, Ch. 11 (p. 3-8).
- Rooting The Three Bodies to the Qi of Heaven and Earth via the 1-Through-10 Meditation. Reading Assignment: V2, Ch. 20 (p. 575-582).

Exam #1: Name the Eight Extraordinary Vessels, and Explain their importance.

Exam #2: Name the Six Extraordinary Organs, and Explain their importance.

Exam #3: Name and Explain the importance of the Three Bodies, and their energetic interactions with the Three Worlds.

Exam #4: Name and Explain the importance of the Three Powers of Heaven, Earth, and Man, and their energetic interactions with the Three Bodies and Three Worlds.

Exam #5: Explain the importance of and Demonstrate the 1-Through-10 Meditation.

3. Energetic Embryological Development

- The Physical, Energetic, and Spiritual formation and energetic effects governing the development of the Human Body's Internal Organs and Tissues. Reading Assignment: Vol 1, Ch. 2 (p. 99-134).

4. Cleaning, Purging, and Containing Life-Force Energy

- Purging the Body's Internal Organ Turbid Qi using special Healing Sound Applications and feeling sensations via the Pulling Down the Heavens Exercise. Reading Assignment: V4, Ch. 47 (p.163-164).

- Sealing the Body's Clean Qi using special Hand Seals and Visualizations via the Pulling Down the Heavens Exercise. Reading Assignment: V4, Ch. 47 (p.186).

Exam #6: Name and Explain the importance of Energetic Purging before Tonifying.

5. Introduction to Channel Flow

- Understanding the Body's Internal Organs and Energetic Channels. Reading Assignment: V1, Ch. 8 (p. 401-422).

- Understanding the Body's Shadow Organs and Shadow Channels. Reading Assignment: V1, Ch. 8 (p. 555-556); V3, Ch. 21 (p. 88-90).

- Purging the Body's External Yin and Yang Channel Qi. Reading Assignment: V2, Ch. 16 (p. 377-378).

Exam #7: Name and Explain the difference between the body's Normal Internal Organs and Channels, and the body's Shadow Organs and Channels.

6. Purging Organs and Dredging Channel Qi Stagnation Exercises

- Counter Swing, Dropping Post, and Trembling Horse. Reading Assignment: V4, Ch. 46 (p. 161-162).

- Natural Breathing and the Beating and Drumming the Qi Meditation. Reading Assignment: V4, Ch. 47 (p. 163-167).

Exam #8: Explain and Demonstrate the Counter Swing, Dropping Post, and Trembling Horse Purging Exercises and their important energetic applications; as well as when is this exercise encouraged and contraindicated.

7. Introduction to the Daoist Five Yin Organ Exercise

- The Opening: Strengthening the Spine and body's Central Nervous System. Reading Assignment: V4, Ch. 47 (p. 168-169).

- The Daoist Five Lung Organ Exercise: Relationship to Po (Corporeal Soul); Congenital and Acquired Emotions; Lung Tonification Exercise; Traumatology (Relieving Diaphragm Spasm). Reading Assignment: V1, Ch. 2 (p. 135-153); V4, Ch. 47 (p. 170-171).

- The Daoist Five Kidney Organ Exercise: Relationship to Zhi (Will); Congenital and Acquired Emotions; Kidney Tonification Exercise; Traumatology (Relieving Insomnia). Reading Assignment: V1, Ch. 8 (p. 529); V4, Ch. 47 (p. 172-173).

- The Daoist Five Liver Organ Exercise: Relationship to Hun (Ethereal Soul); Congenital and Acquired Emotions; Liver Tonification Exercise; Traumatology (Beating the Bag). Reading Assignment: V4, Ch. 47 (p. 174-176).

- The Daoist Five Heart Organ Exercise: Relationship to Shen (Spirit); Congenital and Acquired Emotions; Tonification Exercise; Traumatology (Relieving Cardiac Arrest). Reading Assignment: V4, Ch. 47 (p. 177-179).

- The Daoist Five Spleen Organ Exercise: Relationship to Yi (Intellect); Congenital and Acquired Emotions; Tonification Exercise. Reading Assignment: V4, Ch. 47 (p. 180-182).

• The Ending: The Turtle Breathing Exercise. Reading Assignment: V2, Ch. 16 (p. 288-294); V4, Ch. 47 (p. 182-185).

Exam #9: Explain and Demonstrate the Daoist Five Yang Organ Exercises and its important energetic applications; as well as when this exercise is modified in order to treat specific clinical conditions.

