

Daoist Embodied Meditation

~ Nei Gong ~

Cultivating Inner Awareness

Opening Your Meridians and Dan Tian

(This is Level Seven of the Soma Dao Qi Gong Teacher Training)

Free Webinar, Saturday October 21st, 2023 9:00 AM (PST)

LIVE Nei Gong Classes

Wed - Nov 1st, 2023 - 6:00 PM (PST)

Wed - March 20th, 2024 - 6:00 PM (PST)

Daoist Cultivation (*Xiū Dào* 修道) involves several practices that focus on Embodied Meditation.

The two oldest, most comprehensive, and most common forms of meditation still practiced today are *Chan/Zen* (禪) and *Nèi Gōng* 內功.

In the *Yi Dao Huan Yuan* tradition of Daoist Cultivation that I have learned and now teach, any committed meditation journey begins with the study of both, but with an initial dedication to the somatic, instinctual, visceral, and existential renewal of *Nèi Gōng* 內功.

A contemporary *Nèi Gōng* practice begins with learning about and embodying your meridians, exploring subtle aspects of Qi circulation, Qi wounds, and Self Healing (*Nei Yang Gong*), as well as connecting with your Energy Centers (*Dān Tián* 丹田), all while opening your **Microcosmic Orbit** (*Xiao Zhou Tian*), Energy Gates/Portals/Apertures (*Qiào* 竅), and becoming very skillful in several forms of Shaolin and Daoist Breathwork.

Webinar One

Saturday, October 21 – 9:00 am (PST)

Nei Gong – History, Meaning, and Context in a Personal Practice

Three Interactions or regulations (San Tiao) of Qi Gong and Nei Gong

Lineages and Modern Life

Daoist, Shaolin, Zen, and The Yi Dao Huan Yuan Village Tradition of Daoist Practice (Xiu Dao)

Why Start with Meridians?

Epigenetic and Pregonetic Meridians.

What are Dan Tian in Daoist Practice?

What is a False Dan Tian?

Who is the one meditating?

Why is Breathwork so important?

Why not just practice Zen (Chan)?

There will be abundant Time for LIVE Q&A

Complete Course Syllabus

Forms, Practices, and Principles

The Willow Dance - Standing and Seated Qi Gong

(Tangibly learn and interact with your Regular and Extraordinary Meridians)

Nei Yang Gong - Inner Nourishing Qi Gong (12 gesture Standing Qi Gong form)

Tai Li Fa - Greater Regulation Form

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky

Five Elements Qi Gong Form

13 Posture Daoist Heavy Hands (Dao Yin and Nei Gong)

Ba Duan Jin Review and Nei Gong Integrations

Primordial Qi Gong (Excerpts)

Micro Cosmic Orbit - *Xiao Zhou tian* - (all Sixteen Pass)

Seated *Nei Yang Gong* (Bathing and Restoring and Pulling the Golden Cord)

Daoist Breathwork

Non-Interference Breathing (Zi Ran Hu Xi)

Reverse Breathing (Ni Hu Xi)

Vase Breathing

Nei Qiang (Inner Flexible Vessel) Breathing

Qi Chen (Anchoring) Breathwork

Tortoise Breathing

Embryonic Breathing

Martial Fire and Civil Fire Breathwork

Shaolin Breathwork

Sensual Breathing

Natural Breathing (Shun Hu Xi)

Underwater Breather

Pore Breathing

Water Surface Breathing

Water Stalking Breathing

Bellows Breathing

Bone Breathing

Qi Gong/Nei Gong Skills and Practices

Threefold Path Salutation - *San Dao Jing Li (Shi Shi Fa)* -- 10 Position Method

Wuji and Taiji Standing, Seated, and Lying Down (Neigong versions)

Expanding and Settling Qi Gong Exercises

Five Pillars Qi Gong Practices

Zuo Wang - Sitting and Forgetting - The Howling Silence of Now

Xin Zhai - Mind Fasting and Smelling Rainbows

Shaolin Wall Staring Meditation

Cultivating Qi Sensitivity and Awareness

Exploring and Refining Attention and Perception

(*Gan Qi, C'an, De Qi, Ting Jin, and Yi Nian*)

Dissolving and Releasing Embodied Trauma and Qi Wounds

Nei Gong Inductions (preparing for extended periods of seated mediation)

Experience and Integrate Your Three Dan Tian

Experience and Integrate Your Six Innate Minds (*Yuan Xin*)

Dao Yin and *Dian Gong* (floor/mat exercises)

Lying and Sleeping Qi Gong (*Shui Gong*)

Dual Innate Nature and Embodied Aliveness Cultivation (*Xing Ming Shuang Xiu*)

(*Xing Gong/ Ming Gong, Zhen Xing/Zhen Ming, Shen Xing/Shen Ming, Yuan Xing/Yuan Ming*)

Inner Observation, Reflection, and Spiritual Recapitulation (*Nei Guan/Guan Xiang*)

Cultivating your Celestial/Immortal Embryo

(*Shen Tai, Ling Tai, Xing Tai, Ming Tai*)

Nei Gong Theoretical Foundations

Embody Yin, Yang, the Five Elements, and many expressions of Qi.

Six Grottos of *Nei Gong*

(from the *Yi Dao Huan Yuan* Daoist Village tradition of TCM and Xiu Dao)

Integrate Your Extraordinary Meridians in relationship to Inner Cultivation

San Dao – the Threefold Path of Daoist Personal cultivation

Explore and Understand the *Nei Jing Tu* – Mapping One’s Inner Landscape

Review of *Yi Jin Jing* (Muscle Tendon Tensegrity) Theory

Learn TCM Psychology (*Qing Zhi Bing*), Emotional Intelligence, and Conscious Cognition

The Classic Narrow Passes (obstacles) *San Guan* – to a longer term seated meditation practice

the Innate virtues of the Five Elements and Your Internal Organs (*Nei Zang Wu De*)

Seasons, the Weather and your Inner Cultivation Practice (*Ri Yue Feng Shui Zhi Dao*)

Nourishing Vitality and Longevity (*Yang Sheng Fa*)

The Path of Spiritual Luminosity (*Shen Ming Zhi Dao*)

How to avoid and recover from Qi Deviation Syndrome

Shamanic Healing and contemporary Life (*Wu Yi Zhi Dao*)

Introduction to Daoist Sacred Intimacy

Reflect on the Classics (*Dao De Jing, Nei Ye, Qing Jing Jing, Yi Dao Huan Yuan*)

Daoist Cultivation for Women (Yin Beings) ~ *Nu Dan*

The *Long Men* (dragon Gate Lineage) approach to *Nei Dan*

The Six Grottos

A Grotto is a natural or artificial cave, usually near water, that is used for shelter and rest.

