

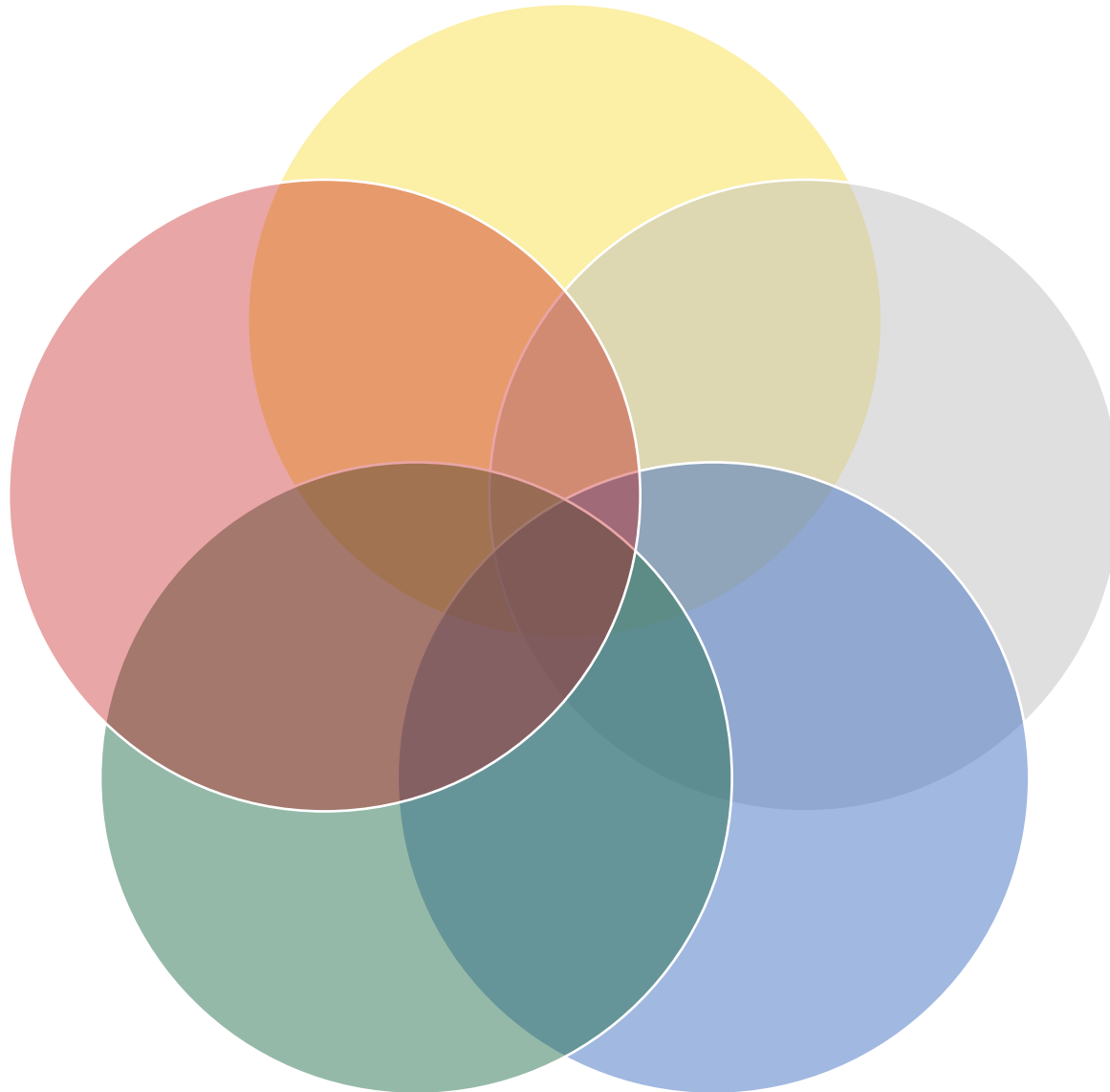


2

Education Guide

Overview to start your journey
Part 2 Healing Arts - Branches

The 5 Healing Arts



The 5 Healing Arts



1. Basic Tao Energy Cultivation

- Inner Smile
- 6 Healing Sounds
- Microcosmic Orbit
- Healing Love
- Inner Alchemy Astrology

