

ENERGETIC PSYCHOLOGY & EMOTIONAL ALCHEMY

BY PROF. JERRY ALAN JOHNSON, PH.D., D.T.C.M (CHINA)

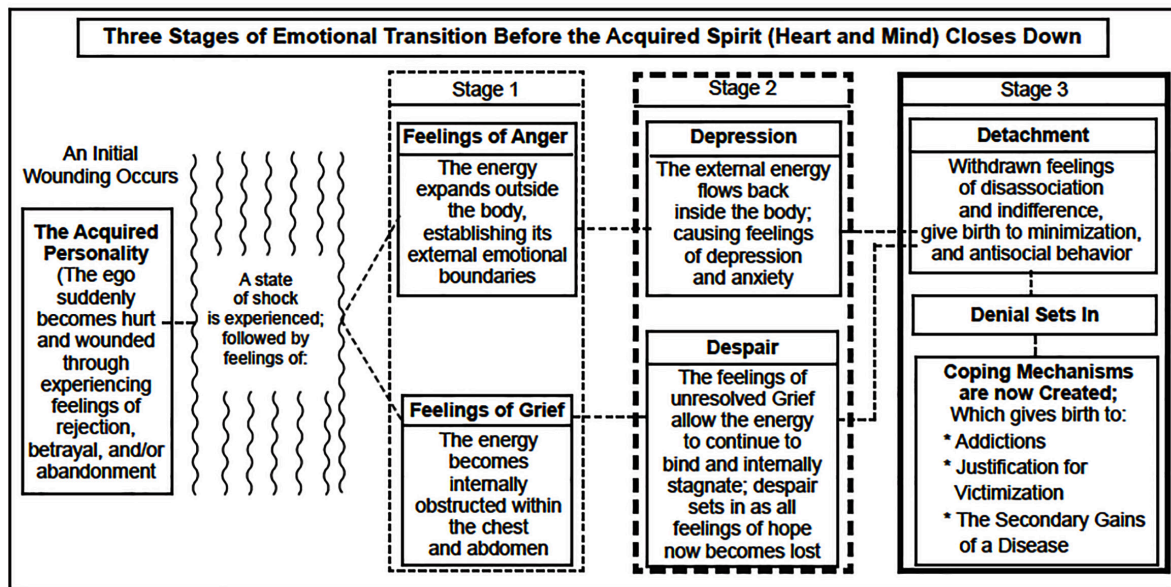


Figure 1.220. There are three transitional stages that occur when the acquired personality (Ego) is wounded, just before the person's denial system is engaged. Once these stages are experienced, the body's coping defense mechanisms immediately take over.

WEDNESDAY, FEB. 21ST, 2024

8:00 a.m. Introduction to Energetic Psychology

- **Energetic Formation of the Human Spirit.**
Reading Assignment: The Secret Teachings of Chinese Energetic Medicine V1, Ch. 2 (pages 84-97, and page 134).

- **The Body's Five Essence Spirits.**
Reading Assignment: Secret Teachings of Chinese Energetic Medicine V5, Ch. 73 (pages 455-457); V1, Ch. 2 (pages 97-98).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Thoughts and Emotions on the Tissues

Reading Assignment: Secret Teachings of Chinese Energetic M. V5, Ch. 73 (pages 457-463).

- **The Five Yin Organs Memory of Trauma.**
Reading Assignment: V5, Ch. 73 (page 484).