In Daoist practice, a Grotto represents a place in the world, or within one’s Mind/Body, that is the location for Inner Cultivation practice (*Nei Gong/Nei Dan*). In the *Yi Dao Huan Yuan* tradition, the primary guidance along the journey of cultivating Inner Refinement and the formation of a Spiritual Embryo is expressed through the following Six Grottos.

First Grotto

天地心論

Tian Di Xin Lun

Coming into Being as Consciousness

Between (and as) The Sky and the Land

Life Exists Between Yin and Yang

Balancing the Qi of Heaven and Earth (Aliveness as qi between the sky and land)

Interacting with the 24 Solar Seasons

Qi and the Five Phase/Elements

The Five Pillars of Standing Qi Gong Practice

The Willow Dance Qi Gong form - Open your 12 regular meridians.

Understanding Meridians and Energy Centres

Yi Nian – Directed Interactive Awareness

We all Begin by Watching Clouds

Daoist Breathwork and Shaolin Breathwork

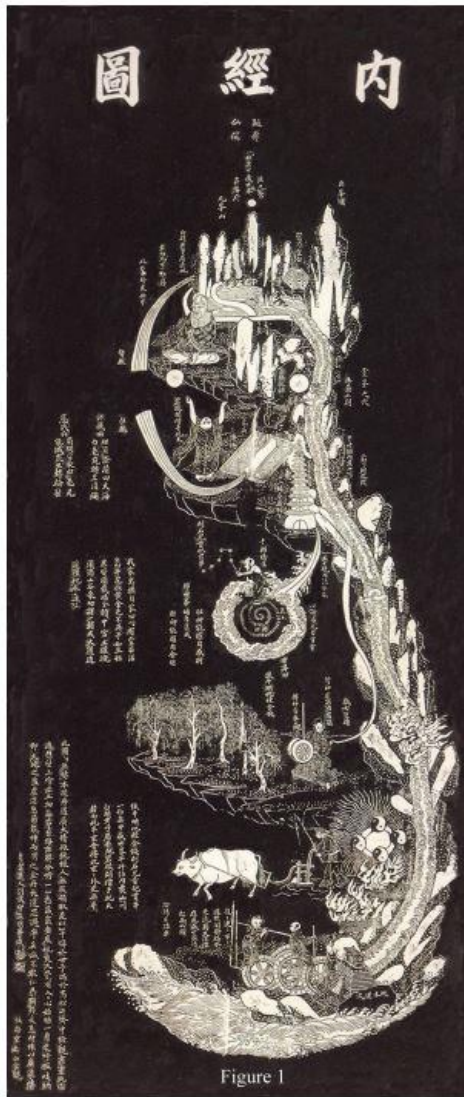
Dan Tian Awareness

Starting with Your False Dan Tian



Benefits and Challenges in the First Grotto:

The practice of *Nei Gong* is Embodied, which suggests that a lot of your attention will be on sensations, intuition, memories, emotions, and the discomfort that comes with sitting still for hours at a time. This means you will need some in-depth embodied awareness and healing skills, and you will also need to shift your *Qi Gong/Dao Yin* practice inward, toward some new places and spaces.



Nei Jing Tu

(Map of Esoteric Inner Landscape)

As your **Inner Landscape (*Nei Jing*)** begins to open, cultivating a daily interaction with the Sky (*Yang*) and the Land (*Yin*), and a curiosity about the interplay of the 24 Solar Seasons, the Weather, the constantly changing Five Phases, your meridians, your breath, and your three *Dan Tian*, will open your practice and your Universe to the unseen.

As your sensitivity to subtle (*Nei*) qualities of Qi activity increases, and as your movement practice attains a quality of 'stillness in motion', you will also need to open all of your meridians (Regular and Extraordinary), some energy gateways, as well as build an active and agile *Dan Tian* system. Rediscovering your meridians, Qi circulation, and how directly we are all connected to Nature, the Universe, and each other, can be a reality-shifting process.

As you journey deeper inward with your practice, and within every fiber of your body and being, you will inevitably also find places and 'spaces' that are overly constrained or collapsed.

The **First Grotto of *Nei Gong*** is an invitation to connect with Reality/Dao and to explore where the *Yin*, *Yang*, and *Qi* of your Life may be stuck or exhausted and respond skillfully and patiently. You will learn all of the skills necessary to go inward towards your authentic self/nature (*Xing*), and to move beyond all boundaries on your journey home to the infinite potential for aliveness and healing (*Ming*).

Wednesday, November 1, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - San Dao Jing Li (Shi Shi Fa) -- 10 Position Method

Nei Yang Gong - Inner Nourishing Gong (Classic Standing Qi Gong form - 1-4)

Five elements and Five Pillars

Wood - Tree Qi Gong - First Pass - Review Structure

Expanding into Reaching and Melting (Fang Song-Review)

Tai Li Fa - Greater Regulation Form

Becoming life, becoming weather, becoming a source of life, becoming many animals, blessing the Land, opening your heart to the Sky, clearing your Three Dan Tian.

Willow Dance - First Pass - Tai Yang and Yang Ming Flow

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - First Pass

Li Dong - Winter Enters the Sky

Seated Nei Gong

These practices are meant to prepare you for 2-3 hours of sitting still. Induction Methods

Micro Cosmic Orbit - Xiao Zhou tian - First Pass - Zheng Qi and Qi Chen

Bathing and Restoring (Seated *Nei Yang Gong*) Tilting and Bathing

Pulling the Golden Cord - First Pass - Rocking Your Pelvis and Spine

Daoist Breathwork - Reverse Breathing (*Ni Hu Xi*)

Shaolin Breathwork - Natural Breathing (*Shun Hu Xi*) and Wall Staring Meditation

Wednesday, November 8, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - San Dao Jing Li (Shi Shi Fa) -- 10 Position Method

Nei Yang Gong - Inner Nourishing Gong (Classic Standing Qi Gong form - 1-4)

