

MEDICAL QIGONG & DAOIST ALCHEMICAL TEACHINGS

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

WEDNESDAY, AUG. 21 ST, 2024

8:00 a.m. Sleeping Dragon Meditation Review

Reading Assignment: Daoist Internal Alchemy: Neigong & Weigong Training (p. 225-234).

9:00 a.m. Dragon Waking & Thrashing

Reading Assignment: Daoist Internal Alchemy: Neigong & Weigong Training (p. 235-236).

10:00 a.m. Dragon Plays With Pearl

Reading Assignment: Daoist Internal Alchemy: Neigong & Weigong Training (p. 236-237).

11:00 a.m. Cultivating The Great Luminous Pearl

Reading Assignment: Daoist Internal Alchemy: Neigong & Weigong Training (p. 237-241).

12:00 (NOON) - BREAK FOR LUNCH

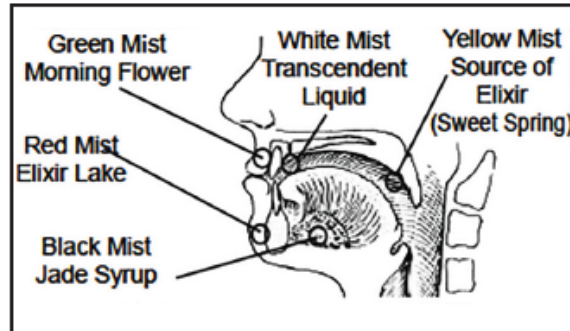
2:00 p.m. The Maoshan - Shang Qing Gathering and Eating the 5 Sprout Energetic Mists

Reading Assignment: Daoist Internal Alchemy: Neigong & Weigong Training (p. 119-126).
The Jade Mirror of Lingbao Daoist Magic: Book #3 (p. 305-308)

The Five Sprouts are the subtle energetic manifestations of the celestial Yin Clouds (i.e., the multicolored radiant mists of Heaven). They are not only harvested inside the human body via cultivated saliva (during meditation practice), but additionally manifest within the five colored vapors that surround the various internal organs.

Because they also manifest externally, flowing within the energetic fields of nature and the cosmos, this subtle energy is considered to be very delicate, comparable to the fresh tender sprouts of a new born plant (hence the name "Five Sprouts").

According to ancient Daoist teachings, just before sunrise, the radiant energies of the five sprouts assemble inside the Celestial Capital. From there, they expand throughout the entire



universe, pulsing and radiating brightly until the morning sun begins to shine.

Then, spinning like the wheels of a carriage, these illuminating energies rush through the upper gates of the Nine Heavens, and sojourn through the middle levels of the world (i.e., the energetic realms).

After flowing into the Five Sacred Mountains, they expand throughout the earth. When they are gathered into a Daoist disciple's body, they pass through three different levels: jing (tissue matter), qi (life-force energy), and shen (spirit).

Inhale (sip) the radiant color, energetic vibration, and illuminating mist into each organ's orb (pool) - channel (river) - tissues (matter/form) - and radiant field (associated spiritual virtues).

- **Blue-Green Mist (Shu/Guo):** Liver, Gall Bladder, tendons, ligaments, eyes, Hun (Ethereal Soul), love and compassion.
- **Vermillion Red Mist (Ha/Jong):** Heart, Small Intestines, blood, blood circulation, vessels, tongue, Shen (Spirit) and inner-peace.
- **Golden Yellow Mist (Who/Dong):** Spleen, Pancreas, Stomach, muscles, mouth and lips, Yi (Intention/inclination), honesty and truthfulness.
- **Bright White Mist (Shh/Shang):** Lungs, Large Intestines, respiration, skin, body hair, nose, Po (Corporeal Soul) and integrity.
- **Indigo Blue/Black Mist (Chree/Yu):** Kidneys, Urinary Bladder, bones, brain, essence, marrow, head hair, ears, Zhi (Willpower and Determination) and Wisdom.

THURSDAY, AUG. 22ND, 2024

8:00 p.m. A Review of Liuqifan (The 6 Breathing Methods), Organ Sounds & Mantra Sounds

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 34 (p. 541-560).

Daoist Internal Alchemy: Neigong & Weigong Training (p. 127-234)

10:00 a.m. Purging Toxic Qi With Energy Bubble

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 29 (p. 381-385).

12:00 (NOON) - BREAK FOR LUNCH

8:00 p.m. Using the Energy Circle for Protection

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 29 (p. 386-387).

FRIDAY, AUG. 23RD, 2024

8:00 a.m. A Review of Locating, Identifying and Removing Energetic Cords

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 29 (p. 391-397).

10:00 a.m. A Review of Energetic Grids and Treating the Patient's 3 Bodies.

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 29 (p. 409-410).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. A Review of the Parkinson's Disease Protocol #1

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #4, Ch. 58 (p. 667-673).

4:00 p.m. A Review of the Parkinson's Disease Protocol #2

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #4, Ch. 58 (p. 674-678).

5:00 p.m. Treating Multiple Patients in a Circle

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 29 (p. 411-413).

SATURDAY, AUG. 24TH, 2024

8:00 a.m. Yiquan Posture/Movement Training.

Reading Assignment: The Secret Teachings of Chinese Energetic Medicine - Vol #3, Ch. 26 (p. 247-265).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Cutting the Puppet's Strings.

Reading Assignment: A Master's Journey - Ch. 22 (p. 256-257, and 513-514).

SUNDAY, AUG. 25TH, 2024

8:00 a.m. Open-Book Questions surrounding all 5-Volumes of "The Secret Teachings of Chinese Energetic Medicine"

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Graduation