



UNIVERSAL HEALING TAO  
SWITZERLAND

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# Chi Nei Tsang® Branch

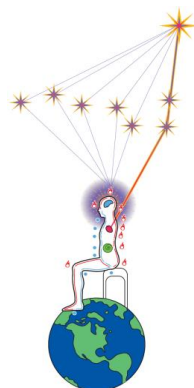
## CNT Guide 1

**Study Journey for self-development or  
professional career**

**Possibilities - Choices - Certification - Evaluation**



UHT Senior Instructor  
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## Veetao Hogan



## Chi Nei Tsang Senior Teacher

After fifteen years of journalism in Switzerland and in London I make a complete change of life and move to Thailand with my family. In search of spiritual growth, I cumulate workshops and silent retreats. Busy with calming my mind and opening my heart I cut myself off my body and start creating all sorts of symptoms and pains. I eventually rediscover Taoist practices thanks to Grandmaster Mantak Chia, whose center is set near Chiang Mai. With his simple and pragmatic techniques, I become aware that my body is not a burden; it is a wonderful tool for inner alchemy. Today I teach as a UHT Instructor, give CNT massage sessions and as a CNT Senior Teacher, I offer Chi Nei Tsang trainings and educations in Switzerland as well as abroad. With my partner Rentao, I co-lead the **UNIVERSAL HEALING TAO SWITZERLAND**.

## Rentao Ravasio



## UHT Senior and Immortal Tao Instructor

As a former professional athlete and physical education teacher I was looking for ways to train from the inside out rather than from outside in. Finding answers in the **UNIVERSAL HEALING TAO** (UHT) I became a serious student, assistant and Senior Instructor of Grand Master Mantak Chia - founder of the UHTS. For 12 years I ran a Health and Taoist Mountain Retreat Center in the Swiss Alps and have been teaching for over 25 years internationally.

In 2008/2012 I initiated the first European Instructor conference with over 250 instructors from 27 different countries. Presently I support the UHT expansion process on all 6 continents through the establishment of instructors teams, their training and further education. As CEO of the company "Whole People – Whole Organizations" I introduce TAO into the business world using health prevention concepts such as flowjoy® and 4-Dimensional Health (4-DH®). With my partner Veetao I teach worldwide and co-lead the **UNIVERSAL HEALING TAO SWITZERLAND**.

## Grand Master Mantak Chia Founder of the Universal Healing Tao System



Grand Master Mantak Chia is the founder of the Universal Healing Tao System (UHTS). Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of this complete system which is now taught throughout the world. Born in 1944 in Thailand to Chinese parents, he was taught as a child by Buddhist monks to sit and "still his mind". He also learned Thai Boxing. He was then taught Tai Chi Chuan by Master Lu who later introduced him to Aikido, Yoga and broader levels of Tai Chi. While studying in Hong Kong, he met his principal teacher, Taoist Master Yi Eng (I Yun) with whom he learned the Inner Alchemy to the highest formulas of Immortality. It is Master Yi Eng who authorized him to teach and heal. In 1979, he moved to New York and became the first Master to openly teach Westerners and initiate them the secret methods of Taoist Inner Alchemy. Since, he has trained tens of thousands of students worldwide and his books have been translated into more than 30 languages. In 1994, he returned to Thailand to create the Tao Garden Health Resort and Universal Healing Tao Training Center near Chiang Mai. Grand Master Mantak Chia still travels around the planet and teaches all over the world.

# I The Universal Healing Tao System (UHT)

## Ancient wisdom for a modern world

The **UNIVERSAL HEALING TAO SYSTEM (UHT)** is an Energy University derived from ancient Chinese Taoism. Its practices aim to achieve the highest possible health awareness (**physical, mental, emotional, and spiritual**), to nourish the soul and spirit, and to live in flowjoy©. This System was developed by Taoist Grand Master Mantak Chia and structured into various branches (e.g., Energy Meditation, Inner Martial Arts, Chi Nei Tsang Massage, and the Immortal Tao) with simple yet very effective health promotion / prevention methods and techniques. The Branches – all open for either personal self-development and in depth certification Trainings – offer a step by step curriculum from 7 to 12 Modules within in each branch. They cover a wide range of preventative healthcare, stress management, relaxation techniques and illness recovery methods.

