

Dr. Bernard Shannon, DTCM, DMQ (China)

至厚 · 会长 / 中医师

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Posts

- Deputy Chairman, National Alliance of Energy Practitioners (United States), October 2018 – Present.
- Deputy Chairman, National Qigong Association (United States), April 2018 – Present.
- Member, Board of Directors, National Qigong Association (United States), August 2006 – August 2012 and July 2017 - Present.
- Ambassador to the United States, Qing Cheng Shan Daoist Association. Appointed May 2016 - Present.
- President and Chairman, United States Daoist Association. May 2014 – Present.
- Vice President and Executive Director, World Academic Society of Medical Qigong (China), June 2013 – Present.
- Executive Director and Chairman, International College of Medical Qigong, August 2012 – Present.
- Abbot and Chairman, Temple of Peace and Virtue, March 2006 – Present.
- Executive Director, International Institute of Medical Qigong, June 2005 – August 2012.
- Chairman, National Qigong Association (United States), January 2008 – January 2012.

Daoist Progression

Dr. Shannon began his spiritual training and studies of internal alchemy and mysticism in the late 1980s with one of his martial arts instructors, a master of a Profound Mystery school.

Since that time, he has had many teachers, and he regularly travels to China to continue his training in both Northern and Southern schools of Daoist alchemy and mysticism.

- Appointed as Senior Abbot, (主持), of the Temple of Peace and Virtue, 安德福神宫. Qing Cheng Shan, Sichuan province. October 2011.
- Apprentice (徒弟), Senior Abbot Yuan Zhi Dui at Zhen Qing Guan, Kunming, Yunnan. October 2010.
- Appointed as Abbot, 道长, of the Temple of Peace and Virtue. Qing Cheng Shan. October 2008.
- Ordained Priest, 道士 (灌巾), Dragon Gate sect, Qing Cheng Shan. October 2008.
- Ordained Priest, 道士 (拜师), Dragon Gate sect, Qing Cheng Shan. March 2006.
- Ordained Priest, 道士 (收录) Celestial Master's sect, Long Hu Shan. October 2005.
- 21st Generation Disciple, Dragon Gate sect, Qing Cheng Shan. June 2005.
- 66th Generation Disciple, Celestial Master's sect, Long Hu Shan. March 2005.
- 80th Generation Disciple, Highest Purity sect, Mao Shan. September 2004.
- Apprentice (徒弟), Senior Abbot Zhang Ming Xin at Jian Fu Gong, Qing Cheng Shan, Sichuan. March 2004.
- Apprentice, Master Tony Gneck, California. 1987 – 1998.

Education

Chinese Medicine

- Doctor of Traditional Chinese Medicine (DTCM), the Western District Medical Qigong Science and Traditional Chinese Medicine Research Institute, Beijing, China. November 2007.
- Doctor of Medical Qigong (DMQ) from the Western District Medical Qigong Science and Traditional Chinese Medicine Research Institute, Beijing, China. September 2004.
- Advanced Medical Qigong Certification from the World Health Organization (WHO) collaboration hospital and training facility, the International Acupuncture Training Center, Beijing, China. April 2004.

Traditional

- Teaching Credential (Special Education; Mild to Moderate Disabilities), California State University, San Bernardino. June 2004.
- Mandarin Chinese, Associates of Arts, Defense Language Institute, Monterey, California. March 2003.
- National Security Studies, Master of Arts, California State University, San Bernardino. June 1998.
- Business Management, Bachelor of Arts, California State University, San Bernardino. June 1991.

