

International Institute of Medical Qigong Medical Qigong Practitioner Training Syllabus

“Introduction to Medical Qigong Therapy” 4 Seminars, 20 Days, 160 Hours

Seminar MQP-1 Course Syllabus 5 Day – 40 Hours

Required Textbooks:

The Secret Teachings of Chinese Energetic Medicine:
Volume #1, Volume #2, Volume #3, Volume #4, and Volume #5

1. Historical Overview of Chinese Energetic Medicine:

- From ancient Shaman Mystics to Imperial Court Healers, Chinese Energetic Medicine has a vast history. Reading Assignment: V1, Ch. 1 - 2 (p. 3 - 54).
- Training to Emit Qi: Reading Assignment: V3, Ch 28 (p.339 - 341).
- The Energetic Formation of the Universe: Reading Assignment: V1, (p. 55 - 78).

2. Energetic Anatomy and Physiology:

- The Three Bodies and the Three Worlds; the various interactions effecting the Body, Mind, and Spirit (Thoughts and Feelings). Reading Assignment: V1, Ch. 2 (p. 79 - 98)
- An Introduction to the ancient Daoist Three Powers of Heaven, Earth and Man. Reading Assignment: V2, Ch. 11 (p. 3- 8).

3. Energetic Embryological Development:

- The Physical, Energetic, and Spiritual formation and energetic effects governing the
- development of the Human Body's Internal Organs and Tissues. Reading Assignment: V1, Ch. 2 (p. 99 - 134)
- An Introduction to the Eight Extraordinary Vessels: Reading Assignment: V1, Ch. 6 (p. 319 - 328)

4. Cleaning, Purging, and Containing Life-Force Energy

- Pulling Down the Heavens- Descend the Qi to Cleanse the Organs: Reading Assignment: V4 (p.120 – 121), V4, (p. 164).
- Wuji Posture: Reading Assignment: V2, Ch.16 (p.278 – 327),
- One through Four Meditation: Reading Assignment: V2, Ch.20 (p.575 – 578).

5. Introduction to Channel Flow:

- The Twelve Primary Organs and Channels; Reading Assignment V1, Ch. 8 (p. 401 – 415).
- Dredging the Body's External Yin and Yang Channel Qi: Reading Assignment: V2, Ch.16 (p.377 - 378).

6. Purging and Dredging Stagnant Qi Exercises:

- Counter Swing, Dropping Post, and Trembling Horse; Reading Assignment: V4, (p. 161 - 164)

- Natural Breathing; Beating and Drumming the Qi Meditation: Reading Assignment: V4, (p. 165 -167)

7. Introduction to the Daoist Five Yin Organ Exercise:

- Opening and Strengthening the Spine and Central Nervous System; Reading Assignment: V4, Ch. 47 (p. 168-169).
- The Daoist Five Lung Organ Exercise:
 - Relationship to Po (Corporeal Soul); Congenital and Acquired Emotions;
 - Tonification Exercise; Traumatology (Relieving Diaphragm Spasm). Reading Assignment: V1, Ch 2, (p.135 -153), V4, (p.170 -171).
- The Daoist Five Kidney Organ Exercise:
 - Relationship to Zhi (Will);
 - Congenital and Acquired Emotions; Tonification Exercise;
 - Traumatology (Relieving Insomnia).
 - Reading Assignment: V1, Ch 8 (p.529), V4, Ch. 47 (p.172 – 174).
- The Daoist Five Liver Organ Exercise:
 - Relationship to Hun (Ethereal Soul);
 - Congenital and Acquired Emotions; Tonification Exercise;
 - Traumatology (Discharging Anger Exercise). Reading Assignment: V1, Ch 2, (p.142 – 147), V4, Ch 47 (p.174 -176).
- The Daoist Five Heart Organ Exercise:
 - Relationship to Shen (Spirit); Congenital and Acquired Emotions; Tonification Exercise;
 - Traumatology (Relieving Cardiac Arrest).
 - Reading Assignment: V1, Ch2 (p.152 – 153), V4, Ch 47,(p.177 -179).
- The Daoist Five Spleen Organ Exercise:
 - Relationship to Yi (Intellect);
 - Congenital and Acquired Emotions; Tonification Exercise: Reading Assignment: V4, Ch 47,(p.180 -182).
- Ending with Turtle Breathing:
 - Turtle Exercise: Reading Assignment: V2, Ch. 16 (p.288-294), V4, Ch 47, (p.182 - 185).

