

QIGONG POSTURE, BREATH, & MIND TRAINING

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

WEDNESDAY, NOV, 3RD, 2021

8:00 a.m. Introduction to Dao Yin Training.

Reading Assignment: V2, Ch. 15 (p. 263-267).

- **Dao Yin Diagnostic Methods.**

Reading Assignment: V2, Ch. 15 (p. 268-270).

- **The Three Schools of Dao Yin Training.**

Reading Assignment: V2, Ch. 15 (p. 271-276).

- **Postural Dao Yin Training.**

Reading Assignment: V2, Ch. 16 (p. 277-281).

- **Static and Dynamic Posture Training.**

Reading Assignment: V2, Ch. 16 (p. 336-349).

10:00 a.m. The 18 Rules of Dao Yin Training.

Reading Assignment: V2, Ch. 16 (p. 282-335).

12:00 (NOON) - BRAKE FOR LUNCH

2:00 p.m. The 18 Rules of Dao Yin - Continued.

Reading Assignment: V2, Ch. 16 (p. 282-335).

THURSDAY, NOV, 4TH, 2021

8:00 a.m. Review and Examination.

- **Exam #1:** Explain and Demonstrate how to rectify incorrect postures, and explain why these corrections are important.
- **Exam #2:** Explain why choosing proper posture positions according to specific diseased conditions is so important.

9:00 a.m. The Therapeutic Movements of Hands

Reading Assignment: V2, Ch. 16 (p. 379-381).

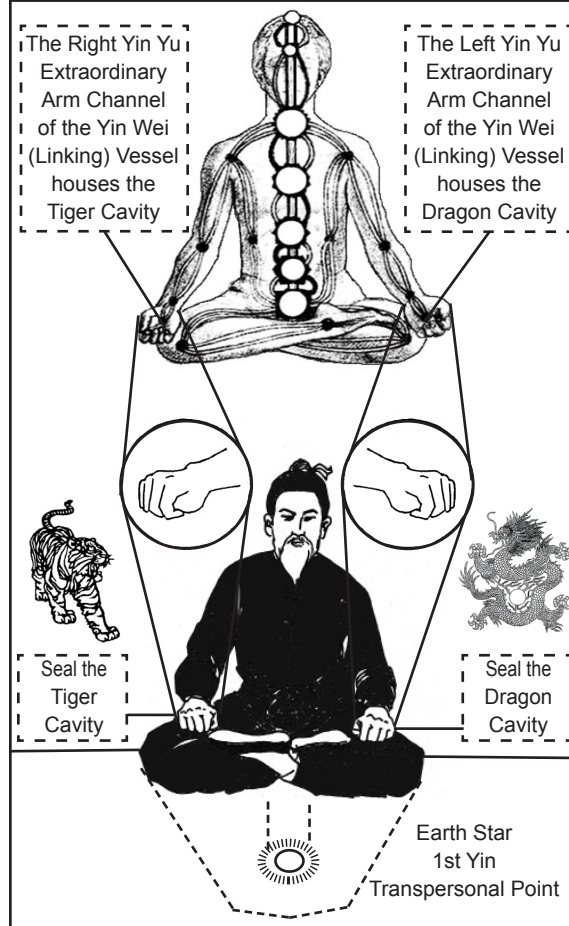
- **Activating Hand Postures.**

Reading Assignment: V2, Ch. 16 (p. 350-368).

- **Hand Postures and Prayer Incantations.**

Reading Assignment: V2, Ch. 16 (p. 369-371).

12:00 (NOON) - BRAKE FOR LUNCH

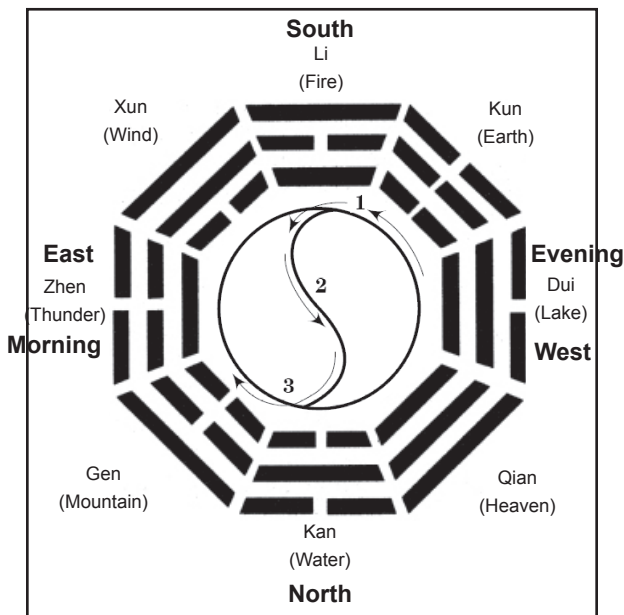


In ancient China, the Daoist priests traditionally used secret hand seals in order to move and direct the life force energies of their three bodies.

