

TRAINING THOUGHT, SOUND & LIGHT PROJECTION

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

WEDNESDAY, FEBRUARY 26, 2020

8:00 a.m. Working With Energy

Remind students of the research conducted by Prof. Feng Lida - cancer cells in petri dishes - growing & destroying cell life - and the need for the World Academic Society of Medical Qigong.

Reading Assignment: Vol#3, Ch. 28 (p.339-341).

A PERSON'S 3 PRIMARY NEEDS:

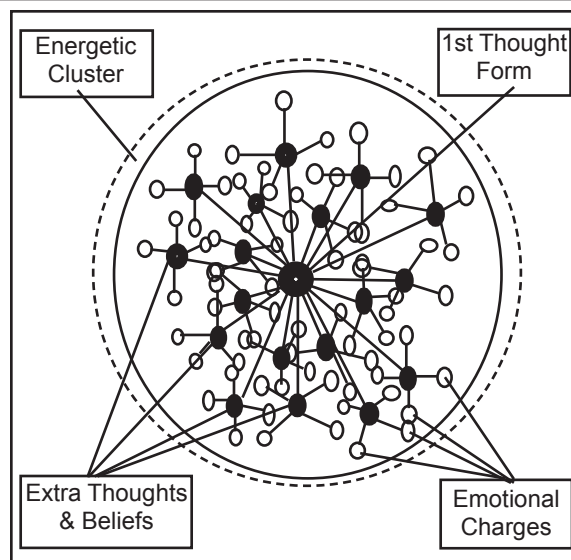
- **Physical Needs (Earth):** This type of healing focuses on the acute or chronic symptoms arising from either an Excess or Deficiency created from a person's diet, or from exposure to hostile weather and climate conditions.
- **Social Needs (Man):** This type of healing focuses on the social and environmental factors that contribute to a person's current energetic patterning- and include the various emotional & mental influences created from past trauma.
- **Spiritual Needs (Heaven):** This type of healing focuses on spiritual influences that effect a person's life force - and include all mental and emotional states created from personal spiritual needs and "soul hunger" developed from a lack of Divine connection and life purpose.
Reading Assignment: V3, Ch.31 (p. 457-458).

9:00 a.m. Working the Three Bodies

Reading Assignment: V3, Ch.28 (p. 323-325).

- **Moving from the Physical (matter & form) - to the Energetic (light & sound vibration) - to the Spirit (thoughts & feelings) Meditation.**
Reading Assignment: V3, Ch.28 (p. 326).
- **Moving from Spirit - to Energy - to Physical Body Meditation.**
Reading Assignment: V3, Ch.28 (p. 327).
- **Moving the Energies of all Three Bodies.**
Reading Assignment: V3, Ch.28 (p. 327).
- **Energizing the Three Bodies Sense Organs.**
Reading Assignment: V3, Ch.28 (p. 328).

10:00 a.m. Introduction to Thought Forms



A Thought-Form Cluster.

To understand how thought form clusters, energetic cords, and disease formations manifest.

• The External Projection and Manifestation of Energetic Thought Form Patterns.

Reading Assignment: V3, Ch.28 (p. 342-344; and p. 352-353).

• Thought Forms, Shapes, and Colors.

Reading Assignment: V3, Ch.28 (p. 344-348).

• Using the Divine Net to purge the Body.

Reading Assignment: V3, Ch.28 (p. 349-351).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Pathological Energetic Patterns

An introduction to the seven main areas known for energetic stagnation.

• Areas of Chronic Energetic Obstruction.

Reading Assignment: V3, Ch. 31 (p. 484-491).

• Different Types of Energetic Complications.

Reading Assignment: V3, Ch. 32 (p. 492-497).

• Magistrates Calling the Emperor to Task.

Reading Assignment: V3, Ch. 32 (p. 487-488).

THURSDAY, FEBRUARY 27, 2020

8:00 a.m. Review and Examination

Exam #1: Name the Three Energetic Wonders, and explain why understanding this knowledge is so important.

Exam #2: Name the Three Bodies, and explain how their interaction with the surrounding environment is so important.

Exam #3: Describe the external projection and internal manifestation of energetic thought form patterns.