8. Gwan Gong Stroking Beard (Small Microcosmic Orbit Meditation).

- To regulate the Body's Sea of Yin and Yang;
 - Reverse Breathing
 - Contraindications for Reverse Breathing.
 - Reading Assignment: V2, Ch. 17 (430 – 431).

9. Healing Sounds For Emotional Detoxing:

- To Purge the Whole Body Stagnation using combined Sound Therapy, via the Old Man Searching for the Reflection of the Moon at the Bottom of the Tide Pool. Reading Assignment: V4, Ch. 45 (p.76 – 77).

10. Six Healing Sounds Exercise (A):

- To purge Individual Internal Organ Stagnation, using Sound Therapy.
- Introduction to Purging and Detoxifying the Liver, Heart and Spleen Organs. Reading Assignment: V4, Ch. 45 (p. 43-62).

11. Six Healing Sounds Exercise (B):

- To purge Individual Internal Stagnation, using specific Sound Therapy.
- Introduction to Purging and Detoxifying the Lungs, Kidneys and Triple Burners. Reading Assignment: V4, Ch. 45 (p. 63-75).
- Contraindications for the Six Healing Sounds Exercises: Reading Assignment V4, Ch. 45 (p.78).

12. The Clinical Applications of Special Sound Vibrations.

- Secret Mantra Sounds used for Opening the Nine Energetic Chambers of each of the body's Three Dantians. Reading Assignment: V4, Ch. 45 (p.79 – 84).

13. The Golden Ball Regulation Exercise:

- Regulating The Body's Eight Actions of Qi: Rise-Fall, Expand-Contract, Flow In-Flow Out, Gather-Disperse.
- Reading Assignment: V5, Ch. 71 (p. 397 - 399).

14. The Four Guardians; Ren Wu Zang Meditation to Prevent the Invasion of External Pathogens:

- Protective Shengong Meditation (Wu Zang - to strengthen the body's energetic field in order to protect the healer from the invasion of pathogenic factors in the clinic). Reading Assignment: V2, Ch.20 (p. 570 - 574).

15. How to Analyze and Categorize Qigong Exercises:

- How to Analyze and Categorize the many Qigong Exercises; including a Basic Introduction to Medical Qigong Prescriptions;
- How and when to Establish a Personal Medical Qigong Workout.
- Reading Assignment: V4, Ch. 43 (p. 3-17).

Seminar MQP-2 Course Syllabus 5 Day – 40 hours

Required Textbooks: The Secret Teachings of Chinese Energetic Medicine: Volume #1, Volume #2, Volume #3, and Volume #5

1. Introduction to Soul Retrieval Training

- Locating the Body's Past, Present, and Future Energetic Chambers Meditation. Reading Assignment: V2, Ch. 19 (p. 541-543).
- "Pulling out the Pain" Meditation. Reading Assignment: V3, Ch. 33 (p. 518-519).
- "Transformational Accepting Self" Meditation
- "Releasing Emotional Blockages Energetic Armoring Meditation (Inner Smile Meditation) Reading Assignment: V5, Ch. 73 (p. 502).