Five elements and Five Pillars

Wood (above) as Five Pillars

Water - Pour the Ocean into the Sky

Expanding and Settling as Kelp in an Ocean of Wine

Tai Li Fa - Greater Regulation Form - twice

Willow Dance - Second Pass - Tai Tang and Yang Ming Flow - Two

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - First Pass

Li Dong - Winter Enters the Sky - 2

Seated Nei Gong

Micro Cosmic Orbit - *Xiao Zhou Tian* - Second Pass - *Ba Bei* - *Han Xiong*

Bathing and Restoring (Seated Nei Yang Gong) Tilting and Receiving Yang Qi

Pulling the Golden Cord - Second Pass - Rocking and Gripping

Daoist Breathwork -Reverse Breathing (Ni Hu Xi) and Vase Breathing

Shaolin Breathwork - Natural Breathing (Shun Hu Xi) and Wall Staring Meditation - two

Sitting in Tai Ji

Wednesday, November 15, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - San Dao Jing Li (Shi Shi Fa) -- 10 Position Method

Nei Yang Gong - Inner Nourishing Gong (Classic Standing Qi Gong form - 1-6)

Five elements and Five Pillars

Wood and Water (above) Expanding and Settling as as Five Pillars

Metal - Becoming Shapes and Stories

Gathering Pollen

Tai Li Fa - Greater Regulation Form

Willow Dance - Third Pass - Lungs, Lg Intestine, Stomach, Speen, Heart, Small Intestine

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - Second Pass

Winter Enters the Atmosphere

Settling

Standing in Tai Ji

Seated Nei Gong

Micro Cosmic Orbit - Xiao Zhou Tian - Third Pass - As Above so Below - In Infinite spinning Sky

Bathing and Restoring (Seated Nei Yang Gong) - Tilting and Receiving Yang Qi

Pulling the Golden Cord - Second Pass - Rocking and Gripping -

Daoist Breathwork - Nei Qiang Breathwork - One

Shaolin Breathwork - Wall Staring Meditation - three

Sitting in Tai Ji

Webinar Two

Saturday, November 18 – 9:00 am (PST)

Second Grotto

Who is the one meditating on/as an Inner Landscape

五氣心法論

Wu qi xin fa Lun

Cultivating Awareness through Five Governing Qi

木主心法	生	Wood - sheng - growing life
火主心法	長	Fire - chang - lead by example
金主心法	收	Metal - Shou - gather, collect, and harvest.
水主心法	藏	Water - Cang - consolidate and store.
土主心法	化	Hua - transform, compost, and flower.

San Bao and San Dao - Three Treasures and Your Three Selves

Shaolin Chan/Zen All Staring Meditation

Yi Nian - Directed Interactive Awareness

Gan Qi, C'an, De Qi, and Ting Jin - Feeling in, Listening, and Becoming Sensation

Your Inner Landscape - The Nei Jing Tu - First Pass

Micro Cosmic Orbit - Four Extraordinary Meridians of Your Sacred Embryo - (Du, Ren, Dai, and Chong)

Embodied Instinctual Distress - The first three layers of Embodied Trauma

Progressive Relaxation Breathwork - *Ting Dong Li Xing*

Three Dan Tian Breathwork - Nei Qiang - Three Dan Tian - Three Yolks

State Breaks and Locating Awareness - Clacking Teeth and Swallowing Jade Dew

Benefits and Challenges in the Second Grotto:

Cultivating awareness and sensitivity to Qi changes the way you experience the world, and the way you experience being a Self.

At first, you will notice that perception itself can be trained, directed, and opened. Over thousands of years, the skills needed for cultivating open perception and unwavering interactive awareness (*Yi Nian*) have been refined, are easy to learn, and very effective. Working with subtle energies and qualities of Aliveness needs to be tangible and needs to be familiar. The skill of Listening (*Ting Jin*) must be developed in the beginning because it ensures that you are not adding to your experience. It can be easy to do your practice 'in your head,' so Daoist practice ensures that almost every stage and technique involves your Body, Breath, and sensation, and finds meaning in Nature and in the beauty and challenges of normal life.

Second, you will begin recognizing some Universal patterns about Life, embodiment, and Consciousness itself. As your *Nei Gong* skills evolve, you will begin interacting with inner structures and systems like your **Three Selves** and the **Three Paths of Life**, Your Meridian System, your **Three Dan Tian** system, your unique **Inner Landscape**, and your vitality through an awareness of the **Five Phases** and your **Three Treasures** (*Jing, Qi Shen*).

The form of *Nei Gong* that I teach comes from the **Yi Dao Huan Yuan Tradition** - which comes from *Lin Tou* village in southern China. This tradition is rooted in the Healing arts (TCM) and naturally sees any Spiritual path as a process of resolving imbalances and transforming Qi Wounds - at least initially. Even the healthiest people eventually have to resolve the conundrum of '**Who is the one meditating.**' This is why so much time and skill is dedicated to questioning and resolving unconscious instinctual, social, and existential conditioning.

The Second Grotto invites you to open your mirror of perception, see the innate and acquired patterns of your existence, take a deep breath, and let go of the anticipating Mind.

Webinar Three

Third Grotto

Saturday, November 18 – 10:30 am (PST)

Many Minds, Many Bodies, and Many Ways of Coming into Being

無礙心印論

Wu Ai Xin Yin Lun

The attrition of obstacles is the Heart's Unlocking

Micro Cosmic Orbit - Xiao Zhou tian

Walking (or Sitting) with Inner Alignment

Four Extraordinary Meridians of Connection, Communication - (Wei and Qiao) - Antenna Meridians

Stirring Cauldrons and Balls of Qi

Immersive Initiation - 49 Days of Nei Gong and Chan

Zu Qiao - ancestral apertures - A Return to the Sacred Mystery - opening to the mystery gate.

Embodied Visceral Distress

Self as State, Self as Story

Yi Nian and Tong Qi

Progressive Relaxation - Tong and Fa - (Li, Xing, Tong, Fa)

Xing Ming Shuang Xiu - Xing Gong and Ming gong

Three Dan Tian Become Six

The Six Innate Minds -The Six Pain Bodies

The Nei Jing Tu - PDF - Your Inner Landscape - Daoist Terminology 101

Pore Breathing

Benefits and Challenges in the Third Grotto:

There is an old Daoist adage about trying to cross the Ocean on a raft with a paddle. At first, we stab and pull against the ocean (Truth/Unity) with fear and anger. Cross this dangerous ocean and get to the Land!

After coming to the realization that you can only surf the waves, you may choose to throw away your paddle and just enjoy the ride, sitting on the edge of your raft, with your feet in the Ocean.

If you are fortunate, and choose to go inward with your *Nei Gong* skills, you will naturally release all of the instinctual, visceral, and existential distress of your Life. Free of a conditioned and separate existence, you will no longer need a raft. Then you can dive off the raft of separation and become both the Ocean and the Land of Life.

