



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, flow joy and love are experienced. The UHT branches bellow 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.

UHT Branch	Module	Function	Learning
Energy Meditation 	1	Basics	Awaken your healing energy - 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 - Healing Love single cultivation - Healing Love dual cultivation - Being multiorgasmic for men and women - The multiorgasmic couple
Energy Meditation 	3	Foundation	Building your energy body - Fusion I, II, III
Immortal Tao 	4-6	Intermediate	Develop your soul and spirit - Lesser Enlightenment Kan & Li - Greater Enlightenment Kan & Li - Greatest Enlightenment Kan & Li
	7-9	Advanced	Transport, Transcend Immortal body - Sealing the five senses - Congress of Heaven and Earth - Reunion of Heaven and Man
Martial Arts 	1-7	Foundation	Development of internal structure - Inner Structure of Tai Chi Chi Kung
	1-2	Advanced	Development of internal powers - Tendon Nei Kung - Bone Marrow Nei Kung
Healing Arts 	1-3	Cosmic Healing	Channel healing frequencies - Cosmic Healing I, II, III
	1-3	Chi Nei Tsang	Health by abdominal massage - Chi Nei Tsang I, II, III



Modules in Energy Meditation Branch

Tao Basics / Chi Kung Fundamentals / Tao Yin

The basic techniques such as Microcosmic Orbit Meditation, 6 Healing Sounds and Inner Smile recharge and regenerate you, support you in transforming negative emotions and activate your higher spiritual energies. Tao Yin revitalizes, strengthens and reconditions spine and psoas muscle.

Healing Love for Singles and Couples

Those modules help us recognize 3 forms of love energies of Amor, Agape and Eros. Cultivating our sexual energy gives us the power for superior health, healing and to enjoy fulfilling-harmonious relationships as well as being creative. The techniques (which do not require a partner) help alleviate male sexual frustration and for women difficulties with menstrual cycles and menopause symptoms.

Modules in Immortal Tao Branch

Fusion I – Mind-Emotional Inner Alchemy

Amazing and profound Taoist energy mind training formulas not found elsewhere. Fusion empowers us to quickly reach an inner state of integrity and harmony by building an internal support structure that is truly in depth psychology and Chinese medical energetics combined into one. We learn to unite our Five inner organ intelligences to function as a harmonious team and recognize the wisdom of our emotional intelligence. By neutralizing negative emotional chi and to fuse 5 Organ Energies into a "pearl" we are able to purify, activate the Eight Extraordinary channels and open up deep psychic and healing abilities. We learn how to protect ourselves from negative entities and healer burn out and create centeredness, peacefulness and stillness within us to feel within our essence in joy, love and truth.

Fusion II and III – Soul Alchemy

Here we use the purified "pearl" to create a compassion pearl (unified and strengthened by the energies of our positive feelings) which allows us to keep our hearts open in a higher state of consciousness. We stabilize 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.

Lesser Enlightenment of Kan & Li - Spiritual Inner Alchemy

This "water and fire" (kan & li) formula is core Taoist internal alchemy. The fire in the Kan & Li is the subtlest hearts love energy, the water is the refined, creative sexual energy of Kidneys and Sexual Organs. Their lovemaking in our central channel releases a blissful "steam" of Original Chi (unconditional love) 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 our "immortal embryo". Can resolve deep sexual crises, genetic illness, body-mind splits, recover "lost" soul fragments.

Modules in Martial Art Branch

Iron shirt I

Is a unique set of postures designed to move your body, soul and spirit as one piece, effortless and joyfully. It connects your bone structure, tendons, muscles in such a unique way as to function in harmony and as one force. 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.

Tai Chi Chi Kung I

Captures the essence of all Tai Chi, yet this form takes only 5 minutes to perform. Five simple but very effective Chi Kung movements teaching you to connect or root to the ground and draw Earth energy. Easily the best short Tai Chi form ever designed: 8 postures, 5 directions, with unique spirals gracefully flowing left and right. We learn about many deep inner structures within this form: chi flow, energy transition, tan tien power, bone breathing, tendon etc.

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.

Iron shirt III (Bone Marrow Nei Kung) and Iron shirt II (Tendon Nei Kung) - way to health, strength, longevity

Iron Shirt II (growing and strengthening the tendons and creating tremendous tendon power) and Iron Shirt III (strengthening the tendons, muscles, bones and organs through Chi Weight Lifting and hitting exercises) will not only detoxify your body like no other practices known in the west, but also rejuvenate your bone marrow and bring forth a in depth healing to all your body systems (muscles, tendons, organs, nervous, bone system etc).

Bone Marrow Nei Kung (Bone Breathing and Bone Healing)

To breath into our bones and to condense our powerful, healing sexual energy (Jing Chi) into the bones does not only strengthen the bones and the bone marrow but the whole immune system is being activated strongly. This method of rejuvenating and regenerating the bone marrow is an important step gaining ultimate health, spiritual clarity and high consciousness. 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 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.