



# Universal Healing Tao System

taught by

**Grandmaster Mantak Chia**

**New Education Path 2021**

**Inner Alchemy Qigong**

**Grace Period till 31<sup>st</sup> / Dec. 2021**



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# Requirements to become a UHT Instructor



- Fulfill the required Workshops hours according the disciplines you like to be evaluated
- Workshops can be done also online
- Practice/study time, can be done alone at home or with other Students, Instructors and with Books, Video's etc.
- Evaluation (can also be done online)



# How to Start?

- Inner Alchemy Qigong Instructor Level 1  
this path is more about Qigong practices (40 Course hrs. needed)

or

- Inner Alchemy Associate Instructor  
this path is the for all other branches (120 hrs.)



# Inner Alchemy Qigong Instructor Level 1

- Needs total min. 40 hours workshop education in : Basic(min.10hours) and in \* Cranial Sacral Qigong, \* Stem Cell Qigong, \* Wisdom Qigong, \* 5 Element Qigong (together min.30hours)
- Educator Grandmaster Chia, updated Senior Instructor Level 1&2 and updated Certified Instructor
- Certification with 3 hrs. private evaluation or 2 days group workshop: To get certified she/he has to pass min. 1 of the 4 disciplines of Level I, upgrading any time when ready
- Level 1 Disciplines:
  - \* Cranial Sacral Qigong (key CSQ)
  - \* Stem Cell Activation Qigong (key SCQ)
  - \* Wisdom Qigong (key WQ)
  - \* 5 Element Qigong (key 5EQ)
- Evaluation can be done with updated Certified Instructor or updated Senior Instructor 1 or 2
- If she/he has done on the first evaluation with only 1 discipline no extra workshops hours are required, to be evaluated in the other disciplines. Only practice...show the form
- Upgrade to Inner Alchemy Qigong Instructor Level 2 (key QI-2) when certified in all 4 discipline above and minimum 6 month teaching Level I



# Inner Alchemy Qigong Instructor Level 2

- Requirement: Certified in Inner Alchemy Qigong Level 1 in all 4 disciplines.
- Teach and practice for minimum 6 month (Level 1)
- Needs additional min. 40 hours workshop education in : Basic (min.10 hours) and in \* Tao Yin Qigong, \* Tan Tien Qigong, \* Cosmic Healing Qigong, \* Golden Elixir Qigong (together min.30 hours)
- Educator Grandmaster Chia, updated Senior Instructor Level 1&2, updated Certified Instructor
- Certification with 3 hrs. private evaluation or 2 days group workshop: To get certified she/he has to pass min. 1 of the 4 disciplines of Level 2, upgrading any time when ready
- Level 2 disciplines:
  - \* Tan Tien Qigong (key TTQ)
  - \* Tao Yin Qigong (key TYQ)
  - \* Cosmic Healing Qigong (key CHQ)
  - \* Golden Elixir Qigong (key GEQ)
- Evaluation can be done with updated Certified Instructor or updated Senior Level 1 or 2
- If she/he has done on the first evaluation with only 1 discipline no extra workshops hours are required, to be evaluated in the other disciplines. Only practice...show the form
- Upgrade to Associate Instructor when certified in all 4 disciplines above & min. 6 months teaching Level 2



# Inner Alchemy Associate Instructor



- Requirement: certified in Inner Alchemy Qigong Level 2 (min. 1 discipline).
- Teach and practice for minimum 6 month (Level 2)
- Additional 40 Workshops hours in Basics
- **Or direct Path:** 120 Workshops hours in Qigong and Basics
- Certification 3 hrs. private evaluation or 2 days group evaluation workshop
- Evaluation in: Inner Smile, 6 Healing Sounds, Chi Self Massage, Warm Up Qigong
- **NEW Upgrade: Cosmic Vision (key CV) (10 workshops hours required)**
- **NEW Upgrade: Primordial Qigong (key PQ) (20 workshops hours required)**
- **She/He can upgrade to all Inner Alchemy Qigong disciplines:**
- **Level 1 each of the 4 disciplines 10 workshops hours required**
- **Level 2 each of the 4 disciplines 20 workshops hours required**
- Can upgrade to Certified Instructor with additional 120 workshop hours in Basics and Fusion after teaching min. 6 months