2. Internal Martial Arts

- Iron Shirt level 1-2-3
- Tai Chi level 1-2-3-4-5-6
- Tan Tien Qigong
- Tao Yin Qigong

3. Chi Nei Tsang

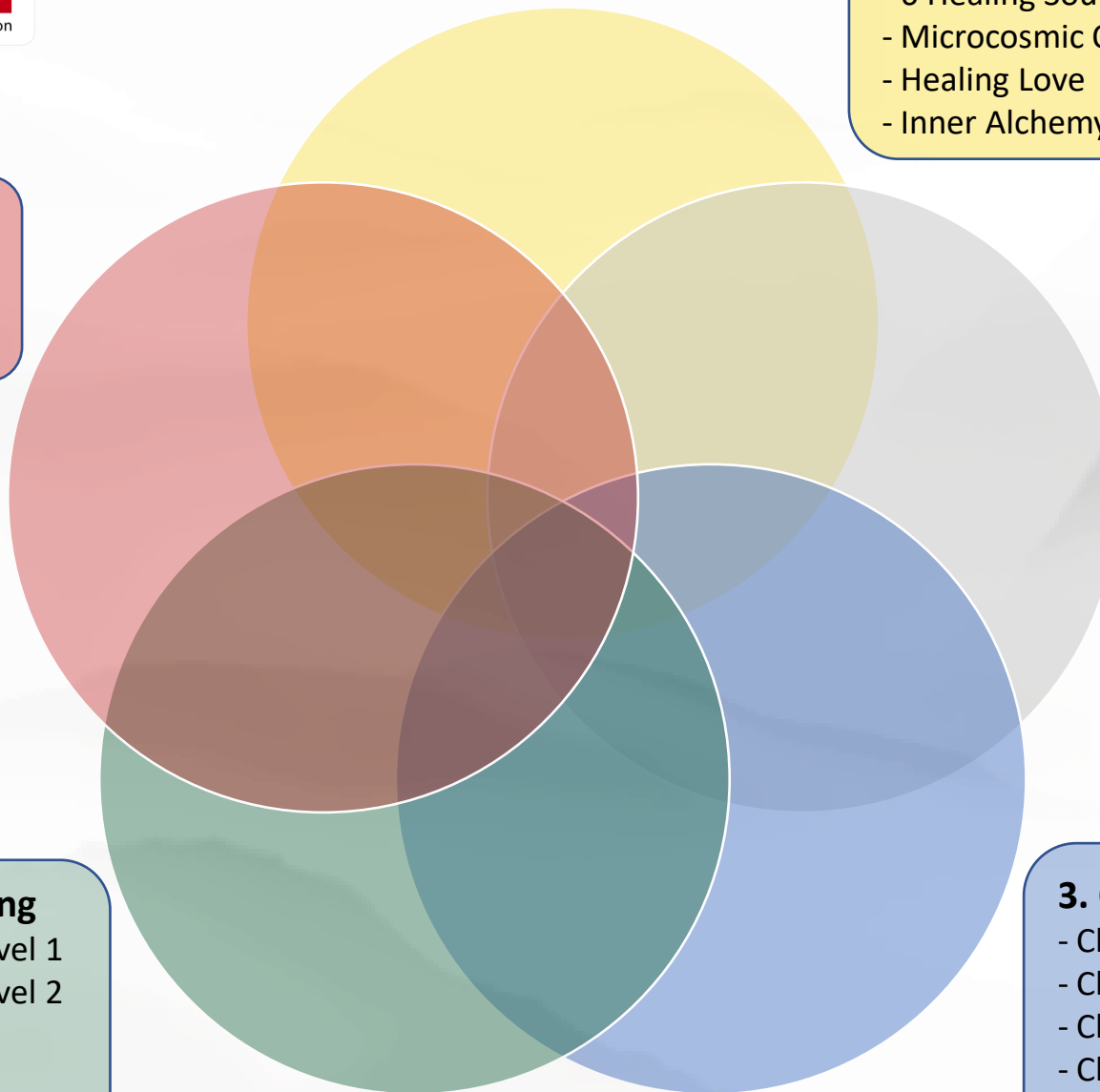
- Chi Nei Tsang 1 Organ Detox
- Chi Nei Tsang 2 Chase the Winds
- Chi Nei Tsang 3 Tok Sen
- Chi Nei Tsang 4 Karsei Nei Tsang
- Chi Nei Tsang 5 Live Pulse

