

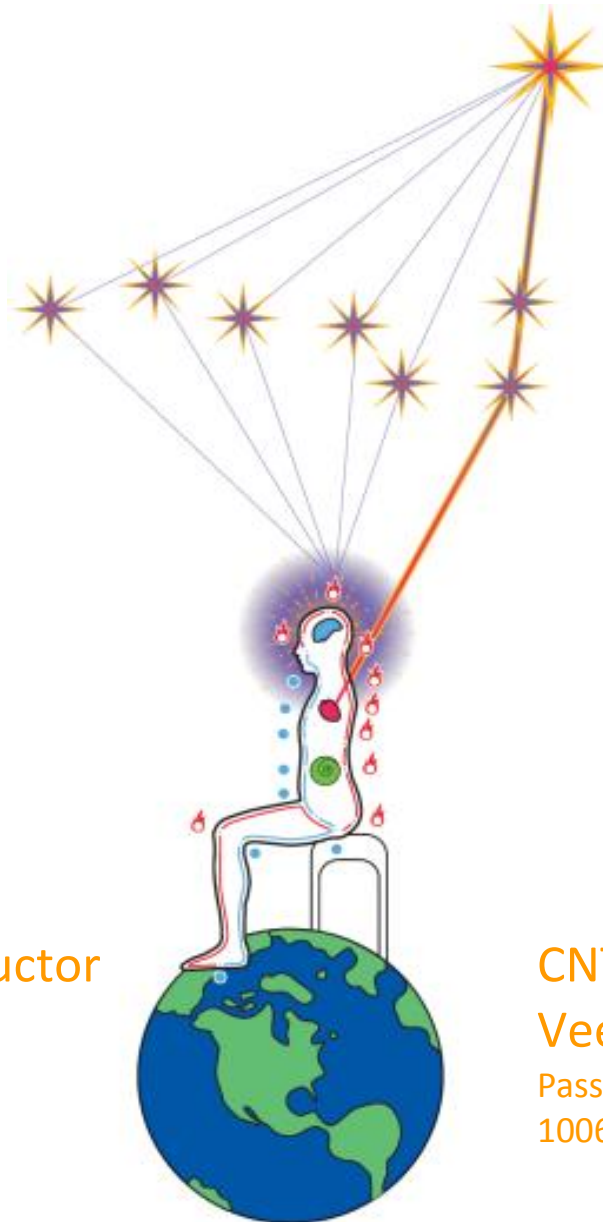


UNIVERSAL HEALING TAO
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Basic Information to Meta-Skills for UHT Instructors & CNT Practitioners

To practice is one thing - to teach another
becoming aware of our Meta-Skills one truly develops the soul and
raises the spirits of oneself and others



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I Welcome

This is a short description what Meta Skills are and how they can enhance your teachings in a class situation or on 1 to 1 basis in a CNT Massage Session. Meta Skills not only support your inner energetic work but also your transformational process and the creating of a new reality for ourselves.

II Introduction

01 UHT System and its Branches, Modules etc.

Since time immemorial, human beings have questioned life and death, searching for answers concerning the origin of the universe, its underlying principles and the cycles of nature. In this age, an increasing number of people want to know how to achieve a complete and harmonious health in body, mind and spirit.

The **Universal Healing Tao Switzerland** is a practical **health promotion** and **prevention system**, that has been passed down for thousands of years in China in the quest of answering those questions. During this long period of time practices were refined and tested by millions of people. Its ancient wisdom for a modern world needs therefore to be appreciated when it comes to health and the art of nourishing life.

The UHT System Switzerland is a highly structured and precise system with simple yet very effective health promotion / prevention methods and techniques. Several educational Branches – all open for either personal self development and in depth certification Trainings – offer step by step curriculums with 6 to 12 Modules and up to 90 or more educational elements within in each branch. The branches cover a wide range of preventative health care, stress management, relaxation techniques and illness recovery methods.

Within such a vast system it is vital for you as for UHT Instructors and CNT Practitioners to know "the how, when, what" of sharing your experiences with the public, because you are the model of what the practices, the contents of a given module, its elements and techniques promise to achieve. In order for any student to easily absorb and integrate the practices step by step into their 24hour and 4-Dimensional health flowjoy© life style structure it is equally important to have the clarity about what information there is to share in each of the development steps. It has not to be too much and not too little - but the middle way.