The Third Grotto takes you deeper into the Nature of existence by attending to several innate structures (*Xing Gong*) of embodied awareness (*Ming Gong*), cognition, and consciousness. This is a natural process. The gradual but imminent attrition (*Wu Wei*) of all obstacles is the path of Dao. It is similar to the death of a loyal friend – and yet it is the gateway to a conscious Life.

These innate structures of embodied awareness include instinctual guarding/flinching/cringing patterns that change the potential of *Qi* and *Jing* in your **Lower Dan Tian**. As well, all humans have embodied awareness capacities for subtle communication (See Polyvagal System) that can become the most visceral aspects of intuition, trust, and bonding – or the opposite. These aspects of conditioned behavior and experience often disorient the *Qi* and *Shen* of your **Middle Dan Tian**.

The **Yi Dao Huan Yuan Tradition** is unique in its practical devotion to restoring the deepest energy systems in the body to their innate potential. This is done through inquiry and interaction with how a Mind and Self are organized, and often limited by, unconscious behavioral patterns.

“Spiritual maturity begins by bringing the unconscious into consciousness.”

How do you bring the unconscious into consciousness? Through a skillful interaction with your Six Innate Minds and Six Pain Bodies. These are contexts more than literal structures of Being. The Innate Minds and Pain Bodies of this Healing and Self-cultivation tradition offer another experiential landscape to assist people in moving through and beyond the most challenging and formative experiences in their lives – as well as unconscious patterns that are passed down through generations of familial drama and trauma.

“The Body is the Mind before the Mind is the Mind.”

As you peel back the layers of your conditioned experience, you will regain the wisdom of your Ancestors while healing both your and their wounds.

Nei Gong is Embodied Meditation. The one meditating must clear unconscious patterns that cloud perception before presuming to perceive Reality as itself (*Zi Ran*). **This is the beginning of a Return to the Sacred Mystery.**

Wednesday, November 22, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - San Dao Jing Li (Shi Shi Fa) -- 10 Position Method

Nei Yang Gong - Inner Nourishing Qi Gong form - 1-8 - progressive relaxation - Bracing

Five elements and Five Pillars

Wood, Water, Metal (above) Expanding and as Five Pillars

Soil - Composting Distress in a Qi Cauldron

Standing in Wu Ji - Non-Duality and Soil

Tai Li Fa - Greater Regulation Form

Willow Dance - Third Pass - *Tai Yin, Yang Ming, Shao Yin, Tai Yang Flow*

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - Lesser Snow - Lower Qiang

Stirring Cauldrons and Balls of Qi - *Ting Jin (C'an, De)*

Settling Your Qi and Closing

Seated Nei Gong

Micro Cosmic Orbit - *Xiao Zhou Tian* - Fourth Pass - Up Down and All Around

Bathing and Restoring (Seated Nei Yang Gong) - Tilting - Bathing and Warming Du and Ren

Pulling the Golden Cord - Third Pass - Rocking and Three Lower Gates - Mirroring Dai Mai

Daoist Breathwork - Nei Qiang Breathwork - Two

Shaolin Breathwork - Wall Staring Meditation - Four

Sitting in Wu Ji - Hui Yin, Bai Hui and Lower Two Dan Tian

Wednesday, November 29, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Nei Yang Gong - Inner Nourishing Qi Gong form - 1-8 - progressive relaxation - Anticipation

Five elements and Five Pillars

Wood, Water, Metal, Soil (above) as Five Pillars

Fire - Volcanos, Mirrors, Candles, and Stars

Standing Meditation - Honoring Your Ancestors

Willow Dance - Fourth Pass - Tai Yin, Yang Ming, Shao Yin, Tai Yang (pus Xin Bao and San Jiao)

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky

Stirring Cauldrons and Balls of Qi - Ting Jin (C'an, De)

Tai Li Fa - Greater Regulation Form

Settling Your Qi and Closing

Seated Nei Gong

Micro Cosmic Orbit - Xiao Zhou Tian - Fifth Pass - Zhen and C'an

Bathing and Restoring (Seated Nei Yang Gong) - Tilting and Mapping Du and Ren with Dai Mai

Pulling the Golden Cord - Fourth Pass - Flute and Opening the Umbilicus - Ren 8 (shen que) - Sipping

Daoist Breathwork - Nei Qiang Breathwork - Three Eggs (Outer Dan Tian)

Shaolin Breathwork - Wall Staring Meditation - Five

Sitting in Wu Ji - Hui Yin, Bai Hui lower two Dan Tian - moving up and down

Wednesday, December 6, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Nei Yang Gong - Inner Nourishing Qi Gong form - 1-10 - progressive relaxation - reactivity

Five elements and Five Pillars - Complete Practice - Recorded Follow Along - Wu Qi Xin Fa

Willow Dance - Fifth Pass - Tai Yin, Yang Ming, Shao Yin, Tai Yang, Jue Yin, and Shao Yang

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - Greater Snow - Ting Jin (C'an, De)

Stirring Cauldrons and Balls of Qi - Ting Jin (C'an, De)

Tai Li Fa - Greater Regulation Form - Three Vertical Minds

Settling Your Qi and Closing

Seated Nei Gong

Daoist Breathwork - Nei Qiang Breathwork - Fourth Pass - Inner Yolks - 4 grandparents of Shen Tai

Micro Cosmic Orbit - Xiao Zhou Tian - Sixth Pass - grandparents of Your Sacred Embryo

Bathing and Restoring (Seated Nei Yang Gong) - Tilting and Mapping Du and Ren with Dai Mai

Pulling the Golden Cord - Fourth Pass - Opening Umbilicus - Ren 6 (qi hai) - Sipping

Lying Shaolin Breathwork - Supported Underwater Breathing

Lying in Wu Ji - Eggs, yolks, and Shen Ming

Third Grotto Practices

Wednesday, December 13, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Stirring Cauldrons Balls of Qi – Five Phases and States of Being

Willow Dance – Sixth Pass - Complete Form – Progressive Relaxation – Tong Qi

Nei Yang Gong – Complete Form – All 12 - Progressive Relaxation – Control – Li Xing Tong Fa

Tian Di He Yi Fa Form – Restoring Harmony between the Land Sky – Entering the Stillness of Winter

Tai Li Fa – Greater Regulation Form - Three Vertical Minds

Settling Your Qi and Closing

Seated Nei Gong

Daoist Breathwork - Nei Qiang Breathwork – Five – Yolks of Shen Ming - 4 grandparents of Shen Tai

