



UNIVERSAL HEALING TAO SYSTEM

Supreme Inner Alchemy Practices



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