2. The "One through Ten" Meditation and 3 Prayer Invocations

- Rooting The Three Bodies to the Qi of Heaven and Earth via the 1-Through-10 Meditation; plus the Three Prayer Invocations needed to create a Divine Healing Field through which to Treat patients. Reading Assignment: see student handouts.
- 3. Developing Qi Vibration**
- Introduction to Energy Vibration (Stage #1). Reading Assignment: V3, Ch. 26 (p. 247-255).
- 4. External Qi Self Massage**
- External Body Self-Massage and Point Tapping Prescription Exercises; Introduction to Self-Healing Massage and Point Tapping Therapy. Reading Assignment: V4, Ch. 46 (p. 141-162).
- 5. Phantom Hand Exercises**
- For training and increasing Creative Visualization, in order to Create, Shape, and Mold energy. Reading Assignment: V3, Ch. 28 (p. 357-359).
 - The Big Hand Exercise. Used to energetically grow and increase your body's Qi. Reading Assignment: V3, Ch. 28 (p. 359).
 - The Dipping Hand Exercise. Used to energetically dip into and penetrate a partner's three bodies. Reading Assignment: V3, Ch. 28 (p. 360-361).
 - The Pushing Hand Exercise. Used to energetically push and move a partner's body without touching them. Reading Assignment: V3, Ch. 28 (p. 361-363).
 - The Pulling Hand Exercise. Used to energetically pull and move a partner's body without touching them. Reading Assignment: V3, Ch. 28 (p. 363).
- 6. Training and Increasing Mind Concentration**
- Intermediate Meditation used in transforming energetic boundaries and further expanding conscious awareness of energetic realms.
 - The Fusion of Tangible Matter and Intangible Energy. Reading Assignment: V3, Ch. 28 (p. 354-356).
 - The Fusion of Body-Mind-Energy Meditation. Reading Assignment: V3, Ch. 28 (p. 356-357).
- 7. Increasing Intuitive and Perceptual Awareness Meditation**
- Intermediate Meditation used for increasing the energetic boundaries and further expanding conscious awareness of surrounding environment.
 - Eight Direction Perception Meditation. Reading Assignment: V3, Ch. 21 (p. 27-29).
- 8. Increasing Perceptual Awareness of the True Self**
- Intermediate Meditation used for "Awakening" and expanding the Perceptive Awareness, and reconnecting with the Intuitive Consciousness.
 - Where is the Center of Space? • Where is the Center of Time? Meditation. Reading Assignment: V3, Ch. 28 (p. 336 - 337).
- 9. Introduction to Medical Qigong Clinic Basics**
- Creating an Energetic Circle. Reading Assignment: V3, Ch. 29 (p. 381-387).
 - Dredging and Purging the Patient's Toxic Energy. Reading Assignment: V3, Ch. 29 (p. 388-390).
 - Understanding Energetic Cords. Reading Assignment: V3, Ch. 29 (p. 391-397).
 - Disposing of the patient's Toxic Energy. Reading Assignment: V3, Ch. 29 (p. 398-399).

10. Introduction to Energetic Diagnosis

- Developing an Energetic Sensitivity to the body's Five Energetic Fields
- Assessing The Body's Three External Wei Qi Fields. Reading Assignment: V2, Ch. 14 (p. 218-221).
- Assessing The Body's Current of Ying Qi. Reading Assignment: V2, Ch. 14 (p.222).
- Assessing The Body's Sea of Blood. Reading Assignment: V2, Ch. 14 (p.223).
- Assessing The Body's Sea of Marrow. Reading Assignment: V2, Ch. 14 (p.224).
- Assessing The Body's Center Core of Light (Taiji Pole of Man). Reading Assignment: V2, Ch. 14 (p.224-225); V1, Ch. 5 (p. 237-242 and 256-258)

11. Introduction to Medical Qigong Treatment Protocols and Introduction to "Table Work."

- "Tonification Treatment Protocol," For Extremely Deficient Patients. Reading Assignment: V3, Ch 29 (p. 400-403)
- Introduction to "The General Treatment Protocol." Reading Assignment: V3, Ch 29 (p. 404-408)
- Refining General Treatment Protocol Table Work, Medical Qigong Purgation, Tonification and Regulation Therapy

Seminar MQP-3 Course Syllabus 5 Day – 40 hours

Required Textbooks: The Secret Teachings of Chinese Energetic Medicine: Volume #2, Volume #3