This CNT Guide covers especially the educational journey in the Chi Nei Tsang Massage Branch either for personal growth and/or as a professional career path. For more information about the UHT System, UHT Career Path etc. Please contact us for further information and we will send them to you by e-mail.

## II Chi Nei Tsang Branch within the UHT

### Chi Nei Tsang 1 5 Vital Organs Massage

Hands on techniques to deeply detoxify the 5 Vital Organs, physically and emotionally, before revitalizing and strengthening them

### Chi Nei Tsang 2 Chasing the Winds

Using the elbows and the hands on reflex points or acupuncture points to get the sick winds (energies) out of the body

### Chi Nei Tsang 3 Tok Sen Healing Harmony

Using handmade wooden tools to gently hammer along the meridians lines and relax the muscle-tendon chains on the whole body

### Chi Nei Tsang 4 Karsai Nei Tsang

Hands on techniques to relax the pelvic area and detoxify the genital organs, physically and emotionally

### Chi Nei Tsang 5 Life Pulse

Pumping with the elbows to harmonize the 52 pulses in the body and facilitate de circulation of Qi and blood in the whole body

# III How to learn Chi Nei Tsang

## 01 Two options

### **Option 1:**      **Personal Development** - follow the training for myself

No study cases nor second cycle necessary

I can choose to continue with other modules in the UHT

All the modules and trainings offered by the Universal Healing Tao (UHT) Switzerland can be followed for personal development if you don't plan to give sessions or to teach.

#### **Benefits:**

By doing this training for yourself, you will learn to reconnect with your Inner Family, your 5 Vital Organs through **self-massage** (all techniques applied in sessions can also be applied to yourself) and through **energy meditations** you will put your organs on high frequencies (Inner Smile) and avoid being intoxicated by negative emotions (Six Healing Sounds).

You will reconnect with the seat of your power, your inner voice, and your innate wisdom.

### **Option 2:**      **Professional Career** - become a practitioner

I do 70 hours of study cases (over 1 or 2 years)

I follow the 2<sup>nd</sup> Cycle

I take the private evaluation (after the 2<sup>nd</sup> Cycle)

#### **Benefits:**

The Chi Nei Tsang Branch of UHT offers you the possibility of continuous development. If this path suits you, you will be able to become a **CNT1 Practitioner, CNT2, CNT3, CNT4** and **CNT5** (see descriptions of the Chi Nei Tsang modules above).

By following a UHT **Instructor Training** (from Associate then to Certified) in parallel, you will make sure you have enough energy to avoid the so called burnout syndrome.

You will also be able to offer your clients a variety of self-healing practices and tools and continue to grow with them.

# IV Chi Nei Tsang 1 Training

This training is open to all, without any prerequisites: to health professionals, nurses, therapists, masseurs, students of Universal Healing Tao and those who wish to deepen their self-healing and spiritual growth.

It transmits powerful massage techniques to detoxify and revitalize the vital organs and their associated organs or viscera according to a protocol of 5 sessions.

## 01 Two choices for the 1st Cycle

### 4-day training

This formula is an intensive track that focuses primarily on Chi Nei Tsang massage techniques. We will cover more than fifty techniques to physically and emotionally detoxify the 5 Vital Organs (Lungs, Kidneys, Liver, Heart and Spleen) as well as their Partner Organs (Large Intestine, Bladder, Gallbladder, Small Intestine and Stomach-Pancreas) and reactivate blood circulation and venous blood return in the abdomen. These techniques will be transmitted according to a protocol of 5 sessions easy to reproduce in your practice.

We will also learn some self-massage, Qigong and Energy Meditation practices.

