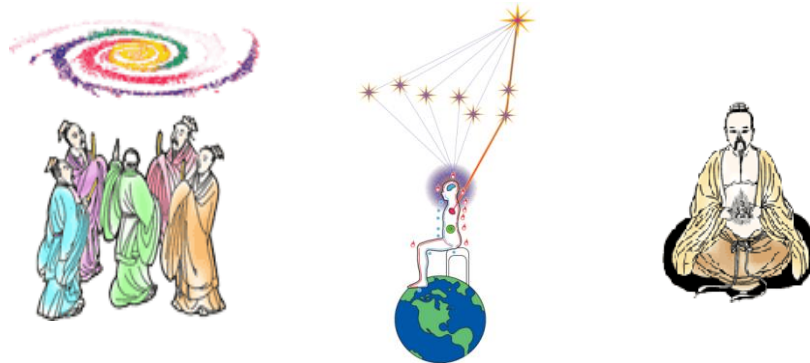




Guide 1

Universal Healing Tao System for Health Prevention & Promotion

**Ancient Wisdom for a modern world
to learn the art of nourishing life**



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I Welcome

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 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 a step by step curriculum from 7 to 12 Modules within in each branch. The branches cover a wide range of preventative healthcare, stress management, relaxation techniques and illness recovery methods.

The Energy Meditation Branch	Energy Self Management and Basic Qi Gong Mind Power Training
The Sexual Alchemy Branch	Activating and generating Creative Energy
The Immortal Tao Branch	Development and cultivation of soul and spirit Authenticity development Overcoming fear of death
The Martial Art Branch	Specific Chi Kung and Nei Kung Techniques Tan Tien Chi Kung and Tai Chi Chi Kung
The Chi Nei Tsang Branch	2 nd Brain Massage Techniques 5 Organ Detoxification and Revitalization
The Cosmic Healing Branch	Working with light frequencies

The Universal Healing Tao Switzerland offers a numbers of hands-on learning options, including group classes, corporate programs and private tuition.

Taoist methods are simple, easy, and powerful.

They deliver what they promise!

UHT Senior Instructor



Rentao Ravasio

II Biographies

Rentao Ravasio



UHT Senior and Immortal Tao Instructor

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 of **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 the 24h everyday life.

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.

III What is Qi Gong all about ?

01 What is Qi Gong ?

Qi Gong is a system of illness prevention and health maintenance which has been passed down for thousands of years in China.

02 How does Qi Gong work?

Qi flows through our body nourishing the vital organs which keep us alive. If Qi flow is disrupted, energy blocks, depletion and stagnation result, which manifests as illness and pain. Practicing Qi Gong maintains a joyful flow in the body, healing or preventing illness as well as promoting a health life / work style creation.

03 Nourishing all 4 Dimensions

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

It allows the practitioner to experience a 24 hour health life style that allows both to experience a high life quality in all 4 Dimensions of its existence and at the same time having access to a high quantity of energy.

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.

