The Sentient Temple Medical Qigong Class Curriculum

SECTION 1: FOUNDATIONS OF CHINESE ENERGETIC MEDICINE

Introduction to Medical Qigong

- Yin and Yang Concepts

Energetic Formation of the Human Body

- Energy Embryological Development and Sequence
- Ten Lunar months
- The Eternal Soul
- The Hun and the Po

Physical Development and Structural Formation

- Fascial Development and Energy Flow
- Yin and Yang Structural Formation
- The Five Element Constitutions and Personality
- The Extraordinary Vessels Constitutions and Personality
- The Yaos and Physical Anatomy

Five Energies of the Human Body

- Sound, Light, Magnetic, Heat and Electrical Energies

The Three Dantians and the Taiji Pole

- The Three Dantians: Upper, Lower and Middle
- Nine Chambers of each Dantian
- Functional Aspects of the Three Dantians
- The Taiji Pole
- Five Thrusting Channels Relationship to Taiji Pole
- Energetically Opening the Taiji Pole
- Twelve Gates of the Chakra System

The Twelve Primary Channels and Organs

- Primary Channels
- Channel Collaterals
- Muscle/Tendon Connections to Channels
- Cutaneous or Skin Zones Connections to Channels
- Channels Relationship to Qi and Blood
- Organ and Channel Fundamentals
- Psycho-emotional Aspects of each Organ
- Western Medical Perspective of each Organ
- Pathological Channel/Organ Manifestations
- Understanding Channel Pathology
The Eight Extraordinary Vessels and Collaterals

- Eight Extraordinary Vessels
- Function of the Eight Extraordinary Vessels
- Channel Fundamentals
- Pathological Channel manifestations
- Twelve Muscle Tendon Channels
- Twelve Skin Zones and Diagnosis

The Body’s Energetic Points

- Important Energetic Points for Treatment
- Categories and Functions of Energetic Points
- Shu Points
- Alarm Points
- Master and Couple Points

The Extraordinary Yang Organs

- The Uterus, the Brain, the Gallbladder, the Marrow, the Bones and the Blood Vessels

SECTION 2: THREE TREASURES OF HEAVEN, EARTH AND MAN

Introduction to the Three Outer Forces

The Three Treasures of Heaven: Sun, Moon and Stars

- Inner Alchemy and Meditations; Pathological Manifestations, Meditations, Healings
- Meditations
- Gathering the Sun’s Essence
- Gathering Moon Cream
- Gathering Energy from the Five Planets

The Three Treasures of Earth: Soil, Wind and Water

- Gathering Qi from the Earth
- Gathering Qi from the 6 Directions
- Earthly Treasure of Food, Diet and Herbs-Healing Pathologies, Elemental Imbalance, how to work with

The Three Treasures of Man: Jing, Qi and Shen

- Overview and Relation
- Clinical Diagnosis

SECTION 3: DAO YIN TRAINING

Introduction to Dao Yin Training
Postural Dao Yin Training

- Medical Qigong Meditations and Prescription Exercises
- Lying, Sitting, Quiescent, Active
- Proper Medical Qigong Structure
- Using the Energy of the Hands to Lead the Qi
- Medical Qigong Walking Therapy
- Dredging the Channels

Respiratory Dao Yin Training

Mental Dao Yin Training

- Benign and Malignant Thought Patterns
- Essentials of Training the Mind and Concentration, Focus

SECTION 4: QI DEVIATIONS IN QIGONG TRAINING

Introduction to Qi Deviations

- Causes
- Correcting

Disorders and Deviations of the Soul & Spirit

- Emotional Disturbances
- Fire and Water meditation
- Sun and Moon meditation
- Releasing Emotional Blockage Meditation
- Soul

SECTION 5: DIFFERENTIAL DIAGNOSIS OF ENERGETIC PRINCIPLES

Introduction to Differential Diagnosis

- Find the Cause of the Disease, the Root of the Disease and the Location of the Disease
- Causes of Disease
- Factors: Whole Person, Constitution, Signs and Symptoms, Syndromes, Organs, Etiology, Treatment plan, Treatment

Diagnosis According to 8 Energetic Principles

- Internal and External Pathogenic Factors
• Hot/Cold
• Excess/Deficient
• Yin and Yang Theories
• Pulses