### 7-day residential (retreat)

In this format, you will learn the massage techniques mentioned above. But we will also take the time to immerse ourselves in the Universe of Chi Nei Tsang: the philosophy of Chi Nei Tsang is a way of self-healing, thanks to self-massage, Qi Gong and Energy Meditation.

The Chi Nei Tsang branch is thus an important part of the Universal Healing Tao (UHT) System. Within this system the branches of Energy Meditation and Chi Nei Tsang complement and support each other.

During 7 days you will have time to learn the Basic Practices of the Universal Healing Tao:

Qi Gong Warm Up  
Meditation of the Inner Smile  
Meditation of the Six Healing Sounds  
Microcosmic Orbit Meditation

Buddha Palm Qi Gong *(only taught in the retreat)*



### Benefits for the Practitioner

**These Basic Practices are an essential support for the Practitioner**

- to avoid drawing on your own energy, to prevent "the burn out of the healer" or the manifestation of other diseases etc.
- to keep you physically, mentally, emotionally and spiritually superior
- to be able to follow and support your clients over time (beyond the five sessions) during their transformation with Qi Gong and meditation tools

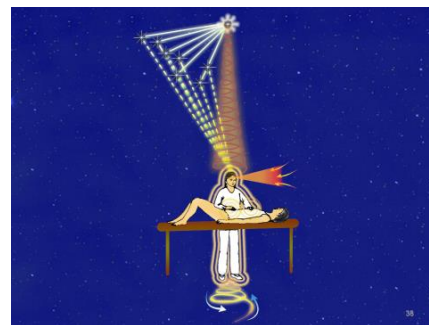
## Benefits for the clients

Once these tools are integrated for themselves, the practitioner can then transmit them to his clients:

- so that clients have immediate self-healing tools and can take responsibility for their health by becoming self-reliant
- so that customers can through this inner transformation avoid constantly recreating the same symptoms

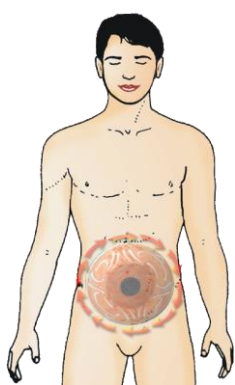
The philosophy of **Chi Nei Tsang** (CNT) is intended to reconnect individuals to their power of self-healing and to support them in this process via the whole **UHT Basic Module** that includes all of the following:

Qi Gong Warm Up, meditations of the Inner Smile, of the 6 Sounds of Healing, the circulation of energy in our microcosmic Orbit and the Qi Gong of the Shirt Iron for our rooting.

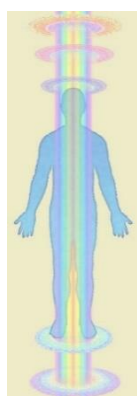


Chi Nei Tsang practitioner integrates UHT techniques

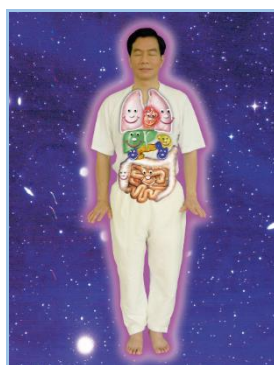
Both trainings - those of Practitioner CNT 1 and the one Associate Instructor UHT- are thus closely related. Although CNT Training 1 focuses on Massage techniques, it also prepares the practitioner to convey to his clients a simple form of energetic meditations of the Inner Smile and Six Healing Sounds. Once certified as a practitioner of CNT, to be able to transmit other tools to your customers and support them in their personal transformation over time, we encourage you to follow the Associate Instructor Training (Energy Meditation and Qi Gong).



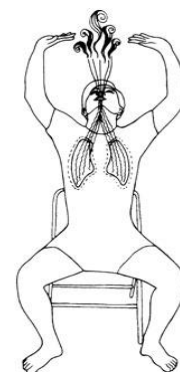
Center



Align



Inner Smile



Six Healing Sounds

## Supervision

After the 1st Cycle supervision days are planned.

Private sessions can also be organized on request per hour, half day or full day.