IV Universal Healing Tao System

Help yourself Purification - Strength - Balance		Help others Massage - Detoxification - Healing		Immortality Development of Soul & Spirit
Level I / Formula I	Level III / Formula III	Level I	Level I	Level I / Formula IV, V, VI
Basic Energy Meditations <ul style="list-style-type: none"> Awakening Healing Light <ul style="list-style-type: none"> Inner smile Microcosmic Orbit Six Healing Sounds Chi Self Massage Qi Gong Standing Meditation <ul style="list-style-type: none"> 3 Tan Tien & 6 Direction Qi Gong Wisdom Qi Gong Emotional Wisdom World Link Meditation Qi Gong Postures & Forms <ul style="list-style-type: none"> Iron Shirt Qi Gong I - Rooting Tao Yin Tan Tien Qi Gong Stem Cell Qi Gong 	Fusion of 5 Elements and eight Forces <ul style="list-style-type: none"> Fusion I Fusion of the 5 Elements Fusion II Cosmic Fusion Fusion III Eight Psychic Channels Fusion I,II,III Advanced 	Cosmic Healing - CH <ul style="list-style-type: none"> Medical Qi Gong <ul style="list-style-type: none"> CHI - Cosmic Qi Gong - Buddha Palm 	Chi Nei Tsang - CNT  <ul style="list-style-type: none"> Inner Organ Healing <ul style="list-style-type: none"> CNT I - Organ Detox - Organ Chi Massage - Tree, Sun & Moon Qi Gong 	Immortal Soul & Spirit <ul style="list-style-type: none"> Lesser Enlightenment of Kan & Li <ul style="list-style-type: none"> Creating & Building Immortal Fetus Greater Enlightenment of Kan & Li <ul style="list-style-type: none"> Earth, Moon, Sun, Soul & Spirit Alchemy Greatest Enlightenment of Kan & Li <ul style="list-style-type: none"> Planet, Star Soul Alchemy
Level II / Formula II Sexual Alchemy <ul style="list-style-type: none"> Women Healing Love for Woman <ul style="list-style-type: none"> Multi-Orgasmic Woman Men Tao Secrets of Love for men <ul style="list-style-type: none"> Multi-Orgasmic Man Couples Sexual Reflexology <ul style="list-style-type: none"> Multi-Orgasmic Couple 	Level IV Inner Martial Art <ul style="list-style-type: none"> Tai Chi Qi Gong <ol style="list-style-type: none"> Alignment Form Discharge Form Tendon Form Tan Tien Form Soft Form Sword Form Stick Form Knife Form 36 movements 108 movements Bagua Zhang Hsing Yi Chuan Awaken Internal Strength <ul style="list-style-type: none"> Iron Shirt I Rooting Power Iron Shirt II Tendon Nei Kung Iron Shirt III Bone Marrow Nei Kung 	Level II <ul style="list-style-type: none"> Cosmic Medical Qi Gong <ul style="list-style-type: none"> CHI - Taoist Astral Healing 	Level II <ul style="list-style-type: none"> Advanced Organ Detox <ul style="list-style-type: none"> CNT II - Elixir Chi Kung - Five Finger Kung Fu 	Transcending & Transporting the immortal body
		9 Core Formulas I-IX  <ol style="list-style-type: none"> Microcosmic Orbit Sexual Alchemy Fusion Meditation Lesser Kan & Li Greater Kan & Li Greatest Kan & Li Sealing of Five Senses Congress of Heaven & Earth Reunion of Human & Tao 	Level III <ul style="list-style-type: none"> Energy Medicine <ul style="list-style-type: none"> CNT III - Spinal Qi Gong 	Level II / Formula VII, VIII, IX Immortal Body <ul style="list-style-type: none"> Sealing of the Five Senses <ul style="list-style-type: none"> Five Senses into One Congress of Heaven & Earth <ul style="list-style-type: none"> Supreme Union of Heaven, Human & Earth Union of Human & Tao

The System



The Universal Healing Tao is a complete practical system of physical, mental, emotional and spiritual self-development. Its main branches and core formulas cover Meditation, Qi Qong, Healing Love Practices as well as Martial and Healing Arts. Ancient Taoist wisdom combined with the latest scientific discoveries serves to cultivate a healthy body, develop the soul and raise the spirits. It empowers individuals in the unfolding of unlimited potential and enables the completion of the harmonious evolution of body, soul and spirit to become your own healer and master. The UHT is not a religion nor does it require the belief in any one or set of deities / gods. The techniques work directly with the life force.

The Purpose

The ultimate goal is to transcend the illusion of death by giving birth to and crystallizing each person's spirit and soul into an immortal identity that has free will in all dimensions of time and space. 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.

The Network

The UHT is shared on 6 continents by its Founder Grand- Master 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.

Ways to learn The UHT System in Switzerland is taught in various forms such as evening classes, day and weekend courses as well as in week long retreats.

The Structure In Switzerland the studies area facilitated by the following structure:
3 Stages of Tao Practices 6 Study Branches 9 Core Formulas
12 Levels of inner Mastery 36 Learning Modules 112 Elements of Practice

What is the Universal Healing Tao?

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.

Something I have to believe or follow?

Tao means the natural Way. By following what is most alive, spontaneous and natural to you the inner nature will effortlessly unfold. Everyone unfolds differently. The only person you need to follow is yourself and express your essence! Many Buddhist, Christians, and Sufis study Tao, because it helps ground spirit into the body. The Taoist principles of Chi, the Life Force, are the same for all. They are based on balancing the receptive and expansive, or yin and yang, forces that resonate within everybody, every society and every atom in nature. These pathways have been thoroughly mapped over thousands of years by the Taoist and given a clear educational structure within the Universal Healing Tao System.

Is there a lineage involved here?

The Universal Tao's lineage of its priceless Nine Alchemical Formulas for Eternal Life can be traced back to Master Lu Dong Bin, famous in China as one of the "Eight Immortals". Grand Master Mantak Chia, the founder of the Universal Healing Tao System, was born in 1944 in Thailand to Chinese parents, he studied meditation with Buddhist monks from the age of 6. In his twenties he met the Taoist Master White Cloud Hermit as well as other Taoist and Buddhist Masters who introduced him to Tai Chi Chuan, Aikido, Kundalini Yoga and other spiritual practices. Yet his principal teacher was Taoist Master Yi Eng, who authorized him to teach and heal.

