

Basic Medical Chi Kung  
Seated Meditation  
On-Line Certification Curriculum

This is the perfect continued education for natural health practitioners or for individuals interested in sharing Medical Chi Kung with others.

While all are encouraged to study the Basic Medical Chi Kung on line course, the Certification Program is intended for practitioners currently certified to council or who live in an area that does not require certification to teach meditation. This program does not offer American CEU's.

Required materials:

Email address and email access  
Skype videoconference program *with video*  
Printer – for handouts  
Postal address (for certificate of completion)

Curriculum

LESSON ONE – The Inner Smile

- 1) Purchase and download Inner Smile [video lesson](#)
- 2) Write to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) and identify yourself. Let us know you are beginning your course of study.
- 3) Practice until you have memorized the organs, colors, and emotions.
- 4) Write two pages on the material as you understand it including: what effects the practice had on you, and b) why you feel the practice may be beneficial for others. Email to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) (Single space, Times New Roman font, size 12)

UPON COMPLETION OF LESSON ONE, WRITE TO [ADMIN@SARINASTONE.COM](mailto:ADMIN@SARINASTONE.COM) TO SCHEDULE A 1 HOUR CONSULTATION (VIDEO CONFERENCE OR IN PERSON).

There will be four required consultations with a certified instructor. Please have questions prepared for these meetings.  
If the student relays reasonable knowledge, instructor will approve further study.

LESSON TWO – The Six Healing Sounds (postures)

1. Purchase and download The Six Healing Sounds [video lesson](#).

2. Write to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) and request “Inner Smile Hand Out”.
3. Practice until you memorize the postures and sounds.
4. Write two pages on the material as you understand it including a) the difference between using postures, and b) how these sounds and postures affect you personally. Email to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) (Single space, Times New Roman font, size 12)

UPON COMPLETION OF LESSON TWO, WRITE TO [ADMIN@SARINASTONE.COM](mailto:ADMIN@SARINASTONE.COM) TO SCHEDULE A 1 HOUR CONSULTATION (VIDEO CONFERENCE OR IN PERSON).

Please have questions prepared.

When the student relays reasonable knowledge, instructor will approve further study.

### LESSON THREE – The MicroCosmic Orbit

1. Purchase and download The MicroCosmic Orbit [video](#) AND [audio](#).
2. Write to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) and request the MicroCosmic Orbit hand out.
3. Begin with the audio, then watch the video.
4. Practice the MicroCosmic Orbit until you have memorized the points and can describe how Chi feels in these channels.
5. Write two pages on the MicroCosmic Orbit including a) where the points are, b) how you move this energy, and c) where you store this Chi when you are finished. Email to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) (single space, Times New Roman font, size 12)

UPON COMPLETION OF LESSON THREE, WRITE TO [ADMIN@SARINASTONE.COM](mailto:ADMIN@SARINASTONE.COM) TO SCHEDULE A 1 HOUR CONSULTATION (VIDEO CONFERENCE OR IN PERSON).

Please have questions prepared.

When the student relays reasonable knowledge, instructor will approve further study

### FINAL STUDY – Combine

Practice the Inner Smile, Six Healing Sounds, and MicroCosmic Orbit as one daily practice for 30 days.

Write final paper on your personal experience (at least two pages), and email to [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com) . (Single space, Times New Roman font, size 12)

UPON COMPLETION OF 30 DAY FINAL STUDY, WRITE TO [ADMIN@SARINASTONE.COM](mailto:ADMIN@SARINASTONE.COM) TO SCHEDULE A 1 HOUR CONSULTATION (VIDEO CONFERENCE OR IN PERSON).

PLEASE BE PREPARED TO TAKE INSTRUCTOR THROUGH ALL THREE PRACTICES.

When the student relays reasonable knowledge, instructor will approve Certification.

#### FEE SCHEDULE

Inner Smile video \$14.95 – due upon receipt via credit card or PayPal  
Six Healing Sounds video \$14.95 – due upon receipt via credit card or PayPal  
MicroCosmic Orbit video \$14.95 – due upon receipt via credit card or PayPal  
MicroCosmic Orbit audio \$9.95 – due upon receipt via credit card or PayPal  
Individual consultation: \$225 – due prior to consult, via credit card or PayPal  
Certificate processing and mail \$95 - due prior to release of certificate, via credit card or PayPal

Recommended reading:

[The Inner Smile: Increasing Chi through the Cultivation of Joy](#) by Mantak Chia  
[The Six Healing Sounds: Taoist Techniques for Balancing Chi](#) by Mantak Chia  
[Awaken Healing Energy Through Tao](#) by Mantak Chia

Recommended Audio:

[Inner Smile Audio](#)

Six Healing Sounds Guided Meditation - [audio](#)

The Inner Smile & Six Healing Sounds COMBINED Guided Meditation - [audio](#)