# Inner Alchemy Certified Instructor



- Needs 120 hrs. workshop education in Basic & Fusion and min. 6 months active teaching as UHT Associate Instructor
- Grandmaster Chia (20 hrs in Basic & Fusion are mandatory)
- Educator Senior Instructor Level 1 or 2 and Certified Instructor
- **Or direct Path** (without being Associate Instructor) in a 4 weeks Training Retreat with 260 hrs. is also possible.
- Can teach:
  - \* Inner Smile,
  - \* 6 Healing Sounds,
  - \* Chi Self Massage,
  - \* Warm Up Qigong
  - \* Microcosmic Orbit advanced (Passing Energy)
  - \* Cosmic Primordial Qigong (3 fires & 6 directions).
- Evaluation workshop (min. 10 hours) with Senior Instructor Level 2 (needs 9 Associate Instructor Case Study Forms (Inner Smile/6 Healing Sounds...))

# Upgrades for Inner Alchemy Certified Instructor

To get certified in the levels below, you need a minimum of workshop hours in the upgraded level and additionally in some cases Case Study Forms:



- **NEW She/He can upgrade to all 8 Inner Alchemy Qigong disciplines:**
- **Qigong Level 1 each of the 4 disciplines 10 workshops hrs. required**
- **Qigong Level 2 each of the 4 disciplines 10 workshops hrs. required**
- Iron Shirt 1-2-3                      min. 10 (IS) workshop hrs.    (for each of the three levels)
- Healing Love                            min. 10 (HL) workshop hrs.
- Tao Yin                                    min. 10 (TY) workshop hrs.
- Tan Tien Chi Kung                      min. 10 (TT) workshop hrs.
- Tai Chi Chi Kung 1-2-3    min. 10 (TC) workshop hrs. (for each of the three levels)
- Kan & Li 1-2-3                          min. 20 (KL) workshop hrs. (for each of the three levels)
- Sealing of the 5 Senses min. 20 (SFS) workshop hrs.



# Inner Alchemy Senior Instructor Level 1



- ▶ Has to be active as Certified Instructor for min. 4 years
- ▶ Certified in \*Iron Shirt I
  - \*Healing Love
  - \*Tao Yin
  - \*Fusion I
- ▶ Has permission to evaluate: \* Inner Alchemy Qigong Instructor Level 1&2
  - \* Associate Instructor
- ▶ After 4 years of active teaching as Senior Level 1 she/he can upgrade to Senior Instructor Level 2

## Inner Alchemy Senior Instructor Level 2



- Needs to have 4 years active teaching as Senior Instructor Level 1
- Needs additional certification in
  - \* Tai Chi I (TC1)
  - \* Tan Tien Chi Kung (TT)
  - \* Fusion 2 and 3 (FU2-3)
- Needs to have certified 25 UHT Inner Alchemy Associate Instructors
- Can certify:
  - \* Inner Alchemy Qigong Instructor Level 1&2 (QI-1 & QI-2)
  - \* Inner Alchemy Associate Instructor (AI)
  - \* Inner Alchemy Certified Instructor (CI)