After meditating for example, when gathering and storing the cultivated qi inside their body - the priests placed their thumbs and middle fingers inside the center of their soft fists. Next, both of these fists were simultaneously twisted inward towards the center of their lower body. This allowed any excess energy to rush into the middle of their Lower Dantian.

In Daoist Alchemy, this special technique is known as "Sealing the Dragon and Tiger Cavities."

Another variation of this same hand seal technique, can be seen when the Daoist priest seeks to balance the radiant Ling Qi (spiritual energy) existing within their Soul Star (located 6" above the head) with the cultivated life force energy existing within their Earth Star (located 6" below the ground).



For Morning Circle Walking (sunrise), starts at the Zhen Trigram position - facing North (Kan); in the Evening Circle Walking (sunset), starts at the Dui Trigram position - facing South (Li).

2:00 p.m. Dynamic Postural Dao Yin Training.

Reading Assignment: V2, Ch. 16 (p. 372-373).

3:00 p.m. Medical Qigong Self-Massage.

Reading Assignment: V2, Ch. 16 (p. 374-378).

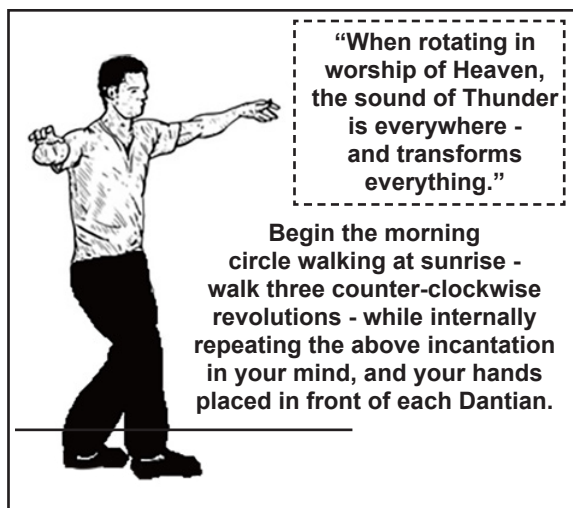
• The Band Heating Exercises.

Reading Assignment: V5, Ch. 71 (p. 390-395).

FRIDAY, NOV, 5TH, 2021

8:00 a.m. Review and Examination.

- **Exam #3:** Describe the specific visualizations, body postures, hand postures, and prayer incantations used during the "One Through Ten" Preparation Meditation, and explain why it is so important.
- **Exam #4:** Describe the specific visualizations, body postures, and hand postures of the Band Heating exercises.
- **Exam #5:** Describe the specific visualizations, body postures, and hand postures of the Golden Ball exercise.



"When rotating in worship of Heaven, the sound of Thunder is everywhere - and transforms everything."

Begin the morning circle walking at sunrise - walk three counter-clockwise revolutions - while internally repeating the above incantation in your mind, and your hands placed in front of each Dantian.

10:00 a.m. Qigong Walking Training

To experience how moving meditation is one thousand times stronger than sitting meditation.

• Introduction to Medical Qigong Walking.

Reading Assignment: V2, Ch. 16 (p. 382-383).

• Daoist Circle Walking.

Reading Assignment: V2, Ch. 16 (p. 383-384).

When walking the circle, the ancient Daoists believed that their body's movements should always be unified, and strived to manifest "stillness in motion." This special qigong application is described as the method of "training the body - while harnessing the spirit."

When beginning the Daoist morning circle walking exercise, face the Eastern side of the circle, and stand at the Zhen (Thunder) Trigram at sunrise - your body should face the Kun (Water) Trigram (located in the North).

Next, walk three counter-clockwise revolutions - while internally repeating the following Morning Incantation, and your hands placed in front of each Dantian, described as follows:

"When rotating in worship of Heaven, the sound of Thunder is everywhere and transforms everything."

The reason for internally repeating the incantation with each meditation movement in the circle walk practice is so that you may “replace a myriad thoughts with a single thought - and calm the mind.”