1. Working With Energy

- Introduction to Becoming a Medical Qigong Healer. Reading Assignment: V3, Ch.28 (p. 329-330).
- The Three Energetic Wonders. Reading Assignment: V3, Ch. 31 (p. 457-466)

2. Controlling and Transforming the Body's Qi via Special Awareness Meditations

- From Physical Body - To Energy Body- To Spirit Body. Reading Assignment: V3, Ch.28 (p. 326).
- From Spirit Body - To Energy Body- To Physical Body. Reading Assignment: V3, Ch.28 (p. 327).
- Moving the Energies of all Three Bodies. Reading Assignment: V3, Ch.28 (p. 327).
- Energizing the Three Bodies Sense Organs. Reading Assignment: V3, Ch.28 (p. 328).

3. Understanding the Energetic Influence of Thoughts and Feelings

- The External Projecting and Manifesting of Energetic Thought Form Patterns. Reading Assignment: V3, Ch.28 (p. 342-344; and p. 352-353).
- Finding and Removing Energetic Cords. Reading Assignment: V3, Ch.29 (p. 394-397).

4. Clinical Safety and Spirit Protection Protection Meditations

- The Spirit Realm and the Medical Qigong Clinic: V2, Ch. 20 (p. 563-566).
- Purification Techniques For The Medical Qigong Clinic: V2, Ch. 20 (p. 566-569).
- The Importance of Establishing a Safe Clinical Environment. Reading Assignment: V3, Ch.29 (p. 367-370).

5. Energetic Protection Meditations

- Creating a Protective Force Field. Reading Assignment: V3, Ch. 30 (p. 434-438).
- Creating an Energetic Bubble. Reading Assignment: V3, Ch. 30 (p. 438)

6. Precautions and Ethical Considerations for the Medical Qigong Doctor

- Transforming the Patient's Energetic Grids. Reading Assignment: V3, Ch.29 (p. 409).
- Treating the Patient's Three Bodies . Reading Assignment: V3, Ch.29 (p. 410).
- The Importance of Developing a Healing Rapport With The Patient. Reading Assignment: V3, Ch.29 (p. 374-380).
- How to Avoid Experiencing Energetic Depletion in the Clinic. Reading Assignment: V3, Ch.30 (p. 421-424).
- How to Avoid Absorbing Turbid Qi From the Body's Six Openings. Reading Assignment: V3, Ch.30 (p. 424-427).
- Removing Turbid Qi Invasion; and Energetic Protection Meditations. Reading Assignment: V2, Ch. 20 (p. 565-569); V3, Ch. 30 (p. 428-431); and V3, Ch.26 (p.296).

7. Clinical Ethics

- Conscious and Subconscious Clinical Influences. Reading Assignment: V3, Ch. 30 (p. 439-442).
- Establishing Doctor and Patient Agreements. Reading Assignment: V3, Ch. 30 (p. 443-444).
- Clinical Burnout and the Medical Qigong Clinic. Reading Assignment: V3, Ch. 30 (p. 445).
- Energetic Boundary Invasion. Reading Assignment: V3, Ch. 30 (p. 446-447).
- Strengthening the Spiritual Light of the Doctor's Righteous Qi. Reading Assignment: V3, Ch. 30 (p. 447-449).
- When Not to Treat the Patient. Reading Assignment: V3, Ch. 30 (p. 449), and V3, Ch. 31 (p. 467-470).
- Encountering Energetic Vampires. Reading Assignment: V3, Ch. 30 (p. 450).
- Establishing Realistic Training Goals for the Medical Qigong Doctor. Reading Assignment: V3, Ch. 30 (p. 451-453).
- Combining Medical Qigong Therapy with Other Healing Therapies. Reading Assignment: V3, Ch. 29 (p. 416-420)

8. The Patient's Energetic Unwinding

- Patient's Energetic Unwinding and Facial Distortions. Reading Assignment: V3, Ch. 31 (p. 465).
- Patient Resistance to Energetic Therapy. Reading Assignment: V3, Ch. 31 (p. 466).

