

Syllabus for Medical Qigong Practitioner (Level P-2)

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

1. Introduction to Soul Retrieval Training

- Locating the Body's Past, Present, and Future Energetic Chambers Meditation. Reading Assignment: V2, Ch. 19 (p. 541-543).
- The "Pulling out the Pain" Meditation. Reading Assignment: V3, Ch. 33 (p. 518-519).
- "Transformational Accepting Self" Meditation and the "Releasing Emotional Blockages and Energetic Armoring Meditation. Reading Assignment: V5, Ch. 73 (p. 502). True Transmission Teaching – From Master to Disciple

Exam #1: Explain and Demonstrate the "Pulling out the Pain" Meditation; as well as its important energetic applications.

2. The "One through Ten" Meditation and 3 Prayer Invocations

- Rooting The Three Bodies to the Qi of Heaven and Earth via the 1-Through-10 Meditation; plus the Three Prayer Invocations needed to create a Divine Healing Field through which to Treat patients. Reading Assignment: V2, Ch. 20 (p. 575-586). True Transmission Teaching – From Master to Disciple

Exam #2: Explain and Demonstrate the "1-Through-10" Meditation" and Three Prayer Invocations; as well as its important energetic applications.

3. Developing Qi Vibration

- Introduction to Energy Vibration (Stage #1). Reading Assignment: V3, Ch. 26 (p. 248-255).
- The 6 Levels of Yi-Quan Training. Story of Guo "the Divine Crushing Palm." True Transmission Teaching – From Master to Disciple.
- The Eight Exercises used to create vibration within the body. Reading Assignment: V3, Ch. 26 (p. 256-264).

Exam #3: Explain and Demonstrate Energy Vibration; as well as its important energetic applications.

4. Dissolving and Rebuilding the Bodies Qi

Energetically Dissolving and Rebuilding the Three Bodies via the Life Force Breathing Meditation. True Transmission Teaching – From Master to Disciple; for more information, see Doctor Johnson's Tai Chi Meditation CD #1

5. Expanding the Channels and Increasing Qi Flow

Energetically Expanding the Channels of the Arms and activating the Nine Chambers of each Dantian via the Taiji Zhi Ball of Light Meditation. Reading Assignment: V3, Ch. 26 (p. 268-273).

Exam #4: Explain and Demonstrate the Taiji Zhi Ball of Light Meditation; as well as its important energetic applications.

6. Phantom Hand Exercises

For training and increasing Creative Visualization, in order to Create, Shape, and Mold energy. Reading Assignment: V3, Ch. 28 (p. 357-359).

- The Big Hand Exercise. Used to energetically grow and increase your body's Qi. Reading Assignment: V3, Ch. 28 (p. 359).
- The Dipping Hand Exercise. Used to energetically dip into and penetrate a partner's three bodies. Reading Assignment: V3, Ch. 28 (p. 360-361).
- The Pushing Hand Exercise. Used to energetically push and move a partner's body without touching them. Reading Assignment: V3, Ch. 28 (p. 361-363).
- The Pulling Hand Exercise. Used to energetically pull and move a partner's body without touching them. Reading Assignment: V3, Ch. 28 (p. 363).

7. Training and Increasing Mind Concentration

Intermediate Meditation used in transforming energetic boundaries and further expanding conscious awareness of energetic realms. True Transmission Teaching – From Master to Disciple;

- The Fusion of Tangible Matter and Intangible Energy. Reading Assignment: V3, Ch. 28 (p. 354-356).
- The Fusion of Body-Mind-Energy Meditation. Reading Assignment: V3, Ch. 28 (p. 356-357).

8. Increasing Intuitive and Perceptual Awareness Meditation

Intermediate Meditation used for increasing the energetic boundaries and further expanding conscious awareness of surrounding environment. True Transmission Teaching – From Master to Disciple;

- Eight Direction Perception Meditation. Reading Assignment: V3, Ch. 21 (p. 27-29). True Transmission Teaching – From Master to Disciple; for more information, see Doctor Johnson's Tai Chi Meditation CD #2).

Exam #5: Explain and Demonstrate the Eight Direction Perception Meditation; as well as its important energetic applications.

9. Increasing Perceptual Awareness of the True Self

Intermediate Meditation used for "Awakening" and expanding the Perceptive Awareness, and

reconnecting with the Intuitive Consciousness. Reading Assignment: V3, Ch. 28 (p. 331-338).
True Transmission Teaching – From Master to Disciple;

- Who are You? -
- Where is the Center of Space?
- Where is the Center of Time? Meditation

10. Introduction to Medical Qigong Clinic Basics

- Creating an Energetic Circle. Reading Assignment: V3, Ch. 29 (p. 381-387).
- Dredging and Purging the Patient's Toxic Energy. Reading Assignment: V3, Ch. 29 (p. 388-390).
- Understanding Energetic Cords. Reading Assignment: V3, Ch. 29 (p. 391-397).
- Disposing of the patient's Toxic Energy. Reading Assignment: V3, Ch. 29 (p. 398-399).

Exam #6: Explain and Demonstrate the skill of Creating an Energetic Circle; as well as its important energetic applications.

Exam #7: Explain Energetic Cords; as well as their important energetic applications.

Exam #8: Explain and Demonstrate the skill of Disposing of the patient's Toxic Energy; as well as its important energetic applications.

11. Introduction to Energetic Diagnosis

Developing an Energetic Sensitivity to the body's Five Energetic Fields

- Diagnosing The Body's Three External Wei Qi Fields. Reading Assignment: V2, Ch. 14 (p. 218-221).
- Diagnosing The Body's Current of Ying Qi. Reading Assignment: V2, Ch. 14 (p.222).
- Diagnosing The Body's Sea of Blood. Reading Assignment: V2, Ch. 14 (p.223).
- Diagnosing The Body's Sea of Marrow. Reading Assignment: V2, Ch. 14 (p.224).
- Diagnosing The Body's Center Core of Light (Taiji Pole of Man). Reading Assignment: V2, Ch. 14 (p.224-225); V1, Ch. 5 (p. 237-242 and 256-258)

12. Introduction to Medical Qigong Treatment Protocols

Introduction to "Table Work."

- "Tonification Treatment Protocol," For Extremely Deficient Patients. Reading Assignment: V3, Ch 29 (p. 400-403)
- Introduction to "The General Treatment Protocol." Reading Assignment: V3, Ch 29 (p. 404-408)
- Refining General Treatment Protocol

Table Work, Medical Qigong Purgation, Tonification and Regulation Therapy.

Exam #9: Explain and Demonstrate the “Tonification Treatment Protocol;” as well as its important energetic applications.

Exam #10: Explain and Demonstrate the “General Treatment Protocol;” as well as its important energetic applications.