- **The 1st Circle:** The first circle rotation corresponds to the Qi of Earth. Therefore, your hands should be placed in front of your Lower Dantian. While circle walking, image that you are holding a large radiant energy ball in front of your lower abdomen.
- **The 2nd Circle:** The second circle rotation corresponds to the Qi of Man. Therefore, your hands should be placed in front of your Middle Dantian. While circle walking, image that you are holding a large radiant energy ball in front of your heart and the center of your chest.
- **The 3rd Circle:** The third circle rotation corresponds to the Qi of Heaven. Therefore, your hands should be placed in front of your Upper Dantian. While circle walking, image that you are holding a large radiant energy ball in front of your head and 3rd Eye area.
- **The Taiji Pole:** After walking the third circle rotation, walk through the center of the circle to the other side, and follow an “S” shaped pattern - described in the Taiji Diagram on the previous page.
- **Reverse Directions:** Then, start the circle walking pattern again - this time move in a clockwise direction for three complete revolutions (beginning with the Lower - then Middle - then Upper Dantian).

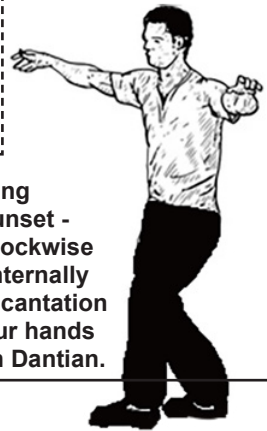
When starting the evening circle walking exercise, face the Western side of the circle, and stand at the Dui (Lake/Mist) Trigram, with your body facing Li (Fire) Trigram (located in the South).

Next, walk three counter-clockwise revolutions - while internally repeating the following Evening Incantation, and your hands placed in front of each Dantian, described as follows:

**“When Rotating in Worship of Heaven,
The Great Void Saves Us
From the Hardship of Existence.”**

**“When rotating in
worship of Heaven,
the Great Void
saves us from
the hardship of
existence.”**

**Begin the evening
circle walking at sunset -
walk three counter-clockwise
revolutions - while internally
repeating the above incantation
in your mind, and your hands
placed in front of each Dantian.**



- **The 1st Circle:** The first circle rotation corresponds to the Qi of Earth. Therefore, your hands should be placed in front of your Lower Dantian. While circle walking, image that you are holding a large radiant energy ball in front of your lower abdomen.
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12:00 (NOON) - BRAKE FOR LUNCH

2:00 p.m. Medical Qigong Walking Applications.

Reading Assignment: V2, Ch. 16 (p. 385-398).

• Ending the Walking Therapy.

Reading Assignment: V2, Ch. 16 (p. 398-400).

• Guo Lin Cancer Walking Applications.

Reading Assignment: V5, Ch. 63 (p. 65-69).

Similar to Taijiquan, with each step of the Guo Lin Qigong Walking you are practicing “stillness in motion;” allowing both your mind and body to become more relaxed, tranquil, and balanced. In order to practice the Guo Lin Cancer Recovery Qigong Walking Therapy, proceed as follows:

- **Wuji Posture:** Start from a Standing Wuji Posture, with both feet positioned further than shoulder’s width apart; and both arms hanging comfortably by the sides of your body.

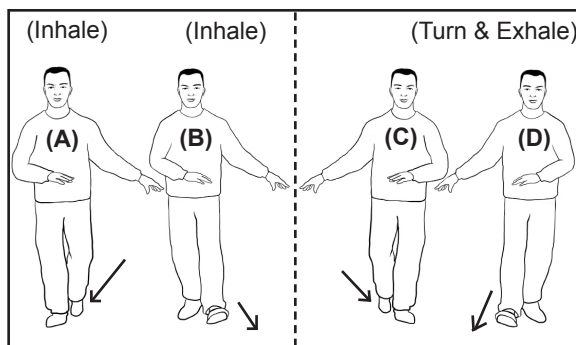
Place the tip of your Tongue onto the Fire Element Position; relax, allow your eyes to close, and begin to breathe comfortably through your nose using Natural Breathing.

- **Preparation Posture:** Next, open your eyes and softly place the center of your right hand, in front of your Lower Dantian; allow your left arm to hang comfortably by your side; this is your Beginning Posture.

