

ENERGETIC PSYCHOLOGY - EMOTIONAL ALCHEMY & SPIRITUAL TRANSFORMATION TRAINING

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

WEDNESDAY, NOVEMBER -, 2022

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

8:00 a.m. Introduction to Energetic Psychology

- **Energetic Formation of the Human Spirit.**
Reading Assignment: V1, Ch. 2 (p. 84-97, and p. 134); and Hidden Teachings Vol 1, Ch. 37 (p. 247-260)

- **The Body's Five Essence Spirits.**
Reading Assignment: V5, Ch. 73 (p. 455-457); and V1, Ch. 2 (p. 97-98).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Review and Examination

- Exam #1: Explain the difference between the eternal soul existing as a human soul and its soul-extension.
- Exam #2: Explain the difference between the human soul and the body's spirit.
- Exam #3: Explain how to awaken one's Ling Shen (supernatural spirit) and access its Ling Qi (supernatural energy).

3:00 p.m. Thoughts and Emotions on the Tissues.

Reading Assignment: V5, Ch. 73 (p. 457-463).

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

THURSDAY, NOVEMBER -, 2022

8:00 a.m. Review and Examination

- Exam #4: Explain the energetic patterns of thoughts and emotions - verses the energetic patterns of virtues.
- Exam #5: Explain the energetic pattern of memory, and which internal organs are responsible for storing short term and long term memory.

- **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 #1: 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, NOVEMBER -, 2022

8:00 a.m. Review and Examination

- Exam #6: Explain and demonstrate the various treatments associated with releasing trapped emotional patterns via stimulating the five Jing Shen points.

12:00 (NOON) - BREAK FOR LUNCH

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

- **Disassociating from Emotional Fear Based Patterns via Channel Point Therapy.**
Reading Assignment: V5, Ch. 73 (p. 487-491).

SATURDAY, NOVEMBER -, 2022

8:00 a.m. Treating Minor Psychological Disorders (B)

- **Performing the “Beating The Bag” Exercise, in order to Disperse Liver Qi Stagnation.**
Reading Assignment: V5, Ch. 73 (p. 492-494).

- **Performing the “Dry Crying” Exercise, in order to Disperse Lung Qi Stagnation.**
Reading Assignment: V5, Ch. 73 (p. 495-498).

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

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Performing the “Magistrates Calling the Emperor to Task” Clinical Protocol, to “Reawaken” a Closed Shen (Heart/Mind).

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

4:00 p.m. The “Releasing Emotional Blockages and Energetic Armoring” Meditation, used to “Reawaken” a Closed Shen (Heart/Mind).

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

SUNDAY, NOVEMBER -, 2022

8:00 a.m. Review and Examination

- Exam #7: Explain and demonstrate the various treatments associated with helping a patient heal from emotional fear based patterns via Channel Point Therapy.
- Exam #8: Demonstrate the “Beating The Bag” exercise and explain its energetic function.
- Exam #9: Demonstrate the “Dry Crying” exercise and explain its energetic function.
- Exam #10: Demonstrate the “Old Man and Tide Pool” exercise and explain its energetic function.
- Exam #11: Demonstrate the “Magistrates Calling the Emperor to Task” Clinical Protocol and explain its energetic function.
- Exam #12: Explain the purpose and energetic function of the “Releasing Emotional Blockage” meditation.

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.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 #13: Explain the Four Personality Traits of Clinical Patients.
- Exam #14: Explain the body’s Three Core Channels and the “Six Realms” psychology.

5:30 p.m. Graduation & Certification