Why is Chi Kung called "the Miracle Exercise from China"?

Chi Kung has profound health benefits and is for all ages. Short daily practice helps to lose weight, heal chronic illnesses, or just feel spiritual bliss. Simpler than Tai Chi, it combines gentle, meditative movements & whole body breathing and learning. It can be done walking (Tai Chi), standing, sitting or lying (Tao Yin). It has worked for over 5000 years and is considered the "grandparent" of Tai Chi, Feng Shui, acupuncture, martial arts, healing massage, nutrition, herbology, and sexology in China. All rely on "Chi" the divine life force, and "Kung" the skill in managing it.

Are the practical benefits of Chi Kung proven?

Chi Kung has a track record of 5000 years. It also has modern scientific research to back it up. Scientific studies have documented Chi Kung to be effective in treating most chronic illnesses including allergies, arthritis, asthma, digestive disorders, drug addiction, hormonal imbalances, hypertension, immune disorders and strokes, to name just a few. Go to qigonginstitute.com and you will find over 1600 scientific studies supporting the ability of Chi Kung to heal almost any chronic disorder, with no harmful side effects.

What can Chi Kung do for stress and emotional problems?

Chi Kung was found to be highly effective in reducing stress responses, and helped lower the incidence of anxiety, depression, fatigue and general mood swings. No matter what profession you work in, regular practice of Chi Kung will allow you to stay centred and calm even in the midst of seeming chaos. In fact, one of the most basic principles is that day to day negative, draining responses to stress can literally be changed into useful forms of energy.

I am not sick, why should I learn these Chi techniques?

Even if you are in good shape, Chi Kung allows you to reach new levels of health. By enhancing your immune system, it stops potential illnesses BEFORE the get started. It dramatically increases your energy level, allowing you to be more effective at what you do. It can reduce your dependence on artificial stimulants like sugar, caffeine, or nicotine.

What does Tao teach about sexuality?

The principles of energy flow are nowhere more pleasurable and fun than in the bedroom. Single or married, straight or gay, the Taoist arts of the bedchamber profoundly improve sexual and overall health. From strengthening your glandular and hormonal systems, to experiencing truly mystical full-body orgasms, the ancient Chi science of sexology will allow you to merge spiritually with sexuality. In alchemy, this sexual play occurs deep inside your body-mind in very dynamic, fun meditations.

How will Tao help my career?

Once you tap into the inner working of the life force you can channel your newfound wisdom into any area in your life. Let the Chi guide you. Let the Chi unleash your creativity. It will move the brush, write the novel, and play the music. It will flow regardless of whether you are a dancer or a fighter. You have found the Source and you will be IN-SOURCE. Go deep inside your body and discover how outside world truly works. Chi Kung will allow you to actively participate in your spiritual growth. It's process learning, firsthand. You are continuously guided by trust in your direct experience.

01 3 Stages of practice

Within the UHT System there are three distinct stages of conscious inner Tao Alchemy Practice. It 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.

<u>Stage</u>	<u>Serves</u>
Help yourself	to exercise, purify, strengthen and balance physical, mental , emotional and spiritual dimension in our 24 h life in the direction of flowjoy.
Help others	to support further to help yourself by supporting others to help themselves in balancing physical, mental, emotional and spiritual dimension.
Become Immortal	to progress in the development and growing process of healing your soul and raising your spirit towards Essence and the highest formula of Union of Human & Tao.

Within each stage there are several levels of health mastery one can accomplish by studying within the different UHT Educational branches.

Example: within in the stage **help yourself** you find

<u>Level</u>	<u>Mastery</u>	<u>Branch</u>
Level I	Energy Self-Management Part 1 of	Energy Meditation Branch
Level II	Sexual Alchemy of	Inner Alchemy Branch
Level III	Fusion Alchemy of	Inner Alchemy Branch
Level IV	Inner Martial Art of	Martial Art Branch

02 The 6 Study Branches

The 6 Branches represent ways of studying and practicing the Tao. Each branch consists of different Levels and is learned through a set of modules and elements. It is possible to accomplish and master each branch and its full curriculum .

Energy Meditation Branch

Energy Self-Management reconnects you with yourself, activates your energy potentials and generates high quality and quantity energy and circulating it your energy system to flow 24h on high positive fuel. Grounded, aligned and full of positive energy puts you in charge of yourself and supports you with the inner tools to be in harmony and deep peace within yourself. You will experience life and your 24h everyday in flow and as a joyful existence, which are the health and longevity factors Nr. 1.

