

Syllabus for Master Of Medical Qigong (Level M-9)

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

1. Introduction to Chinese Energetic Alchemy and the Three Powers

- The Study of Alchemical Transformation in Chinese Energetic Medicine. Reading Assignment: V2, Ch. 11 (p. 3-8).

2. Introduction to the Three Treasures of Heaven (Sun, Moon and Stars)

- Defining Heaven Qi. Reading Assignment: V2, Ch. 12 (p. 9-20).

- Gathering and Cultivating Energy from the Sun. Introduction to ancient Daoist Exercises, Meditations, Talismans, and Elixirs, used to gather the Celestial Energies of the Sun into the body, in order to Nourish the Yang Qi. Reading Assignment: V2, Ch. 12 (p. 21-46).

- **Exam #1:** Explain and Demonstrate the various Exercises, Meditations, Talismans, and Elixirs used for gathering the Celestial Energies of the Sun; as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

- Gathering and Cultivating Energy from the Moon. Introduction to ancient Daoist Exercises, Meditations, Talismans, and Elixirs, used to gather the Celestial Energies of the Moon into the body, in order to Nourish the Yin Qi. Reading Assignment: V2, Ch. 12 (p. 47-62).

- **Exam #2:** Explain and Demonstrate the various Exercises, Meditations, Talismans, and Elixirs used for gathering the Celestial Energies of the Moon); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

- Gathering and Cultivating Energy from the Stars. Introduction to ancient Daoist Exercises, Meditations, Talismans, and Elixirs, used to gather the Celestial Energies of the Stars and Planets into the body, in order to Nourish the Internal Organ Qi. Reading Assignment: V2, Ch. 12 (p. 63-110).

- **Exam #3:** Explain and Demonstrate the various Exercises, Meditations, Talismans, and Elixirs used for gathering the Celestial Energies of the Stars and Planets); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

3. Introduction to the Three Treasures of Earth (Soil, Water and Wind)

- Defining Earth Qi. Reading Assignment: V2, Ch. 13 (p. 111-126).

- Gathering and Cultivating Energy from Mountains, Caves, Valleys and Deserts. Introduction to ancient Daoist Exercises and Meditations, used to gather the Terrestrial Energies of the Earth into the body, in order to Nourish the Internal Organ Qi. Reading Assignment: V2, Ch. 12 (p. 127-146).

- **Exam #4:** Explain and Demonstrate the various Exercises and Meditations used for Gathering and Cultivating Energy from Mountains, Caves, Valleys and Deserts); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

- Gathering and Cultivating Energy from Nature (Herbs, Plants, Bushes, Trees, and Flowers). Introduction to ancient Daoist Exercises and Meditations, used to gather the various energies of Nature into the body, in order to Nourish the Internal Organ Qi. Reading Assignment: V2, Ch. 12 (p. 147-164).

- **Exam #5:** Explain and Demonstrate the various Exercises and Meditations used for Gathering and Cultivating Energy from Nature (Herbs, Plants, Bushes, Trees, and Flowers); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

- Gathering and Cultivating Energy from various forms of Water (Dew, Fog, Clouds, Rain, Well Water, Rivers, Streams, Lakes, and Oceans). Introduction to ancient Daoist Techniques and Meditations, used to gather the various energies of Water into the body, in order to Nourish the Internal Organ Qi. Reading Assignment: V2, Ch. 12 (p. 165-179).

- **Exam #6:** Explain and Demonstrate the various Exercises and Meditations used for Gathering and Cultivating Energy from Water (Dew, Fog, Clouds, Rain, Well Water, Rivers, Streams, Lakes, and Oceans); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

- Gathering and Cultivating Energy from special forms of Wind (Warm, Cool, Damp, or Dry). Introduction to ancient Daoist Techniques, Meditations and Talismans, used to gather and/or control the various energies of Wind for Energetic Cultivation and Internal Organ Yin and Yang Regulation. Reading Assignment: V2, Ch. 12 (p. 180-196).

- **Exam #7:** Explain and Demonstrate the various Exercises and Meditations used for Gathering and Cultivating Energy from Wind (Warm, Cool, Damp, or Dry); as well as the appropriate Time for Cultivation, and the Contraindications associated with this particular practice.

4. Introduction to the Three Treasures of Man (Essence, Energy, and Spirit)

- Defining the “Energy of “Man.” Reading Assignment: V2, Ch. 14 (p. 197-201).

- Understanding Prenatal and Postnatal Jing. Reading Assignment: V2, Ch. 14 (p. 202-207).

- Understanding Prenatal and Postnatal Qi. Reading Assignment: V2, Ch. 14 (p. 208-225).

- Understanding Prenatal and Postnatal Shen. Reading Assignment: V2, Ch. 14 (p. 226-238).

- **Exam #8:** Explain the various energetic properties of Prenatal Jing, Qi, and Shen; and how to enhance and internally cultivate their energetic properties.

- **Exam #9:** Explain the various energetic properties of Postnatal Jing, Qi, and Shen; and how to enhance and internally cultivate their energetic properties.

- **Exam #10:** Explain and Demonstrate the skill of palpating and Diagnosing the body’s five subtle levels of energy.

5. Training the Six Transportations of Shen

- Introduction to the Six Transportations of Shen. Reading Assignment: V2, Ch. 14 (p. 239-240).
- The “Observing the Present” Training. Reading Assignment: V2, Ch. 14 (p. 241-242).
- The “Comprehending the Past and Observing the Future” Training. Reading Assignment: V2, Ch. 14 (p. 243-246).
- The “Comprehending a Person’s Thoughts” Training. Reading Assignment: V2, Ch. 14 (p. 246-248).
- The “Perceiving a Person’s Destiny” Training. Reading Assignment: V2, Ch. 14 (p. 248-250).
- The “Hearing the Sounds of the Universe” Training. Reading Assignment: V2, Ch. 14 (p. 250-255).
- The “Examining the Universe” Training. Reading Assignment: V2, Ch. 14 (p. 256-257).