Bathing and Restoring (Seated Nei Yang Gong) - Tilting and Mapping Du, Ren, and Chong with Dai Mai

Pulling the Golden Cord – Fourth Pass – Opening Umbilicus – Ren 4 (guan yuan) - Sipping

Micro Cosmic Orbit - Xiao Zhou Tian – Seventh Pass – Awaiting Conception in Lower/Middle Dan Tian

Lying Shaolin Breathwork – **Supported** Underwater Breathing and Water Surface Breathing

Lying in Wu Ji – Eggs, yolks, and Shen Xing

Solstice

Wednesday, December 20, 2023

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Stirring Cauldrons Balls of Qi - Wu Qi Xin Fa

Willow Dance - Complete Form - Tong Qi - Embracing the end of a cycle and renewal of Primordial Yin

Tai Li Fa - Greater Regulation Form - 4 Seasons

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - Primordial Yin/ Winter Solstice

Settling Your Qi and Closing

Seated Nei Gong

Daoist Breathwork - Nei Qiang Breathwork - Six - Yolks Awaiting the Spark of Primordial Yang

Bathing and Restoring (Seated Nei Yang Gong) - Tilting and Opening External (Wei/Qiao) Meridians

Pulling the Golden Cord - Fifth Pass - Opening - Hui Yin/ Bai Hui - Sky Earth Pillar

Micro Cosmic Orbit - Xiao Zhou Tian - Eighth Pass - Inviting Conception in Lower/Middle Dan Tian

Lying Shaolin Breathwork - Supported Underwater, Water Surface, Sensual Breathing

Lying in Wu Ji - Eggs, yolks, and Shen Tai

This is a good time to begin a 49-day practice. Dec 21 to Feb 8

Wednesday, January 3, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Stirring Cauldrons Balls of Qi - Wu Qi Xin Fa

Willow Dance - Seventh Pass - Complete Form - Side to Side -Dai Mai

Nei Yang Gong - Complete Form - All 12 - Progressive Relaxation - Apprehension - *Li Xing Tong Fa*

Tian Di He Yi Fa Form - Entering Stillness - Minor Cold - Cold Face

Tai Li Fa - Greater Regulation Form - Three Horizontal Minds

Settling Your Qi and Closing

Seated Nei Gong

Bathing and Restoring (Seated Nei Yang Gong) - Vertical Pain Bodies - Full Progressive Release
Breathwork

Pulling the Golden Cord - Sixth Pass - Bai Hui, Hui Yin, San Dan Tian - Qi Chen Breathwork

Micro Cosmic Orbit - Xiao Zhou Tian - Ninth Pass - Awaiting Conception

Lying Shaolin Breathwork - Water Stalking and Nitric Oxide Breathwork - Mapping Antenna
Meridians

Lying Daoist Breathwork - Tortoise Breathing - First Pass

Lying in Wu Ji - Eggs, yolks, and Ling Tai

Webinar Four

Saturday, January 6 - 9:00 am - 12:00 pm (PST)

Fourth Grotto

Cognition, TCM Physiology, and Nei Gong Inductions

性命洞源論

Xing Ming dong yuan Lun

The innate Grotto of a conscious Life and spiritual Evolution

Embodied Existential Distress

Your Three selves

Guan Xiang - Inner Reflection - Zhen Guan Zhi Guan

Shou Yi - Inner/outer Listening

Outer Tripods and Inner Tripods

Four Seas of TCM and Four Oceans of Nei Gong

Nei Jing Tu - Third Pass

The Qing Jing Jing - 清靜經

Effortlessly Dissolving Form - Becoming Universal Entropy (You Wei and Wu Wei)

Daoist Heavy Hands

Shen Tai

Embryonic Breathing

The Wheel of Cognition

金主心法	意	Yi - Interactive Awareness
水主心法	智	Zhi - Recognition
土主心法	思	Si - Thought/Imagination
木主心法	慮	Lu - Planning
火主心法	執	zhi - decide/act (Heart, GB, Daimai)

Benefits and Challenges in the Fourth Grotto:

Believe it or not, Daoist practice can be considered a science – or, at least, a system of cause and effect, experiment and advancement, process and progress.

In Daoist ‘science,’ there are many simultaneous manifestations of *Qi*.

For example, there is *Qi* (氣) – often translated as Life Energy or Qualities of Aliveness, and there is **Universal Qi** (炁) – which is the *Qi* manifesting as or through the process of Creation and Entropy. In *Nei Gong*, there are practices for interacting with both kinds/states of *Qi*. Over time, one’s practice naturally returns to interacting with the Source of both Creation and Entropy – *Dao*.

Certain aspects of Inner Cultivation (*Nei Gong*) and Inner Alchemy (*Nei Dan*) are either innate to life or they are made up in the mind. The only way to find out is to discern and deconstruct the unconscious patterns of cognition and meaning. As a meditator, or a trained observer of conscious existence, you will find solace and profound guidance in the wisdom of the ancient masters, awakened ones, and immortals. Teachings like **The Wheel of Cognition**, the wisdom of **Embodied Existential Distress**, the necessity and limitations of **Inner Reflection** (*Nei Guan/Guan Xiang*), and the consistent journey all practitioners experience through their **Inner Landscape** (described in the *Nei Jing Tu* diagram), have endured the test of time because they remove the barriers and boundaries of separation – one layer at a time.

Any faster tends to cause imbalances between *Jing* and *Shen*, creating deviations in *Qi* flow and function. This can be mistaken for a mental or emotional breakdown – or even a psychotic break.

One of the more challenging aspects of *Nei Gong* to communicate is called **Fertilizing Your Spiritual Embryo**. Some Inner Cultivation traditions endeavor to create an Alchemic Elixir that supports the

transmutation of *Jing, Qi* and *Shen*, while reverting certain aspects of *Yin* and *Yang*. Other traditions, like the one I teach, focus instead on the invitation, generation, fertilization, and growth of a Spiritual Embryo. There are many ways to describe what happens through the decades-long journey of Inner Cultivation.

As long as you can form a *Dan Tian*, and bring your unwavering interactive awareness (*Yi Nian*) to the source of unconscious behaviors and beliefs, you will reawaken to a direct experience of conscious co-creation-ing.

As modern practitioners, we are fortunate to also have the precise and measurable understanding of medical science. We are aware that our left brain experiences life as a process, and our right brain experiences life as a state. If you get attached to your story, the story of enlightenment, or any other outcome, you are experiencing anticipation. If you dive off of the raft of separation, accept the truth of your inherent belonging, and trust that there is nothing to accomplish, you are interacting directly with the living and conscious Universe.