Diagnosis According to Qi, Blood and Body Fluid Dysfunctions

• Disorders of the Qi
• Disorders of the Blood
• Disorders of the Bodily Fluids

Diagnosis according to the Five Element Theory

• Five Elements, Yin and Yang Theory
• Creative Cycle
• Controlling Cycle
• Invading Cycle
• Insulting Cycle
• Five Element Tonification Cycle

Other Diagnostic Systems and Techniques

• Diagnosis According to the 4 Levels of Disease
• Diagnosis According to the Triple Burners

Clinical Examination and Diagnosis

• Clinical Intake, Examination and Evaluation
• Methods of Sensory, Intuitive and Perceptual Diagnosis
• Past Life Regression
• Internal Viewing Meditation
• Flat-palm Sensing and Hand Diagnosis
• Long Distance Diagnosis and Healing

SECTION 6: ESTABLISHING THE MEDICAL QIGONG CLINIC

Treating the Patient

• Preparing to Treat the Patient
• 1-10 Meditation
• The Hook-Up
• Energetic Circle Drawing
• Energetic Diagnosis
• Healing Techniques
• Purging, Tonifying and Regulating Techniques
• Purification by Sound and Light
• General Therapeutic Treatment (includes techniques for purging lungs and liver and tonifying spleen and kidneys)

Combining Medical Qigong Therapy with Other Healing Modalities
Precautions and Energetic Protection for the Qigong Practitioner

- Live Organ Meditation for Energetic Protection
- Creating an Energetic Force Field
- Client Ethics and Boundaries
- Transference and Counter-transference

SECTION 7: TREATMENT PRINCIPLES OF MEDICAL QIGONG THERAPY

Principles and Parameters of Medical Qigong Therapy

- Five Methods for Treating Patients
- The Three Wonders: Subtle, Mysterious and Incredible
- Medical Qigong Prescription Modifications for Certain Conditions

Balancing the Bodies Energetic System

- Purging, Tonifying and Regulating: the Three Treatment Modalities
- Unblocking the Five Passes

Healing the Clients Emotional Traumas

- Five Elemental Emotions
- Stages of Emotional Resolutions
- Assisting Client in Establishing Healthy Boundaries
- Rejection, Betrayal and Abandonment
- Three Personal Needs that Foster Emotional Security
- Pulling Out the Pain Meditation
- Understanding Why a Client won't Heal
- Facing

SECTION 8: QI EMITTING METHODS

Energy Extension and Qi Manipulation Techniques

- Energetic Projections
- Hand Postures for Qi Emission

Qi Extension, Guidance and Regulation Techniques

- Pushing, Pulling, Leading Energy
- Energy Patterns: Circles, Spirals, Figure 8's
- Cupping, Shaking, Vibrating
- Gathering and Emitting Hot or Cold Energy
- Gathering and Emitting Five Elements energy
- Gathering and emitting the energy of the meridians

Invisible Needle Theory and Application

- How to Create Invisible Needles for Treatment
- Angle of Insertion for Tonification or Sedation
• Practicals for Using in Treatments

Energetic Point Therapy

Medical Qigong Massage

• Tissue Functions and Interactions
• Five Elemental Qi Massage Therapy

SECTION 9: MEDICAL QIGONG EXERCISES AND PRESCRIPTIONS

Introduction to Medical Qigong Prescriptions and Regulation Exercises

• Purgation, Tonification and Regulation Concepts
• Adding Sound and Color
• Why Prescriptions and Exercises are Important for the Client
• Specific Exercises by Category
• Breath Counts for Proper Practice

Specific Organ Self-Massage Prescriptions and Regulation Exercises

• 5 Organ Massage Prescriptions

Healing Sound Therapy and Prescriptions

• Sound Healing
• Use of Pitches
• Use of Audible and Inaudible Sounds
• 6 Healing Sound Prescriptions for Organs
• Breath Counts for Proper Practice
• Combining Sounds
• Emotional Detoxifying Prescription Exercises - Old Man Searching for Reflection of the Moon at the Bottom of Tide Pool
• Contraindications for Sound Therapy
• Use in Healing Protocols for Cysts, Tumors and Cancer

Medical Qigong Regulation Exercises

• Cultivating Qi Exercises - Internal and External
• Microcosmic Orbit - Fire, Water and Wind Paths
• Pulling Down the Heavens
• Gathering Qi in the Upper and Lower Dantians - Various Exercises
• Qigong Self Healing Massage and Point therapy - Various Exercises