9. Balancing the Patient's Energetic System

- Clinical Purgation and Tonification Guidelines and Applications. Reading Assignment: V3, Ch. 31 (p. 471-480).
- Clinical Regulation Guidelines and Applications. Reading Assignment: V3, Ch. 31 (p. 481-483).

10. Clinical Observations of Pathological Energetic Patterns

- Locating the Areas of Chronic Energetic Obstruction. Reading Assignment: V3, Ch. 31 (p. 484-491).
- Types of Energetic Complications. Reading Assignment: V3, Ch. 32 (p. 492-497).

11. Healing a Patient's Emotional Traumas

- Five Levels of Feeling and Their Governing Organs. Reading Assignment: V3, Ch. 33 (p. 499-503).
- Wounding and Closing the Spirit. Reading Assignment: V3, Ch. 33 (p. 504-507).
- The Patient Coming out of Denial. Reading Assignment: V3, Ch. 33 (p. 508-509).
- Transference and Displaced Emotions. Reading Assignment: V3, Ch. 33 (p. 509-510).
- Stages of Energetic Transformation and Emotional Resolution History. Reading Assignment: V3, Ch. 33 (p. 510-512).
- Assisting the Patient in Establishing Healthy Boundaries. Reading Assignment: V3, Ch. 33 (p. 513-517).
- Pulling Out the Pain Meditation Review. Reading Assignment: V3, Ch. 33 (p. 518-519).
- Understanding Why a Patient Might Not Heal. Reading Assignment: V3, Ch. 33 (p. 520-521).

12. Facing the Death of a Patient

- Understanding the Death Process. Reading Assignment: V3, Ch. 33 (p. 522-529).
- Death and the Chakra System. Reading Assignment: V3, Ch. 33 (p. 530-533).
- Helping a Dying Patient Pass. Reading Assignment: V3, Ch. 33 (p. 533-535).
- The After Death Experience. Reading Assignment: V3, Ch. 33 (p. 535-536).

13. Training Energy Extension and Qi Manipulation Techniques

- Qi Emission Techniques. Reading Assignment: V3, Ch. 25 (p. 201-205).
- Training the "Extended Fan Palm" Hand Technique. Reading Assignment: V3, Ch. 25 (p. 206-211).
- Training the "Sword Fingers" Hand Technique. Reading Assignment: V3, Ch. 25 (p. 212-214).
- Training the "One Finger Skill." Reading Assignment: V3, Ch. 25 (p. 215-219).
- The "Invisible Needle Palm" and "Dragon's Mouth Palm" Hand Techniques. Reading Assignment: V3, Ch. 25 (p. 220).
- Training the "Kneading Tiger Claw" Skill. Reading Assignment: V3, Ch. 25 (p. 220-221).
- Training the "Five Thunder Fingers" Skill. Reading Assignment: V3, Ch. 25 (p. 222-226).

14. Training Advanced Qi Emission Applications and Qi Vibration Techniques

- Linear Qi Extension Techniques. Reading Assignment: V3, Ch. 26 (p. 227-232).
- Circulating and Spiraling Qi Extension Techniques. Reading Assignment: V3, Ch. 26 (p. 233-243).
- Creating an Energetic Cast. Reading Assignment: V3, Ch. 26 (p. 244-245).
- Energetic Cupping. Reading Assignment: V3, Ch. 26 (p. 246).
- Creating Energy Ball Techniques. Reading Assignment: V3, Ch. 22 (p. 93-99).

15. Advanced Qi Emission Techniques

- Creating a Ball of Light. Reading Assignment: V3, Ch. 26 (p. 280-281).
- Creating and Training Hot (Yang) Qi and Cold (Yin) Qi. Reading Assignment: V3, Ch. 26 (p. 282-287).
- Guiding and Emitting the Qi of the Five Element Energies. Reading Assignment: V3, Ch. 26 (p. 288-289).
- Emitting the Twelve Earthly Branch Channel Five Element Qi. Reading Assignment: V3, Ch. 26 (p. 290-295).