Exam #4: Explain the seven main locations known for chronic energetic obstruction.

Exam #5: Explain and demonstrate the "Extended Fan Palm" hand technique.

Exam #6: Explain and demonstrate the "Sword Fingers" hand technique.

Exam #7: Explain and demonstrate the "One Finger Skill."

Exam #8: Explain and demonstrate the "Invisible Needle Palm."

Exam #9: Explain and demonstrate the "Dragon's Mouth Palm" hand technique.

Exam #10: Explain and demonstrate the "Kneading Tiger Claw" skill.

Exam #11: Explain and demonstrate the "Five Thunder Fingers" skill.

8:00 a.m. Qi Manipulation Hand Techniques

To train different types of Qi Emission

- **Qi Emission Techniques.**

Reading Assignment: V3, Ch. 25 (p. 201-205).

- **The "Extended Fan Palm" Hand Technique.**

Reading Assignment: V3, Ch. 25 (p. 206-211).

- **The "Sword Fingers" Hand Technique.**

Reading Assignment: V3, Ch. 25 (p. 212-214).

- **The "One Finger Skill."**

Reading Assignment: V3, Ch. 25 (p. 215-219).

- **The "Invisible Needle Palm" and "Dragon's Mouth Palm" Hand Techniques.**

Reading Assignment: V3, Ch. 25 (p. 220).

- **The "Kneading Tiger Claw" Skill.**

Reading Assignment: V3, Ch. 25 (p. 220-221).

- **The "Five Thunder Fingers" Skill.**

Reading Assignment: V3, Ch. 25 (p. 222-226).

9:00 a.m. Additional Qi Emission Applications

- **Linear Qi Extension Techniques.**

Reading Assignment: V3, Ch. 26 (p. 227-232).

- **Circulating and Spiraling Qi Extension Techniques.**

Reading Assignment: V3, Ch. 26 (p. 233-243).

- **Creating an Energetic Cast.**

Reading Assignment: V3, Ch. 26 (p. 244-245).

- **Energetic Cupping.**

Reading Assignment: V3, Ch. 26 (p. 246).

- **Shaking Energy Technique.**

Reading Assignment: V3, Ch. 26 (p. 247).

- **Qi Vibration Techniques.**

Reading Assignment: V3, Ch. 26 (p. 248-265).

- **Creating Energy Ball Techniques.**

Reading Assignment: V3, Ch. 22 (p. 93-103).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Advanced Qi Emission Techniques

Using different qi emission applications to effect the three bodies.

- **Creating a Cord of Divine Light.**

Reading Assignment: V3, Ch. 26 (p. 266).

- **Creating a Ball of Light.**

Reading Assignment: V3, Ch. 26 (p. 267-281); or for a more detailed explanation please read the "*Daoist Master Chen Tuan's Simplified 7-Stage Taiji Ruler Training*" book.

- **Creating Hot (Yang) Qi and Cold (Yin) Qi.**

Reading Assignment: V3, Ch. 26 (p. 282-287).

- **Emitting 5 Element Energies.**

Reading Assignment: V3, Ch. 26 (p. 288-289).

- **Emitting 12 Earthly Branch - 5 Element Qi.**

Reading Assignment: V3, Ch. 26 (p. 290-295).

4:00 p.m. Review of Clinical Safety & Protection.

To empower the healer with effective applications needed to properly handle any supernatural encounters that may occur in the healing space.

- **The Spirit Realm and the Healing Space:**

Reading Assignment: V2, Ch. 20 (p. 563-566).

- **Cleansing & Purifying the Healing Space:**

Reading Assignment: V2, Ch. 20 (p. 566-568).

- **Protecting One's Self in the Healing Space.**

Reading Assignment: V2, Ch.20 (p. 569-586),

- **Different Protecting Techniques:**

Reading Assignment: V3, Ch. 29 (p. 367-373)

5:00 p.m. Energetic Protection Meditations

To support and strengthen the healers external energetic field while working in the healing space.

- **Creating a Protective Force Field.**

Reading Assignment: V3, Ch. 30 (p. 434-438) and V3, Ch. 29 (p. 386-387) .

