

# International Institute of Medical Qigong

## Introduction to Medical Qigong

Seminar Syllabus Course P.1

32 Hours

### **Introduction to Medical Qigong:**

Energetic Embryological Development, Energetic Anatomy and Physiology; Dredging the Body's Yin and Yang Channels; Wuji Posture and 1-through-4 Meditation. Reading Assignment: All of Chapters 1 and 2 (pages 3-50); Chapter 10 (pages 225-230); and Chapter 26 (pages 504-505) [NEW: V1, Ch. 1-2 (p. 3-120); V2, Ch. 11 (p. 3-21); V3, Ch. 28 (p. 218-219)]

### **Purging and Dredging Stagnant Qi Exercises:**

Counter Swing, Dropping Post, and Trembling Horse; Natural Breathing; Beating and Drumming the Qi Meditation

### **Introduction to the Daoist Five Yin Organ Exercise:**

Opening and Strengthening the Spine and Central Nervous System;  
Reading Assignment: Chapter 42 (pages 711-722) [NEW: V4, Ch. 44 (p. 139-140)]

### **The Daoist Five Lung Organ Exercise:**

Relationship to Po (Corporeal Soul); Congenital and Acquired Emotions; Tonification Exercise; Traumatology (Relieving Diaphragm Spasm). Reading Assignment: Chapter 2 (pages 33, 36 and 46-48); Chapter 13 (pages 296-297); and Chapter 42 (712-713) [NEW: V1, Ch. 2 (p. 74-76, 87, 102-103); V1, Ch. 2 (p. 107-112); V4, Ch. 44 (p. 140-142)]

### **The Daoist Five Kidney Organ Exercise:**

Relationship to Zhi (Will); Congenital and Acquired Emotions; Tonification Exercise; Traumatology (Relieving Insomnia). Reading Assignment: Chapter 2 (pages 34); Chapter 13 (pages 298); Chapter 42 (713-714); and Chapter 39 (pages 653-655) [NEW: V1, Ch. 2 (p. 85) V1, Ch. 8 (p. 423); V4, Ch. 44 (p. 143-145); V4, Ch. 41 (p. 30-35)]

### **The Daoist Five Liver Organ Exercise:**

Relationship to Hun (Ethereal Soul); Congenital and Acquired Emotions; Tonification Exercise; Traumatology (Discharging Anger Exercise). Reading Assignment: Chapter 2 (pages 33, 37 and 45-46); Chapter 13 (pages 292-295); Chapter 42 (pages 714-715); and Chapter 53 (pages 848-850) [NEW: V1, Ch. 2 (p. 88, 100-103); V1, Ch. 2 (p. 103-106); V4, Ch. 44 (p. 146-148); V4, Ch. 55 (p. 468-472)]

### **The Daoist Five Heart Organ Exercise:**

Relationship to Shen (Spirit); Congenital and Acquired Emotions; Tonification Exercise; Traumatology (Relieving Cardiac Arrest). Reading Assignment: Chapter 2 (pages 33, 35); Chapter 13 (pages 295-296 and 298-310); and Chapter 42 (pages 715-717) [NEW: V1, Ch. 2 (p. 86-87, 102-103); V1, Ch. 8 (p. 393-395); V4, Ch. 44 (p. 148-150)]

### **The Daoist Five Spleen Organ Exercise:**

Relationship to Yi (Intellect); Congenital and Acquired Emotions; Tonification Exercise. Reading Assignment: Chapter 2 (pages 33 and 38-39); Chapter 13 (page 296), and Chapter 42 (pages 718-719) [NEW: V1, Ch. 2 (p. 90, 102-103); V1, Ch 8 (p. 382-83); V4, Ch. 44 (p. 151-153)]

### **Ending with Turtle Breathing:**

Turtle Exercise; Gwan Gong Stroking Beard (Microcosmic Orbit Meditation). Reading Assignment: Chapter 42 (pages 719-722); and Chapter 41 (pages 678-681) [NEW: V4, Ch. 44 (p. 154-157); V4, Ch. 43 (p. 99-106)]

**Healing Sounds For Emotional Detoxing:**

Old Man Searching for the Reflection of the Moon at the Bottom of the Tide Pool. Reading Assignment: Chapter 40 (pages 666-668) [NEW: V4, Ch. 42 (p. 57-59)]

**Six Healing Sounds Exercise (A):**

The Six Healing Sounds: Purging and Detoxifying the Liver, Heart and Spleen Organs. Reading Assignment: Chapter 40 (pages 657-663) [NEW: V4, Ch. 42 (p. 41-49)]

**Six Healing Sounds Exercise (B):**

The Six Healing Sounds: Purging and Detoxifying the Lungs, Kidneys and Triple Burners. Reading Assignment: Chapter 40 (pages 663-668) [NEW: V4, Ch. 42 (p. 49-55)]

**The Golden Ball Regulation Exercise:**

Regulating The Body's Eight Actions of Qi: Rise-Fall, Expand-Contract, Flow In-Flow Out, Gather-Disperse. Reading Assignment: Chapter 13 (pages 273-283) [NEW: V2, Ch. 14 (p. 115-133)]

**The Ren Wu Zang Meditation to Prevent the Invasion of External Pathogens:**

Shengong Meditation (Wu Zang - to strengthen the body's energetic field in order to protect the healer from the invasion of pathogenic factors). Reading Assignment: Chapter 28 (pages 530-533) [NEW: V3, Ch. 3 (p. 263-265)]

**How to Analyze and Categorize Qigong Exercises:**

How to Analyze and Categorize Qigong Exercises; A Basic Introduction to Medical Qigong Prescriptions; Establishing a Personal Medical Qigong Workout. Reading Assignment: Chapter 38 (pages 641-648) [NEW: V4, Ch. 40 (p. 3-17)]