Sexual & Inner Alchemy Branch

Healing love and Fusions help you to gather and merge your individual essence and universal essence into one. Having access to your unlimited power source as well as to the unlimited love in your heart will provide you with enough fuel to life your dreams and manifest your full potential. The power to become inner directed, highly creative and focused creates a lifestyle that makes you both whole and fulfilled.

Immortal Tao Branch

These are the core Taoist internal alchemy (Neidan Gong) teachings. The fire in Kan & Li is the subtlest heart love energy, the water is the refined, creative sexual energy of the Kidneys and Sexual Organs. We gather the Five Shen, polarized male-female body intelligences that control our mind and let them reunite in our central channel what releases a blissful "steam" **of Original Chi (neutral, unconditional love energy)**. This steam dissolves our old physical body and personality patterns. Our inner polarized male-female body intelligences that control our mind are reintegrated and unified. This process repairs vital organs, glands, spine, nerve, lymph and meridian systems, and births an **Immortal Embryo or Light Body**. It can resolve deep sexual crises, genetic illness, body-mind splits, recover "lost "soul fragments and enlighten you to **your inner voice** and bring you into full harmony of your inner POWER and LOVE.

Inner Martial Art Branch

To develop inner strength, efficiency and effectiveness and to be able to fully express yourself via our physical body is achieved via the components of this branch training.

Chi Nei Tsang (5 Organ)

This hands on 5 Organ Massage brings your 5 major Organs back to optimum health, accurate intuition and full access to 2nd brain wisdom. Cleansing and taking care of your 5 Organs creates deep inner harmony and you will make wiser and better decisions in your life as well as enjoy radiant health and wellbeing.

Cosmic Healing Branch

A set of practices from the Universal Healing Tao, including the 3 Fires 6 Directions Chi Kung, the Creation of the Chi Field (World Link Meditation) or the Holy Water. In the Healing part, we connect directly to the Primordial Force, the violet light and different color light to heal different ailments in ourselves and in others.

03 The 9 Core Formulas for health promotion of body - mind - emotion & spirit

The 9 Formula are the core Inner Alchemy Meditation Practices that guide, support and serve the students in a step by step practical way to learn and practice about the soul and spirit development and how to merge ultimately our individual Essence with the overall Essence of the Tao.

Formula

Essence within formula

1 st Inner Smile Microcosmic Orbit	Smiling Self-Acceptance Balanced Chi Flow
2 nd Sexual Alchemy	Cultivate the creative energy (via Sexual Energy)
3 rd Fusion of 5 Elements	Balance our Feelings & Open 8 Psychic Forces
4 th Lesser Kan & Li	Inner Sexual Alchemy: Heal Male/Female Soul-Split
5 th Greater Kan & Li	Sun-Moon-Earth Alchemy: Complete Our Ancestor
6 th Greatest Kan & Li	Planetary and Soul Alchemy: Shape Your Destiny
7 th Sealing of 5 Senses	Star Alchemy: Unite individual Soul with Over Soul
8 th Congress of Heaven & Earth	Heaven & Earth Alchemy: Marriage of Form and Formless
9 th Reunion of Human & Tao	Human individual Essence merges with Essence of Tao

V Module Description

Bellow an overview on how many Modules there are to study within each branch followed by a brief description of the modules within each branch.

For more detailed description of modules see on website.

UHT Branch	Module	Function	Learning
Energy Meditation 	1	Basics	Awaken your healing energy <ul style="list-style-type: none"> - Inner Smile - Opening Microcosmic channels - Six Healing Sounds - Rejuvenation Chi Self Massage - Iron Shirt Chi Kung I
Sexual Energy 	2	Healing Love	Blending Sexuality and Spirituality <ul style="list-style-type: none"> - Healing Love single cultivation - Healing Love dual cultivation - Being multiorgasmic for men and women - The multiorgasmic couple
Inner Alchemy advanced 	3	Foundation	Building your energy body <ul style="list-style-type: none"> - Fusion I, II, III
Immortal Tao 	4-6	Intermediate	Develop your soul and spirit <ul style="list-style-type: none"> - Lesser Enlightenment Kan & Li - Greater Enlightenment Kan & Li - Greatest Enlightenment Kan & Li
	7-9	Advanced	Transport, Transcend Immortal body <ul style="list-style-type: none"> - Sealing the five senses - Congress of Heaven and Earth - Union of Human and Tao
Martial Arts 	1-7	Foundation	Development of internal structure <ul style="list-style-type: none"> - Inner Structure of Tai Chi Chi Kung
	1-2	Advanced	Development of internal powers <ul style="list-style-type: none"> - Tendon Nei Kung - Bone Marrow Nei Kung
Healing Arts 	1-3	Cosmic Healing	Channel healing frequencies <ul style="list-style-type: none"> - Cosmic Healing I, II, III
	1-3	Chi Nei Tsang	Health by abdominal massage <ul style="list-style-type: none"> - Chi Nei Tsang I, II, III

