

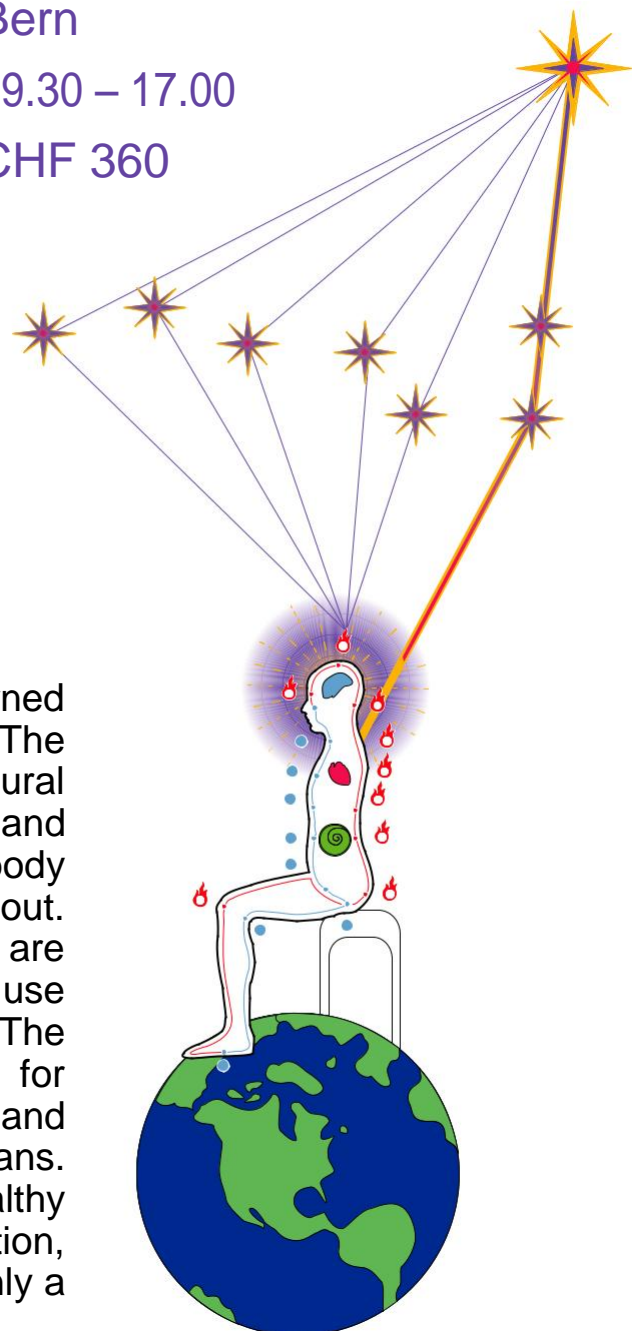


Bone Marrow Nei Kung Seminar

Improve your health by strengthening your bones
and rejuvenating your bone marrow and blood



Venue: Bern
Time: 09.30 – 17.00
Costs: CHF 360



Welcome to Bone Marrow Nei Kung

The visit of this seminar and the practices learned bring true health and real strength to you. The techniques are destined to support your natural regeneration by cleansing, detoxifying and revitalizing all your body systems. Your body regains its natural strength from deep inside out. The tapping methods below with the beaters are very easy to learn yet achieve with regular use already impressive health achievements. The steel beater and its vibrations are ideal for supporting the bone breathing process and stimulating the flow of energy in the meridians. Furthermore it fosters the production of healthy bone cells and bone marrow. Better oxygenation, more energy and improved metabolism are only a few of the benefits.

UNIVERSAL HEALING TAO SYSTEM (UHTS)

Supreme Inner Alchemy Practices

This practical system serves to cultivate a healthy body, develop your soul and raise your spirits. Its main branches and core formulas cover meditation, Qi Gong, Healing Love Practices as well as martial and healing arts. It empowers individuals to develop physical, mental, emotional and spiritual potential in order to become their own healers and masters. The UHT is shared on 6 continents by its founder Grandmaster Mantak Chia as well as the global UHT Faculty with over 900 certified instructors and practitioners. Its accessibility suits everyday western lifestyle and allows every individual to freely choose a joyful life of health, love and wealth.



