

Sifu Matthew Cohen - 3 Archetypal Pillars of Qigong 2024

What You'll Discover in These 7 Weeks

In this 7-week transformational intensive, Matthew will guide you through the fundamental skills and competencies you'll need to embody the warrior, healer, and visionary archetypes.

Module 1: Access Clear Vision & Power Within and Strengthen Your Body, Open Your Heart & Focus Your Mind With the Visionary Archetype (March 12)



Explore the warrior, healer, and visionary archetypes as embodiments of the three pillars of Qigong — spiritual, medical, and martial — as you embark on a path to holistic health...

... through a fusion of Qigong, breathwork, poetry, embodiment practices, and meditation.

Matthew will guide you on a transformative journey to **develop inner vision, meet the inner sage, and establish clear intentions** — and will share five insightful ways to heighten your focus.

Discover the symbiotic relationship between breath and mind — and how they can be used to inspire clarity and purpose.

In this session, you'll:

- **Explore the visionary archetype's relationship to Qigong** — and how it can be harnessed to forge new paths of intention
- Meet your inner visionary to **access clear vision and power within**

- Energize the 3 dantians — energy fields of your lower, middle, and upper body — to **strengthen your body, open your heart, and focus your mind**
- Discover 5 ways to hone and **heighten attention**
- **Develop an intimate relationship with your mind and breath** — two of your greatest allies

Module 2: Use Spiritual Qigong to Expand Your Intuition, Increase Receptivity & Optimize Your Goals (March 19)



Enter into an extensive exploration of spiritual Qigong as you **delve into the visionary archetype — and learn about tailored nuanced practices** to meet your unique needs and aspirations.

Matthew will provide an **in-depth overview of spiritual Qigong**, and how it can help you develop your intuition and be more receptive to opportunities.

Explore the intersections of spiritual, martial, and medical Qigong, receive an introduction to the wood element of Xingyiquan, and learn how you can make practice adjustments for optimal resonance with your goals.

In this session, you'll:

- **Listen to the 3 dantians for deeper coherence and empowerment** in the decision-making process
- Understand how **your Qigong practice can be adapted through your intention, awareness, and body** to your needs — and amplify energy
- Discover how listening to your body can help you **remain open and aligned with your goals** — and strengthen your practice
- **Explore the intersections of spiritual, martial, and medical Qigong** to gain a deeper understanding of how these arts speak to each other
- Be guided in **a practice of the wood element of Xingyiquan to strengthen the liver, reduce anger**, promote clear sight, and tonify the tendons and ligaments

Module 3: Awaken the Healer With Medical Qigong & the 5 Elements to Cleanse & Regulate Your Body Systems, Reduce Pain & Optimize Your Organs (March 26)



This session unveils the profound principles of medical Qigong, one of the five branches of Traditional Chinese Medicine.

Explore techniques ranging from off-body healing and bioenergetic field work to physical movement, healing sounds, light and color therapy, visualization, meditation, and breathwork.

Beyond personal practice, medical Qigong is a potent tool for supporting others on their healing journeys.

Benefit from the practice's capacity to regulate the nervous system, reduce pain, strengthen the immune system, optimize organ functions, and enhance circulation.

In this session, you'll:

- **Explore medical Qigong** as a viable path for regulating your health and enhancing wellbeing
- **Learn about the 5 elements of Qigong** and their healing power in relation to the body, mind, and emotions
- Learn how the wood element can be harnessed to **cleanse and purify the liver, stabilize the emotions, and dispel chronic aches and pains**
- **Harness the fire element** to open the heart, release emotional pain, and awaken joy
- **Be guided through the microcosmic orbit** to balance the yin and yang, increase vitality, and deepen your capacity for meditation
- **Add humming to your practice** to down-regulate the body and stimulate the parasympathetic nervous system for calm

Module 4: Use Medical Qigong to Balance the Liver & Heart, Regulate Emotions & Consciously Empower Your Intention (April 2)



Your potential for healing, love, forgiveness, and creation is immense.

Meet your inner physician and **explore exercises specifically designed to strengthen and balance the liver, heart, and subtle energy pathways.**

This session goes beyond the ordinary as you learn how to approach your practice with intention and stillness...

... and **gracefully integrate movement into stillness** for mental, emotional, and physical balance.

In this session, you'll:

- Gain a deeper understanding of how you can modify your intention and empower the healing intelligence of a movement
- Discover how to **befriend yourself in the stillness** to better align your energy, expand presence, and activate your core intention
- Explore how **stillness and presence can move with you** as you move through your Qigong practice — and how it evolves into grace as your body, mind, and heart align
- Experience a newfound ability to **regulate your emotions** and consciously empower your intention

Module 5: Empower Self-Healing & Awareness With the Warrior Archetype to Activate Strength, Aligned Action & Mental Agility (April 9)



Explore the profound traditions of martial Qigong and energetic practices, long embraced by Taoist and Buddhist monks — and discover their impact on the body and mind.

Across centuries, martial artists have harnessed the power of Qigong to fortify themselves for the demanding path of becoming true martial practitioners.

Walk this same path as you **discover the essence of martial Qigong** through Matthew's favorite exercises...