VI Modules to study within the UHT Branches



UNIVERSAL HEALING TAO
Energy Meditation Branch
Switzerland

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Basic Practices

The basic techniques such as Microcosmic Orbit Meditation, 6 Healing Sounds and Inner Smile recharge and regenerate you. They support you in transforming negative emotions and activate your higher spiritual energies to recharge your internal battery, to boost your immune system and to increase your creative potential and lift up your spirit. The Basics consist of:

Qi Gong warm up

A set of warm up exercises put together in a flowing motion leaving you fully charged and centered at the end of it and thereby ready to take on the day ahead.

Microcosmic Orbit

Its opening is the foundation the Universal Tao. With conduct, clear intention and relaxation the practitioner can connect the conception and governor meridians, the internal and external information and energy.

Inner Smile

The best language to connect with our inner body. We smile from inside out and generate deep feelings of unconditional acceptance and appreciation and live in the entire body and all body systems.

Six Healing Sounds

The most simple and effective technique to release and transform negative emotional energy into useful neutral life force as well as to generate and cultivate the expression of positive emotions.

Chi Self Massage

Having generated a lot of energy in our body we use this healing energy through our hands to stimulate and rejuvenate our senses and other often neglected parts of our body systems.

Iron Shirt Chi Kung I

Our bone structure with its bone marrow is one of the deepest structures in our body which is receiving and giving out energetic information. To reconnect our whole bone system into one unified structure, perfectly aligned between heaven and earth is building the best foundation in order for us to receive high quality energy information and move effortlessly through life.

Tao Yin

Taoist Yoga sets of exercises which heal deep imbalances in our tendon, spine and muscle systems. Tao Yin revitalizes, strengthens and reconditions spine and psoas muscle.

Tan Tien Chi Kung

Various postures are applied to develop our Tan Tien and a deep rooting power that connects us strongly to the Earth and supports healing earth energy to flow into and support our whole energy system.



UNIVERSAL HEALING TAO
Inner Alchemy Branch
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Healing Love Sexual Alchemy

Cultivating our sexual energy gives us the power for superior health, healing and to enjoy fulfilling-harmonious relationships as well as being creative. A simple yet practical and grounded approach how to cultivate and transform sexual energy into life force and into spiritual energy: deeply nourishing and self-healing. These techniques (which do not require a partner) help alleviate sexual frustration and difficulties with menstrual cycles and menopause symptoms.

Healing Love for Women is aimed at giving you an overview of the beginners females practices of the UHT System (ovarian breathing, breast massage, jade egg practice), simple and easy to integrate in your everyday life.

Healing Love for Couples a blend of sexuality and spirituality for a fulfilling and harmonious relationship: a practical and grounded approach to cultivate an energy field of love, joy and bliss that nourishes both partners alike. During the seminal- and ovarian Kung Fu both you and your partner will circulate your sexual energy in the Microcosmic Orbit and energize your whole bodies. Learn how to balance and cultivate your own energy potentials, to share with each other the surplus of your yin / yang essence and to support your essences to find deep spiritual oneness, harmony as well as the cultivation of the bliss heart in your relationship.

Fusion I Inner Mind-Emotional Alchemy

An amazing and profound set of mind training formulas not found elsewhere. We gather the Five Shen of our organ system to function as a harmonious team and simultaneously learn to recognize the wisdom of our emotional intelligence, or how to neutralize our own (or others) negative emotional chi and fuse Five Elements chi into a Pearl that purifies and activates the Eight Extraordinary channels. Opens up deep psychic and healing abilities, protects from negative entities and healer burnout, empowers us to quickly reach an inner state of integrity and harmony by building an inner energy support structure that creates true and deep flowjoy.

Fusion II and III Inner Soul Alchemy

We use the purified "Pearl" from Fusion I to create a Compassion Pearl (unified and strengthened by the energies of our positive virtue energies) which allows us to keep our hearts open in a higher state of consciousness – eventually manifesting for us effortlessly a positive way of being in the world with high quality virtues and integrity. We also purify, activate and enhance the flow within the Eight Extraordinary channels, mainly in the 3 Core Channels, Belt Channels and Bridge and Regulator channels expanding on our deep feelings of flowjoy.