Exam #10: Explain and Demonstrate the Daoist Five Yin Organ Exercises and their important energetic applications; as well as when these exercises are modified in order to treat specific clinical conditions.

Exam #11: Explain and Demonstrate the Daoist Turtle Breathing Exercises and its important energetic applications; as well as when is it encouraged and contraindicated.

8. Gwan Gong Stroking Beard (Small Heaven Orbit Meditation)

To Regulate the Body's Sea of Yin and Sea of Yang Qi; practicing Reverse Breathing and the Countraindications for Reverse Breathing. Reading Assignment: V2, Ch.17 (p.430-431); For more information, see Daoist Internal Alchemy: Neigong & Weigong Training (p. 485-501).

Exam #12: Explain and Demonstrate the Gwan Gong Stroking Beard Exercise; as well as its important energetic applications, and when is this meditation Exercise encouraged and contraindicated.

9. Healing Sounds For Emotional Detoxing

To Purge Whole Body Stagnation using combined Sound Therapy, via the Old Man Searching for the Reflection of the Moon at the Bottom of the Tide Pool. Reading Assignment: V4, Ch. 45 (p. 76-77).

Exam #13: Explain and Demonstrate the Old Man Searching for the Reflection of the Moon at the Bottom of the Tide Pool Exercise; as well as its important energetic applications, and when is this Healing Sound Exercise encouraged and contraindicated.

10. Six Healing Sounds Exercise (A)

To Purge Individual Internal Organ Stagnation, using specific Sound Therapy. Introduction to Purging and Detoxifying the Liver, Heart, and Spleen Organs. Reading Assignment: V4, Ch. 45 (p. 43-62).

11. Six Healing Sounds Exercise (B)

To Purge Individual Internal Organ Stagnation, using specific Sound Therapy. Introduction to Purging and Detoxifying the Lungs, Kidneys, and Triple Burners. Reading Assignment: V4, Ch. 45 (p. 63-75).

Exam #14: Explain and Demonstrate the Six Healing Sound Exercises; as well as their important energetic applications, and when are these Healing Sound Exercise encouraged and contraindicated.

12. The Clinical Applications of Special Sound Vibrations.

Secret Mantra Sounds used for Opening the Nine Energetic Chambers of each of the body's Three Dantians. Reading Assignment: V4, Ch. 45 (p. 79-84).

13. The Golden Ball Regulation Exercise

Regulating The Three Body's Life-Force Energies, using the Eight Actions of Qi (Rise-Fall, Expand-Contract, Flow-In &Flow-Out, Gather and Disperse. Reading Assignment: V5, Ch. 71 (p. 397-399).

Exam #15: Explain and Demonstrate the Golden Ball Regulation Exercises; as well as their important energetic applications.

14. The Sleeping Dragon Exercise

A Five Stage Regulating Exercise used in order to empower the Medical Qigong Doctor: Absorbing Light (Back Bridge Bar, Collar of Blue Light), Absorbing and Packing Earth Qi, Emitting Qi Through Palms, Spiraling the Qi Through Palms, Shinning Light Through the Taiji Pole. True Transmission Teaching – From Master to Disciple; For more information, see Daoist Internal Alchemy: Neigong & Weigong Training (p. 225-234).

15. Dragon Waking and Thrashing Exercise

Introduction to Consciously Projecting Qi, using the Palms. Reading Assignment: V3, Ch. 25 (p. 201-205). True Transmission Teaching – From Master to Disciple; For more information, see Daoist Internal Alchemy: Neigong & Weigong Training (p. 234-236)

16. Dragon Playing With Pearl Exercise

Introduction to Consciously Molding Qi, using the Palms. Reading Assignment: V3, Ch. 26 (p. 277). True Transmission Teaching – From Master to Disciple; For more information, see Daoist Internal Alchemy: Neigong & Weigong Training (p. 236)

17. The Four Guardians Meditation to Prevent the Invasion of External Pathogens

Protective Meditation used to strengthen the body's External Energetic Field, in order to protect the Doctor from the invasion of Pathogenic Qi in the clinic. Reading Assignment: V2, Ch. 20 (p. 570-574.)

Exam #16: Explain and Demonstrate the Four Guardian Meditation Exercises; as well as its important energetic applications.

18. The Energetic Function of Various Qigong Exercises

How to Analyze and Categorize the many different types to Qigong Exercises; including a Basic Introduction to Medical Qigong Prescriptions, as well as how and when to Establish a Personal Medical Qigong Workout. Reading Assignment: V4, Ch. 40 (p. 3-17).