UHT System
Founder
Grandmaster
Mantak Chia

Iron Shirt III - Bone Marrow Nei Kung

Bone Marrow Nei Kung is part of a spiritual purification process that supports the practitioner to lift itself above human suffering by gaining a sense of eternal life which offers the possibility and path to a joyful, peaceful, owing existence while living on earth. A lot of people just want a connection with the source. But then what? You need a place to store and transform the energies in your body. Iron Shirt I-III opens a lot of space in your body for storing energy. Every part and segment of the body can actually store force and you can bring it back out when needed to fulfill your daily tasks and self chosen life purpose. Originally the goal was to achieve enlightenment and today the techniques are used mainly to achieve true health and real strength. Theoretically our body deteriorates as you age mainly because your blood loses its ability to feed and protect your body. The red and white blood cells are produced by our bone marrow and as you grow older the marrow becomes dirty and produces less and less healthy blood cells. We like to stop that process and reverse it. To achieve this we need a clear spirit that focuses on having a strong physical body (tendons, bones, fascias etc), a owing energy body as well as a healthy mind. True health is gained by protecting and training our essence (original chi), revitalizing our blood and the chi circulation. Real strength is achieved when we combine inner and outer strength and focus on developing healthy machines (tendons), good batteries (fascias) and abundant electricity (chi). Everyone can achieve this by practicing Iron Shirt I,II and III.

Prior to attending a Bone Marrow Nei Kung Workshop we recommend to practice the following UHT Basic Techniques:

Healing Love cultivates the most powerful energy, the creative energy, in our bodies and harmonizes our sexual energies. The conscious refinement and circulation of creative energy in our body leads to healing and joyful, fulfilling relationships. The three forms of love (Amor, Agape, Eros), which find expression through our three main centers in the body (belly, heart, head) are harmonized and balanced. These techniques are particularly effective with potency problems, prostate problems, PMS, menstruation, menopause and abdominal disorders. Note: Privacy is ensured throughout the seminar and certain exercises are therefore only explained or exercised rudimentarily.

Through Warm up and Chi Kung (intensive work with our inner energy) exercises we enhance the capacity of our physical and energetic body to absorb more energy.

The Inner Smile is a wonderful relaxation exercise through which we achieve harmony with our physical body there-by also learning to accept and respect unconditionally ourselves with all our bodily functions (glands, organs, cells, bones, etc.).

The Six Healing Sounds support us to transform negative emotions, stress and pain into life force. Our organs are detoxified and regenerated.

By **opening the Microcosmic Orbit** we guide our consciousness and energy along the two main meridians in our energy body, which supplies our entire body with more vitality and consciousness. We become healthier, less susceptible to stress, more balanced and flow through life with joy.

Iron Shirt Chi Kung supports through positions and concentration the flow of energy, strengthens our roots, opens energy channels and energizes muscles, tendons, nerves, organs as well as unifies our whole bone structure. In this way we build a so-called "protective Iron Shirt Chi" and are able to maintain healthy chi pressure, posture, as well as inner stability, efficiency and effectiveness.



Rentao

As a former professional athlete and sports teacher, I was looking for training methods that work from the inside out instead of from the outside in. I found the answers in UNIVERSAL HEALING TAO (UHT) and became a student, assistant and senior instructor of Grand Master Mantak Chia - founder of the UHT system. I ran a Taoist health centre in the Swiss Alps for over 12 years and have been teaching all over the world for more than 30 years. In 2008/2012 I organised the first European UHT Instructor Conferences with over 250 instructors from 27 countries. As a coach, I share my health prevention concepts **flowjoy©** and **4-Dimensional Health (4-DH©)**, as well as practical exercises that enable every human being to live in flow, joy and love in 24-hour everyday life.