Lesser Enlightenment of Kan & Li – Spiritual Inner Alchemy

This "Water and Fire" (Kan & Li) formula is core Taoist internal alchemy (Neidan Gong). The fire in the Kan & Li is the subtlest heart love energy, the water is the refined, creative sexual energy of the Kidneys and Sexual Organs. We gather the Five Shen, polarized male-female body intelligences that control our mind and let them reunite by lovemaking in our central channel what releases a blissful "steam" of Original Chi (neutral, unconditional love energy) that dissolves our old physical body and personality patterns. Our inner polarized male-female body intelligences that control our mind are reintegrated and unified. This process repairs vital organs, glands, spine, nerve, lymph and meridian systems, and births an Immortal Embryo or Light Body. Can resolve deep sexual crises, genetic illness, body-mind splits, recover "lost" soul fragments and enlighten you to your inner voice.



Iron Shirt Chi Kung I 5 Postures - way to build your inner alignment foundation

Is a unique set of postures designed to move your body, soul and spirit as one piece, effortless and joyfully. **Reconnect your entire skeleton, tendons, muscles and each bone into one unified structure, perfectly** aligned between Heaven and Earth to function in harmony and as one force. Cultivate your ability to move the Earth force up from the ground, through the feet, and into the body, raising it to nourish all your body systems (muscles, tendons, organs etc). Aligning your bone structure is building the best foundation to receive high quality energy information and to move effortlessly through life. The healing effects and the applications are important for all people in daily life but are especially important for any sports professionals or martial artists.

Iron Shirt Chi Kung II Tendon Nei Kung - way to real inner strength

Learning to grow and strengthen the tendons into healthy tendons creates tremendous tendon power and builds our inner foundation of true strength in the body. Strong and supple tendons and open joints allow more space to store raw energy, which can then be transformed into higher creative and spiritual energy. The eight postures of Tendon Nei Kung are specifically designed to open the joints, fortify and grow all the tendons in the body, strengthening them as a unit.

Iron Shirt Chi Kung III Bone Marrow Nei Kung - way to real health and longevity

Get to know, cleanse, and heal your entire skeleton (bone structure) down to the depth of your bone marrow. The powerful Bone Breathing and Bone Healing methods, to breath into our bones and the methods to condense our powerful, healing sexual energy (Jing Chi) into the bones, not only strengthens the bones and the bone marrow but also activates the whole immune

system. Rejuvenating and regenerating the bone marrow is an important step gaining ultimate health, spiritual clarity, and high consciousness. Our bones have a crystalline structure, which absorbs energy and passes it into our energy system. The bones are also a storage place for our spiritual energy and life force, as well as a mediator for forces from outside to inside and from inside to outside. Already as early as from the age of 20 years old the red bone marrow is slowly replaced by fat substances causing our bones to become weak (Osteoporosis) and our immune system to degenerate. Healthy smiling bones and healthy blood, a strong immune system, improved health, greater vitality, peace and balance are only a few of the benefits of those profound exercises. Advanced practices include strengthening the tendons, muscles, bones, and organs through Chi Weight Lifting and hitting exercises, which will not only detoxify your body, but also rejuvenate your bone marrow.

Tai Chi Chi Kung I

This combination of Tai Chi (five simple but very effective Chi Kung movements teaching you to connect or root to the ground and draw Earth energy) and Iron Shirt will capture the essence of all Tai Chi, yet this form takes only 5 minutes to perform. Easily the best short Tai Chi form ever designed: 8 postures, 5 directions, with unique spirals gracefully flowing left and right. We learn many deep inner structures within this form: chi flow, energy transition, Tan Tien power, breathing, bone breathing, tendon and total mind-body awareness.

Tai Chi Chi Kung II

This short fast form of Tai Chi (for discharging energy) as well as push hands training will expand your understanding by experiencing the hidden secrets within any Tai Chi Form.



Chi Nei Tsang Massage Sessions

Chi Nei Tsang I is a Chinese term for an internal organ Chi massage. Helps to release stress and promotes healing by massaging directly over the navel and surrounding abdominal area where stress, tension and negative emotions accumulate and congest over the years.

Chi Nei Tsang Introduction Day

This day is aimed at giving you an overview of Chi Nei Tsang, the self-massage, an experience to massage a partner as well as the Basic practices of the UHT System used to support the effects of the massage and taught as self-healing tools

Chi Nei Tsang 1 5 Organ Abdominal Massage

These techniques detoxify deeply the 5 vital organs and their associate organs, revitalizes and strengthens them.

Chi Nei Tsang 2 Chasing the winds

This technique uses the elbows and the fingers on acupuncture points to chase the negative winds that prevent the energy to circulate freely in the meridians.

