

INTRO. TO ENERGETICS & PERCEPTUAL DIAGNOSIS (ENERGY GAMES & QI EMISSION TRAINING)

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

WEDNESDAY, NOVEMBER 20TH, 2019

8:00 a.m. Introduction to Soul Retrieval

- **Thought, Belief & Intention:** Why we study and train Medical Qigong Therapy - research by Prof. Feng Lida - cancer cells in petri dishes - creating excess & deficiency and the formation of the World Academic Society of Medical Qigong.

Reading Assignment: Vol#3, Ch. 28 (p. 339-341), and . Vol#5, Ch. 62 (p. 62-64).

- **Accessing the 3 Chambers Meditation:** Finding the location of the body's past, present, and future energetic chambers.

Reading Assignment: Vol #2, Ch. 19 (p. 542-543).

- **The "Pulling out the Pain" Meditation:** Used to remove past hurts, pains, & memories from our three bodies: "Heal your past- Alter the present - and change your future.

Reading Assignment: V3, Ch. 33 (p. 518-519).

10:00 a.m. Break

- **Releasing Emotional Blockages and Energetic Armoring:** Used to heal and transform Yin internal organ energy.

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

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Introduction to Spirit Body Training

- **"Transformational Accepting Self" Meditation:** Transmission teaching from "Book of Whoh" - Internal Principles #8 (p. 46-47).
 - * Accept yourself - whole & total
 - * Feel the Outside of your body
 - * Feel the Inside of your body
 - * Project the image & shape you feel
 - * Insert your body inside your projected spirit

Reading Assignment: Vol#3, Ch. 21 (p. 63).

4:00 p.m. Intuition & Perception Training

- **The Life Force Breathing Meditation:** Used for energetically dissolving and rebuilding the

three bodies. Transmission teaching – Tai Chi Meditation CD #1.

- **The 8 Direction Perception Meditation:** Used to expand your open field of awareness.

Reading Assignment: V3, Ch. 21 (p. 27-29).

THURSDAY, NOVEMBER 21ST, 2019

8:00 a.m. Introduction to Developing Vibration

- **Energy Vibration (Yi Quan Training).**

Reading Assignment: V3, Ch. 26 (p. 248-264) or the "Yiquan Neigong Daoist Training" book (pages 5-85).

A. 8 Stationary Yi Quan Posture Training for developing Root & Structure

1. Stationary - Hands Floating On Ball
2. Stationary - Embrace The Immortal Post
3. Stationary - Hands Embracing Ball
4. Stationary - Hands Carrying Ball
5. Stationary - Hands Pressing Ball Down
6. Stationary - Hands Pushing Ball Forward
7. Stationary - Hands Floating Across Water
8. Stationary - Hands Holding Ball

- **Yi Quan Meditation Training:**

* 6 Direction Energy Ball Movement;

* 6 Direction Body Movement; and

* Taiji Zhi Ball Meditation training.

Reading Assignment: V3, Ch. 26 (p. 268-273).

B. 8 Moving Yi Quan Posture Training for developing Vibration & Power

1. Moving - Hands Floating On Ball
2. Moving - Embrace The Immortal Post
3. Moving - Hands Embracing Ball
4. Moving - Hands Carrying Ball
5. Moving - Hands Pressing Ball Down
6. Moving - Hands Pushing Ball Forward
7. Moving - Hands Floating Across Water
8. Moving - Hands Holding Ball

- **Yi Quan Meditation Training:**

* Rubber Band Movement training

(Dantian roots all actions and movements).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Advanced Yi Quan Training

C. 8 Whipping Yi Quan Posture Training for developing Issuing Power

- **The Shoot the Bullet – Fajin Training**

- * Beginning posture – heels up
- * Advanced posture – heels down

- **Working the Hips – Fajin Drills**

- * Bucking – Thrusting the Stone
- * Folding – Vibrating the Palm
- * Shaking – Shaking the Staff

- **Working the Spine – Fajin Drills**

- * Rippling the Spine
- * Whipping the Spine

- **The 8 Whipping Posture Set**

1. Whipping - Hands Floating On Ball
2. Whipping - Embrace The Immortal Post
3. Whipping - Hands Embracing Ball
4. Whipping - Hands Carrying Ball
5. Whipping - Hands Pressing Ball Down
6. Whipping - Hands Pushing Ball Forward
7. Whipping - Hands Floating Across Water
8. Whipping - Hands Holding Ball

- **Yi Quan Meditation Training:**

- * 4 (jing) -3 (qi) -2 (shen) -1 (Dao) Meditation
(This is “ear whispered” teaching - never written - and only passed down from master to disciple)

FRIDAY, NOVEMBER 22ND, 2019

8:00 a.m. Review and Examination

Exam #1: Explain the “Pulling out the Pain” Meditation - and describe the importance of its energetic applications.

