

# TCM Congress - Workshops

## 4th Scandinavian TCM Congress

**„Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist“**

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**Peter Firebrace (UK)**

### **The Inner Alchemy Vision of the Body**

Using the two Daoist Maps, The Inner Landscape Map (Nei Jing Tu) and the Map of Cultivating Authenticity (Xiu Zhen Tu) we will explore the Neidan inner alchemy vision of the body, a world of rivers and streams, dragons and tigers, seeds and stars, mountains and seas, a world of anterior heaven, of return, of regeneration, where the six organs of the heart, lung, spleen, liver, gallbladder and kidneys interact within the microcosmic orbit of the du mai and ren mai, where the three treasures of jing qi and shen lead to the dao, where the body is the alchemist's laboratory and where transformation is the key. In this lecture Peter will share the fruits of his studies and experiences in rediscovering the rich links between traditional Chinese medicine and the inner alchemy tradition.

**Peter Firebrace** studied acupuncture at the International College of Oriental Medicine in England, later becoming its principal. He also studied at the European School of Acupuncture, the Ricci Institute in Paris and the College of Traditional Chinese Medicine in Chengdu, China. Co-founder of Monkey Press and co-author of *A Guide to Acupuncture*, he has produced educational videos, online courses and two albums of songs on Chinese medicine, *Sea Gong* and *Chinese Medicine Blues*. He teaches internationally and practises in London.