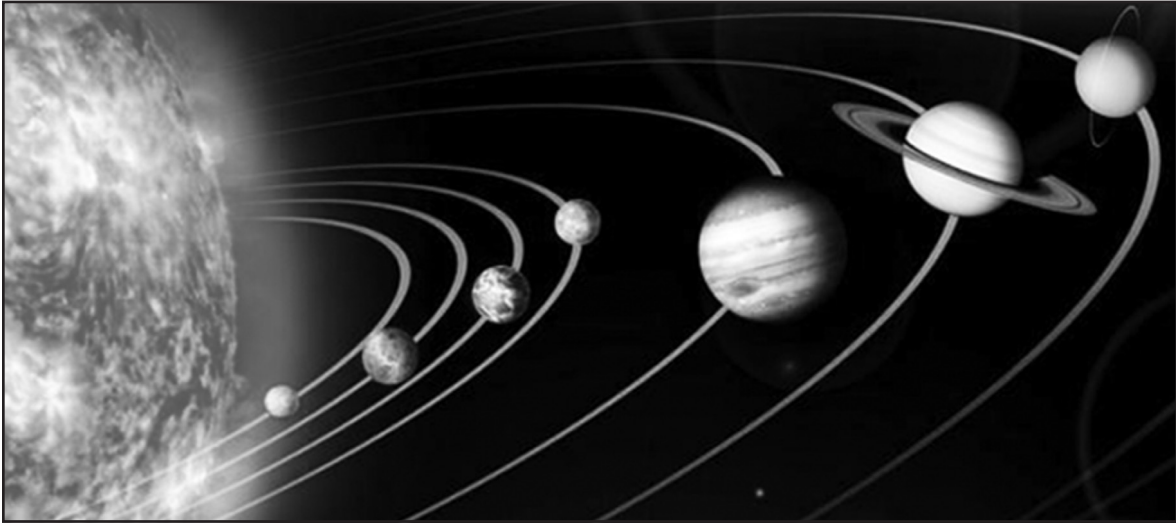


ENERGY CULTIVATION & THE THREE POWERS

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



WEDNESDAY, AUG. 16TH, 2023

8:00 a.m. Intro. to Daoist Alchemy & the 3 Powers

Reading Assignment: V2, Ch. 11 (p. 3-8).

- **The 3 Treasures of Heaven.**

Reading Assignment: V2, Ch. 12 (p. 9-20).

9:00 a.m. The Energetic Cycles of the Sun.

Reading Assignment: V2, Ch. 12 (p. 21-38).

- **Gathering the Sun's Radiant Essence.**

Reading Assignment: V2, Ch. 12 (p. 39-46).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Class Review

Exam #1: Explain the different times used for Yang Qi cultivation, and the Contraindications associated with this particular practice.
Exam #2: Explain the demonstrate the various exercises, meditations, talismans, and elixirs used for gathering the celestial energies of the Sun.

The Chart of the Internal Golden Elixir

The 12 Yijing Hexagram points correspond to 12 special areas on the body, which energetically follow the elliptical paths of both the Sun & Moon.

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Sun & Moon upper palate seal patterns.

3:00 p.m. The Energetic Cycles of the Moon

Reading Assignment: V2, Ch. 12 (p. 47-55).

- **Gathering the Moon's Illuminating Essence.**

Reading Assignment: V2, Ch. 12 (p. 56-62).



THURSDAY, AUG. 17TH, 2023

8:00 p.m. Review and Examination

Exam #3: Explain the different times used for Yin Qi cultivation, and the Contraindications associated with this particular practice.

Exam #4: Explain the demonstrate the various exercises, meditations, talismans, and elixirs used for gathering the celestial energies of the Moon.

9:00 a.m. The Energetic Cycles of the Stars (A).

Reading Assignment: V2, Ch. 12 (p. 63-64).

- **Celestial Pole-Star Training**
Reading Assignment: V2, Ch. 12 (p. 64-66).
- **Celestial 7-Star Big Dipper Training**
Reading Assignment: V2, Ch. 12 (p. 66-75).

