

QIGONG APPLICATIONS, PRESCRIPTIONS, & MEDITATIONS (SOUND VIBRATION & COLOR QI EMISSION TRAINING)

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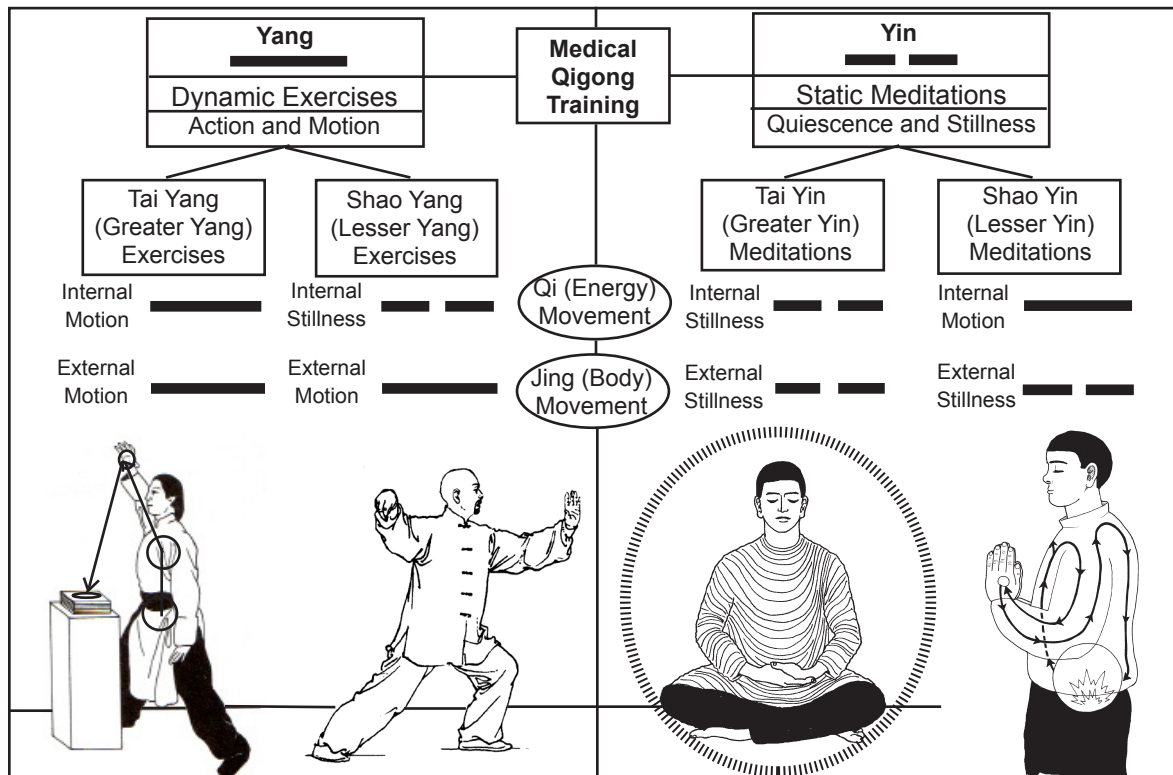


Figure 1.1. Medical Qigong exercises & meditations are divided into Yang (dynamic) & Yin (quiescent) postures, respiration, and mind training - used to purge, tonify, and regulate the three body's life force energies.

WEDNESDAY, AUGUST 4TH, 2021 8:00 a.m. Introduction to Qigong Prescription Exercises and Meditations

• History of Medical Qigong Exercises and Meditations.

Reading Assignment: V4, Ch. 43 (p. 3-6).

• Dao Yin Self-Regulation Training and Principles of Yang and Yin (Figure 1.1).

Reading Assignment: V4, Ch. 43 (p. 6-15).

• Selecting the Proper Medical Qigong Prescription Exercises.

Reading Assignment: V4, Ch. 43 (p. 15-18).

• The Number of Breaths Required in Prescription Exercises.

Reading Assignment: V4, Ch. 43 (p. 18-22).

• Choosing the Proper Medical Qigong Prescription Posture.

Reading Assignment: V4, Ch. 43 (p. 22-25).

• Primary and Secondary Medical Qigong Prescription Postures.

