

3 TREASURES HEALING SYLLABUS CREATED BY JERRY ALAN JOHNSON OF INTERNATIONAL INSTITUTE OF MEDICAL QIGONG

INTRODUCTION TO MEDICAL QIGONG

SEMINAR SYLLABUS COURSE P.1

Introduction to Medical Qigong:

Energetic Embryological Development, Energetic Anatomy and Physiology; Dredging the Body's Yin and Yang Channels; Wuji Posture; Pulling down the Heavens and 1-through-4 Meditation.
OLD Reading Assignment: All of Chapters 1 and 2 (pages 3-50); Chapter 10 (pages 225-230); and Chapter 26 (pages 504-505)
NEW Reading Assignment: V1, Ch. 1-2 (p. 3-120); V2, Ch. 11 (p. 3-21); V4, Ch43 (p106-108); 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
NEW Reading Assignment: V2, Ch. 17 (p. 303-307); V4, Ch. 44 (p. 137-139)

Introduction to the Daoist Five Yin Organ Exercise:

Opening and Strengthening the Spine and Central Nervous System;
OLD Reading Assignment: Chapter 42 (pages 711-722)
NEW Reading Assignment: 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).
OLD Reading Assignment: Chapter 2 (pages 33, 36 and 46-48); Chapter 13 (pages 296-297); and Chapter 42 (712-713)
NEW Reading Assignment: V1, Ch. 2 (p. 74-76, 87, ???102-103); V1, Ch. 2 (p. 107-112); V1, Ch. 8 (p. 347-348); 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).
OLD Reading Assignment: Chapter 2 (pages 34); Chapter 13 (pages 298); Chapter 42 (713-714); and Chapter 39 (pages 653-655)
NEW Reading Assignment: 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).
OLD 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 Reading Assignment: V1, Ch. 2 (p. 88, 100-103); V1, Ch. 2 (p. 103-106); V1, Ch. 8 (p. 333-336); 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).

OLD Reading Assignment: Chapter 2 (pages 33, 35); Chapter 13 (pages 295-296 and 298-310); and Chapter 42 (pages 715-717)
NEW Reading Assignment: 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.
OLD Reading Assignment: Chapter 2 (pages 33 and 38-39); Chapter 13 (page 296), and Chapter 42 (pages 718-719)
NEW Reading Assignment: 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; Reverse Breathing, Gwan Gong Stroking Beard (Microcosmic Orbit Meditation).
OLD Reading Assignment: Chapter 42 (pages 719-722); and Chapter 41 (pages 678-681)
NEW Reading Assignment : V4, Ch. 44 (p. 154-157); V2, Ch. 17 (p. 307-308); 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.
OLD Reading Assignment: Chapter 40 (pages 666-668)
NEW Reading Assignment: V4, Ch. 42 (p. 57-59)]

Six Healing Sounds Exercise (A):

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

Six Healing Sounds Exercise (B):

The Six Healing Sounds: Purging and Detoxifying the Lungs, Kidneys and Triple Burners.
OLD Reading Assignment: Chapter 40 (pages 663-668)
NEW Reading Assignment: V4, Ch. 42 (p. 49-57)]

The Golden Ball Regulation Exercise:

Regulating The Body's Eight Actions of Qi: Rise-Fall, Expand-Contract, Flow In-Flow Out, Gather-Disperse.
OLD Reading Assignment: Chapter 13 (pages 273-283)
NEW Reading Assignment: 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).
OLD Reading Assignment: Chapter 28 (pages 530-533)
NEW Reading Assignment: 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.
OLD Reading Assignment: Chapter 38 (pages 641-648)
NEW Reading Assignment: V4, Ch. 40 (p. 3-17)]