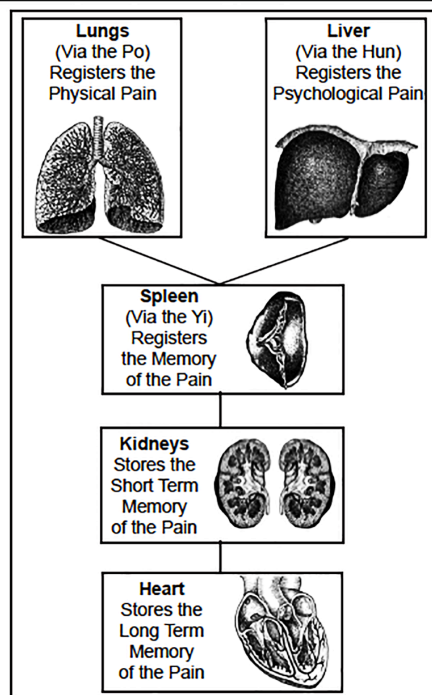


Figure 73.31. Each organ has a specific role in maintaining a traumatic memory.

THURSDAY, FEB. 22ND, 2024

8:00 a.m. Review and Examination.

- Exam #1: Explain the energetic patterns of thoughts and emotions - verses the energetic patterns of virtues.
- Exam #2: Explain the energetic pattern of memory, and which internal organs are responsible for storing short term and long term memory.

9:00 a.m. Five Yin Organ Emotional Response

- **Excessive Anger Injures the Liver.**
Reading Assignment: V5, Ch. 73 (p. 464-467).
- **Excessive Excitement Injures the Heart.**
Reading Assignment: V5, Ch. 73 (p. 468-470).
- **Excessive Worry Injures the Spleen.**
Reading Assignment: V5, Ch. 73 (p. 471-472).
- **Excessive Sadness & Grief Injures the Lungs.**
Reading Assignment: V5, Ch. 73 (p. 473-476).
- **Excessive Fear & Fright Injures the Kidneys.**
Reading Assignment: V5, Ch. 73 (p. 477-479).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Review and Examination

- Exam #3: Explain the difference energetic patterns of the five Yin organs and their external manifestations.

3:00 p.m. Stimulating the Five Jing Shen Points

Reading Assignment: V5, Ch. 73 (p. 485-486).

FRIDAY, FEB. 23RD, 2024

8:00 a.m. Review and Examination

- Exam #4: Explain and demonstrate the various treatments associated with releasing trapped emotional patterns via stimulating the five Jing Shen points.

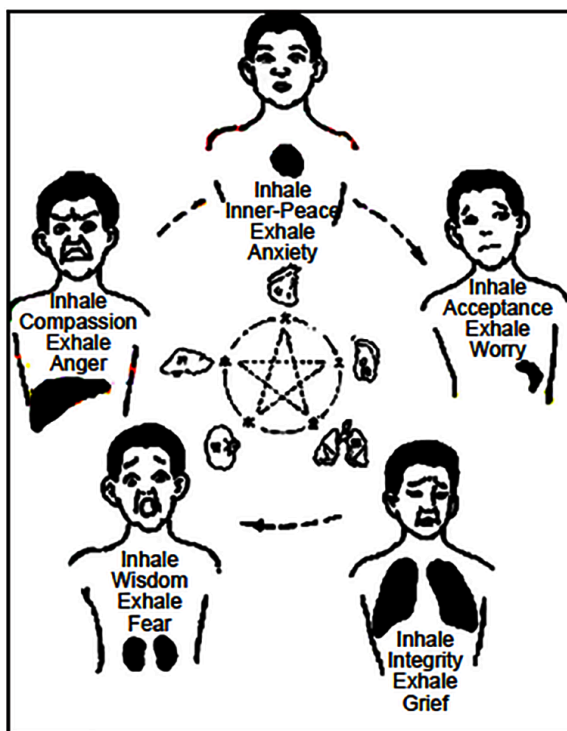


Figure 73.51. The Five Element Emotional States

- 9:00 a.m. Treating Minor Psychological Disorders (A)
- Disassociating from Emotional Fear Based Patterns via Channel Point Therapy.
Reading Assignment: V5, Ch. 73 (p. 487-491).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Treating Minor Psychological Disorders (B)

- Performing the “Beating The Bag” Exercise to Disperse Liver Qi Stagnation.
Reading Assignment: V5, Ch. 73 (p. 492-494).
- Performing the “Dry Crying” Exercise to Disperse Lung Qi Stagnation.
Reading Assignment: V5, Ch. 73 (p. 495-498).

