

# Syllabus for Medical Qigong Therapist (Level T-5)

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

## 1. Medical Qigong Dao Yin Training

- Introduction to Medical Qigong Dao Yin Training. Reading Assignment: V2, Ch. 15 (p. 263-267).
- Dao Yin Diagnostic Methods. Reading Assignment: V2, Ch. 15 (p. 268-270).
- The Three Schools of Dao Yin Training. Reading Assignment: V2, Ch. 15 (p. 271-276).

## 2. Medical Qigong Stationary Postural Dao Yin Training

- Introduction to Stationary Postural Dao Yin Training. Reading Assignment: V2, Ch. 16 (p. 277-281).
- The 18 Rules of Proper Dao Yin Training. Reading Assignment: V2, Ch. 16 (p. 282-335).
- **Exam #1:** Explain and Demonstrate how to Rectify Incorrect Postures, and explain why (i.e., the advantages) these corrections are important.

• Introduction to Static and Dynamic Posture Training. Choosing Proper Static Posture; Lying Postures; Sitting Postures; Standing Postures. Reading Assignment: V2, Ch. 16 (p. 336-349).

**Exam #2:** Choosing Proper Postures according to specific Diseased Conditions, and explain why (i.e., the advantages) these Posture Positions are important.

• Secret Training Used to Energetically Activating the Various Medical Qigong Hand Postures. Using the Energy of the Hands to Lead Qi. Reading Assignment: V2, Ch. 16 (p. 350-368). True Transmission Teaching – From Master to Disciple.

• Secret Training Used to Energetically Combine Hand Postures with Prayers and Incantations. Using the Jing, Qi and Shen to increase Qi Emission. Reading Assignment: V2, Ch. 16 (p. 369-371).

• **Exam #3:** Describe the specific Visualizations, Body Postures, Hand Postures, and Prayer Incantations used during the “One Through Ten” Preparation Meditation, and explain why it is so important.

## 3. Medical Qigong Moving Postural Dao Yin Training

- Introduction to Dynamic Postural Dao Yin Training. Reading Assignment: V2, Ch. 16 (p. 372-373).
- A Deeper Comprehension of Medical Qigong Self-Massage. Reading Assignment: V2, Ch. 16 (p. 374-378).
- The Band Heating Exercises. Reading Assignment: V5, Ch. 71 (p. 390-395).

- A Deeper Comprehension of Medical Qigong Hand Movements. Reading Assignment: V2, Ch. 16 (p. 379-381).
- The Golden Ball Exercise. Reading Assignment: V5, Ch. 71 (p. 397-399).
- **Exam #4:** Describe the specific Visualizations, Body Postures, and Hand Postures of the Band Heating Exercises.
- **Exam #5:** Describe the specific Visualizations, Body Postures, and Hand Postures of the Golden Ball Exercise.

#### **4. Medical Qigong Walking Training**

- Introduction to Medical Qigong Walking Therapy. Reading Assignment: V2, Ch. 16 (p. 382-383).
- Daoist Circle Walking. Reading Assignment: V2, Ch. 16 (p. 383-384).
- Understanding Medical Qigong Walking Applications. Reading Assignment: V2, Ch. 16 (p. 385-398).
- Ending the Walking Therapy. Reading Assignment: V2, Ch. 16 (p. 398-400).
- Guo Lin Cancer Walking Applications. Reading Assignment: V5, Ch. 63 (p. 65-69).
- **Exam #6:** Describe specific Medical Qigong Walking Meditation Exercises, and explain when and why you would Prescribe it.

#### **5. Medical Qigong Respiratory Dao Yin Training**

- Introduction to Respiratory Dao Yin Training. Reading Assignment: V2, Ch. 17 (p. 401-410).
- The Link Between the Body, Breath, and Spirit (Heart/Mind). Reading Assignment: V2, Ch. 17 (p. 410-412).
- The Channel's Energetic Movement and the body's Respiration. Reading Assignment: V2, Ch. 17 (p. 413-416).
- The True Essentials of Respiratory Dao Yin Training. Reading Assignment: V2, Ch. 17 (p. 410-412).
- Energetically Sealing the Respiration Qi Using Hand Seals. Reading Assignment: V2, Ch. 17 (p. 421-423). True Transmission Teaching – From Master to Disciple.
- Respiratory Tonification, Purgation and Regulation Methods. Reading Assignment: V2, Ch. 17 (p. 424-425).
- The Eight Dao Yin Breathing Techniques. Reading Assignment: V2, Ch. 17 (p. 426-442).
- **Exam #7:** Explain and Demonstrate the Natural Breathing Method; then describe when to practice it, and when it is Contraindicated
- **Exam #8:** Explain and Demonstrate the Long and Deep Breathing Method; then describe when to practice it, and when it is Contraindicated
- **Exam #9:** Explain and Demonstrate the Reverse Abdominal Breathing Method; then describe when to practice it, and when it is Contraindicated

