

International Institute of Medical Qigong

The Treatment of Organ Diseases and Medical Qigong Prescription Exercises

Seminar Syllabus Course P.4

32 Hours

Medical Qigong Prescription Exercises and Meditations

History of Medical Qigong Exercises and Meditations, Principles of Yin and Yang and Dao Yin Training in Self-Regulation, Choosing Prescription Exercises According to the Patient's Qi Circulation, Medical Qigong Prescription Exercises for General Syndromes, Number of Breaths Required in Medical Qigong Prescriptions, Choosing the Proper Posture, Primary and Secondary Postures.

Reading Assignment: Chapter 38 (pages 641-648) [NEW: V4, Ch. 40 (p. 3-17)]

Internal Organ Self-Massage Prescriptions

Organ Massage Prescriptions, Heart Massage, Liver Massage, Lung Massage, Spleen and Stomach Massage, Kidney Massage, Prescription for Insomnia

Reading Assignment: Chapter 39 (pages 649-655) [NEW: V4, Ch. 41 (p. 19-35)]

Healing Sound Prescriptions for Purgation:

Introduction and History, Sound Volume Resonance, High, Middle and Low Pitched Sounds, Breath and Mind Control, Separating the Breath into Yin and Yang, Long and Sharp Exhalations, The Six Healing Sound Prescriptions, The Proper Number of Breaths for Healing Sound Practice, Combining Multiple Organ Sounds, Old Man Searching for the Reflection of the Moon at the Bottom of Tide Pool, Inhaling the Sounds for Tonification, Contraindications for the Six Healing Sound Therapy

Reading Assignment: Chapter 40 (pages 657-668) [NEW: V4, Ch. 42 (p. 37-59)]

(Exercise 1: Six Healing Sounds Prescription Exercises)

(Exercise 2: Emotional Detoxifying Prescription Sound Exercises)

Healing Sound Prescriptions (Continued):

Combining Energetic Point Therapy with Emitted Sound Therapy, Sound Resonance and Mantras, Fast and Slow Rhythm, Audible and Inaudible Tone, Sound Resonance Therapy for Tumor and Cancer, Preparation for Tumor and Cancer Sound Therapy, The Proper Amount of Tone Regulations, Specialized Prescriptions for Tumors and Cancer, Contraindications for Tumor and Cancer Sound Therapy

Reading Assignment: Chapter 40 (pages 668-673) [NEW: V4, Ch. 42 (p.60-94)]

(Exercise 1: Organ Disease Healing Sounds Prescription Exercises)

(Exercise 2: Cancer Healing Sounds Prescription Exercises)

Prescription Exercises and Meditations:

Starting and Ending the Prescription Exercises and Meditations, Medical Qigong Prescriptions for Qi Cultivation, The Fire Cycle, Water Cycle, and Wind Cycle of the Microcosmic Orbit, Medical Qigong Wu Dang Prescription Exercises, Medical Qigong Self-Healing Massage and Point Therapy.

Reading Assignment: Chapter 41 (pages 675-707) [NEW: V4, Ch. 43 (p. 95-136)]

Prescription Exercises and Meditations (Continued):

Daoist Medical Qigong Regulation Exercises

Reading Assignment: Chapter 42 (pages 709-722) [NEW: V4, Ch. 44 (p. 137-158)]

Treatment of Internal Disease with Medical Qigong Therapy

Qi Emission Therapy and Prescription Exercises for Liver and Gall Bladder Diseases

Reading Assignment: Chapter 43 (pages 725-734) [NEW: V4, Ch. 45 (p. 160-187)]

Treatment of Internal Disease with Medical Qigong Therapy (Continued)

Qi Emission Therapy and Prescription Exercises for Heart and Small Intestine Diseases

Reading Assignment: Chapter 44 (pages 735-743) [NEW: V4, Ch. 46 (p. 189-212)]

Treatment of Internal Disease with Medical Qigong Therapy (Continued)

Qi Emission Therapy and Prescription Exercises for Spleen and Stomach Diseases

Reading Assignment: Chapter 45 (pages 745-757) [NEW: V4, Ch 47 (p. 213-248)]

Treatment of Internal Disease with Medical Qigong Therapy (Continued)

Qi Emission Therapy and Prescription Exercises for Lung and Large Intestine Diseases

Reading Assignment: Chapter 46 (pages 759-768) [NEW: V4, Ch. 48 (p. 249-271)]

Treatment of Internal Disease with Medical Qigong Therapy (Continued)

Qi Emission Therapy and Prescription Exercises for Kidney and Urinary Bladder Diseases

Reading Assignment: Chapter 47 (pages 769-779) [NEW: V4, Ch. 49 (p. 273-295)]

Qi Emission Therapy for Miscellaneous Diseases

Clinical Protocols Used to Treat Various Types of Headaches

Clinical Protocols Used to Treat Chronic Fatigue and Immune Dysfunction Syndromes

Reading Assignment: Chapter 48 (pages 787-791) [NEW: V4, Ch. 50 (p. 297-317)]