Reading Assignment: V4, Ch. 43 (p. 25-26); and V4, Ch. 46 (p. 117-118).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Organ Self-Massage Exercises

• Introduction to Internal Organ Self-Massage Prescription Exercises.

Reading Assignment: V4, Ch. 44 (p. 27-29).

• Liver Self-Massage Prescription.

Reading Assignment: V4, Ch. 44 (p. 30-31).

• **Heart Self-Massage Prescription.**
Reading Assignment: V4, Ch. 44 (p. 32-33).

• **Spleen & Stomach Self-Massage Prescription.**
Reading Assignment: V4, Ch. 44 (p. 34-36).

• **Lung Self-Massage Prescription.**
Reading Assignment: V4, Ch. 44 (p. 37-38).

• **Kidney Self-Massage Prescription.**
Reading Assignment: V4, Ch. 44 (p. 39-40).

• **Prescription for Insomnia.**
Reading Assignment: V4, Ch. 44 (p. 40-42).

5:00 p.m. Self-Healing Massage & Point Tapping.
Reading Assignment: V4, Ch. 46 (p. 141-162).

THURSDAY, AUGUST 5TH, 2021

8:00 a.m. Review and Examination

• **Exam #1:** Explain and demonstrate how to select the primary and secondary Medical Qigong postures and prescription exercises.

• **Exam #2:** Explain and demonstrate the clinical applications of the Liver Self-Massage prescription.

• **Exam #3:** Explain and demonstrate the clinical applications of the Heart Self-Massage prescription.

• **Exam #4:** Explain and demonstrate the clinical applications of the Spleen and Stomach Self-Massage prescription.

• **Exam #5:** Explain and demonstrate the clinical applications of the Lung Self-Massage prescription.

• **Exam #6:** Explain and demonstrate the clinical applications of the Kidney Self-Massage prescription.

• **Exam #7:** Explain and Demonstrate Self-Healing Massage and Point Tapping Therapy.

10:00 a.m. Healing Sound Prescription Exercises

• **Introduction to Internal Organ Sound Prescription Exercises.**
Reading Assignment: V4, Ch. 45 (p. 43-50).

• **Liver Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 51-54).

• **Heart Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 55-58).

• **Spleen Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 59-62).

• **Lung Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 63-66).

• **Kidney Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 66-69).

• **Triple Burner Healing Sound Prescription.**
Reading Assignment: V4, Ch. 45 (p. 70-73).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Combining Multiple Organ Healing Sound Prescriptions.

Reading Assignment: V4, Ch. 45 (p. 74-75).

• **Clinical Applications of Mantra Sounds.**
Reading Assignment: V4, Ch. 45 (p. 79-84).

• **Point Prescription Sound Exercises.**
Reading Assignment: V4, Ch. 45 (p. 85-94).

• **Cancer Prescription Sound Exercises.**
Reading Assignment: V4, Ch. 45 (p. 95-116).

FRIDAY, AUGUST 6TH, 2021

8:00 a.m. Review and Examination

• **Exam #8:** Explain and demonstrate the six Internal Organ Sound prescription exercises.

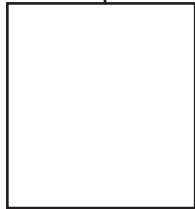
• **Exam #9:** Explain and demonstrate the clinical applications of Mantra sounds.

• **Exam #10:** Explain and demonstrate energetic Point Prescription sound exercises.

• **Exam #11:** Explain and demonstrate internal organ Cancer Prescription sound exercises.

Daoist Exercise Lineage

Daoist Sage
Huo Cheng Guang



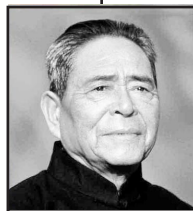
Peng Ting Jun



Zhao Zhong Dao



Hu Yao Zhen



Feng Zhi Qiang



Zhang Yu Fei



Jerry Alan Johnson

You

9:00 a.m. Chen Master Feng Zhi Qiang's Medical Qigong Healing Exercises (Figure 1.2)

Reading Assignment: V4, Ch. 46 (p. 119-140)

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Treating Yin Organ Diseases

To introduce the students to different types of disease conditions and energetic manifestations

- **Medical Qigong Therapy for treating Liver Organ Diseases.**

Reading Assignment: V4, Ch. 48 (p. 191-232)

- **Medical Qigong Therapy for treating Heart Organ Diseases.**

Reading Assignment: V4, Ch. 49 (p. 233-270)

