

# Index of Medical Qigong

**{9 Levels + 24 Hands on sessions (those who would like to become a trained adept – or Master in Medical Qigong)}**

## Section I: Theory

### **Introduction:**

- a. What is Medical Qigong?
  - Concept of MQ
  - Objective of MQ
  - Diagnostic Techniques
  - Healing Methodology
- b. Nine Depths
- c. Concept of Yin/Yang
  - What is Yin/Yang?
  - 3 energy of the universe
  - Purpose of Qigong
  - 5 Elemental Energy (Creative & Destructive cycle)
  - Meridians & Pathways
  - Biological Clock

### **Chp. 1: Structural Formation (from embryo to death):**

- a. Embryological Development
  - Heaven, Human & Earth Energy
  - Developmental Sequence
- b. Prenatal Energy Development (10 month of creation)
- c. Postnatal Energy Development
  - 3 Dantians
  - Tai chi or the Central pole
  - Chakra System 7 Chakra Gates
  - 12 Primary Channel
  - 8 Extraordinary Vessel
  - 6 Extraordinary Yang organs (Curious organs)
- d. The Eternal Soul
  - Original Spirit (Yuan Shen)
  - Yin/Yang aspect of Eternal soul
  - Healing emotional traumas
  - Final exit of Eternal soul
- e. Fasciae Development & Energy Flow
  - Yin/Yang structure formation
  - 5 Elements (emotions & appearance)

### **Chp. 2: Energetic Points:**

- a. Energy Pools (Organ System)
- b. 4 Types of Pool (category of points)
- c. 2 Gates of Energetic Points
- d. Function of Energetic Points
- e. Classification of Energetic Points

### Chp. 3: Three Outer Forces:

- a. Treasures of Human
  - Jing, Qi, & Shen
- b. Treasures of Earth
  - Earth, Water, & Wind
- c. *Treasures of Heaven*
  - *Sun, Moon, & Stars*

## Section II: Training

### Chp. 4: Dao Yin training:

- a. Postural Training
  - Standing (18 rules)
  - Sitting
  - Lying
- b. Dynamic Posture
  - Yin/Yang method
  - Hand techniques
  - Walking techniques (3 speed)
  - Open & close Dantian
  - Self-massage
  - 5 Animal Qigong
  - 8 Jewels tensing method
  - 12 Animal Qigong
  - Wai dan (Qi Harnessing)
  - Nei dan (Qi Cultivation)
- c. Breathing Techniques
  - 5 Elemental Breath
  - 6 Healing sound
  - 6 Tonal Sound and Vibration techniques
  - Breath pattern for collecting & regulating Qi
  - Bone marrow breathing
- d. Mental Training
  - Concentrative meditation
  - Insight meditation
  - Bridge of light
  - Reprogram to Heal

### Chp. 5: Qi Deviations in Qigong training:

- a. Main cause of Qi Deviations
  - Postural
  - Respiratory
  - Mental
  - Stressful life
  - Environmental
- b. Soul & Spirit Deviations

### Chp. 6: Qi Emitting Methods:

- a. Energy Projection
- b. Qi Extension Technique

- c. Energetic Point Therapy
- d. 5 Elemental Qi Massage

### **Section III: Diagnostic**

#### **Chp. 7: Diagnostic:**

- a. Introduction to Diagnostic
  - 8 miscellaneous cause of diseases
  - Categorization of sign & symptoms
  - Diagnosing Yin/Yang of the body
  - 5 Element Theory
- b. Sensory Diagnostic
  - Sensory Observation (visual)
  - Sensory Observation (auditory)
  - Sensory Observation (smelling)
  - Diagnosis by Questioning
- c. Pulse Diagnosis (Organ based)
- d. Intuitive & Perceptive Diagnosis
  - Hand sensing
  - Empathic Qi absorption
  - Hand diagnosis based on body association
  - Observing the auric field

### **Section IV: Treatment**

#### **Introduction to treatment:**

- a. Medical Qigong & Immune system
- b. Preparing the Self to treat others
- c. Purging, Tonification & Regulating the patient energy field
- d. Avoiding energetic depletion of Self
  - 5 Organ meditation for protection
  - Creating a protective energetic field
  - Clinical burnout (energy boundary invasion)

#### **Chp. 8: Organ Self Massage:**

- a. Heart massage
- b. Liver massage
- c. Kidney massage
- d. Lung massage
- e. Spleen massage
- f. Point therapy massage (Tui na)

#### **Chp. 9: Healing Sound Therapy:**

- a. Yin/Yang breath
- b. 6 healing sounds
- c. Multiple organ sound
- d. Sound resonance for 5 organs

#### **Chp. 10: Energetic Valve therapy (light palm pressure):**

- a. Regulating the 26 Energy valve
- b. Regulating the Organ flow

- c. Regulating the Thrusting channel
- d. Regulating the Yin/Yang flow
- e. Regulating the Belt channel flow
- f. Increase & decrease of Depth energy

**Chp. 11: Qi Emission Therapy (without touch):**

- a. Control & emission of Qi
  - Guiding the Qi
  - Hand gestures
  - Forms of Qi emission
  - Sensation & effect of Qi
- b. Liver emission therapy
- c. Heart emission therapy
- d. Spleen emission therapy
- e. Lung emission therapy
- f. Kidney emission therapy
- g. Deficient Dantian
- h. Disorder of Qi

**Chp. 12: Ailment Based Healing:**

- a. ENT diseases
- b. Traumatological diseases
- c. Pediatrics
- d. Geriatrics
- e. Neurology
- f. Psychology
- g. Oncology



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Initiating Potentiality