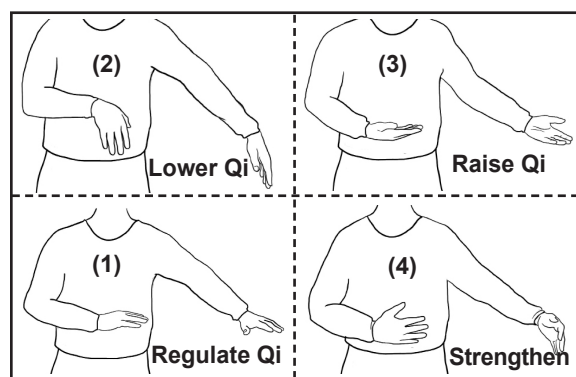
1. **First Step (Inhale-Inhale):** Slowly move your body weight onto the right leg, and bring your left foot to the middle of the right foot- left toes pointing downward (A). Softly Inhale a half-breath.
 - Next, bend the knees and move your left foot forward and allow your left heel to touches the ground - toes pointing up (B).
 - As you place the bottom of your left foot flat on ground, again softly Inhale a half-breath (C).

Because most chronic disease patients have Deficient Kidney functions - this first “heel down - toes up” posture is traditionally used to open the Kidney Channels.

2. **Second Step (Exhale):** Now slightly bend the knees, and slowly move your body weight



Guo Lin's Cancer Recovery
Qigong Walking Therapy (#1)



The Placement of the Hands

onto your left foot; then step forward with your right foot (D).

- As you step forward, simultaneously move your left hand to the front of your Lower Dantian, and softly Exhale. It is important that your arm and leg movements continue to be soft, smooth, and relaxed throughout the entire exercise; this ensures the smooth circulation of your body's qi.
- **Special Hand Postures:** Each hand movement to and from the Lower Dantian creates a different type of energetic application, for example (Figure 63.6):

(1) **Regulate: Qi** If the palms face the Earth, it is called the “Regulation Method;” and is always practised by the cancer patients once they are in recovery.

(2) **Lower Qi:** If the fingers point downward, it is called the “Lowering Method;” and is used to treat Hyper-indicated diseases, such as

lowering High Blood Pressure and High Blood Sugar levels.

(3) Raise Qi: If the palms face the Heavens, it is called the "Raising Method;" and is used to improve the health for those patients with Hypo-indicated diseases, such as raising Low Blood Pressure and Low Blood Sugar levels (Hypoglycemia).

(4) Strengthen Qi: If the palms face the Lower Dantian, it is called the "Tonifying Method;" and is used by patients who have recovered from their sickness.

SATURDAY, NOV, 6TH, 2021

8:00 a.m. Review and Examination.

- **Exam #6:** Describe specific Medical Qigong Walking Meditation Exercises, and explain when and why you would Prescribe it.

9:00 a.m. Respiratory Dao Yin Training

Increasing the body's qi through breath and focused concentration.

- **Intro. to Respiratory Dao Yin Training.**
Reading Assignment: V2, Ch. 17 (p. 401-410).
- **The Link Between the Body, Breath, & Spirit.**
Reading Assignment: V2, Ch. 17 (p. 410-412).
- **The Channel's Qi Movement & Respiration.**
Reading Assignment: V2, Ch. 17 (p. 413-416).
- **Essentials of Respiratory Dao Yin Training.**
Reading Assignment: V2, Ch. 17 (p. 417-420).
- **Sealing the Respiration Using Hand Seals.**
Reading Assignment: V2, Ch. 17 (p. 421-423).

12:00 (NOON) - BRAKE FOR LUNCH

2:00 p.m. Respiratory Tonification, Purgation, and Regulation Methods.

Reading Assignment: V2, Ch. 17 (p. 424-425).

- **The Eight Dao Yin Breathing Techniques.**
Reading Assignment: V2, Ch. 17 (p. 426-442).

SUNDAY, NOV, 7TH, 2021

8:00 a.m. Review and Examination.