The traditional wisdom and skillful use of Breathwork will become more and more important at this point in your journey. The science of why these ancient practices have the effects they have is astounding.

The Fourth Grotto takes you deeper into *Nei Gong* practice through consciously embodied inductions and then residing in extended periods of Stillness and Tranquility. At this point, *Nei Gong* **requires regular 3-hour sessions** of seated Meditation practice. The first 45 minutes is an induction from peripheral alertness to internal reorientation – and the remaining time is a sustained and sincere complete Mind, Body, and Breath interaction with existence.

Wednesday, January 10, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Nei Yang Gong - Complete Form - All 12 - Progressive Relaxation - Adaptive Overwhelm/Overstrain

Daoist Heavy Hands - An Shen Se Jing - Ming Men - 4 antenna meridians

Stirring Cauldrons Balls of Qi - Four Seas and Four Oceans

Tian Di He Yi Fa Form -The Cold Face

Tai Li Fa - Greater Regulation Form - Lower Self (Animal/vehicle)

Settling Your Qi and Closing

Seated Nei Gong

Willow Dance - Eighth Pass - Complete Form - (*Chong* Inviting (**Hundun/Hunyuan Qi** - All Return Home)

Micro Cosmic Orbit - Xiao Zhou Tian - tenth Pass - Inviting Conception

Bathing and Restoring (Seated Nei Yang Gong) - Horizontal Pain Bodies - Progressive Release Breathwork

Pulling the Golden Cord - Seventh Pass - Qi Chen Breathwork - Dan Tian - yolk - Five Phases

Seated Shaolin Breathwork - Bellows Breathing - Water Surface

Seated Daoist Breathwork - Tortoise Breathing - Second Pass

Lying in Wu Ji - Eggs, yolks, and Hundun Tai

Wednesday, January 17, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Daoist Heavy Hands - An Shen Se Jing - Ming Men - 4 Seas (Sea of Qi/ Blood -Gu-shui, Marrow)

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - The Unborn Face

Tai Li Fa - Greater Regulation Form - Middle Self (Hero)

Settling Your Qi and Closing

Seated Nei Gong

Willow Dance - Ninth Pass - Complete Form - Side to Side - 4 Antenna Meridians

Stirring Cauldrons Balls of Qi - Four Seas

Bathing and Restoring (Seated Nei Yang Gong) - Personally Activated Pain Bodies

Pulling the Golden Cord - Eighth Pass - Qi Chen Breathwork - Dan Tian/yolk - four seas - Gu/Shui (Chong)

Micro Cosmic Orbit - Xiao Zhou Tian - tenth Pass - Inviting Conception

Seated Shaolin Breathwork - Bellows Breathing - Water Surface - re-orientation - whole self -

Seated Daoist Breathwork - Embryonic Breathing - as Shen Ming and Ming Men

Lying in Wu Ji - Eggs, yolks, and Yuan Xing Tai (Xing as Innate Minds - facing your disorientation)

Wednesday, January 24, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions

Tai Li Fa - Greater Regulation Form - Upper Self

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - **Greater Cold** - Absolute Yin

Daoist Heavy Hands - An Shen Se Jing - Opening Spine (Du) and Sea of Qi/Blood -Gu-Shui/Marrow

Settling Your Qi and Closing

Seated Nei Gong

Willow Dance - tenth Pass - Complete Form - Side to Side - Shao Yang rests and Jue Yin Fills (the 4 seas)

Stirring Cauldrons Balls of Qi - Absolute Yin

Bathing and Restoring (Seated Nei Yang Gong) - Innate Minds and Pain Bodies

Pulling the Golden Cord - Ninth Pass - Qi Chen BW - Dan Tian/yolk - 4 seas - 4 seas - Qi - ren

Micro Cosmic Orbit - Xiao Zhou Tian - Eleventh Pass

Seated Shaolin Breathwork - Bellows Breathing - Water Stalking Breathwork

Seated Daoist Breathwork - Embryonic Breathing - as Shen Xing and Ming Men

Lying in Wu Ji - (Xing as Innate Minds) Yang Stills

Webinar Five

Saturday, January 27 - 9:00 am (PST)

Fifth Grotto

Narrow Passes and Inner Openings

The Classic San Guan (Narrow Passes on the front and back of each Dan Tian) - The obstacles are the path.

修性復命論

Xiu xing fu ming Lun

Cultivation of Unborn Mind/Innate Nature Restores one's Embodied Aliveness

Being Life is the Meaning of Life

Nu Dan - Alchemic Practice for Women

Xiu Dao - the masculine feminine raft ocean story

Ming Gong, Shen Ming, Yuan Ming and Dao Yin (one increment away from creation-ing)

Xing Gong - Shen Xing - Yuan Xing - Wu De - Wu Xin Qi Fa

The Long Men approach - Jing Qi Shen - Lian Hua cycles

Qi Deviations and the myth of power

Heavy Hands and San Guan

Heavy Hands and the North Star

Nei Guan - Inner Reflection and Inner Dialoguing

Zhen Guan Zhi Guan - part two

Virtues (De) of the Wu Zang

木主心法	合	Wood - hé - harmonize
火主心法	顯	Fire - xián - Illustrious, influential, easily seen on the outside
金主心法	清	Metal - qīng Clear or pure (absolute)
水主心法	寒	Water - Hán - Cold - poor, needy, humble, - the cold face
土主心法	濡	Soil - rú - seep into, unhurried, tortoise like,

Benefits and Challenges in this Grotto:

Meditation could be compared to watching an iceberg melt while you tread water in the Ocean.

There will be times of reverie and dreamlike states, the causal mind will get creative with 'if and then,' and sometimes the spontaneous visions are disorienting. If you are not a hermit or a monk, you will eventually need to find a conscious and meaningful balance between your daily life and habits and your *Qi Gong*, *Nei Gong*, and Meditation practice. Although, on one level, you are the ocean returning to itself, you are also playing with fire.

With or without your intention, you are gradually learning to experience and conduct more qualities and more quantities of *Qi*. Friction and Fire are a bad combination. With longer meditation sessions, a more coherent *Dan Tian system*, and the potential of an Embryo or Elixir forming, the more important it becomes to ensure all of your circulatory and capacity systems are open and free of blockages. This is why so much of the focus is on your Meridians, your Microcosmic Orbit, the Macrocosmic Orbit, and other limiting factors like unconscious conditioning and disorientations of the Heart and Mind.