FRIDAY, FEBRUARY 28, 2020

8:00 a.m. Review and Examination

Exam #12: Demonstrate how to establish a safe healing space, and explain the importance of your chosen energetic applications.

Exam #13: Demonstrate how to create a protective energetic bubble, and explain why this works and why it is important.

Exam #14: Explain and demonstrate the Linear Qi Extension techniques.

Exam #15: Explain and demonstrate the Circulating and Spiraling Qi Extension techniques.

Exam #16: Explain and demonstrate creating an Energetic Cast.

Exam #17: Explain and demonstrate Energetic Cupping.

Exam #18: Explain and demonstrate the Shaking Energy technique.

Exam #19: Explain and demonstrate the Qi Vibration techniques.

Exam #20: Explain and demonstrate the creating an Energy Ball.

Exam #21: Explain and demonstrate creating a Cord of Divine Light.

Exam #22: Explain and demonstrate creating a Ball of Light.

Exam #23: Explain and demonstrate creating and training Hot (Yang) Qi.

Exam #24: Explain and demonstrate creating and training Cold (Yin) Qi.

Exam #25: Explain and demonstrate guiding and emitting Five Element Energies

Exam #26: Explain and demonstrate emitting the Twelve Earthly Branch Channel Five Element Qi.

10:00 a.m. The "Invisible Needle" Application

Using healing stones, herbs and needles of light to move energy within the three bodies.

- **Introduction to Invisible Needle Therapy.**

Reading Assignment: V3, Ch. 27 (p. 297-303).

- **Invisible Needle Hand Postures.**

Reading Assignment: V3, Ch. 27 (p. 304-305).

- **Depth and Angles of Needle Insertion.**

Reading Assignment: V3, Ch. 27 (p. 306).

- **Various Invisible Needle Applications.**

Reading Assignment: V3, Ch. 27 (p. 307-312).

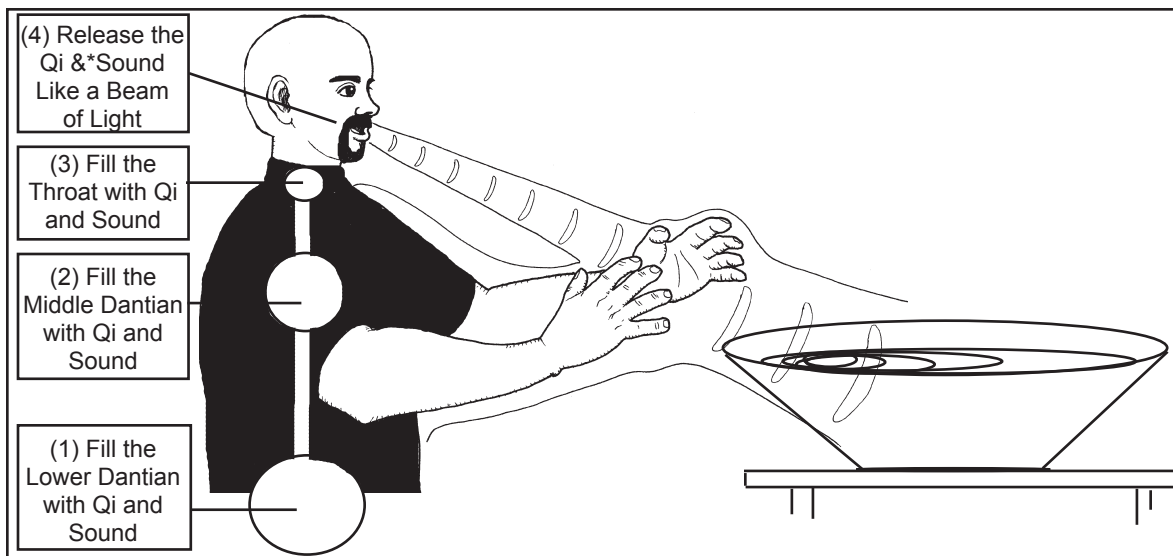
12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Point Treatments & Prescriptions.

Reading Assignment: V3, Ch. 27 (p. 313-316).

- **Channel Point Prescription Meditations.**

Reading Assignment: V3, Ch. 27 (p. 317-320).



