

Nathan Brine - Taoist Alchemy 3: Refining Jing into Qi

Course curriculum

Introduction

Intro part 1 | Minggong

FREE PREVIEW

Intro part 2 | Refining Jing into Qi

FREE PREVIEW

Session 1 (short)

Session 1 (medium)

Session 1 (long)

Kan & Li

Talk 2 | Kan & Li

Talk 3 | Basic Kan & Li Breathing

Session 2 (short)

Session 2 (medium)

Session 2 (long)

Neigong Lines

Talk 4 | Cultivate Ming Line

Session 3 (short)

Session 3 (medium)

Session (long)

The Internal Five Phases

Talk 5 | Five Phases

Talk 6 | Stomach-Spleen

Session 4 | Stomach-Spleen (short)

Session 4 | Stomach-Spleen (medium)

Session 4 | Stomach-Spleen (long)

Lung Single Organ Practice

Talk 7 | Lungs

Session 5 | Lungs (short)

Session 5 | Lungs (medium)

Session 5 | Lungs (long)

Liver Single Organ Practice

Talk 8 | Liver

Session 6 | Liver (short)

Session 6 | Liver (medium)

Session 6 | Liver (long)

Heart Single Organ Practice

Talk 9 | Heart

Session 7 | Heart (short)

Session 7 | Heart (medium)

Session 7 | Heart (long)

Kidney Single Organ Practice

Talk 10 | Kidneys

Session 8 | Kidney (short)

Session 8 | Kidney (medium)

Session 8 | Kidney (long)

Mao You Cosmic Orbit

Talk 11 | Five Phase Organ Practice

Session 9 | Five Phase Organ Practice x1 (short)

Session 9 | Five Phase Organ Practice x1 (medium)

Session 9 | Five Phase Organ Practice x1 (long)

Session 10 | Five Phase Organ Practice x3 (short)

Session 10 | Five Phase Organ Practice x3 (medium)

Session 10 | Five Phase Organ Practice x3 (long)

Take a deep dive into Taoist alchemical theory

Companion book series on Amazon

For those who want more, check out the book series. The book series is a helpful companion to the Taoist Alchemy Online program. Currently Vol. 1 is available on Amazon, with more Volumes on the way.

Instructor(s)

Nathan began Taoist practice in 1997, immersing himself in Taoist temple arts, martial arts, meditation, internal work (neigong), energy work (qigong), and internal alchemy. For several years Nathan lived in China and trained full-time with a number of masters, as well as learning Mandarin Chinese. Afterwards, Nathan returned to Canada to pursue academic study of Taoism, where he received an honours degree in Asian Languages and Culture and worked towards an MA at the University of British Columbia, extending his knowledge of Classical Chinese and the Taoist canon. After meeting Wang Liping, Nathan left graduate school and devoted himself wholly to learning Taoist alchemy. In 2015 Wang Liping authorized Nathan to teach and write a series of books detailing Dragon Gate alchemy.