## 02 Study Cases

The required number of **study cases** for Certification is 70 hours (12 persons on which the Protocol of 5 Sessions has been applied + 10 Sessions). The trainee in CNT1 has up to maximum two years to gather these Sessions.

Universal Healing Tao Switzerland encourages trainees to form working groups and exchange practical cases among themselves. He may also recommend to trainees' persons wishing to serve as practical cases.

## 03 CNT 1 Training 2nd Cycle

For your certification, it is necessary to follow this 2nd Cycle Training over 5 days, maximum 2 years after the 1<sup>st</sup> Cycle.

**Day 1** The first day is dedicated solely to 2nd cycle trainees to answer their questions and give them **first feedback** on their way of transmitting the practices of the Inner Smile and the Six Healing Sounds. The massage techniques will be revised so that the trainees will know **what to focus on for the next four days**.

**Days 2-5** For the next four days, the 2nd cycles will join the 1st cycle but work with **specific tasks and focus**.

## 04 Evaluation and Certification

### A General Information

#### 01 Hours of learning, practice and studying

For the **1st Cycle** of CNT1 Training, the trainee will have accomplished:

32 hours of learning during the 4 days  
70 h of practical cases (5 sessions protocol)  
50 hours of personal studies (readings etc ...)

**152 hours**

For the **2nd Cycle** of the CNT1 Training, the trainee will have accomplished:

40 hours of learning during the 5 days of classes  
50 hours of personal studies (readings etc ...)

**90 Hours**



## B Evaluation for Chi Nei Tsang 1 - 2<sup>nd</sup> Cycle Trainee

If you have any question, please contact us on 076 525 52 92

[veetao@chi-nei-tsang-switzerland.ch](mailto:veetao@chi-nei-tsang-switzerland.ch).

Veetao Hogan - CNT Senior Teacher  
Universal Healing Tao Switzerland  
CNT Branch Switzerland

**Study cases:** to be sent by e-mail to Veetao Hogan

**Evaluation:** private, with Veetao Hogan CNT Senior Teacher

## C Certification

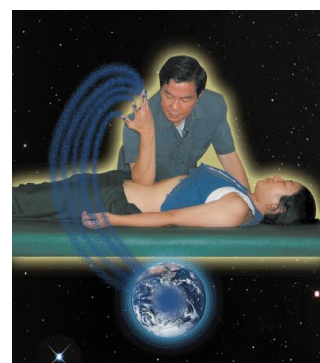
The study cases and the results of the evaluation are sent to the Tao Garden, Mantak Chia School in Thailand. The certified practitioner will receive his certificate directly at home by post.

## V Chi Nei Tsang 2 Training

The Chi Nei Tsang 1 practitioner can continue his training and development with the next modules.

**Chi Nei Tsang 2** is applied in addition to the techniques of Chi Nei Tsang 1. It aims to chase what the ancient Taoists called the "Winds". These harmful winds are energetic forces that have external (climatic for example) or internal (food, emotions, negative thoughts) origins. When they are prisoners of the body, they prevent the positive energy to flow through the different channels and meridians and cause various symptoms such as rashes, migraines, tiredness or pain unexplained. CNT 2 gives us techniques at once gentle and powerful to trap and evacuate these winds.

(For more information please contact Veetao)



## VII Chi Nei Tsang 3 Training

The Chi Nei Tsang 1 practitioner can continue his training and development with the next modules.

**Chi Nei Tsang 3 or Tok Sen (Healing Harmony)** is applied in addition to Chi Nei Tsang 1 techniques. Inspired by an ancient healing tradition of Northern Thailand, it uses wooden instruments to gently hammer along lines of the meridians, and relax the chains of the tendons - muscles throughout the body.

(For more information please contact Veetao)



## VII Further Education in CNT

The Chi Nei Tsang 3 practitioner can continue his training and development with further UHT and/or CNT Modules.

**Please inquire**

**Universal Healing Tao Switzerland**  
**CNT Branch Switzerland**  
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