Experience

Daoist Experience: September 2004 – Present

Conducts regular Daoist worship, rites, and ceremonies to include:

- Leading group worship
- Performing Rituals
 - Initiation Ceremonies
 - Dispelling Evil
 - Exorcism
 - Talismans (protection, blessing, health, etc.)
- Providing individual or group counseling
- Performing administrative duties for the temple
- Performing community relations

Daoist Teaching: March 2006 – Present

Scriptural and Classics Training

- 道德经; Scripture of the Way and Virtue
- 庄子; Zhuangzi
- 列子; Liezi
- 悟真篇; Understanding Reality
- 黄庭经; Scripture of the Yellow Court
- 化胡经; Hua Hu Jing
- 坐忘: Sitting and Forgetting
- 太上玄门日诵早坛功课经; Daily Morning Scriptures
- 太上玄门日诵晚坛功课经; Daily Evening Scriptures

Ritual Ceremony Training

- Star Stepping Patterns
- Hand Seals
- Talismans
- Incantations
- Ritual Implements
- Exorcism

Cultivation Training

- Mediation
- Internal Alchemy
- External Alchemy

Medical Qigong Clinical Experience

- Clinical Director, International College of Medical Qigong. 2012 – Present.
- Clinical Director, International Institute of Medical Qigong, Palm Desert, California. 2004 to 2012.
- Promoted to “Clinical Director of Medical Qigong,” Western District Medical Qigong Science and Traditional Chinese Medicine Research Institute, Beijing, China. November 2013.
- Advanced Clinical Internship Training at the Xi Yuan Hospital of Traditional Chinese Medicine, Medical Qigong Clinic. Certificate 200454. Beijing, China. September 2004.
- Clinical Director, International Institute of Medical Qigong, San Bernardino, California. 2002 to 2004.
- Medical Qigong Practitioner, Pacific Grove, California. 2001 to 2002.

Medical Qigong Teaching

- Founder, International College of Medical Qigong. Teaching all courses. 2012 – Present.
- Ordre des Acupuncteurs du Québec. 2006 – Present.
- Executive Director, International Institute of Medical Qigong. 2005 – 2012.
- Branch Director, International Institute of Medical Qigong. 2001 – 2005.
- Teaching throughout the United States, Canada, Ireland, South Africa, Colombia, and China with students from over 30 countries.
- Medical Qigong Practitioner (200 hours)
 - Introduction to Medical Qigong Therapy
 - Introduction to Medical Qigong Diagnosis and Treatments
 - Clinical Foundations of Medical Qigong Therapy
 - Medical Qigong Treatment of Internal Organ Diseases and Prescription Exercises
 - Clinical Theater, Clinical Internship, and Final Exam
- Medical Qigong Therapist (500 hours)
 - Sensory, Intuitive, and Perceptual Diagnosis
 - MQ Dao Yin Therapy and Rectifying Qi Deviations
 - Medical Qigong Therapy for Pediatrics, Geriatrics, Gynecology, Neurology, and Psychology
 - Introduction to Medical Qigong Therapy for Oncology (1)
 - Clinical Theater, Clinical Internship, and Final Exam
- Master of Medical Qigong (1000 hours)
 - Introduction to Chinese Energetic Alchemy
 - Energetic Anatomy and Physiology
 - Treatment of Cancer with Medical Qigong Therapy (2)
 - Medical Qigong Treatment for Spiritual Disorders
 - Clinical Theater, Clinical Internship, and Final Exam
- Doctor of Medical Qigong (2000 hours)
 - An Introduction to Oncology with Medical Qigong
 - Medical Qigong Clinical Protocol for Brain and Esophageal Cancer
 - Medical Qigong Clinical Protocol for Breast and Lung Cancer
 - Medical Qigong Clinical Protocols for Stomach, Pancreatic, and Liver Cancers; Chemotherapy and Radiation
 - Medical Qigong Clinical Protocols for Bone, Multiple Myeloma, Leukemia, Lymphoma, and Skin Cancers
 - Clinical Theater, Clinical Internship, and Final Exam