02 Nourishing all 4 Dimensions

As a holistic health system the UHT nourishes, enhances and works simultaneously and synergistically on all 4 Dimensional Health Needs. It addresses the physical, emotional, mental and spiritual level of a person's being, improving feelings of wellbeing in all areas of life. Benefits of regular practice include:

Spiritual	Improved Self Awareness	Deeper connectedness in all areas of life, being in flowjoy©, on purpose and united. Increased creativity and sharpening of intuition
Mental	Improved Self Consciousness	Enhanced concentration and mind power. Improved communication, memory, productivity and decision-making.
Emotional	Improved Self Worth	Increased peace and inner tranquility. Enhanced competency to remain calm under pressure or in emergencies. Development of emotional intelligence. Reduction of anxiety, negativity and stress.
Physical	Improved Self Confidence	Healing and prevention of illness, maintenance and enhancement of health and immunity. Increased energy and vitality. Improved muscle tone and strength. Enhanced spinal / joint flexibility and better posture. Optimal functioning of digestion, organ function and restful sleep.

The Universal Healing Tao Switzerland curriculum offers a number of hands-on learning opportunities to explore for example the teaching and development of a flowjoy©lifestyle strategy and how to live consistently in a 24h 4-Dimensional Health® State. For newly certified instructors and CNT Practitioners we offer several Meta Skill Seminars to learn more about how to teach privately and develop a private praxis,

hold small group classes, give workshops and public presentations etc. On the following pages we share only a very brief outline of the Meta Skill learning opportunities. Please contact us for more information.

Taoist strategies and methods are simple, easy, and powerful.

They deliver what they promise!

Rentao Ravasio



UHT Senior Instructor
Immortal Tao Instructor
Expert 4-Dimensional Health®
Coach 24h 4-DH flowjoy®life Style

Veetao Hogan



CNT Senior Teacher
UHT Instructor
Expert Tao for Women
Coach Women Health

01 The intention of Meta Skills

Meta Skills support to avoid the tragedy that people search the source of creation outside of themselves rather than inside themselves. To be able to support people to see clearly how to avoid this misunderstanding an instructor / practitioner needs not only to have mastered practically what he shares (teaches) but he must - what he wants to transmit to others - really DO while he is sharing (teaching) it. And this is a skill that can be trained and learned by attending a Meta-Skill Training.

Recognizing the difficulty of "being in doing" while teaching we developed over the last 27 years the Meta Skill Trainings which are able to support new as well as experienced instructors in deepening their teaching skills. Meta-Skills support the delivering of the practices and its related theory to new students in way that puts the last evolutionary step in the UHT System "becoming immortal" to the very beginning - into the basics.

The Meta-Skill teaching transmits a holistic approach to sharing our inner experiences with others. It builds a strong inner teacher awareness for the **four inner faculties** of our Tan Tien, **namely "guidance, power, security and wisdom"** which are all related to our power centre - the Tan Tien. Mastering the inner faculties will allow the teachings to flows effortlessly out of our inner core being.

Meta-Skill Modules and Trainings support you specifically:

- to understand all the parts of the whole
- with the chance to clarify all your questions around teaching, get feedback by practicing with other instructors
- how to use all the necessary materials and information at the right time, right place and right moment.
- how to use internal and external tools in harmony with each other

02 Position of the Meta-Skills within the UHT Switzerland Curriculum

UHT Switzerland offers a path with 3 Evolutionary Steps, 6 Educational Branches and 9 Formulas that allows the student to develop and grow step by step their soul and raise their spirit.

As a "Energy University" more than 36 Teaching Modules (for example Module Basic) are available of which each has some elements (for example the basic has the elements Microcosmic Orbit, Inner Smile etc.).

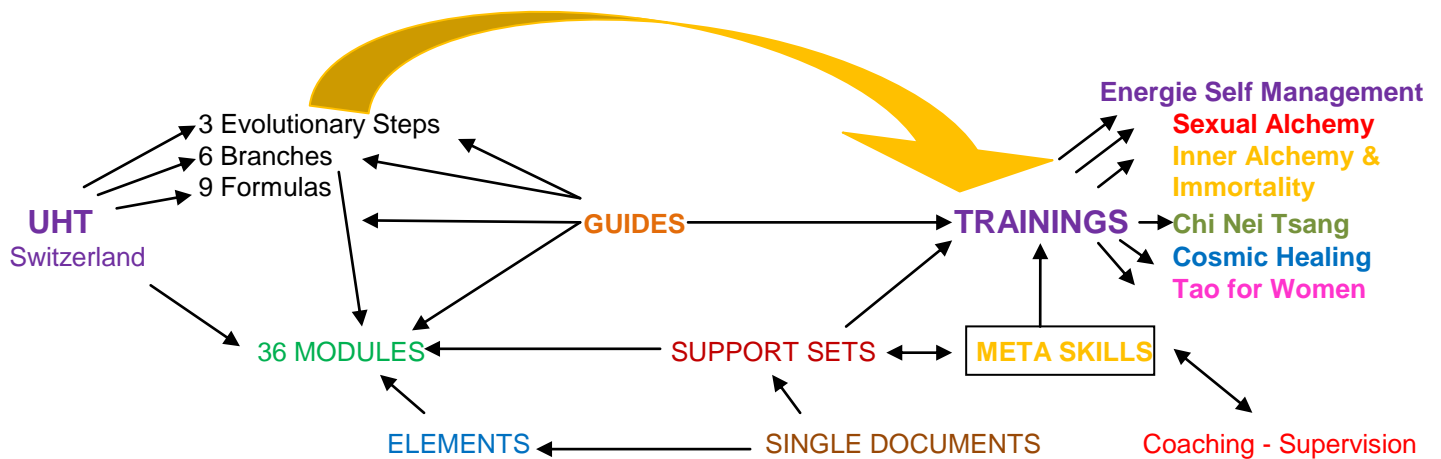
The Support Sets and Single Documents support the students after a workshop with the necessary support to be able to practice and integrate at home what they learned in the class or workshop.