Chi Nei Tsang 3 Tok Sen Healing Harmony

This technique uses wooden tools to gently hammer on the meridian lines, muscles and tendons chains of the whole body, the vibration helping to release the tensions and allowing the energy to circulate.

Chi Nei Tsang 4 Life Pulse

Harmonizing the 52 pulses of the body to the reference pulse of the Tan Tien to facilitate the chi and the blood flow through the body.



UNIVERSAL HEALING TAO
Cosmic Healing Branch
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Cosmic Healing 1

Cosmic Healing Chi Kung is a set of practices from the Universal Healing Tao, including the 3 Fires 6 Directions Chi Kung, the Creation of the Chi Field (World Link Meditation) and the Water Programming Process. In the Healing part, we connect directly to the Primordial Force, the violet light and different color light to heal different ailments in ourselves and in others.

Cosmic Healing 2

Cosmic Healing II is about Taoist Astrology and Astronomy. These practices will teach you how to connect the body with the five elemental forces of nature, the moon and sun, the planets, the stars, galaxies and other celestial phenomena so that the inner universe and outer universe become even more connected.

VII Education and Self Cultivation

The UHT CH offers students a **Personal Growth** and/or **Career Certification Paths** to become a UHT Instructor and/or a CNT Practitioner / Teacher. All paths and programs can be studied either for personal self cultivation or to get certified in sharing and teaching the UHT System with others.

01 Personal Growth



● Universal Healing Tao Path

This path leads you from the Basic Energy Modules Inner Smile, Six Healing Sounds, Microcosmic Orbit, Healing Love and Iron Shirt I to higher Inner Alchemy Formulas such as Fusion I and Lesser Kan & Li.

Benefits: develop your soul and raise your spirit by the original intention of flowjoy
High level of energy leading to higher Life Quality in your 24h Day
Optimal Health of Body, Mind, Emotion and Spirit
Transformation of fear to love

● Chi Nei Tsang (CNT) Path

This path leads you into deep internal 5 Organ Cleaning and getting access to your 2nd brain. Step by step you get in touch with your vital organs and learn at the same time health tools you can use by yourself.

Benefits: Learn by Self-Massage to maintain vitality of your 5 vital organs
Experience the 5 Sessions to detoxify and revitalize your organs
Regain vitality and a higher state of energy and health
Reconnect with your inner power, your inner voice and wisdom

02 Ways to study

Students can study, learn and practice the Tao in the following ways:

● Private Sessions

The 4-Dimensional Health and flowjoy® Coaching empowers individuals to develop and complete their harmonious evolution of body, soul and spirit by creating a health lifestyle that supports this purpose.

● Ongoing Group Classes

Weekly Chi Kung, Tai Chi and other Practice Groups

Organized in a set of 5 sessions for self-healing, health and spiritual growth they cover the Basics of the UHTS: Chi Kung warm up exercises Inner Smile, 6 Healing Sounds and Microcosmic Orbit meditations, Iron shirt Chi Kung I (Tree and Turtle). A recommended preparation for the Basics Seminar and the Associate Instructor and CNT Trainings.

Monthly Tao Yin Classes

This Taoist Yoga stimulates the flow of energy in all meridians, revitalizes and strengthens the spine and develops the psoas - also called the muscle of the Soul. Essential preparation for Tai Chi.

Monthly Women's Group

An introduction to the female practices within the UHT System to reveal the female potential by training and deepening the practices of the Healing Love for Women: ovarian breathing, breast massage, jade egg and orgasmic upward draw.

Immortal Jogging

The Tao way of jogging – how to feel energized, healed and uplifted after only 15-30 minutes of moving.

● Seminars / Retreats

Seminars range from half a day to 4 Days and you gain mostly in a group settings an in depth experience of several modules within a given UHT Branch. Retreats are a “energy holiday”, a treat for yourself to recharge and practice with like minded seekers.

● Evening Events

Evening Lectures

Listen to an overview about the 8000 old UHT System and learn how to cultivate step by step Self Mastery by getting a taste of the experiences in our seminars.

Essence Evening Seminars

12 times (one time a month) to experience the essence of an UHT practice.

VIII UHT Career Certification Trainings

Here are only the two main branches mentioned through which one can enter the UHT Career Path and share then the wisdom and techniques with the world.

01 Certification Path Universal Healing Tao



This path leads you to learn, understand and practice in depth first the Energy Basic Tools in order as a certified UHT Associate Instructor to pass them on to others for their own personal growth. You are then able to progress as an Instructor/Teacher step by step to integrate the whole UHT System and share it with others.