Project Sound Resonation into a Bowl of Water

4:00 p.m. Sound & Qi Projection Training

Using audible, subaudible, and inaudible sound to effect the three bodies.

- **Introduction to Sound Projection.**

Reading Assignment: V3, Ch. 34 (p. 541-543).

- **Sound Volume and Energy Projection.**

Reading Assignment: V3, Ch. 34 (p. 544-548).

- **Sound Projection Therapy.**

Reading Assignment: V3, Ch. 34 (p. 548-550).

Sounds become signifiers that carry messages.

When these signifiers become recognized they become “words,” “tunes,” and other creative rhythmic patterns.

Images give significance to sounds.

Thus when patterns are assigned to specific notes or tunes – the intangible becomes tangible.

- **Sound Projection Training.**

Reading Assignment: V3, Ch. 34 (p. 552-557).

1. The “WHoo” Purging Sound. When feeling stagnant – exhale the WHoo sound until you

yawn. This releases the trapped toxic qi from the three bodies – then start the Ah sound training.

2. The “Ah” Sacred Sound of Creation Meditation. The “Ah” sound was the 1st sound spoken during birth – and will be the last sound spoken at death.

- **Preparation:** Perform the 1-10 Meditation & 3 Invocations. Now relax, sit down, and focus on your breathing.

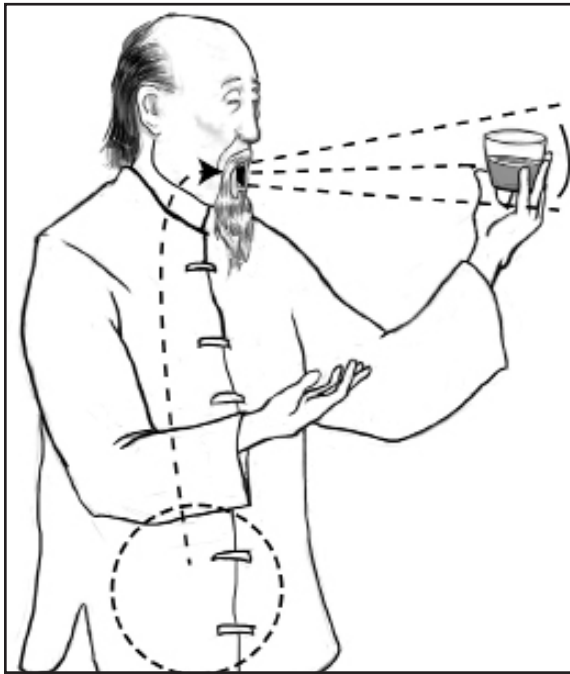
- **Connect With the Divine:** Next imagine and visualize connecting a radiant cord of Divine light from the heavens into your Soul Group.

From there, feel this radiant light flow through the top of your head into your Taiji Pole - and then into your Eternal Soul. Feel this divine radiant connection, and bask in its blissful white light.

- **As I strike the big bell** – expand the radiant light of your eternal soul from the heart center of your chest and fill your entire body.

- **As I strike the big bell** – expand the radiant light of your eternal soul from the heart center of your chest and fill your body’s three external Weiqi fields.

- **As I strike the big bell** – expand the radiant light of your eternal soul and fill all surrounding space.



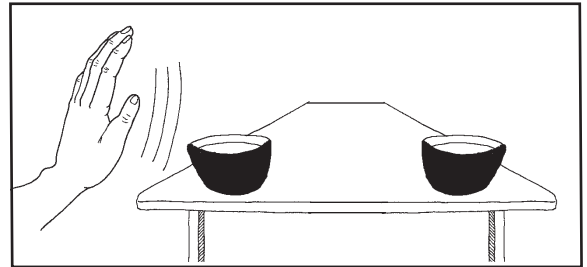
Master Duan transforming the glass of Whiskey through Projected Breath and Sound

- **As I strike the big bell** – expand the radiant light of your eternal soul and fill the space beyond space.
- **As I strike the big bell** – expand the radiant light of your eternal soul and fill the silence.
- **Wait for several minutes** –
- **Now - as I strike this small bell** – return your consciousness back to your physical body – like placing a hand inside a glove – feel your body’s tissues and return your consciousness back to your breathing.
- **End the meditation.**

5:00 p.m. Removing Alcohol from Whiskey

The following Sound Projection Technique was originally taught to me in Beijing, China, by Master Duan Zhi Liang back in 1996.

