

# Taoist Internal Alchemy of the Southern Tradition Study Program

## Introduction

The program contains three levels, for which we use Chinese terminology: ru, qiao & jiao, and chu (the terminology is explained below). These levels are based on the steps and phases of Taoist Internal Alchemy. Your own capacities, time investment, and efforts determine the speed of evolution in your alchemical practice. Passing from one level to another will be tested by a representative of the Southern Tradition. This will be done by evaluating your practical and theoretical progress. If successful you obtain an English and Chinese certificate.

Theory (T) and practice (P) are both important and they are mutually supportive. In the theoretical lessons we often refer to the practice and in the practice sessions we also teach the theory of the practice. There are different types of courses: lectures (L), one-day seminars (S), courses taking several days (C), and one-day workshops (W); we also organize extra specialization courses (EX) for those who want to dig even deeper.

Some courses are available online, some offline, and some both on- and offline. You are free to choose your own program, but some courses demand specific knowledge that you need to acquire before being able to take those courses. This is mentioned in the practical explanation of the course. Of course, we can advise you if you want to create a personal program (mail: [info@taoiststudies.org](mailto:info@taoiststudies.org)). Last but not least, we invite students to come up with their own requests for courses. If feasible in any way, we can then arrange for courses on their preferred subjects and for refreshing of subjects already seen/practiced in previous courses.

### Level 1: the RU Level: Internalization

Goals:

- to fulfill the main requirements of the alchemical practice
- to acquire the fundamental knowledge of Taoist Internal Alchemy and Taoist Philosophy
- to be able to practice the exercises on your own

Courses:

- (T) Introduction to the Philosophy of Change: fundamental principles and the Yijing symbols (S)
- (T) Introduction to Taoist Alchemy and the Southern Tradition (L)
- (T) Introduction to the Taoist Alchemical Body (L)
- (T) Taoist Philosophy and Worldview: Daodejing/Laozi (L/C)
- (P) Internal Practice/Dantian Practice: Donggong (movements) practices to enhance and concentrate the life force in the abdomen and lower back: Daoyin (Taoist health practices and soft stretching), Yuanqigong (Practice of the Primary Qi), and Neijiaquan (Internal Martial Arts); Jinggong (Quiet Meditative Practice); harmonizing the functions and circulations of the body; facilitating the circulation of the Qi; this course is offered as a specific workshop, but our Internal Martial Arts and Health Exercises courses are quite suitable for this purpose, too (W/C)
- (T&P) Introduction to Ming and Xing Practice: fundamental theory about the connection between the psycho-emotional ("mind") and physical ("body") functioning and practices to induce the unification of the governing of the body (Ming) and the personality (Xing) (C)

- (T) Introduction to the Classical Chinese Language (EX)
- (T&P) Introduction to Jinggong/Quiet Practice (W)

## **Level 2: the QIAO & JIAO Level: Creating Apertures and Exchange**

Goals:

- advanced alchemical practice with the goal of creating necessary apertures and exchange circulations within one's own body
- study of Taoist Alchemy of the Southern Tradition
- to be able to practice the exercises and teach some of the subjects Courses:
- (T) Introduction to Chinese Philosophy (L)
- (T) Advanced Study of the Taoist Alchemical Body: imagery and symbols; the charts of the body (a.o. the Neijingtu/Chart of the Internal Conduits and the Xiuzhentu/Chart of the Development of Authenticity) (C)
- (T) Advanced Study of Southern Alchemical Terminology and Its Relationship with the Practice ©
- (P) Intensive Jinggong/Quiet Practice (C)
- (P) Intensive Donggong/Moving Practice: Internal Martial Arts (C)
- (T&P) Advanced Ming and Xing Practice (C)
- (T) Taoist Philosophy and Worldview: Zhuangzi (C)
- (T) Study of Classical Chinese Poetic Language (EX)
- (T) Study of the Relationship between Taoist Dietetics and Alchemy (EX)

## **Level 3: the CHU Level: Externalization**

Goals:

- advanced Southern alchemical practices with the goal of creating necessary apertures and exchange circulations with the world outside one's own body
- advanced study of the information sources of the Southern Tradition
- to be able to practice internal alchemy on a high level, live your life in a Taoist alchemical way, and teach advanced courses; applying for the title of "Master of Taoist Arts"

Courses:

- (T&P) Q & A and Coaching: group and one-on-one sessions to improve individual practice (C)
- (T) Advanced Study of the Literature of the Southern Tradition (C)
- (P) Intensive Donggong/Moving Practice: Internal Martial Arts (C)
- (T) Study of Taoist Alchemical Texts in Classical Chinese (EX)
- (T) Study of the Relationship between Chinese Medicine and Taoist Alchemy (EX)