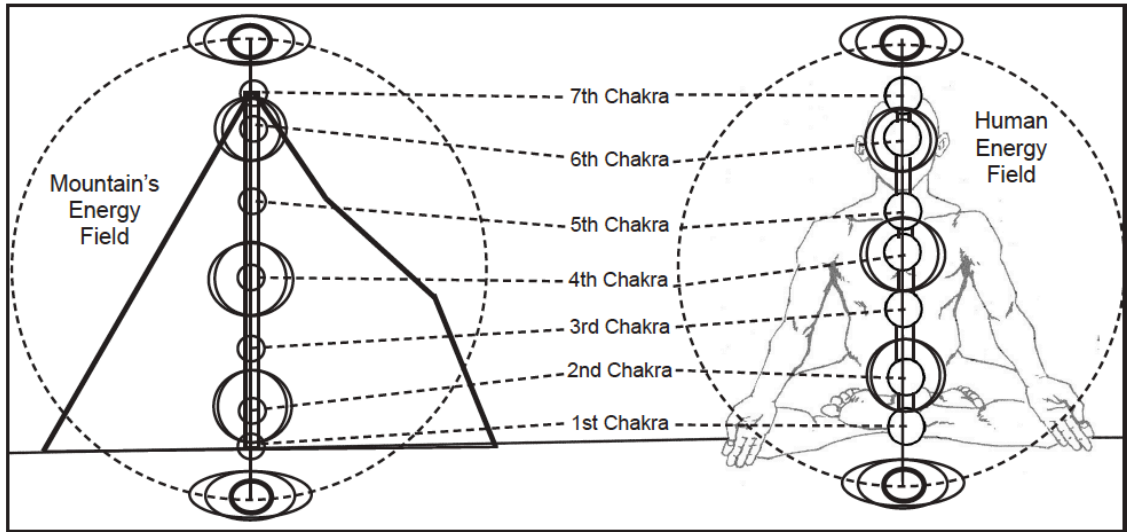
12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Review and Examination

Exam #5: Explain the different Taiji Poles of Heaven, Earth and Man, their different interactions, and how they can be used to increase qi cultivation.

3:00 p.m. The Energetic Cycles of the Stars (B)

- 5-Element Planet Qi Cultivation Training.
Reading Assignment: V2, Ch. 12 (p. 76-79).
- 28-Star Constellation Energy Cultivation.
Reading Assignment: V2, Ch. 12 (p. 80-87).
- Tian Wu Zang Energy Cultivation Training.
Reading Assignment: V2, Ch. 12 (p. 88-95).



The seven energetic bands of mountains and the human body, All correspond to the same energetic fields as the body's seven chakras and center core Taiji Pole.

FRIDAY, AUG. 18TH, 2023

8:00 a.m. The 3 Treasures of Earth

Reading Assignment: V2, Ch. 13 (p. 111-126).

- **Gathering Qi from Mountains.**
Reading Assignment: V2, Ch. 13 (p. 127-133).
- **Spirit Rocks & Energetic Regulators.**
Reading Assignment: V2, Ch. 13 (p. 134-136).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Earth Qi Cultivation Techniques

Reading Assignment: V2, Ch. 13 (p. 143-150).

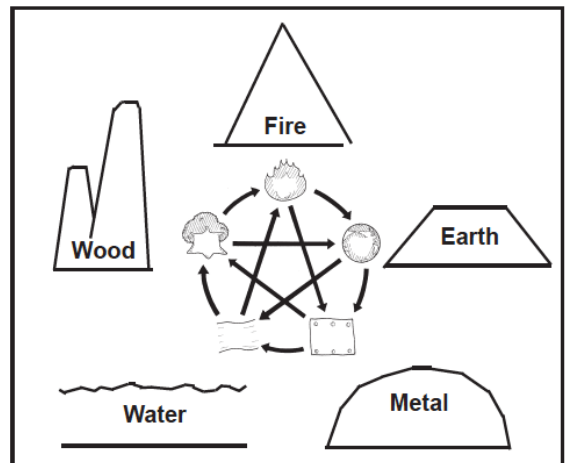
4:00 p.m. Gathering Qi From Trees

Reading Assignment: V2, Ch. 13 (p. 151-155).

