

Universal Healing Tao Education

Inner Taoist Alchemy is a precise step-by-step process in which each step builds on the next one. As you progress through each stage, higher and higher states of health, flowjoy© and love are experienced. The UHT Modules are taught in various forms such as evening classes, day and weekend courses as well as in week long retreats.

The Taoist concept of immortality does not mean you achieve in this life time to live physically forever, even though this is a possibility within the spiritual matrix of the universe. Immortality means first of all that you achieve spiritual integration of your authentic self. Your authentic self is then immortal because it has the power to survive the transition of physical death and continues its life in higher dimensions of the spiritual world.

This process requires integrating the physical body's sexual essence ching (jing), the energy body (chi) and the spirit body (shen) into a functional state of total openness (wu) to the multidimensionality of the present moment.

Below is a simplified view of the structure of the training courses at UHT Switzerland.

For more detailed explanations, questions and personal training advice, please contact us.