Exam #2: Explain the Eight Direction Perception Meditation; and describe its important energetic applications.

Exam #3: Explain and Demonstrate the 8 Yi Quan Exercises; and describe their important energetic applications.

Exam #4: Explain and Demonstrate Energy Vibration Training; and describe its important energetic applications.

Exam #5: Explain the Taiji Zhi Ball of Light Meditation; and describe its important energetic applications.

10:00 a.m. Training Creative Visualization:

Used to create, shape, and mold energy.

Reading Assignment: V3, Ch. 28 (p. 357-359).

- **The Big Hand Exercise.** Used to energetically grow and increase your body’s Projected Qi.
Reading Assignment: V3, Ch. 28 (p. 359).

- **The Dipping Hand Exercise.** Used to energetically dip into a person’s three bodies.
Reading Assignment: V3, Ch. 28 (p. 360-361).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Qi Projection Training

- **Lecture - Energetic Armoring** - Discuss Subconscious Imprinting and Qi Projection.
Story of 15 year old Matt -red hair & trauma

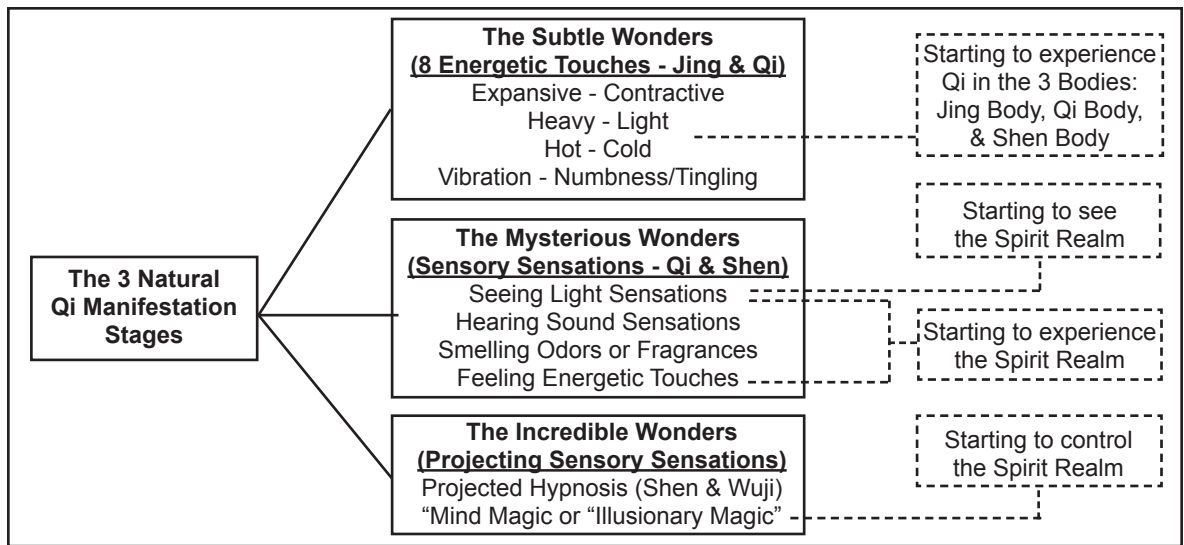
- **Three Level Perception Training:**

- 1st. Level - Jing - Physical Body
- 2nd. Level - Qi - Energy Body
- 3 rd. Level - Shen - Spirit Body

You must catch the qi with your Mingmen - and use it to root the projected energy...

- **The Energetic Pushing Exercise.** Used to energetically push and move a partner’s body without touching them.
Reading Assignment: V3, Ch. 28 (p. 361-363).

- **The Energetic Pulling Exercise.** Used to energetically pull and move a partner’s body without touching them.
Reading Assignment: V3, Ch. 28 (p. 363).



