Golden Baby Neuro-Alchemy™

Daoist Internal Alchemy in Dialogue with Modern Neuroscience

2026–2027 Training Program



When intention is steady, the mind becomes clear.

Building Your Inner Home

Throughout life, we learn how to build a home for our bodies. But have we learned how to create a home for our hearts and minds?

In a world filled with information, mental distractions, and constant demands on our attention, we often search for peace outside ourselves.

What if true stability begins by establishing our own inner center?

Developed through more than forty years of practice, teaching, and research by Dr. Liu Dong, **Golden Baby Neuro-Alchemy™** offers a progressive path of inner cultivation rooted in Daoist Internal Alchemy, enriched by traditional Chinese medicine, and informed by contemporary research on the brain and body.

At the heart of this approach is **Huangting (黃庭), the Yellow Palace**—an inner center that we gradually learn to establish, inhabit, and stabilize.

A Path Beyond Relaxation

Golden Baby Neuro-Alchemy™ goes beyond the temporary experience of relaxation.

Its practices encourage the development of inner stability that can accompany us in everyday life: recognizing our thoughts, relating to emotions with greater awareness, and acting with clearer intention.

The program brings three complementary perspectives into dialogue:

- **Daoist Internal Alchemy** provides the principles, methods, and progressive stages of inner cultivation.
- **Traditional Chinese Medicine** offers a traditional understanding of the relationships among the body, Earth, the Spleen–Stomach system, and Yi (意), or intention.
- **Modern Neuroscience** provides contemporary perspectives for exploring attention, interoception, and brain–body regulation.

These perspectives are brought into dialogue without being treated as equivalent. Traditional alchemical concepts retain their own meaning and context.

The Seven Levels of Inner Transformation

The training follows seven progressive levels, combining theoretical understanding with guided practice.

1. Umbilical Breathing — Returning to the Source of Life
Develop awareness of the breath, bodily grounding, and the essential foundations of inner practice.

2. Building the Yellow Palace — Establishing the Inner Center
Explore the Virtue of Earth and cultivate inner stability through attention and Yi.

3. Shen Enters the Yellow Palace — Emergence of True Intention
Observe mental activity, deepen inner presence, and gradually transform scattered thinking.

4. Exploring the Depths of Consciousness — Awakening the Inner World
Explore the symbolic and experiential dimensions of consciousness, including the Three Hun and the inner landscape.

5. Brain–Body Integration — Union of Heart and Kidneys
Deepen the relationship between emotions, willpower, bodily awareness, and inner harmony.

6. Emergence of the Golden Baby — Returning to Authentic Presence
Cultivate inner integration and explore the Golden Baby as a symbol of a more unified and authentic presence.

7. Transformation and Integration — Bringing Practice into Daily Life
Gradually bring the qualities developed through practice into thoughts, behavior, relationships, and everyday choices.

The Nine-Module Training Program

The Seven Levels are taught through **nine progressive modules**:

Module	Main Theme
1	Returning to the Source of Life — Umbilical Breathing
2	Building the Yellow Palace — Earth, Spleen, and Yi
3	Shen Enters the Yellow Palace — True Intention
4	Exploring the Depths of Consciousness — The Three Hun
5	Brain–Body Integration — Union of Heart and Kidneys
6	Emergence of the Golden Baby — Inner Presence and Unity
7	Transforming Emotional Patterns — Inner Freedom
8	Embodying Wisdom — Practice in Everyday Life
9	Integration and Completion — Toward Independent Practice

Each module combines **theory, guided practice, and personal reflection**, supporting a structured and progressive learning experience.

Who Is This Program For?

This training is designed for those who wish to deepen their understanding of Daoist Internal Alchemy, establish a consistent personal practice, and explore the relationship between the body, attention, and consciousness.

It welcomes both experienced practitioners of Qigong and meditation and those who are new to this path of inner cultivation.

No prior knowledge of neuroscience is required.

Program Information

Format: Online training
Duration: 9 modules — one session per module

Schedule: 4:00 PM–9:00 PM (Paris time)
Learning Materials: Course materials and access to video recordings after each session

Tuition:

- Full payment: **$950**
- Three installments: **3 × $317**

Full tuition must be paid before the end of the third module.

Course Dates: [To be confirmed before publication]

An Invitation to Return to Yourself

In life, we need two homes:

One for the body.
One for the heart and spirit.

The Yellow Palace is this inner home.

When intention becomes steady, the mind can become clear. And when that clarity begins to guide our actions, practice gradually transforms the way we live.

Golden Baby Neuro-Alchemy™
Dr. Liu Dong — Ling Gui School