



## **"Daoist Shamanism: Four Pillar Training" Course Syllabus**

**Taught By: Dr. William Welch Jr., D.T.C.M., D.M.Q. (China)**

The following Syllabus is based on the classes that will begin online on March 2nd, 2023 – and It will consist of a 6-month introductory class to training these “Four Pillars” and utilizing teaching tools from the Daoist Zheng Yi and Mao Shan systems of magical practices.

Classes will be held in Zoom format on Thursday nights, from 6:00-8:00 p.m. PST.

Dr. Welch will hold an in-person three-day seminar in October 2023, to teach the exercises and training that the six-month class learned during the teaching.

### **"Daoist Shamanism: Four Pillar Training" Course Syllabus**

#### **Introduction To Chinese Medicine: Vol. 1**

- Understanding The Concept of Qi
- The Five Realms of Energy
- Defining the Energy of Yin and Yang

#### **History Of Ancient Chinese Shaman Doctors: Wu Yi**

- The Female Wu (Xi)
- The Male Wu
- The Magical Powers of the Wu Yi
- Official Duties of the Wu Yi

#### **The Evolution Of Chinese Medicine**

- Qigong of the Imperial College
- Three Main Schools of Qigong
- The Body's Three Wei Qi Fields

## **Introduction To Ancient Chinese Alchemy**

- Spiritual Transformation
- The Metaphysical Realm
- Returning To The Original Nature
- The Level of Earth: Chinese External Alchemy and Daoist Lower Magic
- The Level of Man: Chinese Internal Alchemy and Daoist Middle Magic
- The Level of Heaven: Chinese Esoteric Alchemy and Daoist High Magic

## **Magic and Immortality**

- The Natural Forces of the Three Powers
- Nine Treasures and Daoist Alchemy
- Understanding Energy (Qi)
- The Five Realms of Energy

## **The Energetic Formation Of The Universe**

- Shang Di (Highest God)
- The Dao: The Way
- The Dao, Heaven, and Earth
- The Dao as the Zhong (Center)
- The Dao Within the Body
- The Wuji: Infinite Space
- Messages Within the Human Body
- The Perceptual Dimensions of the Wuji
- Penetrating the Infinite Perceptual Dimensions of the Wuji

## **Taiji: Great Ultimate**

- Taiji Within the Human Body
- Yin and Yang Transformations

## **The Four Phases Of Universal Qi**

- From the Four Phases to the Bagua
- The Four Phases in Daoist Alchemy
- Opening the Mysterious Gate
- The True Alchemical Agent

## **The Five Pure Lights (P. 40-41)**

### **The Three Bodies (P. 50-52)**

- The Physical Body
- The Physical Realm
- The Energy Body
- The Energy Realm
- The Spirit Body
- The Spirit Realm

### **The Three Schools of Daoist Neigong Training**

- Gong Li (Strength/Power Skill)
- Qi Gong (Energy/Breath Skill)
- Shen Gong (Spirit Skill)

### **Daoist Martial Arts Schools of Internal Training**

- Introduction to Daoist Martial Arts Ming Jing Training
- Ming Jing Neigong: Posture Training
- Ming Jing Qigong: Respiratory Training
- Ming Jing Shengong: Mental Training

### **Introduction to Daoist Martial Arts An Jing Training**

- An Jing Neigong: Posture Training
- An Jing Qigong: Respiratory Training
- An Jing Shengong: Mental Training

### **Introduction to Daoist Martial Arts Hua Jing Training**

- Hua Jing Neigong: Posture Training
- Hua Jing Qigong: Respiratory Training
- Hua Jing Shengong Mental Training

### **The Three Progressions of Internal Martial Neigong Training**

### **The Daoist Healing Arts School of Internal Training (P. 69)**

- Introduction to Daoist Healing Arts Purgation Training
- Introduction to Daoist Healing Arts Tonification Training
- Introduction to Daoist Healing Arts Regulation Training

### **The Daoist Magical Arts Schools of Internal Training (p. 72)**

- Shengong Energetic Transformations
- The Six Transformations Stages

### **Introduction to Daoist Magical Arts Shen Cultivation Training (p.75)**

- The Way To Cultivate The Shen
- Nourishing and strengthening the Shen
- Housing the Shen
- Combining the Shen with the Respiration
- Combining the Shen with the Qi

### **De: Virtue (p.78)**

- The Wujingshen (Five Essence Spirits)
- The Four Types of Virtues

### **The Body's Three Fires (p.82)**

- The Yin Fire and Yang Fire Categories
- The function of the Body's Spirit Fires

### **Introduction To Training Daoist Alchemy (p.93)**

#### **The Alchemical Cultivation of Jing, Qi, and Shen**

- Understanding the “Three Main Cultivations”
- The Cultivation of Human Jing
- The Cultivation of Human Qi
- The Cultivation of Human Shen

### **Required Training and Discipline (p.97)**

- Companions of the Dao
- True Observation (Zhenguan)

### **Introduction To Training Daoist Magic**

- The History of Daoist Magic
- The Magical Teachings of Huangdi
- The Huang-Lao Daoists

### **Two Main Schools of Daoist Magic (p.11)**

- The Zheng Yi Daoist Sect
- The Quan Zhen Daoist Sect

## **The Three Main Categorizations of Daoist Magical Instruction**

- Daojia (Daoist Schools): Daojia is considered by many to be the oldest of the three terms, and was originally used as a classification for such ancient works as the Yijing (The Classic of Changes), and the Daode Jing (Scriptures of the Way and Its Virtue).
- Daojiao (Daoist Traditions): Daojiao refers to the transmission of ancient Daoist magical teachings, mainly passed on within an institutionalized religious setting, where priests and nuns of a particular sect are trained and ordained as Priests.
- Daoshu (Daoist Arts): Daoshu encompasses such magical teachings as meditation practices, breathing exercises, and energy movements. These special magical skills may originate from the various Daoist Martial Arts, Daoist Medicine, and Daoist Religious/Folk magical practices taught either in a formal context, under the careful instruction of a Daoist organization, or through independent study.