- **Exam #10:** Explain and Demonstrate the Deep Exhalation Method; then describe when to practice it, and when it is Contraindicated
- **Exam #11:** Explain and Demonstrate the Abdominal Breath Holding Method; then describe when to practice it, and when it is Contraindicated
- **Exam #12:** Explain and Demonstrate the Windy Breathing Method; then describe when to practice it, and when it is Contraindicated
- **Exam #13:** Explain and Demonstrate the Aspirating Breathing Method; then describe when to practice it, and when it is Contraindicated
- **Exam #14:** Explain and Demonstrate the Hibernation Breathing Method; then describe when to practice it, and when it is Contraindicated

## **6. Medical Qigong Mental Dao Yin Training**

- Introduction to Mental Dao Yin Training. Reading Assignment: V2, Ch. 18 (p. 443-452).
- Transforming The Mind. Reading Assignment: V2, Ch. 18 (p. 453-472).
- The True Essentials of Mental Dao Yin Training. Reading Assignment: V2, Ch. 18 (p. 473-484). True Transmission Teaching – From Master to Disciple.
- **Exam #15:** Explain and Demonstrate Concentrating on Internal Objects
- **Exam #16:** Explain and Demonstrate Concentrating on External Objects
- **Exam #17:** Explain and Demonstrate Concentrating on both Internal and External Objects
- The Three Stages of Mental Concentration. Reading Assignment: V2, Ch. 18 (p. 485-496).

## **7. Rectifying Qi Deviations With Medical Qigong Therapy**

- Introduction to Qi Deviations. Reading Assignment: V2, Ch. 19 (p. 499-502).
- Understanding and Correcting Postural Dao Yin Qi Deviations. Reading Assignment: V2, Ch. 19 (p. 502-507).
- Understanding and Correcting Respiratory Dao Yin Qi Deviations. Reading Assignment: V2, Ch. 19 (p. 508-510).
- Understanding and Correcting Mental Dao Yin Qi Deviations. Reading Assignment: V2, Ch. 19 (p. 511-530).
- **Exam #18:** Explain the Qi Deviations associated with Improper Posture and how to correct them.
- **Exam #19:** Explain the Qi Deviations associated with Improper Respiration and how to correct them.
- **Exam #20:** Explain the Qi Deviations associated with Improper Shen (heart/Mind) and how to correct them.
- **Exam #21:** Explain and Demonstrate “the Energy Melting” Sitting Meditation
- **Exam #22:** Explain and Demonstrate “the Sun and Moon” Sitting Meditation
- **Exam #23:** Explain and Demonstrate the “Releasing Emotional Blockages” Meditation

## **8. Soul Retrieval and Medical Qigong Therapy**

- Introduction to “Soul Loss.” Reading Assignment: V2, Ch. 19 (p. 531-532).
- Understanding “Soul Retrieval.” Reading Assignment: V2, Ch. 19 (p. 533-540).

- Introduction to Soul Retrieval Meditations. Reading Assignment: V2, Ch. 19 (p. 541-542).
- The Soul Retrieval Meditations. Reading Assignment: V2, Ch. 19 (p. 542-548).

- **Exam #24:** Explain “Soul Loss” and “Soul Retrieval”
- **Exam #25:** Describe the Wounding and Closing of the Shen (Heart/Mind) Process.
- **Exam #26:** Describe the Soul Retrieval Meditations

### **9. Treating Mental Qi Deviations With The Windows of Heaven Points**

- Stressful Life Activities and Qi Deviation Formations. Reading Assignment: V2, Ch. 19 (p. 550-555).
- Treating Mental Qi Deviations With the Windows of Heaven Points. Reading Assignment: V2, Ch. 19 (p. 556-562).
- **Exam #27:** Describe the Death of the Boundary, and why it is essential to understand this natural process.
- **Exam #28:** Explain and Demonstrate the “Windows of Heaven” Points, and their Clinical Applications; as well as when it is appropriate to use it.