

2024

The Wood Dragon for a Renaissance

Specialization in Alchem

Italy



龙虎交配在黃庭

*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 marriage.*

This training consists of 8 modules via video conference once a month and an in-person retreat. A video recording will be available and sent after each session. An opportunity to transform both body and mind to find happiness from everyday life with a better perspective.

Time: 4:00 PM to 9:00 PM CET.

Video Conference Dates: FEB 10, MAR 30, May 11, JUN 15, JUL 6, SEP 7, OCT 5, NOV 9.

Retreat Dates: AUG 29th- SEP 1.

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.

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

Practice: Alchemy of the 8 Immortals.

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.

Summer retreat: Theory: Immortality: the 3 Principles of Tao.

Practice: The Golden Dragon Qi Gong. 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.