1. **Preparation:** Pour strong alcoholic beverage into two glasses, and leave them on the table.
 - Perform the 1 Through 10 Meditation and the 3 Prayer Invocations (See V2, Ch. 20).



Decreasing the alcohol content in a cup of wine demonstrates the healer’s ability to Purge.

- Next, pick up one of the filled glasses from the table, and hold it in your left hand.
2. **Lower Dantian:** Then reach your hands up towards the Heavens, and visualize that you are gathering the bright radiant light of Divine Qi from the celestial realm. Feel this radiant energy descend through the top of your head, and fill up your Lower Dantian.
3. **Middle Dantian:** Next, feel his powerful Divine Energy overflow your Lower Dantian, rush up your chest, and enter into your Middle Dantian and Heart area; completely filling your entire chest region with radiant light.
4. **Throat:** Next, visualize and feel the Divine Light overflow your Heart and Middle Dantian.
5. **Sound Projection:** Open your Third Eye and look into the glass of alcohol.
 - Then, from deep within your Heart, begin to sing a worship song into the liquid contained inside the glass. Ignore all people and surroundings, and energetically root your heart and mind into the space that exists in-between the space of the alcohol liquid.
 - As you exhale and project this Divine Light, visualize it getting brighter and brighter - and immediately transforming into a sweet healing nectar.
6. **Qi Purging:** Another variation is to emit qi into the alcohol - and place it into a second glass. This should decrease the alcohol content in one glass - and increase it in the other.
7. **Testing the Techniques:** Next, test the alcohol content in the liquid. This can be accomplished by having a spectator taste the liquid.

SATURDAY, FEBRUARY 29, 2020

8:00 a.m. Review and Examination

- Exam #27: Explain Invisible Needle Therapy.
Exam #28: Explain and demonstrate various Invisible Needle hand postures and their applications.
Exam #29: Explain and demonstrate Channel Point treatments and prescriptions
Exam #30: Explain and demonstrate Sound Volume and Energy Projection methods.
Exam #31: Explain and demonstrate Sound Projection used for treating internal organ stagnation.
Exam #32: Explain and demonstrate Combining Color and Sound Projection
Exam #33: Explain and demonstrate the Six Breath method.
Exam #34: Explain and demonstrate Multiple Sound Breath incantations.

- **The Six Breath Method.**
Reading Assignment: V3, Ch. 34 (p. 558-560).
- **Multiple Sound Breath Incantations.**
Reading Assignment: V3, Ch. 22 (p. 104).

10:00 a.m. Color Projection and Application

Using visualization to transform Qi Emission.

- **Introduction to Color Light & Projection.**
Reading Assignment: V3, Ch. 34 (p. 561-562).
- **Projecting Qi in Eight Colors.**
Reading Assignment: V3, Ch. 34 (p. 563-566).
- **Color Projection Training.**
Reading Assignment: V3, Ch. 34 (p. 567-569).
- **Color Projection Hand Seal.**
Reading Assignment: V3, Ch. 34 (p. 570).
- **Combining Color and Sound Projection.**
Reading Assignment: V3, Ch. 34 (p. 551).
- **Colored Lights & Quartz Crystal Meditation**
Have the students sit in a circle and meditate on the different colors – placed on a table.

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Five Element Qi Massage

Using cloth to absorb noxious energy from a patient's three bodies.

Reading Assignment: V3, Ch. 35 (p. 571-585).

- **The Energetic Circle-Twisting Method.**
Reading Assignment: V3, Ch. 35 (p. 586).
- **The Energetic Compression Release Method.**
Reading Assignment: V3, Ch. 35 (p. 587-588).
- **The Energetic Thrusting Method.**
Reading Assignment: V3, Ch. 35 (p. 589).
- **The Energetic Grasping & Shaking Method.**
Reading Assignment: V3, Ch. 35 (p. 590).
- **The Energetic Tapping Method.**
Reading Assignment: V3, Ch. 35 (p. 591).
- **Channel Point Therapy and Qi Massage.**
Reading Assignment: V3, Ch. 35 (p. 592-594).

