

SYLLABUS OF MEDICAL QIGONG

Level III



SEVANGEETM

Initiating Potentiality

BY

CHRISTOPHER FERNANDES

SYLLABUS OF MEDICAL QIGONG

LEVEL III

Duration: (18 – Hours)
(8¹/₂ – Hours)

Theory:

- **6 Channels of the Hands (Lu, L. Int, Ht, S. Int, Fasc, T.W.)**
 - ❖ Physiological Functions
 - Organ Functions
 - Western Medical Perspective
 - Psycho – emotional aspects
 - Energy Flow
 - ❖ Pathological Manifestation
 - ❖ Muscle Tendon Region
 - ❖ Cutaneous Region
- **6 Channels of the Torso & Legs (St, Sp, U. Bl, Kid, G. Bl & Liv)**
 - ❖ Physiological Functions
 - Organ Functions
 - Western Medical Perspective
 - Psycho – emotional aspects
 - Energy Flow
 - ❖ Pathological Manifestation
 - ❖ Muscle Tendon Region
 - ❖ Cutaneous Region
- **Relation between Zang/Yin & Fu /Yang Organs**
 - ❖ Relation among Zang/Yin organs
 - ❖ Relation between Zang/Yin & Fu/Yang organs
 - ❖ Relation among Fu/Yang organs
- **6 Extraordinary/Curious Yang Organs**
 - ❖ Brain
 - ❖ Uterus
 - ❖ Bone Marrow
 - ❖ Bones
 - ❖ Blood Vessels
 - ❖ Gall Bladder
- **8 Extraordinary Vessels**
 - ❖ Energetic Pathway of the Vessel
 - ❖ Clinical Manifestation
 - ❖ Pathological Manifestation
 - ❖ 8 Extraordinary Vessels & their Pathologies
- **Channel Pathology**
 - ❖ Causes of 12 Primary Channels Pathology
 - ❖ Diseases of 12 Primary Channels
 - ❖ Functions of 8 Extraordinary Vessels
 - ❖ Why MQ uses 8 vessels?

Training:**(6 - Hours)**

- **Revision of Qi Cultivation Level II**
- **Revision of 5 Animal Qigong**
- **Locating & Tracing the Primary Channels**
- **Channel breathing**
- **15 Points for Structure Building, Rooting & Energy Projection**
 - ❖ Standing with Feet Flat
 - ❖ Bending the Knees
 - ❖ Relaxing the Hips
 - ❖ Activating the Sacral Pump
 - ❖ Activating the Lower Dantian
 - ❖ Relaxing the Waist
 - ❖ Pulling the abdomen to activate the Mingmen
 - ❖ Working on Scapulae to release Qi
 - ❖ Stretching the Spine
 - ❖ Sinking the Elbows
 - ❖ Expanding the Thorax
 - ❖ Relaxing the Wrists
 - ❖ Keeping the Armpits Hollow
 - ❖ Tucking the Chin-in
 - ❖ Eyes for Inner Vision
- **Conversion of Jing to Qi**
 - ❖ Contraction & Expansion
 - ❖ Basic Deep Breathing
 - ❖ Direct Upward Breathing
 - ❖ Triple Furnace Breathing
- **External Qi Cultivation**
 - ❖ Earth Yin Qi
 - ❖ Heaven Yang Qi
- **Internal Qi Cultivation**
 - ❖ Fire Path of Microcosmic Orbit
 - ❖ Water Path of Microcosmic Orbit
 - ❖ Union of Fire & Wind path of Microcosmic Orbit
 - ❖ Wind Path of Microcosmic Orbit

**Self-Healing:****(3 - Hours)**

- **Revision of 5 Vayu's**
- **Revision of 8 Jewels Tendon Changing Exercises**
- **Wu Zang (5 Organ) Meditation for Energetic Protection**
 - ❖ Spleen
 - ❖ Heart
 - ❖ Kidney
 - ❖ Liver
 - ❖ Lung

- **Creating a Protective Energetic Force Field**
 - ❖ 12 Planes of Belt Channel Breathing

Question & Answers:

(1/2 - Hour)

- Theory
- Training
- Self-Healing