SATURDAY, AUG. 19TH, 2023

8:00 a.m. Review and Examination

Exam #6: Explain the demonstrate the various exercises, meditations, talismans, and elixirs;



used for gathering the terrestrial energies of different mountains.
Exam #7: Explain the demonstrate the various exercises, meditations, talismans, and elixirs used for gathering the terrestrial energies of different trees.

10:00 a.m. Gathering Qi From Bushes & Flowers

Reading Assignment: V2, Ch. 13 (p. 156-158).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. Review and Examination

Exam #8: Explain and demonstrate the various exercises and meditations used for gathering and cultivating energy from Nature (herbs, plants, bushes, trees, and flowers); as well as the appropriate time for cultivation, and the Contraindications associated with this particular practice.

3:00 p.m. Gathering Qi Water

Reading Assignment: V2, Ch. 13 (p. 165-179).

SUNDAY, AUG 20TH, 2023

8:00 a.m. Review and Examination

Exam #9: Explain and demonstrate the various exercises and meditations used for cultivating energy from Water (dew, fog, clouds, rain, well water, rivers, streams, lakes, and oceans); as well as the appropriate time for cultivation, and the Contraindications associated with this particular practice.

9:00 a.m. Gathering Qi From Wind

Reading Assignment: V2, Ch. 12 (p. 180-195).

- **Gathering 4 Winds Cultivating Meditation**
Reading Assignment: V2, Ch. 12 (p. 195-196).

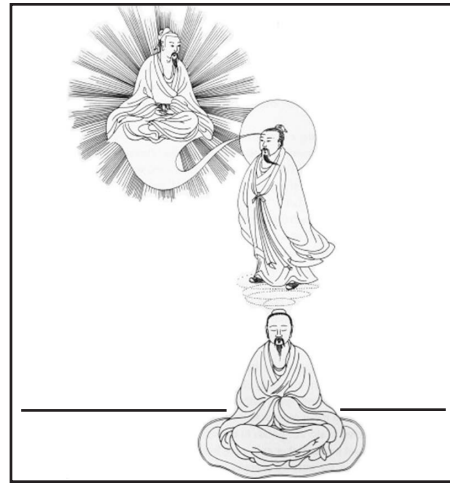
10:00 p.m. The 3 Treasures of Man

Reading Assignment: V2, Ch. 13 (p. 197-206).

11:00 p.m. The 6 Transportation of Shen Training

Reading Assignment: V2, Ch. 14 (p. 239-240).

- **The “Observing the Present” Training.**
Reading Assignment: V2, Ch. 14 (p. 241-242).
- **Knowing the Past & Observing the Future.**
Reading Assignment: V2, Ch. 14 (p. 243-246).
- **Comprehending a Person’s Thoughts.**
Reading Assignment: V2, Ch. 14 (p. 246-248).



- **Perceiving a Person’s Destiny.**
Reading Assignment: V2, Ch. 14 (p. 248-250).
- **Hearing the Sounds of the Universe.**
Reading Assignment: V2, Ch. 14 (p. 250-255).
- **Examining the Universe.**
Reading Assignment: V2, Ch. 14 (p. 256-257).

12:00 (NOON) - BREAK FOR LUNCH

JIANG RONG QIAO’S (6TH GUA)

1. Wild Goose Leaves the Flock
2. Purple Swallow Fanning Tail
3. Rhino Looks At The Moon
4. Heavenly Ruler Holds Up the Pagoda (A)
5. Heavenly Ruler Holds Up the Pagoda (B)
6. White Snake Spits Out The Mushroom (A)
7. White Snake Spits Out The Mushroom (B)
8. Fierce Tiger Leaves The Cage (A)
9. Fierce Tiger Leaves The Cage (B)
10. Fierce Tiger Leaves The Cage (C)
11. Pheasant Fanning Wings
12. Transplanting Flower To The Tree
17. Removing Helmet From Behind the Head
18. Embracing Moon at the Chest
19. Hiding Flower Under Leaf
20. Wild Goose Leaves the Flock

5:30 p.m. Graduation & Certification