Once again, the wisdom and experience of countless generations has some general and some very precise guidance. Daoist *Nei Gong* practice always commits a certain amount of time to open the Classic *San Guan* or **Three Narrow Passes**. This process begins with refining your embodiment and posture, and is facilitated by conscious Breathwork and state shift practices; but at a certain point, we all have to open the places that are constrained by human nature and individual/identity consciousness.

The rules change when your practice becomes Sacred.

To go beyond the mundane possibilities of Inner Cultivation, you must find a meaning greater than your personal awakening. To make anything Sacred, one must sacrifice some aspect of themselves.

Being a Self in an Ocean of Selves will always be a good teacher. Right Relationship, as a practice, can save you a lot of energy and probably extend your life span and health span by 5 years. The lessons you learn, finding balance in your relationships, your compulsions, and any addictions, will guide you through the journey of finding balance within the stories in your Mind and the Existential truths and lies they tell.

This Grotto invites you to prepare for the long term by being clear on where your *Qi* is stuck, and how your vitality is wasted, as well as including more advanced *Nei Yang Gong (Self Healing)* practices to improve your awareness, vitality, and longevity.

Wednesday, January 31, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions - extended Sky Mirror

Primordial Qi Gong (#3) - and Gathering Pollen at Lower Dan Tain

Daoist Heavy Hands - An Shen Se Jing - Opening Spine (Du - Wei Lu) and Sea of Gu-Shui/Qi/Blood - Marrow

Tian Di He Yi Fa Form - Restoring Harmony between the Land Sky - **Jue Yin Li Chun** - Luring Spring

Tai Li Fa - Greater Regulation Form - Sky Listening

Settling Your Qi and Closing

Seated Nei Gong

Willow Dance - tenth Pass - Complete Form - Side to Side - Shao Yang rests - Jue yin Fills (the 4 seas)

Stirring Cauldrons Balls of Qi - Luring Spring (Uterus- Opening Zu Qiao - awakening Yellow Sprout

Bathing and Restoring (Seated Nei Yang Gong) - Xing Ming and Coherence (Shou Yi Yuan Xin)

Pulling the Golden Cord - Tenth Pass - Qi Chen BW -

Micro Cosmic Orbit - Twelfth Pass - *Bao Gong* 胞宮 and *Tian Tai*

Lying in a Cocoon- Inviting Tian Tai

Water Stalking Breathwork (Shen Xing) to Embryonic Breathing (Ming Men)

Wednesday, February 7, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions - extended Receiving Di Qi

Daoist Heavy Hands - An Shen Se Jing - Opening Spine (Du - Wei Lu and Ling Gui) and Four Seas Progression

Tian Di He Yi Fa Form - Spring Enters the Sky - Li Chun

Tai Li Fa - Greater Regulation Form - Land/Earth Listening

Settling Your Qi and Closing

Seated Nei Gong

Stirring Cauldrons Balls of Qi - Tian Yang and Li Chun

Primordial Qi Gong (#3) - Four Seas Progression at Lower Dan Tain

Bathing and Restoring (Seated Nei Yang Gong) - bao gong 胞宮

Pulling the Golden Cord - Eleventh Pass - Bai Hui, Hui Yin, San Dan Tian - Marrow Du/Brain

Micro Cosmic Orbit - Thirteenth Pass - *Bao Gong* 胞宮 and *Di Tai*

Supported Bellows (Wu Huo Xi) **Water Stalking** Breathwork (Shen Xing Xi) to **Embryonic Breathing** (Ming Men - Civil Fire BW)

Lying in a Cocoon- Inviting *Di Tai*

Wednesday, February 14, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 Positions - extended good heart, blessings, and letting go

Daoist Heavy Hands (short) - An Shen Se Jing - Opening Spine (Wei Lu, Ling Gui, Ming Men) and Four Seas Progression

Tian Di He Yi Fa Form - Spring Enters the Atmosphere

Tai Li Fa - Greater Regulation Form - Listening to All Being-ness

Settling Your Qi and Closing

Talk - Daoist Sacred Intimacy - PDF Included

Seated Nei Gong

Micro Cosmic Orbit - Fourteenth Pass - *Bao Gong* 胞宮 and *Ren Tai*

Supported Bellows (*Xu Huo Xi*) **Water Stalking** Breathwork (*Shen Xing Xi*) to **Embryonic** Breathing (Ming Men - Civil Fire BW)

Lying in a Cocoon- Inviting Ren Tai

Wednesday, February 21, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - Original Form

Primordial Qi Gong (#3) - Four Seas Progression at Lower Dan Tain

Daoist Heavy Hands - An Shen Se Jing - Opening Spine (Wei Lu, Ling Gui, Ming Men, Jia Ji center and spine) and Four Seas Progression

Tian Di He Yi Fa Form - Arrival of Rainwater

Settling Your Qi and Closing

Seated Nei Gong

Pulling the Golden Cord - Eighth Pass - Qi Chen BW - Dan Tian/yolk - 4 seas - Qi/Blood - Chong

Micro Cosmic Orbit - Fifteenth Pass - *Xuan Men Tai*

Supported Bellows (Xu Huo Xi) **Water Stalking** Breathwork (Shen Xing Xi) to **Embryonic** Breathing (Ming Men - Civil Fire BW)

Lying in a Cocoon- Inviting *Xuan Men Tai*

Webinar Six

Saturday, February 24 - 9:00 am (PST)

Sixth Grotto

Coming Home - Returning to the Source - Huan Yuan

真體圓成論

Zhen Ti Yuan Cheng Lun

Authentic Embodiment and Cycles of Reunion/Completion

Daoist Heavy Hands

An Shen Se Jing - Opening Spine (Wei Lu, Ling Gui, Ming Men, Jia Ji center and spine, Yu Zhen RAS system)

Four Seas Progression

Yang Sheng Fa - Nourishing Life for Longevity

Ri Yue Feng Shui - Reconnecting with Nature, the Seasons, and the Weather

Shen Ming Zhi Dao - Spiritual Luminosity

Wu Yi Zhi Dao - Shamanic Healing and contemporary Life

Reading the Classics - Some truths can be experienced, but they cannot be explained.

Zhu Ji (Foundation Building)

Daoist Seated Meditation

Zuo Wang - Sitting/Forgetting - The Howling Silence of Now

Xin Zhai - Mind Fasting - Smelling Rainbows

Benefits and Challenges in this Grotto:

It is not easy to transcend your ego or your instincts.

It is almost impossible to value the numinous nature of existence in a world of consumers and commodities.

Some truths can be experienced, but they cannot be spoken.

