

S Y L L A B U S F O R

INTRODUCTION TO

TAOIST INNER ALCHEMY

Mandala of Heaven

A Spiritual Core Strengthening Practicum
IN ALIGNMENT WITH THE WAY OF HEAVEN

Become the strongest version of yourself -- physically, mentally, and spiritually. As ambitious as it may sound, this practicum is about mastering inner sovereignty, to hone your perception and judgment skills to such mastery that you can accurately and reliably trust them, every time. To forge stability in your life and cultivate enduring health and longevity. And thus, this is course work that cultivates leaders, the most powerful practitioners, teachers, and spiritual seekers.

The Mandala of Heaven course is a guided initiation into the classical Taoist inner alchemy tradition, and yet at the same time, it is not culture- or tradition- specific, but rather, can be integrated and adapted into any tradition of practice. This course strengthens your vitality, sharpens your mind, purifies emotional clutter, and ignites the inner spiritual circuitry that connects your body to the cosmos.

In other words, this coursework presents a tried-and-true method, steeped in centuries-old mystical traditions and history, that will empower a beneficent alignment and connection to what we call the Mandala of Heaven. What you will be able to accomplish after such an alignment is limitless and entirely up to you, be it improved health and wellness or achieving the conventional metrics of success and prosperity, to improved psychic cognition and abilities, spiritual transcendence, or alchemical Return to union with the Tao.

Course Materials Key

WORKBOOK Reading and Study

WORKBOOK  COMPLETE: Journaling Prompts

VIDEO Lecture #1: Lesser Mandala of Heaven

VIDEO Lecture #2: Greater Mandala of Heaven

DOWNLOAD Supplemental Information

VIDEO Public Video on My Channel

NOTE: For many of the videos listed and hyperlinked as part of the curriculum, there is a transcript of the lecture. Thus, as an alternative to watching the video, you can download and read the video transcript instead.

The Way of Heaven 天之道

The characters “周天” (Zhou Tian), either in artful calligraphy or oracle bone script, often appear on Chinese divination tools. The word itself is considered a “True Name” (真名, zhēn míng) and the Mandala, the Zhou Tian 周天, when depicted with particular diagrams and symbolism, is the chart of a “True Form” (真形圖, zhēn xíng tú). When inscribed onto ritual tools, the True Name or True Form empowers that tool.

But beyond the mystic’s beliefs, the Mandala of Heaven represents a methodical system of cultivation practices in Taoist inner alchemy. To guide and stabilize that practice is a doctrine

called the Way of Heaven, originating from four key verses in the Tao Te Ching. That is where we begin this curriculum.

<input checked="" type="checkbox"/> The Way of Heaven 天之道		Date Completed
<input type="checkbox"/> WORKBOOK	Mandala of Heaven: Zhou Tian 周天
<input type="checkbox"/> VIDEO	On Ziran 自然
<input type="checkbox"/> DOWNLOAD	Read “Ziran 自然” (Video Transcript)
<input type="checkbox"/> VIDEO	What is the Way of Heaven?
<input type="checkbox"/> DOWNLOAD	“What is the Way of Heaven?” (Video Transcript)
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Way of Heaven: 天之道

The Pre-Work & Preparations

Pre-Work and preparations are going to be critical to your success. This section and the work it presents is not optional. Please follow the guidance here and conduct the holistic wellness self-check. We want to establish a strong foundation of ethics, responsibility, self-regulation, and restraint that will ensure steady, healthy development of strength and power.

<input checked="" type="checkbox"/> Pre-Work: Mind & Body Preparation		Date Completed
<input type="checkbox"/> WORKBOOK	Pre-Work and Preparations
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Baseline Wellness Self-Check
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Reflections on Ethical Living
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Three Taoist Virtues
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Personal Ritual Space
<input type="checkbox"/> WORKBOOK	Role of the Master and Transmission
<input type="checkbox"/> WORKBOOK	☒ COMPLETE: Divinatory Check-In

Lesser Mandala of Heaven 小周天

In this segment of your work, we will be focusing on the Lesser Mandala of Heaven, theory and practice, to strengthen your internal foundation across mind, body, and spirit. Throughout this module, focus on building inner resilience and agility, refining energy circulation, and formulating the first steps to consistent engagement with inner alchemical work.

Lesser Mandala of Heaven work is about regulating the body, mind, and spirit so that you are prepared for alignment with the Greater Mandala of Heaven work. Throughout the practical work you are doing during Part I, frequently review the Way of Heaven principles to ensure your personal alignment.

<input checked="" type="checkbox"/> Part I: The Lesser Mandala of Heaven 小周天		Date Completed
<input type="checkbox"/> WORKBOOK	Overview of Part I
<input type="checkbox"/> WORKBOOK	“What Do You Mean by Secret?”
<input type="checkbox"/> WORKBOOK	“Why Mandala?”
<input type="checkbox"/> WORKBOOK	Claimed Benefits
<input type="checkbox"/> WORKBOOK	Canonical References (Source Texts for the Practice)
<input type="checkbox"/> VIDEO	A Taoist Secret to Cultivating Personal Power
<input type="checkbox"/> WORKBOOK	Video Transcript for Part I (<i>follow along with video</i>)
<input type="checkbox"/> VIDEO	<u>Wu Wei 無為</u>
<input type="checkbox"/> DOWNLOAD	<u>Read “Wu Wei 無為” (Video Transcript)</u>
<input type="checkbox"/> WORKBOOK	The Du督 and Ren任 Meridians
<input type="checkbox"/> WORKBOOK	Jing, Qi, Shen精氣神: The Triple Treasure
<input type="checkbox"/> WORKBOOK	About Your Dantian (Three Internal Fields)
<input type="checkbox"/> WORKBOOK	Step by Step Instructions for the Lesser Mandala
<input type="checkbox"/> WORKBOOK	Tongue's Resting Position
<input type="checkbox"/> WORKBOOK	Short Summary of the Microcosmic Orbit
<input type="checkbox"/> WORKBOOK	The Wu Xing五行 Five Phases
<input type="checkbox"/> VIDEO	<u>Wu Xing: Five Movements 五行 · 오행</u>
<input type="checkbox"/> DOWNLOAD	<u>Wu Xing (Lecture #5) Transcript (PDF)</u>
<input type="checkbox"/> WORKBOOK	The Internal Body Clock & Wu Xing
<input type="checkbox"/> WORKBOOK	COMPLETE: Timing Your Lesser Mandala Work
<input type="checkbox"/> WORKBOOK	COMPLETE: Seven-Day Elemental Circulation