- **Medical Qigong Therapy for treating Spleen and Pancreatic Diseases.**

Reading Assignment: V4, Ch. 50 (p. 271-312)

- **Medical Qigong Therapy for treating Lung Organ Diseases.**

Reading Assignment: V4, Ch. 51 (p. 313-386)

- **Medical Qigong Therapy for treating Kidney Organ Diseases.**

Reading Assignment: V4, Ch. 52 (p. 387-452)

SATURDAY, AUGUST 7TH, 2021

8:00 a.m. Review and Examination

- **Exam #12:** Explain and demonstrate Medical Qigong Therapy for treating Liver Organ diseases.

- **Exam #13:** Explain and demonstrate Medical Qigong Therapy for treating Heart Organ diseases.

- **Exam #14:** Explain and demonstrate Medical Qigong Therapy for treating Spleen and Pancreatic diseases.

- **Exam #15:** Explain and demonstrate Medical Qigong Therapy for treating Lung Organ diseases.

- **Exam #16:** Explain and demonstrate Medical Qigong Therapy for treating Lung Organ diseases.

- **Exam #17:** Explain and demonstrate Medical Qigong Therapy for treating Kidney Organ diseases.

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Treating Yang Organ Diseases

To introduce the students to different types of disease conditions and energetic manifestations

- **Medical Qigong Therapy for treating Gall Bladder Organ Diseases.**

Reading Assignment: V4, Ch. 53 (p. 455-483)

- **Medical Qigong Therapy for treating Small Intestine Organ Diseases.**

Reading Assignment: V4, Ch. 54 (p. 485-502)

- **Medical Qigong Therapy for treating Stomach Organ Diseases.**

Reading Assignment: V4, Ch. 55 (p. 503-549)

- **Medical Qigong Therapy for treating Large Intestine Organ Diseases.**

Reading Assignment: V4, Ch. 56 (p. 551-582)

- **Medical Qigong Therapy for treating Urinary Bladder Organ Diseases.**

Reading Assignment: V4, Ch. 57 (p. 583-630)

SUNDAY, AUGUST 8TH, 2021

8:00 a.m. Review and Examination

- **Exam #18:** Explain and demonstrate Medical Qigong Therapy for treating Gall Bladder Organ diseases.

- **Exam #19:** Explain and demonstrate Medical Qigong Therapy for treating Small Intestine Organ diseases.

- **Exam #20:** Explain and demonstrate Medical Qigong Therapy for treating Stomach Organ diseases.

- **Exam #21:** Explain and demonstrate Medical Qigong Therapy for treating Large Intestine Organ diseases.

- **Exam #22:** Explain and demonstrate Medical Qigong Therapy for treating Urinary Bladder Organ diseases.

9:00 a.m. Constructing Healing Talismans

Reading: Volume # 3, Chapter 22 (Figure 1.2)