Benefits: Certification to share with others the UHT Energy Basic Practices
Creating your own UHT Career with Business and Coaching Support

• **Note:** Senior Instructor and Global UHT Faculty Coordinator Rentao Ravasio has been offering this international education for more than 25 years globally and has certified over 260 Associate Instructors and over 150 Instructors worldwide.

● Associate Instructor Training

The AI Training takes place once a year and offers the most precious tools of the Universal Healing Tao System combined with deep personal growth in all 4 Dimensions (body-mind-emotion-spirit). Especially interesting for healers, body-workers, psychologists, nurses etc). The training is also so open to those who simply want to deepen their personal knowledge without “becoming a teacher”. This in depth training is aimed to certify you in sharing locally the Taoist way of life and the Basic techniques. Elements include Chi Kung warm up exercises, Inner Smile, Six Healing Sounds, Microcosmic Orbit, Healing Love and Iron Shirt Chi Kung I (Tree and Turtle) as well as Cosmic Healing and Wisdom Chi Kung. It includes further the meta skills of how to teach all those elements professionally.

● Upgrading Instructor Training

This training certifies you to share with others UHT Modules such as Healing Love, Tao Yin etc. and to be able to give professional lectures, seminars and workshops in Energy Meditation and Inner Martial Art Branch.

02 Certification Path Chi Nei Tsang (CNT)



This path leads you from being a CNT Trainee to being a CNT 1 Practitioner. And from a CNT 1 Practitioner to a CNT 1 Teacher. You can also learn CNT 2 and CNT 3.

Benefits: Support your clients with health tools
Grow with your clientele as you progress in the CNT Path
Learn how to keep a high level of energy and prevent the healer burn out

● Chi Nei Tsang 1 - Practitioner Training (Deep Organ Detoxification)

A 9 day training to learn massage techniques on the navel and the vital organs to release tensions, toxins, excessive heat and negative emotions accumulated in the belly. Also included are the teachings of Energy Meditation and Chi Kung (Inner Smile, the 6 Healing Sounds and the Microcosmic Orbit Mediations, Iron Shirt Chi Kung): as a practitioner, you will use these practices for yourself to keep a high energy level but you will also learn how teach them to your clients, giving them the tools to take the full responsibility of their health.

● Chi Nei Tsang 2 - Practitioner Training (Chasing the Winds)

Chi Nei Tsang 2 uses the Elbow Technique, working primarily with the trapped winds of the body. You will learn to chase and release the sick and evil winds, relieving symptoms like insomnia, thyroid disorders, migraines or back pains. You will also learn how to inject good Chi back into the vital organs and glands.

● Chi Nei Tsang 1 - Teacher Training for CNT 1

CNT Teacher Training is a professional path after which you can form and certify CNT Practitioners.

IX Certification Requirements

The UHT Switzerland certification structure consists of





- Pre Requirements in order to be able to attend a training
- Fulfilling of specific requirements within a training
- Study Curriculums within the branches
- Evaluation standards in each branch
- Certification procedures within each branch
- Upgrading and further education within each branch / and UHT System

Summary of our Core Certification Trainings:

Certification for	Pre-requirements	Training	Study	Total
UHT Associate Instructor	60 h personal practice	6 days	up to 100 h	160 h
UHT Instructor	120 h personal practice	4 days	up to 100 h	220 h
CNT 1 Practitioner Part 1	150 h personal practice	9 days	up to 100 h	400 h
Part 2	100 h personal practice	5 days	up to 50 h	

Please consult the following pages for further and more detailed description of all UHT Education and Certification requirements

X Overview of UHT Instructor Education

UHT Education		
Prerequisites	Modules of Education	Certification
		
New UHT Students	Free choice of modules within the educational branches	Seminar Confirmation
For most Beginner courses are no pre-requisites. For some advanced modules demand participation in previous modules.	Choose any seminar out of our year1 Program. Recommendation: Start with the Basic Seminar.	
		
UHT Associate Instructor	Education for UHT Associate Instructor	UHT Associate Instructor Certificate
Practical experience for about 6 month to one year.	Duration: 6 Days	
60-70 hours of teachings in form of Basic Seminars, Healing Love and/ore other modules.		
Note: People who have already previous experience or diplomas etc. as for example: Therapists etc. there is the possibility to enter with less hours into the UHT Education.		
		
UHT Certified Instructor	Upgrading to UHT Certified Instructor	UHT Certified Instructor Certificate
Prerequisite: Associate Instructor-Certificate	Dauer: 4-8 Tage	
Participation in the according Training Modules		
		
	MODULES for further EDUCATION	
Ongoing UHT Education	Ongoing education with additional "keys" according to the global certification upgrading requirements.	UHT Certified Instructor with additional „keys“ within the different Educational Branches