5:00 p.m. Finding & Removing Energetic Cords.

Reading Assignment: V3, Ch.29 (p. 394-397).

SUNDAY, MARCH 1, 2020

8:00 a.m. Review and Examination

- Exam #35: Explain and demonstrate Color Projection.
Exam #36: Explain and demonstrate Projecting Qi in Eight Colors.
Exam #37: Explain and demonstrate Color Projection Hand Seals.
Exam #38: Explain and demonstrate the Energetic Circle-Twisting method.
Exam #39: Explain and demonstrate the Energetic Compression Release method.
Exam #40: Explain and demonstrate the Energetic Thrusting method.
Exam #41: Explain and demonstrate the Energetic Grasping and Shaking method.
Exam #42: Explain and demonstrate the Energetic Tapping method.

10:00 p.m. Precautions and Considerations

To introduce a deeper understanding and perspective of healing the patients three bodies.

- **Transforming the Patient's Energetic Grids.**
Reading Assignment: V3, Ch.29 (p. 409).

- **Treating the Patient's Three Bodies.**
Reading Assignment: V3, Ch.29 (p. 410).

- **The Importance of Developing a Healing Rapport With The Patient.**
Reading Assignment: V3, Ch.29 (p. 374-380).

- **How to Avoid Energetic Depletion.**
Reading Assignment: V3, Ch.30 (p. 421-424).

- **How to Avoid Absorbing Turbid Qi.**
Reading Assignment: V3, Ch.30 (p. 424-427).

- **Removing Pathogenic Turbid Qi Invasion.**
Reading Assignment: V2, Ch. 20 (p. 565-569);
V3, Ch. 30 (p. 428-432); and V3, Ch.26 (p.296).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Review General Treatment Protocol

3:00 p.m. Clinical Ethics

To help the healer understand the energetic ramifications of clinical transference, and provide them with specific tools that can be used to rectify such emotional states when they occur.

- **Conscious and Subconscious Influences.**
Reading Assignment: V3, Ch. 30 (p. 439-442).

- **Establishing Doctor and Patient Agreements.**
Reading Assignment: V3, Ch. 30 (p. 443-444).

- **Clinical Burnout.**
Reading Assignment: V3, Ch. 30 (p. 445).

- **Energetic Boundary Invasion.**
Reading Assignment: V3, Ch. 30 (p. 446-447).

- **The Healers Spiritual Light & Righteous Qi.**
Reading Assignment: V3, Ch. 30 (p. 447-449).

- **When Not to Treat the Patient.**

Reading Assignment: V3, Ch. 30 (p. 449), and
V3, Ch. 31 (p. 467-470).

- **Encountering Energetic Vampires.**
Reading Assignment: V3, Ch. 30 (p. 450).

- **Combining Energetic Therapy with Other Healing Therapies.**
Reading Assignment: V3, Ch. 29 (p. 416-420)

400 p.m. Balancing the Body's Energetic System. An introduction to treatment protocols.

- **Purgation & Tonification Guidelines and Applications.**
Reading Assignment: V3, Ch. 31 (p. 471-480).

- **Regulation Guidelines and Applications.**
Reading Assignment: V3, Ch. 31 (p. 481-483).

5:00 p.m. Healing From Emotional Traumas

- **Five Levels of Feeling and Their Governing Organs.**
Reading Assignment: V3, Ch. 33 (p. 499-503).

- **Stages of Wounding and Closing the Spirit.**
Reading Assignment: V3, Ch. 33 (p. 504-507).

- **Coming out of Denial.**
Reading Assignment: V3, Ch. 33 (p. 508-519).

- **Transference and Displaced Emotions.**
Reading Assignment: V3, Ch. 33 (p. 509-510).

- **Transformation & Emotional Resolution.**
Reading Assignment: V3, Ch. 33 (p. 510-512).

- **Assisting the Patient in Establishing Healthy Boundaries.**
Reading Assignment: V3, Ch. 33 (p. 513-517).

- **Understanding Why a Patient Will Not Heal.**
Reading Assignment: V3, Ch. 33 (p. 520-521).

5:30 p.m. Graduation & Certification