- **History of Talismans** - pages 120-125

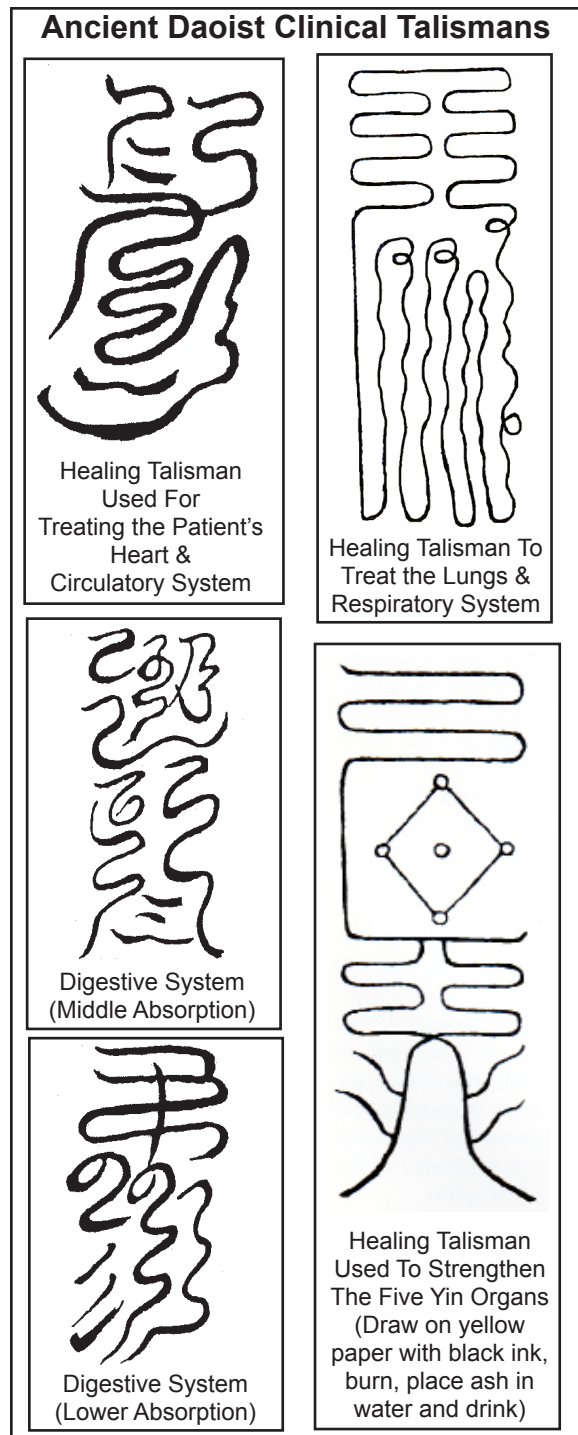
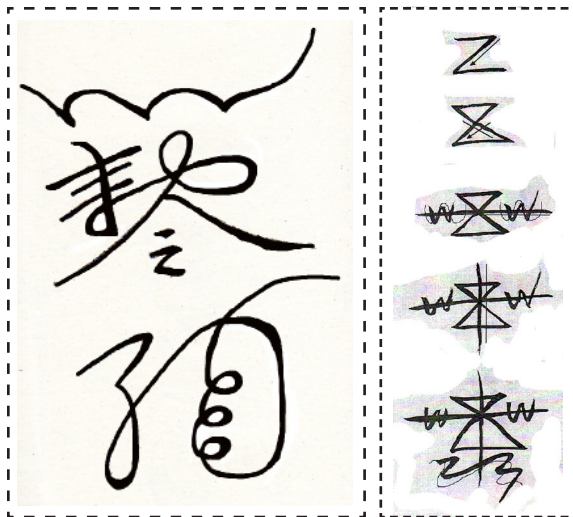


Figure 1.2. Swallow Ashes Talismans (used in both healing water & herbal formulas)



Kill Evil Spirits in the Room

Draw this Daoist Protection Talisman in the air - or on a yellow paper with black ink and burn it to kill all evil spirits inside the room.

- **Water Talismans** - pages 108-110
- **Moxa Talismans** - pages 127-128
- **Cupping Talismans** - pages 137-138
- **Channel Point Talismans** - page 119

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Constructing Celestial Master Zhang Daoling's famous "Healing Water" Talisman

This ancient Daoist Medicine training is from Professor Wang, and was originally used to remove turbid qi, curses, energetic parasites and ghost oppression from a patient's three bodies.

The Daoist "Removing Evil Qi" Ritual of Celestial Master Zhang Dao Ling

1. Begin by visualizing the energetic force of thunder and lightning entering into your body from the heavens.
2. Next, draw the Chinese character for "thunder" in the center of your left palm (Figure 1.3) with your right "Immortal Sword" hand seal (Figure 1.4).
3. Right after that, draw the "Five Thunder Mountains Gathering and Combining Qi" seal

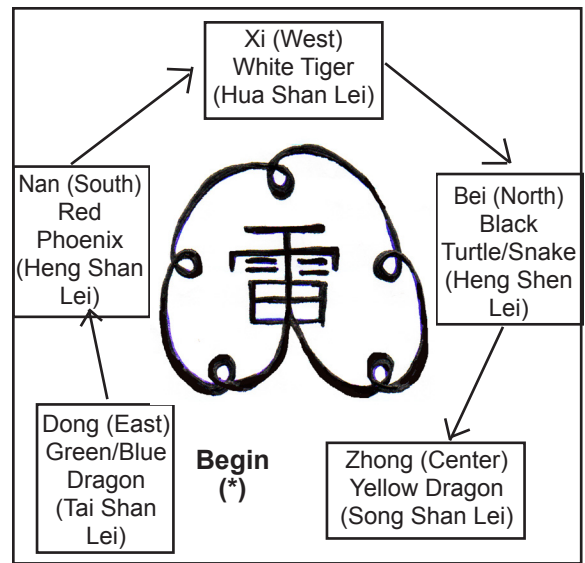


Figure 1.3. Draw the Chinese Thunder character in the middle of your left palm using your right Immortal Sword hand seal. Then draw the outside 5 Thunder Mountains - and recite the activation incantation.