Daoist Qigong Regulation Exercises

• Beating and Druming the Qi
• 5 Organ Regulation Exercises
- Ending, Rooting, and Stabilizing the Qi
- Turtle Breathing

SECTION 10: TREATMENT OF INTERNAL DISEASES WITH MEDICAL QIGONG THERAPY

Healing Protocols for Liver Diseases
- Liver Complications and Symptoms
- General Treatment
- Liver Qigong Prescriptions
- Medical Qigong Protocols for Specific Liver Diseases

Healing Protocols for Heart Diseases
- Heart Complications and Symptoms
- General Treatment
- Heart Qigong Prescriptions
- Medical Qigong Protocols for Specific Heart Diseases

Healing Protocols for Spleen/Stomach Diseases
- Spleen Complications and Symptoms
- General Treatment
- Spleen Qigong Prescriptions
- Medical Qigong Protocols for Specific Spleen Diseases
- Stomach Complications and Symptoms
- General Treatment
- Stomach Qigong Prescriptions
- Medical Qigong Protocols for Specific Stomach Diseases

Healing Protocols for Lung Diseases
- Lung Complications and Symptoms
- General Treatment
- Lung Qigong Prescriptions
- Medical Qigong Protocols for Specific Lung Diseases

Healing Protocols for Kidney Diseases
- Kidney Complications and Symptoms
- General Treatment
- Kidney Qigong Prescriptions
- Medical Qigong Protocols for Specific Kidney Diseases
- Healing Protocols for Miscellaneous Diseases
SECTION 11: MEDICAL QIGONG THERAPY FOR PEDIATRICS, GERIATRICS, GYNECOLOGY, NEUROLOGY, PSYCHOLOGY, ONCOLOGY, AND SURGERY

Healing Protocols for Pediatrics

- Early Stages of Child Growth and Development
- Common Deficiencies, Excess and Imbalances
  - Medical Qigong Prescriptions for Children

Healing Protocols for Geriatrics

- Treating Emotional Stability
- Energizing Qi Circulation
- Preventing Senility
- Common Issues with Geriatric Patients

Healing Protocols for Gynecology

- Etiology and Pathology of Gynecological Diseases
- Menstrual Flow and Complications
- Breast Cysts and Tumors
- Ovarian Cysts and Tumors
- Uterine Complications

Healing Protocols for Neurology

- Strokes and Comas
  - Bells Palsy
  - Multiple Sclerosis

Healing Protocols for Psychology

- Emotional Energy Stored within the Five Yin Organs
- Emotional Disharmony
- Differentiation of Psycho-emotional Disorders
- Treating Phobias and Depression Using Windows of the Sky Points
- Releasing Anger with Beating the Bag
- Releasing Grief with Dry Crying

Healing Protocols for Oncology

- Categorization of Tumors
- Three Formations of Cancer Growths
- Etiology of the Six Pathogenic Cancer Factors
- Emotional Components of Cancer Formation
- Strengthening the Immune System
- Cancer Treatment Methods
- Meditations for Cancer Patients
- Treating Tumors and Cancer with Medical Qigong Therapy:
  - Brain Tumors
  - Breast Cancer
Uterine Cancer  
Cervical Cancer  
Prostate Cancer  
Lung Cancer  
Liver Cancer  
Esophageal Cancer  
Stomach Cancer  
Pancreatic Cancer  
Colon and Rectum Cancer

**Healing Protocols for Radiation and Chemotherapy**

- Medical Qigong Therapy and Radiation Therapy  
- Medical Qigong Therapy and Chemotherapy

**Healing Protocols for Surgery**

- Medical Qigong Therapy and Preoperative Therapy  
- Medical Qigong Therapy and Surgery  
- Medical Qigong Therapy and Postoperative Therapy  
- Recreating Organ Energy that has been removed  
- Treatment of Scar Tissue

The Sentient Temple has adopted the International Institute of Medical Qigong's curriculum and the textbook authored by Dr. Johnson titled, "Chinese Medical Qigong Therapy: A Comprehensive Clinical Text". As additional textbooks become available from Dr. Johnson they will be incorporated into the curriculum. Certification is through the International Institute of Medical Qigong and the He Nan University of Traditional Chinese Medicine.