## **Daoist Rank and Progression of Post (p.13-14)**

### **The Four Pillars of Daoist Magic (p.15)**

- Magical Initiation
- 3 Bodies, 3 Breaths, and 3 Minds
- Mind Speech, and Body Secret

### **Training The Mind Secret**

- Yin and Yang divisions of the Mind
- The Prenatal and Postnatal Mind
- Interactions of Yuan Shen and Shen Zhi
- The Four Secret Powers of the Mind
- Language, Mythology, and Energetic Geometry
- Four Ways to Avoid Losing Magical Power

### **Training The Speech Secret**

- The Three Levels of Breath
- The Energy of the Breath (Wind) 6
- The Wind's Effect on Matter
- Exhaling Color, Sound, and Breath
- Consonants and Vowels

## **Three Types of Projected Sounds**

- Descriptive Sound
- Meaningless Sound'
- Seed Sound

## **Projecting Sound Vibration**

### **Words and Magic (p.31)**

- Magical Names, Words, and Phrases
- Three Types of Words
- The Power of Words
- Words of Power Five Classifications
- Understanding the influence of Language
- Normal and Magical Conversations
- The Manifestations of Speech
- Rhyme and Rhythm

### **Four Levels of Speech**

- Jing (Verbal) Speech
- Qi (Mental) Speech
- Shen (Single-Minded) Speech
- Dao (Divine) Speech

## **The Energetic Activation of Names, Words, and Phrases**

### **Incantations**

- The History of Daoist Incantations
- Magical Functions of Incantations
- The Similar Qualities of Incantations
- Incantations for Curses or Blessings 7
- The Daoist Book of Thunder Incantations
- Sound Resonance and Incantations
- The Structure of a Spell or Incantation
- Five Elemental Correspondences to Spells and Incantation
- Three Main Components of an Incantation
- Five Disciplines for Incantation Training

### **Breath Incantations**

- Introduction to Breath Incantations
- Incantations in Religious Daoism
- Characteristics of Daoist Incantations

## **Four Types of Magical Incantations**

- Rhythmic Incantations
- Recited Incantations
- Murmuring Incantations
- Silent Incantations

## **Four Types of Breath Incantations**

- Audible (Jing) Incantations
- Sub-Audible (Qi) Incantations
- InAudible (Shen) Incantations
- Transcended (Wuji) Incantations

## **Breath Incantation Techniques**

- Using Breath Incantations for Protection
- Single Sound Breath Incantation
- Multiple Sound Breath Incantation

## **Imprinting With Incantations (p.99)**

- Four Functional Properties of Energy
- Creating, Feeling, Imprinting, and Activating Qi Meditation
- Materializing Energetic Matter

## **Three Types of Creative Energetic Materialization**

- The Invisible and Tangible Energetic Form
- The Visible but Intangible Energetic Form
- The Visible and Tangible Energetic Form

## **Introduction to Magic Talismans**

- Application of Magic Talismans
- Types of Magic Talismans
- Talismans for Making Spirits Appear
- Talismans for Obtaining A Spirit Helper
- Talismans for Weather Magic
- Talismans for Shapeshifting
- Talismans To Make a Dead Person Walk
- Talismans for Invisibility
- Talismans To Heal Sickness
- Talismans for Protection
- Talismans for Sex Magic
- Talismans for Destroying Friendships

## **The Origin of Magical Talismans**

- The Origin of Writing Patterns
- Conclusion

## **The Secret Teachings of Magic Talismans (p.23)**

- Defining the Qualifications of a Talisman Maste (Fa Shi)
- Magic Talismans and the Use of Esoteric Character sounds

## **Constructing A Magic Talisman (p.28)**

- Choosing the Right Character
- Single and Multiple Characters
- The Magical Scriptures
- Ritual of Transmission
- The Types of Colors
- The Command Seal 9
- Inviting the Deity or Spirit Entity
- Types of Deities and Immortals
- The Incantation Seal
- Constructing Unorthodox Talismans

## **Practicing The Construction Of Magic Talismans (p.36)**

- Practicing Drawing Talisman
- Disposing of the Practice Talisman Ash

## **Body, Breath, And Mind (p.37)**

Breath: Speaking Incantations

- Breath

Body: Forming Hand Seals

## **Mind: Writing The Talisman**

## **Three Popular Types of Talisman Writing**

- Other Mediums of Talismanic Writing

## **Nine Basic Rules For Making A Talisman (p.42)**

## **Cleaning and Purifying the Body (p.49)**

## **Nine Stages Of Constructing Magical Talismans (p.49-101)**



### **Daoist Magic Altar Tools**

- The Altar Lamp and Red Candles
- Two Red Altar Candles
- Activating the Incense Burner
- Altar Tradition
- Talismanic Water
- The Holy Water

### **The One Through Ten Mediation (p.50-57)**

- Pulling Down the Heavens
- The Three Divine Invocations