- Performing the “Old Man and Tide Pool” to “Break” a Closed Spirit (Heart/Mind).
Reading Assignment: V5, Ch. 73 (p. 499).

SATURDAY, FEB. 24ST, 2024

8:00 a.m. The “Magistrates Calling the Emperor to Task” clinical protocol, to “Reawaken” a Closed Spirit (Heart/Mind).

Reading Assignment: V5, Ch. 73 (p. 500-501).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. The “Releasing Emotional Blockages and Energetic Armoring” Meditation, used to “Heal” a Closed Spirit (Heart/Mind).

Reading Assignment: V5, Ch. 73 (p. 502).

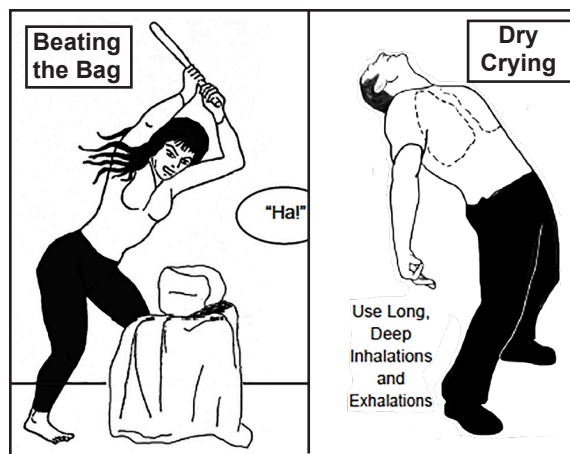
SUNDAY, FEB. 25ST, 2024

8:00 a.m. Review and Examination

- Exam #5: Explain and demonstrate the various treatments associated with helping a patient heal from emotional fear based patterns via Channel Point Therapy.
- Exam #6: Demonstrate the “Beating The Bag” exercise and explain its energetic function.
- Exam #7: Demonstrate the “Dry Crying” exercise and explain its energetic function.
- Exam #8: Demonstrate the “Old Man and Tide Pool” exercise and explain its energetic function.
- Exam #9: Demonstrate the “Magistrates Calling the Emperor to Task” Clinical Protocol and explain its energetic function.
- Exam #10: Explain the purpose and energetic function of the “Releasing Emotional Blockage” meditation..

9:00 a.m. Assigning Qigong Homework According to a Patient’s Emotional Temperament

- The 4 Personality Traits of Clinical Patients.
Reading Assignment: V5, Ch. 73 (p. 503-506).



3:00 p.m. Emotional Alchemy & Transformation

Reading Assignment: V5, Ch. 73 (p. 507-510).

4:00 p.m. Review and Examination

- Exam #11: Explain the Four Personality Traits of Clinical Patients.
- Exam #12: Explain the body’s Three Core Channels and the “Six Realms” psychology.

12:00 (NOON) - BREAK FOR LUNCH

JIANG RONG QIAO’S (8TH GUA)

1. Heavenly Horse Walks in Clouds
2. Mount the Horse and Draw the Bow (A)
3. Mount the Horse and Draw the Bow (B)
4. Golden Snake Coils Willow Tree
5. Wild Horses Crash Through Corral (L)
6. Golden Snake Coils Willow Tree
7. Wild Horses Crash Through Corral (R)
8. Liu Hai Plays With Toad
9. Big Snake Turns Over on its Back
10. Black Bear Thrusts its Paw
11. Fierce Tiger Leaves The Cage
12. Pheasant Fanning Wing
17. Transplanting Flower to Tree
18. Removing Helmet From Behind Head
19. Embracing Moon at Chest
20. Hiding Flower Under Leaf
21. Heaven Horse Walks in Clouds

5:30 p.m. Graduation & Certification

LIFE-TRANSFORMING QUESTIONS TO BREAK FROM OLD PATTERNS

In answering these following questions, it is important to understand that all relationships are built on thought patterns. These special questions are initially used to both uncover and reveal the hidden thought patterns that we as humans have inherited from our past, and unconsciously “act out” due to this initial imprinting.