Sometimes the mind needs a gradual and liminal process to finally let go of being in control, or knowing the answer – or asking the right question.

Some experiences and memories are dependent on your State of Being. The deeper the stillness, the deeper the release, and the deeper you reside in the Universe, as the universe, and for the Universe.

The wisdom, skillfulness, beneficial biochemistry, and humor that arise from within a developed *Nei Gong* state can slow how fast you age, while training your Mind like a monk in a monastery, a hermit in a Grotto – or a Shaman in a trance of reunion.

As Awakened Consciousness, you are an Immortal, or beyond the conditioned response to Life and Death.

In village Daoism, Immortality simply means a life of wholehearted mortality.

As a Human Being aspiring to longevity and a continued *Nei Gong* practice, abandon delusion through discernment, and come home to a layer-by-layer reunion with the Source (*Huan Yuan*) through Non-Separation and Non-Interference (*Wu Wei*).

This Grotto prepares you to begin the *Zhu Ji (Foundation Building)* stage of formal Daoist Inner Alchemy. This final part of your immersive training will also introduce you to the other branches of *Xiu Dao* in the *Huan Yuan* tradition (see above).

You will have access to direct translations of several classic documents, as well as the guidance and practices of several other branches of Daoist Cultivation.

Wednesday, February 28, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - Original Form

Wuji and Taiji - Neigong versions

Opening Your Joints with Qi Gong

Nei Gong Version of the Ba Duan Jin - One - Yi Jin Jing and Six Dan Tian

Settling Your Qi and Closing

Seated Nei Gong

Micro Cosmic Orbit - Fifteenth Pass - *Xuan Men Tai*

Supported Bellows (Xu Huo Xi) **Water Stalking** Breathwork (Shen Xing Xi) to **Embryonic** Breathing (Ming Men - Civil Fire BW)

Lying in a Cocoon- **Inviting** *Xuan Men Tai*

Wednesday, March 6, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation – Original Form

Wuji and Taiji – Neigong versions

Opening Your Joints with Qi Gong

*Zhen Ti yuan cheng*² Nei Gong Version of the Ba Duan Jin – Two – Extra-ordinary vessels

Tian Di He Yi Fa Form – Startled Awake Insects

Tai Li Fa – Greater Regulation Form – Blessing the Growth of Wan Wu

Settling Your Qi and Closing

Seated Nei Gong

Micro Cosmic Orbit - Sixteenth Pass – *xiàn xiān tāi* 現仙胎

Supported Bellows (Xu Huo Xi) **Water Stalking** Breathwork (Shen Xing Xi) to **Embryonic** Breathing (Ming Men – Civil Fire BW)

Fertilizing and Nourishing *xiàn xiān tāi* 現仙胎 Appearing (coming into existence) Immortal Fetus

Wednesday, March 13, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - Original Form

Willow Dance - Yi Jin Jing - Fang Song Whole Body connection - and release - tone and pliability

Nei Gong Version of the *Nei Zang C'an Fa*

Tai Li Fa - Greater Regulation Form - Blessing the Growth of Wan Wu

Settling Your Qi and Closing

Seated Nei Gong

Micro Cosmic Orbit - Sixteenth Pass -*xiàn xiān tāi* 現仙胎

Dao Yin Dian Gong - Core Tone, Tensegrity, Pliability, and Your five spines, Progressive Relaxation

Supported Bellows (Xu Huo Xi) **Water Stalking** Breathwork (Shen Xing Xi) to **Embryonic** Breathing (Ming Men - Civil Fire BW)

Fertilizing and Nourishing *xiàn xiān tāi* 現仙胎 Appearing (coming Into existence) Immortal Fetus

Wednesday, March 20, 2024

Standing Qi Gong/Dao Yin

Threefold Path Salutation - 10 postures

Willow Dance - Complete Meridian Immersion - Four Seas Progression

Tian Di He Yi Fa Form - Spring Equinox - Qing Jing in Four Seas -

Five elements, Five Expressions of Autonomy, Virtues, Cognition States

Tai Li Fa - Blessing the Harmony off All Life

Settling Your Qi and Closing

Seated Nei Gong

Dao Yin Dian Gong - Core Tone, Tensegrity, Pliability, and Your five spines, Progressive Relaxation

Micro Cosmic Orbit - Sixteenth Pass -xiàn xiān tāi 現仙胎

Shui Gong - 24 Solar Season and Lying Qi Gong

Breathwork Review - Finding Your Seated Barrier, Create and Apply Inductions, choose a Ratio of Coherent and Commutative States

Fertilizing and Nourishing xiàn xiān tāi 現仙胎 Bringing an Immortal Fetus into existence.

Dates, Tuition, and Payment Options

Live Introductory Webinar

Saturday, October 21 (9 AM - PST)

Nei Gong Classes Begin

Wednesday, November 1st, 2023 (6 PM) – Wednesday, March 20, 2024 (6 PM)

Live Talks and demonstrations on Saturday mornings – 9 AM – PST

Live and Prerecorded Qi Gong classes on Wednesday evenings – 6 PM – PST

Recordings of the Live classes are usually available for streaming or download within 24 hours.

Over 45 Hours of LIVE Classes and Conversations

A Course Manual, Audio files, and supporting pre-recorded material is included with this course.

Full Payment

\$1247

Three Monthly Payments of

\$420

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Your Mentor



Michael Smith began his Martial Arts, Qi Gong, and Meditation studies over 45 years ago.

Michael began his formal studies with lineage holding master's in the Shaolin and Daoist martial arts and Qi Gong practices 37 years ago. Soon after, he also became a formal student in Rinzaï Zen and the Shinkage Ryu school of Kenjutsu.

In 1994, Michael became a disciple in the *Yi Dao Huan Yuan* lineage of Traditional Chinese Medicine and Daoist practice (*Xiu Dao*). He has been a practicing Doctor of TCM for over 27 years.

Dr. Smith is a co-founder of the prestigious Academy of Classical Oriental Sciences, the first 5-year full time Doctorate level training program in TCM in Canada. In his clinical practice, he combines the leading-edge sciences of Functional medicine and Evolutionary Nutrition with the ancient wisdom and vast experience of TCM. Michael's primary focus in medicine is where autoimmune disease, Trauma and Addiction intersect.

Today, Michael is an author, speaker, professional martial arts and Qi Gong teacher, and Integrative medicine pioneer.

Michael lives in Nelson, BC, where he balances playing in the mountains with teaching Qi Gong teachers and Medical Qi Gong therapists around the world.