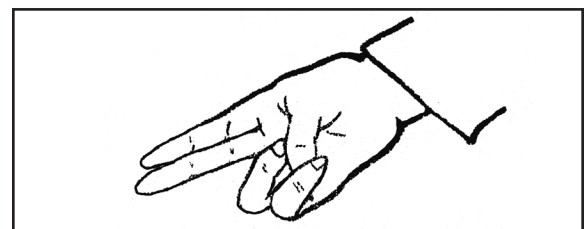


Figure 1.4. The Immortal Sword hand seal

pattern around the center image to contain the five thunder energies (see Figure 1.3) - and say the following binding qi incantation:

**"The Eastern Qi of Tai Shan Thunder
The Southern Qi of Heng Shan Thunder
The Western Qi of Hua Shan Thunder
The Northern Qi of Heng Shan Thunder
The Center Qi of Song Shan Thunder"**

4. Now shout out loud the patient's name - and repeat the following "Lei Fa" incantation:

**"The Great Thunder Gods
of the Five Directions
are always in my hand."**



Figure 1.5 Celestial Master Zhang Daoling's famous "Healing Water" talisman.

**All kinds of demons will run away
when I spit the thunder and lightning
into their demon body.**

**I am calling on Celestial Master Zhang Dao Ling
to quickly come and assist me now -
Ji Ji Ru Lu Ling!"**

5. Now close your left fist, absorb the qi, and with your right Immortal Sword, draw the talisman onto the patient's forehead (Figure 1.5).
6. Next, slap and briskly rub your palms together - and form the "Double Thunder Hand Seal" above the patient's head (Figure 1.6).
[Note: left hand is facing their Lower Dantian; right hand facing their Upper Dantian.]
7. Next form a right "Immortal Sword" hand seal - point it to where you drew the talisman - and visualize thunder and lightning quickly striking and exploding the disease causing spirit out of the patient's three bodies.

[Note: Left thumb touches the Jade Crease.]

**The Daoist "Healing Water" Ritual
of Celestial Master Zhang Dao Ling**

1. Begin by visualizing the energetic force of thunder and lightning entering into your body from the heavens.

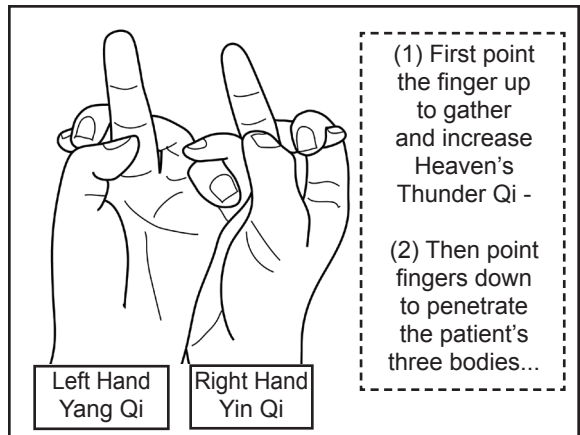


Figure 1.6. Briskly rub both palms together - then form the Double Thunder hand seal.

2. Next, draw the Chinese character for "thunder" in the center of your left palm (Figure 1.3) with your right "Immortal Sword" hand seal (Figure 1.4).
3. Right after that, draw the "Five Thunder Mountains Gathering and Combining Qi" seal pattern around the center image to contain the five thunder energies (see Figure 1.3) - and say the following binding qi incantation:

**"The Eastern Qi of Tai Shan Thunder
The Southern Qi of Heng Shan Thunder
The Western Qi of Hua Shan Thunder
The Northern Qi of Heng Shan Thunder
The Center Qi of Song Shan Thunder"**

4. Close your left hand, and visualize the Five Thunder Qi flowing into your Lower Dantian.
5. Now, using your right "Immortal Sword" hand seal, draw the following healing talisman over a cup of water (see Figure 1.4).
6. Visualize light penetrating the water and repeat the "Lei Fa" incantation:

**"The Great Thunder Gods of the Five Directions
are always in my hand.**

**All kinds of demons will run away
when I spit the Thunder and lightning
into their demon body.**

**I am calling on Celestial Master Zhang Dao Ling
to quickly come and assist me now -
Ji Ji Ru Lu Ling!"**

7. Right after that, draw the powerful “Nine Palace Magic Square” pattern over the cup of healing water (Figure 1.7).
8. Then dip your middle finger (Fire Element) into the cup of water in order to energetically activate it.
9. The doctor will now take a sip of the activated healing water - draw his personal “Heart Seal” onto the roof of his mouth - then spray the spiritualized water into the patient’s face. This action will shock the patient - and free their three bodies of the possessing evil spirit and all malevolent energies.
10. Right after that, the doctor will give the patient the same activated healing water to drink. As the patient swallows the activated healing water, they become freed from any and all malevolent energies associated with evil curses, energetic parasites, and ghost oppression.

2:00 p.m. Treating Miscellaneous Disease Conditions

- **Clinical Protocols used to treat Chronic Headache Problems.**

Reading Assignment: V4, Ch. 58 (p. 633-652).

- **Clinical Protocols to treat Fibromyalgia.**

Reading Assignment: V4, Ch. 58 (p. 652-666).

- **Clinical Protocols used to treat Parkinson’s Disease.**

Reading Assignment: V4, Ch. 58 (p. 667-678).

4:00 p.m. Review and Examination

- **Exam # 23:** Explain and demonstrate clinical protocols used to treat various types of Headaches
- **Exam # 24:** Explain and demonstrate clinical protocols used to treat Fibromyalgia.
- **Exam # 25:** Explain and demonstrate clinical protocols used to treat Parkinson’s Disease.

5:30 p.m. Graduation & Certification

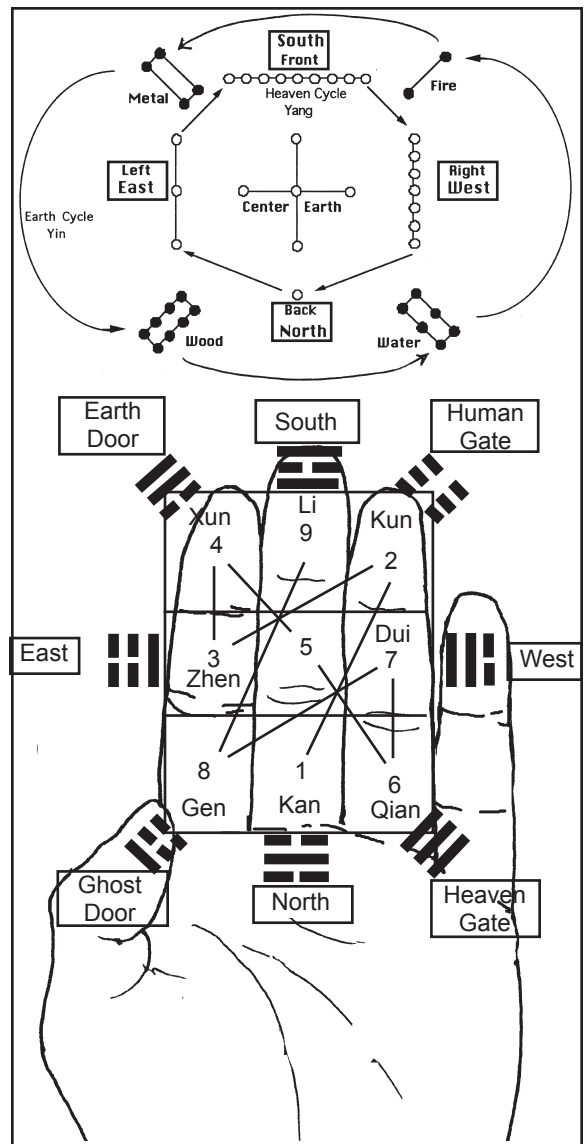


Figure 1.7. In ancient China, the Post-Heaven Bagua pattern of the Magic Square was superimposed onto the left palm, empowering the priest with the ability to summon and gather the energetic and spiritual powers of the Bagua into his or her body.