... and **uncover the secrets of training the warrior mind** as you engage in “Martial Arts Heavenly Body” practices, activate your Qi, and receive an introduction to the three internal Chinese martial arts.

Cultivate a “ready” mindset that can pivot and face anything that comes your way in life through this holistic and empowering experience.

In this session, you'll discover:

- How to **train the warrior mind for aligned action** to meet life with courage and ease
- “Martial Arts Heavenly Body” changing practices for improved body control and **precise energy regulation and expression**
- **How to activate your Qi**, or life-force energy
- The **3 internal Chinese martial arts** (Xingyiquan, Taijiquan, and Baguazhang) and their benefits and relationship to Qigong

Module 6: Activate Flow, Presence & Precision With Martial Qigong to Navigate Obstacles & Optimize Mental, Emotional & Physical Performance (April 16)



Use martial Qigong techniques this week to sharpen your mind, fortify your body, and align your energy to gracefully navigate uncertainty and life's many challenges.

Experience the power of the flow state practice, including the nuances of getting into the flow...

... and learn to **identify obstacles that are hindering your flow and take actionable strategies to overcome them.**

Matthew will share body-changing practices that unlock your full potential — and **insights, tools, and practices to embrace life's flow with resilience and vitality.**

In this session, you'll explore:

- Practices to **tune into the flow state for optimal performance** and a clear state of mind
- How to **free yourself from your limiting beliefs and blockages** to experience more freedom
- **Your inner warrior**, sharpening your mind and fortifying your spirit
- Ways to condition your body through **Taoist practices that will help you effortlessly navigate life's journey** and embrace each moment with radiance and grace
- **"Dragon Body" practices** for detoxification, tonification, and balance improvement

Module 7: Integrate the Wisdom and Movements of the Visionary, Healer & Warrior for Sustained Health & Wellbeing in Your Qigong Practice (April 23)



Discover the art of bringing spiritual, medical, and martial Qigong together harmoniously — not just in practice, but also within your body and mind — and gain insights on how to *merge them with your daily life*.

Qigong practice is an ally in health and a profound teacher in your ongoing journey to live with greater capacity, clarity, and authenticity.

By integrating the warrior, healer, and visionary archetypes, **create a holistic path to sustained health and wellbeing** that you can call upon as needed.

Explore how to **embody and sustain the powerful wisdom of these archetypes** in your daily practice and life.

In this session, you'll:

- Explore how the **warrior, healer, and visionary strengthen each other** and become your allies
- Learn how to **carry this medicine into your daily life**, with continuous practice for lasting change
- **Listen to your body and tune your practice** to what you need the most
- **Explore a “Primordial Chaos” Qigong** exercise to integrate the 3 pillars

The Three Archetypal Pillars of Qigong Bonus Offering

In addition to Matthew's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

When you register by Midnight Pacific on Saturday, February 24, you'll receive the bonuses below as an extra gift:

Explore the Many Faces of Meditation With Sacred Energy Arts

Video Practices From Matthew Cohen



In this video teaching by Matthew, explore meditations of various traditions done while lying, sitting, standing, walking, and moving. These practices build mindfulness and energy in different positions and with a wide variety of movements. Discover meditation as an effective way to reduce stress, calm the nervous system, sharpen the senses, promote radiant health, and help to balance and harmonize destructive emotions.

Register by February 24 to claim this bonus before it expires.

Explore the Beneficial Nuances of Qigong

Video Dialogue With Matthew Cohen and Qigong Teacher Faye Li Yip



In this rich dialogue between Matthew and Qigong teacher Faye Li Yip, explore the beneficial nuances of Qigong practice learned firsthand throughout their journeys. They'll share potent insights, personal experiences, and the impact of ancient disciplines, breathwork, meditation, and Qigong on the powerful Qigong teachers they are. Matthew and Master Faye also share

examples of simple yet powerful exercises that offer a taste of the peace, vitality, and spiritual connection that these practices can bring to your life.

Register by March 8 to claim this bonus before it expires.

Plus... you'll receive these bonuses too!

Discover the Beauty & Healing Potential of 5 Elements Qigong

PDF Guide From Matthew Cohen



Neijia (Taoist internal arts), or 5 Elements Qigong, is one of Matthew's favored Qigong methods. This system is akin to a precious jewel, embodying rarity and beauty. Discover its multifaceted components in this 14-page PDF, including its cultivation of intent, heightened awareness, and how each element dynamically influences specific organs, harmonizes emotions, and balances energy channels. Through a sequence that combines standing postures for stillness and movement for strength and flexibility, the practice enhances focus with potent visualizations and acupressure tapping techniques for holistic healing, making this guide a comprehensive and valuable approach to your wellbeing.

Into the Stillness & Versatility of Meditation

Video Dialogue With Matthew Cohen and Ming-Dao Deng



In this insightful video interview between Matthew and Chinese martial arts teacher Ming-Dao Deng, explore the diverse facets of meditation and its profound applications in every realm of life. Meditation can be practiced in various positions, including sitting, standing, moving, and lying down. This conversation contemplates concepts like stillness, its relevance to the meditation practice and the misconceptions surrounding it.