These special questions are also used to invoke the higher creative spiritual intelligence that is free from the restrictive patterns of lower-based emotions, beliefs, and reactive thoughts.

When answering all of these questions, it is important to understand that in going to a whole new level of being, you sometimes need to completely surrender and rework the stagnant energetic patterns of your “old being.” This internal restructuring, frees your trapped survival-based mind, and allows the Divine spirit to recreate within you a whole new level of perceptive awareness.

Instead of repeating the same old patterns due to continually acting out the same old stories, they alternatively help an individual to effectively restructure and rebuild their lives towards new beginnings.

THE CLEARING EXERCISE

As you work with these questions, whenever you feel any emotional sensations arise from within your center channel (i.e., the area of your body that extends from under your chin to the base of your lower perineum), especially within the solar plexus area of the chest, do the following clearing exercise, described as follows:

- Begin by feeling inside your body, and notice the area that extends from under your chin to the base of your lower perineum.
- When any energetic sensation begins to arise, ask for more of the same energy, don’t suppress it, but intensify the sensation and completely exaggerate it. Blow it out of proportion and dramatically act it out.
- As you intensify and exaggerate the feelings, ask yourself the following questions:
“Where else do I feel these sensations?”

“Where are their exact locations?”

“What are their exact shapes?”

“What are their exact sounds?”

- Next, exhale the descending “Hooo” sound, open both of your palms, and feel this toxic energy descend deep into the earth, releasing all of these energetic sensations.
- Next ask yourself for a picture of the worst-case scenario surrounding this person, place, or thing.
- Then accept whatever image comes up; watch, listen to, and feel into its energy.
- Next go into a mental dialogue, and ask yourself, “What does this say about me?”
- After getting several words and understanding the limiting conclusion and internal judgments that are made about yourself, feel your entire body begin to shake and vibrate. Sometimes, you may have to physically shake your body at this point in the releasing exercise.
- Next, inhale and imagine Divine energy filling your entire body; then exhale the “Hooo” sound again, open both of your palms, and feel this toxic energy descend deep into the earth, releasing all of these energetic sensations.
- Now, ask yourself for another picture or an internal movie that represents your entire relationship, up until now, concerning this limiting conclusion or internal judgment that you have about yourself.
- Feel any sensation that may arise; accept whatever comes up. It is important to watch, listen to, and feel into it. Consider all of these “thought-words” as the dialogue, the pictures as the scene, and the sensations as the sound track of this particular “story.”
- Next ask yourself, “Is this really me, or is this just a movie or simply a story that I am holding on to?” Then choose to let it go.

Relax and watch what happens to the movie all on its own. Anything that is left over, offer it up to the Divine to be forever removed.

Remember, when answering these questions, when any strong emotions or physical sensations come up, or if any of the sensations become too overwhelming, simply pause and perform the clearing exercise.

1. BUILDING A FOUNDATION

On a piece of paper, write down and answer the following questions using a wooden pencil:

1. When do I benefit myself the most?
2. When do I benefit others the most?
3. When do I benefit both others & myself the most?
4. Who are you as a perspective “whole” (i.e., what are you really made of)?
5. Who are you as your Most Secret Name (i.e., your true self – connected to the Divine)?
6. If you were to die within two weeks, what would you regret not having done?
7. Where are you in body, speech, and mind when relating from your Most Secret Name; and expressing your true self to different people and the various cultures of the world?

2. RELATIONSHIPS WITH FAMILY

Next, take a different sheet of paper, and for each family member (one per page) ask the following questions about this individual:

1. What did they do to you?
2. What did you do to them?
3. What did they deny you?
4. What did you deny them?
5. What did they do for you?
6. What did you do for them?

