

## **The Chow Medical Qigong Healing System Intensive Program Level 2**

### **Objective:**

- To expand in detail and depth the theories and philosophies of holistic health, Chinese health practices and energy concepts that were introduced on Level 1 of the Chow System Intensive Program.
- To enable students to teach the exercises and theory of Chow Qigong system.

### **Goals:**

- To provide an intermediate in-depth training for the students who have completed Level 1 to add to and augment their knowledge and clinical expertise.
- To further facilitate the integrative processes of the present Western health system's worthwhile practices and theories with those of other cultural systems, especially the Chinese system.
- To continue a healthy lifestyle for the student in order to be 'do as I do' model teacher/practitioner.
- To examine in-depth from a scientific basis the phenomena of psycho-physio-bioenergy, its use in communications and healing and intercultural perspectives.
- To provide review and expand knowledge of Level 1 material.
- To enhance the teaching skills of students.

### **Content:**

- ❖ Review of Level 1
- ❖ Assessment practice – face, eye, tongue, teeth, ear, etc.
- ❖ Disease vs. Illness model of care – concepts of conception, birth, growth, aging, death.
- ❖ Anatomy and physiology.
- ❖ Special topics: Geomancy, I Ching, and Herbology.
- ❖ Methodologies and techniques for coping with life situations:
  - communication and problem solving process, body/mind/spirit
  - affirmation and assertion
  - medication processes, continued
- ❖ Visualization of energy fields
- ❖ Visualization and assessment of unknown person by name, date and place
- ❖ Distance healing
- ❖ Theory and practice in psycho-physio exercising routine

- ❖ Breath management
- ❖ Body balancing
- ❖ Manipulation of energy by touch and mind
- ❖ Specific theories of energy, meridian pathways, fields and points for relief of:
  - Stress and prevention of specific problems such as pain, high blood pressure, cardiac problems, respiratory distress, skin disturbances, ulcers, sinus problems, emotional disturbances, paralysis, cancer and others.
- ❖ The Yin and Yang theories of nutrition and its benefits/liabilities
- ❖ In-depth Law of the Five Elements and diagnosis
- ❖ Control of environment – the balance of Yin-Yang relations
- ❖ Teaching methodologies

**Assignments:**

- Keep daily journals
- Practice exercises
- Read recommended texts
- Teaching
- Major project/paper, e.g.
  - ✓ (a) develop a demonstration model for stress management that can be used for various corporate situations;
  - ✓ (b) develop visual aids such as videotapes, audiotapes, charts, graphs etc. as teaching materials.