16. The "Invisible Needle" Theory and Application

- Origin and Introduction to Invisible Needle Therapy. Reading Assignment: V3, Ch. 27 (p. 297-303).

- Invisible Needle Hand Postures. Reading Assignment: V3, Ch. 27 (p. 304-305).
- Depth and Angles of Needle Insertion. Reading Assignment: V3, Ch. 27 (p. 306).
- Various Invisible Needle Applications. Reading Assignment: V3, Ch. 27 (p. 307-312).
- Channel Point Treatments and Prescriptions. Reading Assignment: V3, Ch. 27 (p. 313-316).
- Channel Point Prescription Meditations. Reading Assignment: V3, Ch. 27 (p. 317-320).

17. The Five Element Qi Massage Therapy

- Introduction to Five Element Qi Massage. Reading Assignment: V3, Ch. 35 (p. 571-585).
- The Energetic Circle-Twisting Method. Reading Assignment: V3, Ch. 35 (p. 586).
- The Energetic Compression Release Method. Reading Assignment: V3, Ch. 35 (p. 587-588).
- The Energetic Thrusting Method. Reading Assignment: V3, Ch. 35 (p. 589).
- The Energetic Grasping and Shaking Method. Reading Assignment: V3, Ch. 35 (p. 590).
- The Energetic Tapping Method. Reading Assignment: V3, Ch. 35 (p. 591).
- Channel Point Therapy and Qi Massage. Reading Assignment: V3, Ch. 35 (p. 592-594).

18. Sound Projection Theory and Qi Emission Application

- Introduction to Sound Projection. Reading Assignment: V3, Ch. 34 (p. 541-543).
- Sound Volume and Energy Projection. Reading Assignment: V3, Ch. 34 (p. 544-548).
- Sound Projection Used for Treating Cancer Patients. Reading Assignment: V3, Ch. 34 (p. 548-550).
- Combining Color and Sound Projection. Reading Assignment: V3, Ch. 34 (p. 551).
- Sound Projection Training. Reading Assignment: V3, Ch. 34 (p. 552-557).
- The Six Breath Method. Reading Assignment: V3, Ch. 34 (p. 558-560).

19. Color Projection Theory and Application

- Introduction to Color Projection. Reading Assignment: V3, Ch. 34 (p. 561-562).
- Projecting Qi in Eight Colors. Reading Assignment: V3, Ch. 34 (p. 563-566).
- Color Projection Training. Reading Assignment: V3, Ch. 34 (p. 567-569).
- Color Projection Hand Seal. Reading Assignment: V3, Ch. 34 (p. 570).

20. Absorbing Energy from Trees

- Creating plant essences for self and others: V2, Ch. 13 (p. 147 – 155)

Seminar MQP-4 Course Syllabus 5 Day – 40 hours

Required Textbooks: The Secret Teachings of Chinese Energetic Medicine: Volume #1, Volume #4

1. Medical Qigong Prescription Exercises and Meditations

- History of Medical Qigong Exercises and Meditations. Reading Assignment: V4, Ch. 43 (p. 3-6).
- Dao Yin Self-Regulation Training and Principles of Yang and Yin. Reading Assignment: V4, Ch. 43 (p. 6-15).
- Selecting the Proper Medical Qigong Prescription Exercises. Reading Assignment: V4, Ch. 43 (p. 15-18).
- The Number of Breaths Required in Prescription Exercises. Reading Assignment: V4, Ch. 43

- (p. 18-22).
- Choosing the Proper Medical Qigong Prescription Posture. Reading Assignment: V4, Ch. 43 (p. 22-25).
- Primary and Secondary Medical Qigong Prescription Postures. Reading Assignment: V4, Ch. 43 (p. 25-26); and V4, Ch. 46 (p. 117-118).
- Prescription Exercises and Meditations
- Starting and Ending the Prescription Exercises and Meditations. Reading Assignment: V4, Ch. 46 (p.119-121).
- Medical Qigong Prescriptions for Qi Cultivation, The Fire Cycle, Water Cycle, and Wind Cycle of the Microcosmic Orbit. Reading Assignment: V1, Ch. 6 (p.367-368).