Then get another sheet of paper, and ask yourself the following question:

1. Who or what am I afraid of now?
2. Who or what do I want to control now?
3. Whose approval do I want now?
4. Whose love do I want now?
5. What do I want to prove or disprove now?
6. Am I insecure now?
7. Who or what do I want to avoid or hide from now?
8. Who or what do I want to be separated from now?
9. What’s the worst thing that can happen to me now?
10. Who or what am I resisting now?
11. Can I let go of protecting myself with fear?
12. Can I let go of the need to figure it out?
13. Can I let go of the need to fix it?
14. Can I admit that it did not turn out the way I wanted it to?

15. What people, places or things do I want more than freedom?

16. What experiences do I want more than freedom?

17. Do I feel like I am lacking or avoiding love?

3. RELATIONSHIPS WITH OLD LOVERS

Next, take a different sheet of paper, and for each old lover (one per page) ask the following questions about this individual:

1. What is the worst fear surrounding that relationship?
2. What are the physical sensations surrounding these feelings?
3. What are the “thought-words” surrounding these feelings?
4. What are the “pictures and ideas” surrounding these feelings?
5. What am I avoiding or hiding from?
6. What am I trying to prove?
7. What am I trying to disprove?
8. What am I afraid of?

Next, take a different sheet of paper, and for each of the same old lovers (one per page) ask the following questions about this individual:

1. Could I allow them to be in the past?
2. Could I allow them to leave me and be gone?
3. Could I allow them to move on?
4. Could I allow myself to move on?
5. Could I allow myself to never see them again?
6. Could I allow it to be totally finished?
7. Could I allow myself to forget this person?
8. Could I allow this person to forget me?
9. Can I let go of it even if it did not work out the way I wanted it to?

4. RELATIONSHIPS WITH OLD TRAUMAS (A)

Next, take a different sheet of paper, and make a list of all your past traumatic and energetically “stuck” experiences. This should include all of the times that you felt:

1. Rejected, discarded, and unimportant
2. Abandoned and alone
3. Betrayal or suffered an injustice
4. A deep loss, anguish, and grief
5. Anger, rage, and resentment
6. Humiliated, mocked, disgraced, shamed, etc.

5. RELATIONSHIPS WITH OLD TRAUMAS (B)

1. Next, take a different sheet of paper, and make a list of all the people who displayed a Dr. Jekyll and Mr. Hyde personality to you. For example, all of the people who you thought were one way, and suddenly changed on you, resulting in feelings of both shock and betrayal.
2. Then, make a list of any illnesses you have had in your life, in proportion to these feelings of shock and betrayal.
3. Then, make a list of any operations you have had in your life

6. RELATIONSHIPS WITH CURRENT PEOPLE

Next, take a different sheet of paper, and make a list of all the people you have in your life now.

For each person on this list of people in your life, ask the following questions:

1. Could I allow them to be in the past?
2. Could I allow them to leave me?
3. Could I allow them to move on?
4. Could I allow myself to move on?
5. Can I realize it is over, even if it did not go the way I wanted it to?

7. RELATIONSHIPS WITH YOUR MATE

Next, take a different sheet of paper, and for your new lover or mate, ask the following questions:

1. What do I know about my mate?
2. What don't I know about my mate?
3. What do I want from my mate?
4. Is this checklist mutual?
5. What does my mate want from me?
6. Is this checklist mutual?
7. What do I want to give my mate?
8. Is this checklist mutual?
9. What does my mate want to give me?
10. Is this checklist mutual?
11. What is mutual between me and my mate?
12. What is not mutual between me and my mate?
13. What is the advantage of having a relationship with my mate?
14. What is the disadvantage of having a relationship with my mate?
15. What do I automatically like about my mate?
16. What do I automatically dislike about my mate?
17. If I was going to be with my mate forever and ever, with who and what they are, and the changes and unfolding they will go through, can it be my privilege to bring joy, openness, loving kindness, and awareness to the arising conditions of "what's next"?