



Doctor of Medical Qigong Program Preparation Seminar Information and Agenda

A Doctor of Medical Qigong should humbly be the best of the best.

Ideally expressing the highest standard knowledge.

They should express virtuous life principles

That radiate into all their relationships

And into their service to society.

Dr. Shannon's Intention for the DMQ Prep Seminar

Presenting you with a set of tools and information that is extremely effective in clinical function, it is our sincere desire that continue a never-ending process of improving, enriching, and enlarging the energetic skills that you already offer your patients as a healer.

Who May Attend?

All current ICMQ and former IIMQ students and graduates are welcome to attend this preparatory seminar to review and determine whether or not they are interested in the DMQ program.

However, if you have not trained directly with Dr. Shannon, the DMQ Prep seminar is *required* in order to enter the DMQ program.

Purpose

The purpose of the DMQ Preparation Seminar is to ensure that all candidates have the appropriate understanding and background for the Doctoral program.

Because the training offered by the IIMQ and the ICMQ is designed to develop clinicians rather than instructors, graduates of the program who offer classes vary widely in their ability to manifest the depth, thoroughness, and standards needed to develop their students' proficiencies. In order to insure that aspiring doctoral candidates enter the program with the highest standards of training, in the DMQ Prep seminar we'll review and deepen the foundational knowledge needed to succeed.

In this seminar we'll share refinements of posture and technique that have been added to the IIMQ curriculum.

Student Comments on the Instructor, Dr. Shannon:

- There are people who are masters of their craft, but cannot communicate it. There are people who communicate well, but cannot teach. Rarely do you find someone with Dr. Shannon's level of mastery of Medical Qigong, both energetically and intellectually, who is also a Master Teacher. He assists the student in learning at all levels of understanding - spiritual, mental, emotional and physical. After a long search and finally coming to Bernard's class, I realized that anything less than this level of training is not training at all. -- A. S., New York
- I searched several years for the right IIMQ teacher and studied under three different ones in the process. Of them all, the experience and ability Dr. Shannon brings to the classroom is by far the most thorough and enriching. I can finally say my search is over. -- J. D., Texas
- During the MMQ, we were exposed to prescriptive exercises and meditations and we thought we 'knew' them but the way you taught us the Neigong behind the exercises has made a tremendous difference. For example, the Neigong you added to "Pulling down the Heavens" connected me with Heaven, as well as, grounded and rooted me in the Earth so solidly that when I started my practice I immediately felt Qi streaming through me. -- Dr. Woody Swartz, MMQ, DOM
- "It was very beneficial to me to review techniques that I have learned briefly, but did not use and therefore own...My personal cultivation was taken to a deeper level. Thank you!"
-- Denise Douglass White, DMQ

Program Requirements

To enter the Doctoral Program, the student must have:

1. Completed the Master's level program and reflect the appropriate skill levels, or
2. Be currently enrolled in the ICMQ's programs, have Dr. Shannon's permission, and reflect the appropriate skill levels.

Doctor of Medical Qigong Program Preparation Seminar Agenda

	Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
9:00am – Noon	Structure	Daoist 5	Yi Quan	General Protocol	Qi Emission Techniques
Noon – 2:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 – 5:00pm	Structure	Daoist 5	Advanced Diagnostics	General Protocol	Tx of Internal Organ Diseases

Structure

The foundation of all training, martial, medical, or spiritual, is continuous refinement of physical structure.

Refining physical structure and beginning to accept the challenge to integrate “continuously” will have deep and significant benefit for the practitioner and their clients.

Every posture should be done with a well-aligned body structure.

Using "local muscles" and forgetting to use complete body structure, the student wastes valuable energy and fails to gather Heaven and Earth into Man. One should never practice the motions with their hands only, and ignore the structural details.

Each posture carries substantial power, yet little energy is invested when correct posture, body structure and alignment, and a focused conscious intent are present. The ability to relax while maintaining good structure is the key to succeed in training.

Tensegrity is the next stage of training. It establishes a whole body connection that links the lower and upper half of the body, giving the ability to express with efficiency. As the practitioner gains a basic understanding of correct structure and learns to identify energy moving through the body, tensegrity begins to manifest naturally and intrinsically.

It's not the length of time that one stands or holds a posture that's important, but the internal work being accomplished in the posture.