<input checked="" type="checkbox"/> Part I: The Lesser Mandala of Heaven 小周天		Date Completed
<input type="checkbox"/> WORKBOOK	The Six Omens
<input type="checkbox"/> WORKBOOK	Source Text Translation: On the Lesser Mandala
<input type="checkbox"/> WORKBOOK	COMPLETE: Conclusion of Part I: Self Check-In

☞ **REMINDER:** Log your experiences with the Mandalas work in the back pages of your course book. On a calm Sunday, do the guided meditation with the video companion. Afterward, take an additional 10 minutes to sit with how your body, mind, and spirit feel. Record your impressions with date and time in the course book.

Greater Mandala of Heaven 大周天

In this segment of your work, we will be focusing on the Greater Mandala of Heaven, which in Taoist inner alchemy, doesn't refer to a single technique (the way, say the Lesser Mandala does). It refers to the celestial and earthly cycles of the cosmos, which your internal energy systems are intended to be in alignment with. Thus, the Greater Mandala work is about any rectification that may be needed to ensure harmonious alignment between inner and outer.

Which is why the Greater Mandala is a lot harder to define. The Lesser Mandala seems simple enough: that microcosmic orbital breathwork exercise that helps you to regulate and strengthen your internal Jing, Qi, and Shen. Whereas here with the Greater Mandala, it's about learning to observe and understand the macrocosmic orbital flow of cosmic Jing, Qi, and Shen, and *then* realizing for yourself how you can put yourself in resonance with that flow.

What appears to be tangents into theory, like the Lo Shu nine-sector magic square (which is the Taoist blueprint of the Heavens, and also of the temporal realm) and encouragement to learn astrology and build a personal spiritual/religious practice, are in fact directly instrumental to helping you attain the Greater Mandala.

<input checked="" type="checkbox"/> Part II: The Greater Mandala of Heaven 大周天		Date Completed
<input type="checkbox"/> WORKBOOK	COMPLETE: The Mathematics of Cosmology
<input type="checkbox"/> VIDEO	The Lo Shu Magic Square (雒書, Luò Shū)
<input type="checkbox"/> DOWNLOAD	The Lo Shu (Lecture #2) Transcript (PDF)
<input type="checkbox"/> WORKBOOK	Overview of Part II
<input type="checkbox"/> VIDEO	Taoist Alchemy Explained
<input type="checkbox"/> WORKBOOK	Video Transcript for Part II (<i>follow along with video</i>)
<input type="checkbox"/> WORKBOOK	Historical Textual Sources
<input type="checkbox"/> WORKBOOK	Jupiter as the Greater Mandala & Tai Sui 太岁

<input checked="" type="checkbox"/> Part II: The Greater Mandala of Heaven 大周天		Date Completed
<input type="checkbox"/> WORKBOOK	Do You Have Free Will?
<input type="checkbox"/> WORKBOOK	Canonical References in Aggregate
<input type="checkbox"/> WORKBOOK	Eight Trigrams: Ba Gua 八卦
<input type="checkbox"/> VIDEO	The Eight Trigrams (八卦, Bā Guà)
<input type="checkbox"/> DOWNLOAD	Eight Trigrams (Lecture #8) Transcript (PDF)
<input type="checkbox"/> WORKBOOK	Eight Essential Circulatory Meridians 奇經八脈
<input type="checkbox"/> WORKBOOK	Inner Alchemy 內丹 and Outer Alchemy 外丹
<input type="checkbox"/> WORKBOOK	Function of Deity as Symbolism in Taoist Alchemy
<input type="checkbox"/> WORKBOOK	Putting It All Together
<input type="checkbox"/> WORKBOOK	The Five Dragons
<input type="checkbox"/> WORKBOOK	COMPLETE: The Alchemical Return 還丹
<input type="checkbox"/> WORKBOOK	Source Text Translation: On the Greater Mandala
<input type="checkbox"/> WORKBOOK	Here's What I Think It All Means
<input type="checkbox"/> WORKBOOK	COMPLETE: Conclusion of Part II: Self Check-In

Optional Bonus: The Origins of Mystical Taoism

For cultural and historical context, we'll trace the origins of Taoist alchemy back 3,000 years to Wu shamanism. The supplemental lecture outline that you can download covers a wide breadth of doctrines and traditional practices found in Taoist alchemy, and shows you where in history these practices came from. The second video includes a section on inner and outer alchemy basics.

<input checked="" type="checkbox"/> Supplemental Course Work		Date Completed
<input type="checkbox"/> FREE COURSE	Wu Shamanism Meets Taoism
<input type="checkbox"/> VIDEO	Shamanism Meets Taoism: The Hidden Link
<input type="checkbox"/> DOWNLOAD	The Tao 道 of the Wu 巫: Shamanism Meets Taoism
<input type="checkbox"/> VIDEO	Taoism: A Decolonized Introduction