



Syllabus for Medical Qigong Practitioner (Level P1) "Introduction to Medical Qigong Therapy"

Class Schedule:

- Class begins Friday promptly at 10:00 AM and will end by 5:00 PM.
- Classes on Saturday and Sunday will begin at 9:00 AM and will end by 5:00 PM.
- Class on Monday begins at 9:00 AM and will end by 4:00 PM.
- We will have a 90-minute lunch break that is typically from 12:00 to 1:30 PM.

Required Textbooks: Johnson, Jerry A., *The Secret Teachings of Chinese Energetic Medicine: Volume 1, 2, 3, 4, and 5*

Reading Assignments:

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

- The Three Bodies and Three Worlds; and the various interactions affecting 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).
- The 18 Rules of Proper Dao Yin Posture: Reading Assignment: V2, Ch.16 (p. 282-335)
- 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 and Explain the importance of the Three Bodies, and their energetic interactions with the Three Worlds.

Exam #2: 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 #3: 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).

Exam #4: Name and Explain the importance of Energetic Purging before Tonifying.

5. Introduction to Channel Flow

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

Exam #5: 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: V2, Ch. 17 (p. 426-428).

Exam #6: 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: V4, Ch. 47 (p. 182-185).

Exam #7: 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 #8: 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 #9: Explain and Demonstrate the Daoist Turtle Breathing Exercises and its important energetic applications; as well as when it is encouraged and contraindicated.

8. Microcosmic Orbit

- Governing & Conception Vessels. Reading Assignment: V2, Ch.17 (p. 430-431)

Exam #10: Explain and Demonstrate the Microcosmic Orbit; 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 #11: 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 #12: Explain and Demonstrate the Six Healing Sound Exercises; as well as their important energetic applications, and when these Healing Sound Exercises are encouraged and contraindicated.

12. 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 #13: Explain and Demonstrate the Golden Ball Regulation Exercises; as well as their important energetic applications.

13. 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 #14: Explain and Demonstrate the Four Guardian Meditation Exercises; as well as its important energetic applications.

14. 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).