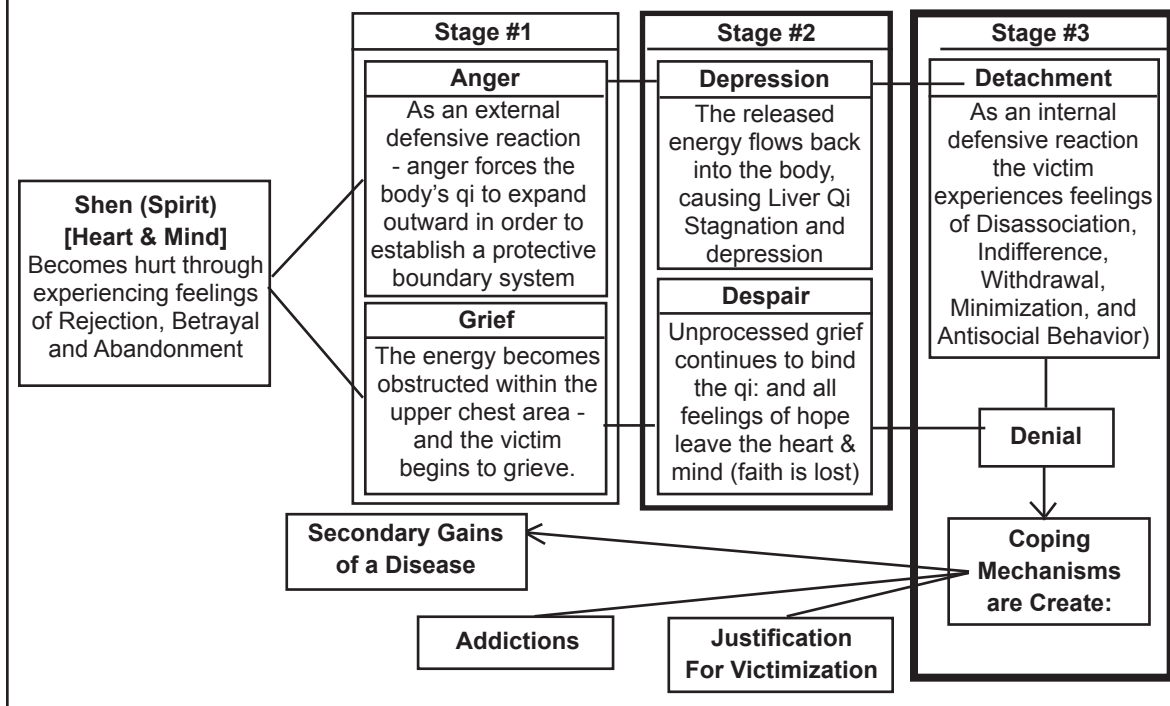
- **Exam #7:** Explain and demonstrate the Natural Breathing method; then describe when to practice it, and when it is Contraindicated.
- **Exam #8:** Explain and demonstrate the Long and Deep Breathing method; then describe when to practice it, and when it is Contraindicated
- **Exam #9:** Explain and demonstrate the Reverse Abdominal Breathing method; then describe when to practice it, and when it is Contraindicated
- **Exam #10:** Explain and demonstrate the Deep Exhalation method; then describe when to practice it, and when it is Contraindicated
- **Exam #11:** Explain and demonstrate the Abdominal Breath Holding method; then describe when to practice it, and when it is Contraindicated
- **Exam #12:** Explain and demonstrate the Windy Breathing method; then describe when to practice it, and when it is Contraindicated
- **Exam #13:** Explain and demonstrate the Aspiring Breathing method; then describe when to practice it, and when it is Contraindicated
- **Exam #14:** Explain and demonstrate the Hibernation Breathing method; then describe when to practice it, and when it is Contraindicated

9:00 a.m. Mental Dao Yin Training

To train the imagination and the mind to lead and direct the body's life force energy.

- **Introduction to Mental Dao Yin Training.**
Reading Assignment: V2, Ch. 18 (p. 443-452).
- **Transforming The Mind.**
Reading Assignment: V2, Ch. 18 (p. 453-472).
- **The Essentials of Mental Dao Yin Training.**
Reading Assignment: V2, Ch. 18 (p. 473-484).

Three Stages of Emotional Transitions - Before the Shen (Heart and Mind) Close



There are three main stages of emotional transition that an Individual will naturally experience just before their Shen (heart and mind) closes off to all outside influences.

Once this occurs, their denial system engages and their defense mechanisms take over.

• Three Stages of Mental Concentration.

Reading Assignment: V2, Ch. 18 (p. 485-496).

• Correcting Mental Dao Yin Qi Deviations.

Reading Assignment: V2, Ch. 19 (p. 511-531).

12:00 (NOON) - BRAKE FOR LUNCH

2:00 p.m. Understanding Qi Deviations.

Reading Assignment: V2, Ch. 19 (p. 499-502).

• Correcting Postural Dao Yin Qi Deviations.

Reading Assignment: V2, Ch. 19 (p. 502-507).

• Correcting Respiratory Dao Yin Deviations.

Reading Assignment: V2, Ch. 19 (p. 508-510).

4:00 p.m. Understanding "Soul Loss."

Reading Assignment: V2, Ch. 19 (p. 532-533).

• Introduction to "Soul Retrieval."

Reading Assignment: V2, Ch. 19 (p. 534-541).

• The Windows of Heaven Points

Reading Assignment: V2, Ch. 19 (p. 550-562).

5:30 p.m. Graduation & Certification