Daoist Five

We'll cover all exercises in detail, from gross movement to the subtlest alignment, to maximize energetic flow from physical structure. Instruction on 5 – 7 distinct levels of intention will be taught. Three additional respiration methods will be reviewed and integrated into this dynamic set.

Yi Quan

Yi Quan enhances the complete development of human potential, while conforming to natural human growth. Yi Quan is a qigong, a martial art, a philosophy, and a system of health maintenance.

Yi Quan goes directly to core elements:

- Developing energy and structural construction;
- Forming a good relationship between heaven (space), earth (gravity), and man (our balanced structure);
- Combining and balancing the three elements of heaven, earth, and man will result in a good martial art, good health, good balance, and good mental attitude.

This training transforms an approach to physical exercise and presence of mind, so that they become an exercise of Spirit. When intention is correct the mind is quiet, awareness is entirely in the present moment, and there is no recognition of the past or future.

Stillness of the mind is the highest level of achievement; in this one transcends into the Void and becomes one with the Tao.

In this module we will cover the first three of the six stages of Yi Quan development.

Advanced Diagnostics

We'll palpate the Weiqi, Yingqi, Blood, Marrow, Taiji Pole, and each of the organs, deepening our perception to find their generating source. We'll become aware of their purpose and function through direct experience. Using a variety of methods, practitioners' awareness will develop new levels of diagnostic ability. The module will include table work.

The Power of the General Protocol

Often practitioners overlook or quickly work through the General Protocol, thinking they're getting to "the real work". This idea is highly mistaken.

The General Protocol is an extremely effective treatment, providing benefit for most conditions. In this module we'll "review" the protocol, revealing its tremendous power for change. Table work is included.

Qi Emission Techniques

In the Medical Qigong Practitioner, Therapist, and Masters programs a myriad of qi extension techniques are introduced to provide the most effective and efficient means of energetic therapy.

The quality, amount, direction of flow, and pattern of the energy emitted by the practitioner determine if the patient is receiving maximum therapeutic benefits from the treatment.

This session will review and reteach many of the most effective techniques for breaking up stagnation and dissolving obstructions within the patient. We'll utilize sound, light, heat, and electromagnetic energy.

Treatment of Internal Organ Diseases

The Five Yin Organs' relationships with each other and their complex interrelationship with the energetic ebb and flow of Qi must constantly be regulated in order to maintain health. There is a constant flux of energetic flow within the body, during which an excess or deficiency of qi can occur, requiring specific organ therapy for restoration and balance.

This session focuses on the general and specific diagnoses, treatments, and prescriptions of Zang (Yin) and Fu (Yang) disharmonies. We will explore several examples of the Five Element disease patterns and the various techniques used to treat them. Several of the specialized techniques taught are not found within the "standard" curriculum.

Treatment of Internal Organ Template

- Access
- Purge, Tonify, and Regulate
- Drain Excess out associated meridian
- Root to Lower Dantian

Download and "save as" this PDF before entering your information.

Doctor of Medical Qigong Program Preparation Seminar Registration form

Participant Information

Name _____

Address _____

City, State, Zip _____

Phone _____ Fax _____

E-mail _____

Highest level of medical qigong training completed: MQP MQT MMQ DMQ

Date completed: _____ Name of primary instructor: _____

Registration Options

- Register early to guarantee your space as seating is limited.

Register by December 9 th	Register after December 9 th
\$1800	\$2000

Method of Payment

Cash Check Visa or Master Card

Make checks payable to the **Temple of Peace and Virtue**

Account # _____ Exp. Date _____ CVC: _____

Cardholder's Name (please print) _____

Cardholder's Signature _____

Billing Address _____

City, State, Zip _____

Refund Policy

A student may withdraw and obtain a refund at any time before the completion of 60% of a seminar.

Detailed explanation of these policies follows:

Tuition refund before seminars begin

If a student requests a refund *prior* to the attendance of any seminars, a full refund will be issued **less** a non-refundable deposit of \$100.

Tuition refund after seminars have begun

A partial tuition refund will be permitted if a student cancels enrollment when 60% or less of the instruction has been completed. Based upon clock hours passed, the unused portion of tuition will be calculated, plus the drop fee of \$100.00.

Please FAX, MAIL, or EMAIL this form

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