- **The Energetic Pushing & Pulling Exercise.**
Used to energetically push, pull, and move a partner's body without touching them.

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Intro. to Medical Qigong Clinic Basics

SATURDAY, NOVEMBER 23RD, 2019

8:00 a.m. Training to Increase Mind Concentration

Intermediate Meditation used in transforming energetic boundaries and further expanding conscious awareness of energetic realms - Transmission teaching.

- **The Fusion of Tangible and Intangible.**
Reading Assignment: V3, Ch. 28 (p. 354-356).
- **The Fusion of Body-Mind-Energy.**
Reading Assignment: V3, Ch. 28 (p. 356-357).

10:00 a.m. Increasing Perceptual Awareness

Intermediate Meditation used for awakening perceptive awareness, and reconnecting it with the intuitive consciousness.

Reading Assignment: V3, Ch. 28 (p. 331-338).
Transmission teaching:

- **Who are You - Where did you come from - and why are you hear?**
- **Where is the Center of Space?**
- **Where is the Center of Time?**

- **Understanding Qi Manifestations:**
Reading Assignment: V3, Ch. 21 (p. 3-13) and V3, Ch. 31 (p. 457-464). Transmission teaching:

- 1. The Subtle Wonders (8 Energetic Touches)**
Expansive - Contractive
Heavy - Light
Hot - Cold
Vibration - Numbness/Tingling
- 2. The Mysterious Wonders (Sensory Sensations)**
Seeing Light Sensations
Hearing Sound Sensations
Smelling Odors or Fragrances
Feeling Energetic Touches
- 3. The Incredible Wonders (Projecting Sensory Sensations)**

The person is able to over-shadow and at will cause an individual to see, hear, feel and/or experience different desired sensations. This is known as "Mind Magic" or "Illusionary Magic," and is an ancient Daoist teachings.

- **Creating an Energetic Circle.**
Reading Assignment: V3, Ch. 29 (p. 381-387).

**1995 Xi Yuan Hospital Story -
Psychic Attack & Energetic Circle**

Reading Assignment: V3, Ch. 29 (p. 381-387)

- **Clinical Protection - Creating Energy Bubble**
Reading Assignment: V3, Ch. 22 (p. 94-103)
- **Dredge & Purge a patient's Toxic Energy.**
Reading Assignment: V3, Ch. 29 (p. 388-390).
- **Understanding Thought Form Clusters & Energetic Cords.**
Reading Assignment: V3, Ch. 29 (p. 391-397).
- **Disposing of the patient's Toxic Energy.**
Reading Assignment: V3, Ch. 29 (p. 398-399).

SUNDAY, NOVEMBER 24TH, 2019

8:00 a.m. Review and Examination

Exam #6: Explain and Demonstrate the skill of Creating an Energetic Circle; as well as its important energetic applications.

Exam #7: Explain Energetic Cords; as well as their important energetic applications.

Exam #8: Explain and Demonstrate the skill of Disposing of the patient's Toxic Energy; as well as its important energetic applications.

10:00 a.m. Introduction to Energetic Diagnosis:

Used for developing energetic sensitivity to the body's Five Energetic Fields.

- **Diagnosing The Three Wei Qi Fields.**
Reading Assignment: V2, Ch. 14 (p. 218-221).

- **Diagnosing The Current of Ying Qi.**
Reading Assignment: V2, Ch. 14 (p. 222).

- **Diagnosing The Body's Sea of Blood.**
Reading Assignment: V2, Ch. 14 (p. 223).

- **Diagnosing The Body's Sea of Marrow.**
Reading Assignment: V2, Ch. 14 (p. 224).

- **Diagnosing The Body's Center Core of Light (Taiji Pole of Man).**
Reading Assignment: V2, Ch. 14 (p. 224-225); V1, Ch. 5 (p. 237-242 and 256-258)

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Treatment Protocols - "Table Work."

- **Tonification treatment protocol - used for extremely deficient patients.**
Reading Assignment: V3, Ch 29 (p. 400-403)
- **The General Treatment Protocol.**
Reading Assignment: V3, Ch 29 (p. 404-408)

5:00 p.m. Review and Examination

Exam #9: Explain and Demonstrate the "Tonification Treatment Protocol;" as well as its important energetic applications.

Exam #10: Explain and Demonstrate the "General Treatment Protocol;" as well as its important energetic applications.

6:00 p.m. Graduation & Certification