

UNIVERSAL HEALING TAO SYSTEM

Supreme Inner Alchemy Practices

Help yourself

Purification - Strength - Balance

Level I / Formula I

Basic Energy Meditations

● Awakening Healing Light

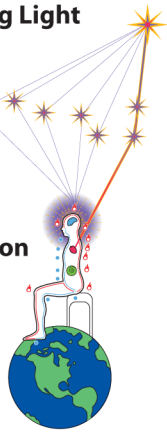
Inner smile
Microcosmic Orbit
Six Healing Sounds
Chi Self Massage

● Qi Qong Standing Meditation

3 Tan Tien and
6 Direction Qi Qong
Wisdom Qi Qong
Emotional Wisdom
World Link Meditation

● Qi Gong Postures & Forms

Iron Shirt Qi Qong I - Rooting
Tao Yin
Tan Tien Qi Qong
Stem Cell Qi Qong



Level II / Formula II

Sexual Alchemy

- Women Healing Love for Woman
Multi-Orgasmic Woman
- Men Tao Secrets of Love for men
Multi-Orgasmic Man
- Couples Sexual Reflexology
Multi-Orgasmic Couple

Level III / Formula III

Fusion of 5 Elements and eight Forces

- Fusion I** Fusion of the 5 Elements
- Fusion II** Cosmic Fusion
- Fusion III** Eight Psychic Channels
- Fusion I,II,III** Advanced

Level IV

Inner Martial Art

- **Tai Chi Qi Qong**
 - 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 Inner Strength

Tendon Nei Kung
Bone Marrow Nei Kung

Help others

Massage - Detoxification - Healing

Level I

Cosmic Healing - CH

● Medical Qi Qong

CH I - Cosmic Qi Qong
- Buddha Palm

Level II

● Cosmic Medical Qi Gong

CH II - Taoist Astral Healing

9 Core Formulas I-IX



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

Level I

Chi Nei Tsang - CNT



● Inner Organ Healing

CNT I - Organ Detox
- Organ Chi Massage
- Tree, Sun & Moon Qi Qong

Level II

● Advanced Organ Detox

CNT II - Elixir Chi Kung
- Five Finger Kung Fu

Level III

● Energy Medicine

CNT III - Spinal Qi Qong

Level IV

● Energy Medicine

Karsai Nei Tsang
Genital Organ Detox

Immortality

Development of Soul & Spirit

Level I / Formula IV, V, VI

Immortal Soul & Spirit

- **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

Transcending & Transporting the immortal body

Level II / Formula VII, VIII, IX

Immortal Body

- **Sealing of the Five Senses**
Five Senses into One
- **Congress of Heaven and Earth**
Supreme Union of Heaven, Human & Earth
- **Union of Human & Tao**