4. Cosmic Healing Qigong

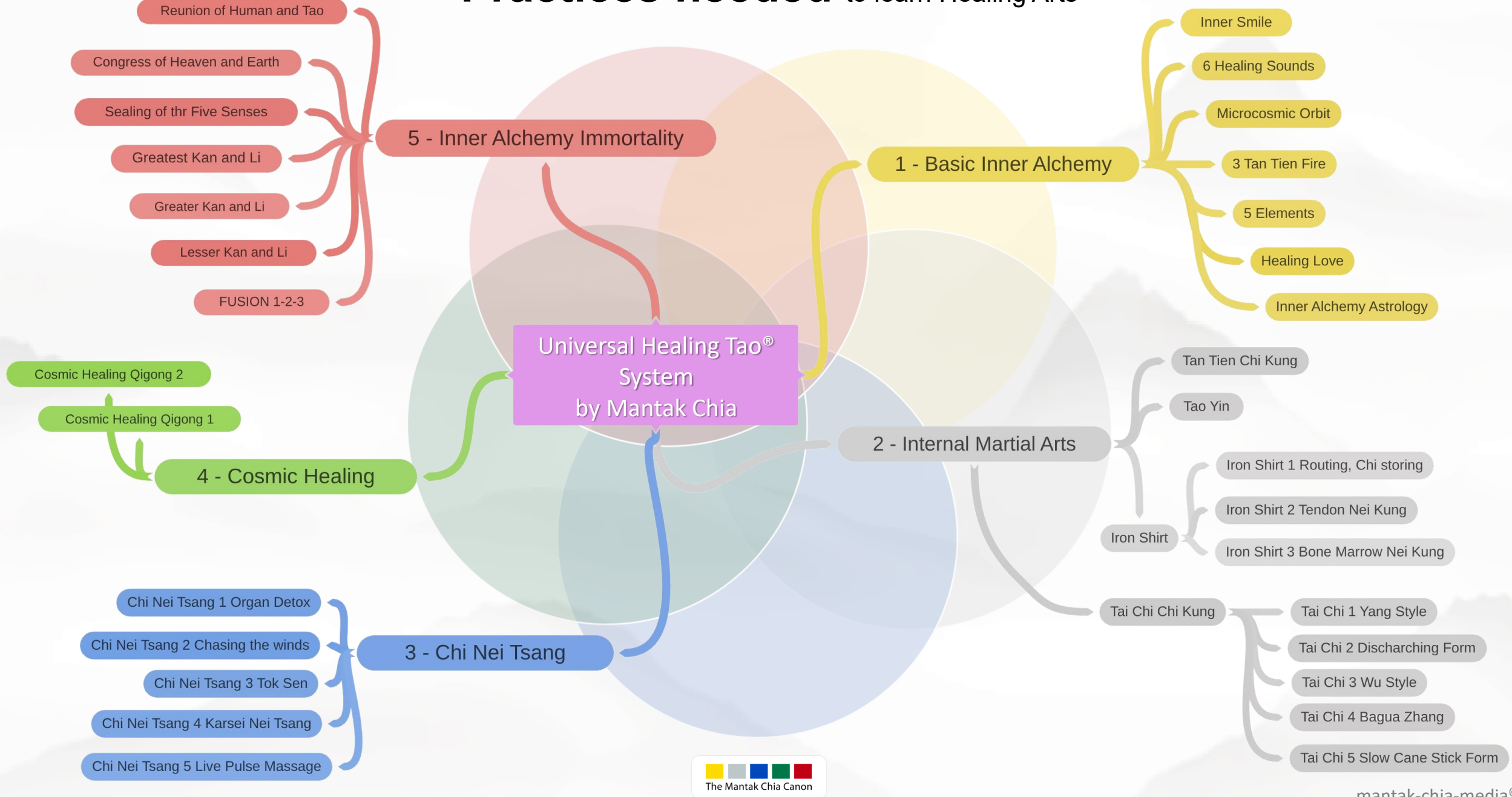
- Cosmic Healing Qigong level 1
- Cosmic Healing Qigong level 2
- Buddha Palm Qigong
- Elixir Qigong
- Wisdom Qigong