The Guides are descriptions that are meant to give the interested students further information about the personal growth and development possibilities.

The Trainings support students that are interested to not only to practice for themselves but also to learn how to share the practices and teachings with others. The Associate Instructor Training for example builds the **FUNDAMENT** for all further learning and is as such one of the most important trainings both for UHT Instructors and CNT Practitioners.

	LEARNING	SHARE / TEACH	BENEFIT yourself / others
AI Training for	CNT learning the practice	to share with clients simple ELEMENTS	improve their health gives self responsibility for health
	AI learning the practice	to share with individuals to share small groups locally BASIC MODULE and its ELEMENTS	energy self management prevent healer burn out deeper integration of practice into your 24h health life style

The Meta-Skills finally are the method that brings it all together for a UHT Instructor or CNT Practitioner by deepening the teaching experience, gain coaching skills and putting the insights into action.



03 To join a Meta Skill Training

Our Meta Skill trainings are offered in private sessions 1:1 and in group settings. Meta-Skills Trainings are offered for the following subjects:

- How to give a UHT System Introduction (from 5 to 15 Min. and 4 hours lectures)
- How to teach Basic Techniques such as MCO, Iron Shirt, etc.
- How to teach advanced Basic Skills such as World Link Manifestation Meditation
- How to teach Healing Love (covering single, dual and couples twin light level teachings).
- How to teach Warm up that covers the Basics, Healing love till Bone Marrow Nei Kung etc.
- How to teach 10-12 Chi Kung Class Session of 60-120 Minutes each
- How to teach 1 Day, 2 Day, 3 Day Basic Workshops
- How to teach 1-2 Day Workshops Modules such as Tao Yin, Tan Tien Chi Kung etc.
- How to shift yourself from Mortality into Immortality awareness
- How to give a UHT/CNT Intro Days (7-8 hours seminar promoting CNT and UHT at the same time)

04 Further opportunities within the UHT Switzerland Community

Besides the above we support our Instructors and CNT Practitioners with a variety of support structures, materials etc. Please inquire if you are interested to know more about one the support areas below:

● Basic Teaching Support for AI Trainees and CNT Practitoners

- Skill Analysis
- Teaching Style
- Coaching and Supervision
- Energy Meditation Modules
- Energy Exercises

● Meta Skill Training Support

Meta Skills = deepening your awareness on "how you use" a technique and skill as you apply it to a client or teach an element of practice to them.

● Coaching Support and 4-DH and flowjoy@Coach Training

Personal change, transformation and shifting from old self into new self.

Development and coaching Support to move towards a 24h 4-Dimensional Health and flowjoy@lifestyle.

● Business Support

Developed over 27 years our business support materials and seminars facilitates the teachings tremendously for new and even experienced teachers. According to the needs of each individual it provides for example the following:

- Simple Support Brochures for Students
- Detailed 10 Session (60 or 90 min) Chi Kung Class Basic sets
- Detailed schedules to give 1 to 3 Day Workshops with its according slide shows
- Single A4 Practice Sheets to give to UHT students and CNT Clients

It is also possible to purchase some of our UHT Switzerland Products that make teaching and marketing right from the start easy and gives it right away a professional outlook.

● UHT BASIC support

AI UHT Basic Branding
CI Basic Administration Set
Basic Flyer
Basic Module Description
Guide 3 for Students
Basic Brochure
Single Sheets
Warm up DVD for resale

● CNT BASIC support

CNT Trainee and
CNT 1 Practitioners
CNT Branding
Basic Administration Set for Praxis
CNT Client Guide
CNT Study Guide
CNT Support Sets Clients 01
CNT Single Sheets

● Joining the UHT Community Service Opportunities

As a UHT Switzer Member you benefit from joining a community that is interested in personal development and inner alchemy.

Other opportunities are for example to join a larger teaching event:

- Tao in the City Lausanne up to 30 Instructors offer a day of teachings together for the public
- Salons join a team that promotes themselves in a fair, event etc.

or become the anchor of organizing an event in your local area.