2. External Body Self-Massage and Point Tapping Prescription Exercises;

- Introduction to Self-Healing Massage and Point Tapping Therapy. Reading Assignment: V4, Ch. 46 (p. 141-162).

3. Internal Organ Self-Massage Prescription Exercises

- Introduction to Internal Organ Self-Massage Prescription Exercises. Reading Assignment: V4, Ch. 44 (p. 27-29).
- Liver Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 30-31).
- Heart Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 32-33).
- Spleen and Stomach Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 34-36).
- Lung Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 37-38).
- Kidney Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 39-40).
- Prescription for Insomnia Prescription. Reading Assignment: V4, Ch. 44 (p. 40-42).

4. Healing Sound Prescription Exercises

- Introduction to Internal Organ Sound Prescription Exercises. Reading Assignment: V4, Ch. 45 (p. 43-50).
- Liver Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 51-54).
- Heart Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 55-58).
- Spleen Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 59-62).
- Lung Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 63-66).
- Kidney Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 66-69).
- Triple Burner Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 70-73).
- Combining Multiple Organ Healing Sound Prescriptions. Reading Assignment: V4, Ch. 45 (p. 74-75).
- Clinical Applications of Mantra Sounds. Reading Assignment: V4, Ch. 45 (p. 79-84).
- Energetic Point Prescription Sound Exercises. Reading Assignment: V4, Ch. 45 (p. 85-94).
- Internal Organ Cancer Prescription Sound Exercises. Reading Assignment: V4, Ch. 45 (p. 95-116).

5. Ancient Daoist Wu Dang Regulation Prescription Exercises – Hun Yuan

- Medical Qigong Wu Dang Prescription Exercises. Reading Assignment: V4, Ch. 46 (p. 119-140).

6. The Treatment of Internal Organ Diseases - Yin (Zang) Organs

- Medical Qigong Therapy for Treating Liver Organ Diseases. Reading Assignment: V4, Ch. 48 (p. 191-225, 227-232)

- Medical Qigong Therapy for Treating Heart Organ Diseases. Reading Assignment: V4, Ch. 49 (p. 233-270)
- Medical Qigong Therapy for Treating Spleen and Pancreatic Diseases. Reading Assignment: V4, Ch. 50 (p. 271-285, 288-304, 309-312)
- Medical Qigong Therapy for Treating Lung Organ Diseases. Reading Assignment: V4, Ch. 51 (p. 313-330, 338-373, 380-386)
- Medical Qigong Therapy for Treating Kidney Organ Diseases. Reading Assignment: V4, Ch. 52 (p. 387-447, 451-452)

7. The Treatment of Internal Organ Diseases - Yang (Fu) Organs

- Medical Qigong Therapy for Treating Gall Bladder Organ Diseases. Reading Assignment: V4, Ch. 53 (p. 455-483)
- Medical Qigong Therapy for Treating Small Intestine Organ Diseases. Reading Assignment: V4, Ch. 54 (p. 485-498)
- Medical Qigong Therapy for Treating Stomach Organ Diseases. Reading Assignment: V4, Ch. 55 (p. 503-511, 519-520, 524-534, 548-549)
- Medical Qigong Therapy for Treating Large Intestine Organ Diseases. Reading Assignment: V4, Ch. 56 (p. 551-558, 565-571)
- Medical Qigong Therapy for Treating Urinary Bladder Organ Diseases. Reading Assignment: V4, Ch. 57 (p. 583-590, 592-593, 597-610, 615-619)

8. Qi Emission Therapy for Treating Miscellaneous Disease Conditions

- Clinical Protocols Used to Treat Various Types of Headaches. Reading Assignment: V4, Ch. 58 (p. 633-652).
- Clinical Protocols Used to Treat Fibromyalgia. Reading Assignment: V4, Ch. 58 (p. 652-658).