5. Inner Alchemy Imortality

- Fusion of the 5 Elements 1-2-3
- Kan & Li level 1-2-3
- Sealing of the five Senses



Practices needed to learn Healing Arts





Why?

Sleep disorders — Mindfulness and breathing exercises for better sleep

Concentration problems — Meditation and focusing techniques

Headaches — Energy work and energetic self healing methods

Energy loss / exhaustion — Qigong, Tao Yoga, conscious breathing exercises

Loss of efficiency at work — Mindfulness in everyday life, presence exercises

Muscle tension — Progressive muscle relaxation, body awareness

Frequent fatigue — Energy meditations, revitalizing rituals

Anxiety — Inner balance through meditation, affirmations, grounding

Irritability / mood swings — Gratitude practices, heart work

Emotional overload — Self-compassion, emotional regulation



Why?

using
Universal Healing Tao
practices

Stress trigger

Sleep disorders — Mindfulness and breathing exercises for better sleep

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Universal Healing Tao® System Training

Start



As a first step in Mantak Chia's Universal Healing Tao System®, beginners start with a **"UHT Basic course"** (2-4 days) to start being aware of your inner alchemy.



The next step is to train your body specifically to channel and store the awakened chi. For this reason, we recommend the UHT course **"Iron Shirt 1"** (2 days).



Beginners can also start in the **"Chi Nei Tsang® Practitioner"** level. This part of the UHT system covers detoxifying massage methods.



Another starting step is the **"Cosmic Healing Practitioner"** level. This is the shamanistic branch of the UHT system.



After the first steps, beginners start the UHT meditation journey into their inner alchemy with the **"FUSION of the 5 Elements"** level (2–5 days).



UNIVERSAL HEALING TAO® System - Council of 9

UHT - Continental Network Center Asia
274 Moo 7, Luang Nua, Doi Saket,
Chiang Mai 50220 THAILAND



Rules for UNIVERSAL HEALING TAO® certificates :

We respectfully ask you to adhere to the formal rules that apply to valid certificates in the UNIVERSAL HEALING TAO®, All valid UHT Certificates must meet the following conditions. For certificates contact Tao Garden Team certificate@universaltaoinstructors.com

MUST
3. UHT logo top left
(new logo, latest version)

MUST
2. Foto of certified
person

MUST
1. signature of Grand-
master Mantak Chia



CAN
5. As the second logo at
the top right, add the
UHT logo of your coun-
try or your UHT instruc-
tor association.

MUST
4. Qualifications and
the golden seal

CAN
6. Actively certifying
UHT Senior Instructor(s)
should sign .

HELP: www.universaltaoinstructors.com

Contact



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INNER ALCHEMY ASTROLOGY®

Grandmaster Mantak Chia
Analysis of the 5 elements of body alchemy
and tailored nutritional recommendations
Online horoscope with detailed information
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