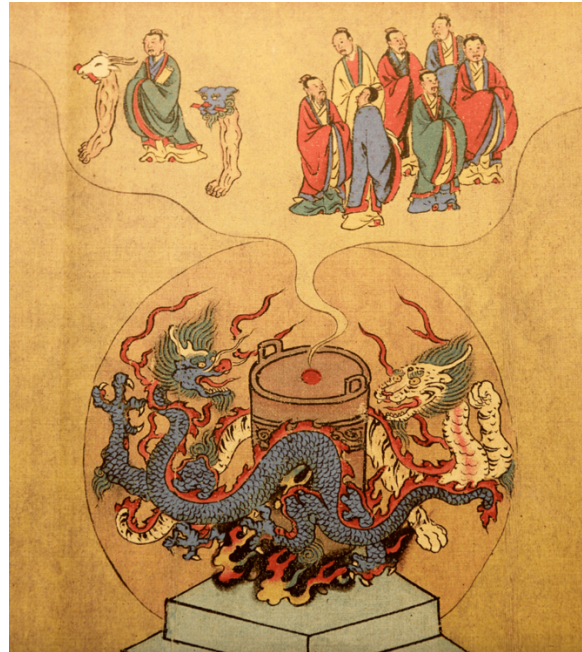


2024

The Wood Dragon for a Renaissance

Specialization in Alchemy



龙虎交配在黄庭

*The great secret of alchemy attracts dragons and tigers to the Yellow Palace
Earth is Yellow's matchmaker, who introduces Hun and Po to the wedding.*

This training consists of 9 modules via video conference, once a month. A video recording will be available and sent after each session. An opportunity to transform both body and mind to find happiness and face everyday life from a better perspective.

Time: 1:00 PM to 6:00 PM PST.

Dates in 2024: JAN 21, FEB 11, MAR 31, May 12, JUN 16, JUL 7, SEP 8, OCT 6, NOV 10.

Taoist alchemy revolves around four principles for mind and body transformation, aiming to prevent diseases, treat illnesses, and achieve a noble spirit. Emphasizing dual cultivation, Xing Ming Shuang Xiu (性命双修) involves the simultaneous cultivation of Essence. "Xing" referring to one's nature and vitality; "Ming" representing life or vitality. This practice seeks to harmonize physical and spiritual aspects, promoting holistic well-being and spiritual advancement.

In this course, we will study the 9 stages of alchemy in both practical and theoretical aspects, as well as three books: "The Yellow Court," "The Golden Flower," and "Mi Dao Jing" (The Secrets of Alchemy).

To enroll into this course, it is necessary to have studied basic alchemy.

Program:

Module 1: Theory: The Yellow Court: Spirit of the Spleen.

Practice: The Yellow Palace Red Dragon Qi Gong.

Module 2: Theory: Shi Shen, Yu Shen, and Yuan Shen.

Practice: The Small Celestial Circulation Red Dragon Qi Gong

Module 3: Theory: The 3 Hun and the 7 Po.

Practice: The Two Red Dragons Journey (Small Celestial Circulation for Women) and Green Dragon.

Module 4: Theory: The 8 Curious Meridians The 5 Spirits of the Organs.

Practice: The Great Celestial Circulation Green Dragon Qi Gong.

Module 5: Theory: The Classic of the Golden Flower.

Practice: The Golden Little Man meets the Little Man of Fire to connect with your ancestors The Golden Dragon

Module 6: Theory: Souls of the 5 Organs: Physiology and Pathology the Pure Yang of the Body.

Practice: Alchemy of the 8 Immortals and Golden Dragon Qi Gong

Module 7: Theory: "The Secret of Immortality" Practice: Alchemy for Premonitory Dreams

Module 8: Theory: "The Secret of Immortality" The 3 Emperors of Heaven to cultivate purity, calmness, the ice of the Heart, and the Original Heart.

Practice: Working with the 5 Little Men.

Module 9: Theory: Immortality: the 3 Principles of Tao - that of Man, that of the Ghost, that of the Immortal.

Practice: Awakening the 3 Colors of the Dragon: Journey to Earth, Sea, and Sky.



At the end of the training, to obtain the certificate and teach alchemy, a thesis must be written.

To complement your training, you can also sign up for a specific trip to China for alchemy, visiting the Shandong province and seeing Mount Lao Shan where the Golden Flower book was translated by Richard Wilhelm.