Lectures

- Keynote Speech: “Memories of Qingcheng Shan”. Fifth International Conference of Daoism, Qingcheng Shan, Sichuan, China. November 2017.
- “The Golden Light Incantation: An Evolution in Light”. 4th International Taoism Forum. Wudang Mountain, Hubei Province, China. May 2017.
- “Purify the Heart: An Interpretation,” 9th International Conference on Daoist Studies, Taiwan. June 2016.
- “Mental Regulation of Qigong,” 7th World Academic Society of Medical Qigong Conference (China). Beijing, China. June 2016.
- “Mental Regulation of Qigong,” 13th Shanghai International Symposium on Qigong Science. July 2017.
- “Purify the Heart: An Interpretation,” 3rd International Taoism Forum. Yingtan. Jiangxi, China. November 2014.
- “The Yin and Yang of Medical Qigong and Treatment of Cancer”. Fourth International Congress for the Ordre des Acupuncteurs du Québec, Montreal, Quebec. September 2014.
- “Menopause: A Second Spring,” World Academic Society of Medical Qigong, Beijing. June 2014.
- “Dao De Jing: Chapter 12,” Cosmic Connections Bookstore, Nashville, Tennessee. October 2013.
- “Profound Alignment through Subtle Mechanics,” National Qigong Association 17th Annual Conference, Vancouver, Washington. August 2012.
- “Tian Ren He Yi,” International Institute of Medical Qigong, Monterey, California. August 2011.
- “Return to the Source,” Third International Congress for the Ordre des Acupuncteurs du Québec, Montreal, Quebec. October 2010.
- “Daoism in the United States,” Third International Conference of Daoism, Qingcheng Shan, Sichuan, China. October 2010.
- “Inviting Taishang Laojun: A Meditation of Blessings,” 6th International Daoism Conference, Loyola Marymount University, Los Angeles, California. June 2010.
- “Qing Cheng Shan Jing Gong,” National Qigong Association 14th Annual Conference, Monterey, California. July 2009
- “Subtle Bio Mechanics,” National Qigong Association 13th Annual Conference, Baltimore, Maryland. August 2008.
- “Subtle Bio Mechanics,” National Qigong Association 12th Annual Conference, Minneapolis, Minnesota. August 2007.
- “Qigong for Health,” National Qigong Association 11th Annual Conference, Lenox, Massachusetts. August 2006.
- “Medical Qigong in the United States,” 5th World Academic Society of Medical Qigong Conference (China). Beijing, China. June 2006.
- Clinical Theater at the Henan University of TCM Hospital, Zhengzhou, China. Instructed the Oncology Department in the use of Medical Qigong in the treatment of cancer. November 2005.

Publications

- “Mental Regulation of Qigong,” *Qi -The Journal of Traditional Health and Fitness*, Vol. 26, No.4 Winter 2016 - 2017.
- “Qi Talks Presents Dr. Bernard Shannon,” National Qigong Association. October 2016.
- Shannon, Bernard (Compiled and interpreted). *Complete Reality Sect Daoist Morning and Evening Prayers: The Big Eight Incantations* 全真玄门早晚功课, 八大神咒. October 2015.
- “Purify the Heart: An Interpretation,” *Qi -The Journal of Traditional Health and Fitness*, Vol. 25, No.1 Spring 2015.
- “Interview with Dr. Bernard Shannon”, *The Empty Vessel, A Journal of Daoist Philosophy and Practice*, Spring 2014 edition.
- Featured Guest on the “Joey English Show”, Time Warner Cable. Aired August 1 and 2, 2007.
- “Medical Qigong in the United States,” Abstract of Presentations, 5th World Academic Society of Medical Qigong Conference (China). Beijing, China. June 2006.
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- “Menopause”, *Chinese Medical Qigong Therapy Volume 4: Prescription Exercises and Meditations, Treatment of Internal Diseases, Pediatrics, Geriatrics, Gynecology, Neurology and Energetic Psychology*. Pages 389 – 399. 2006.
- “Menopause: A Second Spring,” *Qi -The Journal of Traditional Health and Fitness*, Vol.15, No.3 Fall 2005 and June 2014.
- “Journey into Daoist Mysticism,” *Qi -The Journal of Traditional Health and Fitness*, Vol.15, No.2 Summer 2005; co-authored with Professor Jerry Johnson, DTCM (China).