## New Education Path start 2021 ( Grace Period till 31st Dec. 2021)

	Education hours	Evaluation hours		
Inner Alchemy Qigong Instructor Level 1 (QI-1)	40	10	for upgrade to Level 2 needs to teach. min. 6 months to get Cert. needs min 1 Discipline can upgrade any time when ready	Study with GMC recommended, every 3 years study 2 days with GMC * Cranial Sacral Qigong (key CSQ) * Stem Cell activation Qigong (key SCQ) * Wisdom Qigong (key WQ) * 5 Element Qigong (key SEQ)
Inner Alchemy Qigong Instructor Level 2 (QI-2)	40	10	To get certificated needs to pass minimum 1 of 4 Disciplines Can upgrade any time when ready Needs 40 hrs. to upgrade to AI and 9 AI Case Study Forms (Inner Smile/6 Healing Sounds...) For upgrade to AI needs practice of 6 months	Study with GMC recommended, every 3 years study 2 days with GMC *Tan Tien Qigong (key TTQ) *Tao Yin Qigong (key TYQ) *Cosmic Healing Qigong (key CHQ) *Golden Elixir Qigong (key GEG)
Inner Alchemy Associate Instructor (AI)	120	10	For upgrade to CI needs to practice minimum 6 months Basic 1 (IS, 6HS, MCO1, CSM,SEQ)	Study with GMC recommended, every 3 years study 2 days with GMC *Inner Smile (key IS) *6 Healing Sounds (key 6HS) *Micro Cosmic Orbit (key MCO) *Chi Self Massage (key CSM) *5 Element Qigong / former simple Qigong (key SEQ)
Inner Alchemy Certified Instructor (CI)	120	10	For upgrade AI to CI additional 120 hrs Basic and Fusion workshops are needed and 9 AI Case Study Forms Needs 6 months practice as AI Direct path without precertifications is with 260 hours Workshops possible, like Tao Garden	Study with GMC 20 hrs.(4 days) mandatory & every 3 years a 2 day workshop *Cosmic Primordial Qigong 3 Fires & 6 Directions (key CPG) *Microcosmic Orbit advanced & Passing Energy (key MCO) After 2 years can certify QI-1 and QI-2 , after 4 years can become Senior 1 For evaluation to CI 9 AI Case Study Forms are needed Can upgrade any time when ready , Iron Shirt II,III, Healing Love etc.
Inner Alchemy Senior Instructor Level 1 (SI-1)			Needs certification IS1 / HL / TY / FU1 Has to be active as CI for min. 4 years Can upgrade to SI-2 after 4 years active practice	can certify QI-1 / QI-2 / AI
Inner Alchemy Senior Instructor Level 2 (SI-2)			Needs certification SI-1 / TC1 / TT / FU2 / FU3 Has to be active as SI-1 for min. 4 years Needs to have certified min 25 AI	can certify QI-1 / QI-2 / AI / CI

Educator Grandmaster Mantak Chia, Senior Level 1 & 2 and Certified Instructor

# Education



- What kind of 40 hours education? Grandmaster Chia will teach this as a sample coming November/December (Inner Alchemy Qigong Series 14 days)
- These Inner Alchemy Qigong Series will be taught online every year
- 40 hours education sample: 10 hours Basic (inner smile, 6healing sounds etc)  
10 hours Craniosacral Qigong / Wisdom Qigong  
10 hours Stem Cell Qigong / 5 Element Qigong  
10 hours Basic or any other Qigong Form
- After these 40 hours she/he can apply for evaluation with minimum 1 of 4 forms (when ready she/he can do also more)
- Any other upgrade she/he can do any time when feels ready. The same mode as we do with Certified Instructor upgrade
- No prerequisites to be part of the Qigong education and certification process

# Evaluation



- Senior or Certified Instructor has a possibility to organize a Qigong weekend workshop for students and Qigong applicants
- Duration 10 hours
- During the courses the applicants can present an evaluation lesson of the Qigong form in which she/he likes to be evaluated
- The evaluation can be done private (one to one) too in 1 to 3 hours. The price will be the same as weekend workshop (plus certification fee)
- If the evaluation is done she/he will be **Inner Alchemy Qigong Instructor Level 1**, in the certificate the form will be mentioned, like: e.g. Stem Cell Qigong (SCQ) etc. Same procedure as with Certified Instructors. We mention there as well Iron Shirt and or Healing Love etc.
- We give the Seniors just a guide line, all depends on how many applicants are has in a group. Hours are minimum hours and can of course be more.



# Who can evaluate?



- ▶ Senior Instructors in Level 1  
If she/he has updated Inner Alchemy Qigong courses with Grandmaster Mantak Chia, except for 'Tao Yin Qigong' and 'Tan Tien Qigong' the 'Tao Yin' and 'Tan Tien Chi Kung' certification is required
- ▶ Senior Instructors in Level 2  
If she/he has updated Inner Alchemy Qigong courses with Grandmaster Mantak Chia, except for 'Tao Yin Qigong' and 'Tan Tien Qigong' the 'Tao Yin' and 'Tan Tien Chi Kung' certification is required

# INNER ALCHEMY QIGONG INSTRUCTOR

## WHY THIS NAME?



- UHT Qigong System is different from other Qigong forms
- UHT Inner Alchemy reflects really the meaning of this Qigong form
- UHT Inner Alchemy Qigong Instructor Level 1 & 2, short name: Qigong Instructor (keys QI-1 und QI-2)
- UHT Inner Alchemy Associate Instructor, short name: Associate Instructor (AI)
- UHT Inner Alchemy Certified Instructor, short name: Certificate Instructor (CI)
- UHT Inner Alchemy Senior Instructor Level 1 & 2, short name: Senior Instructor (keys SI-1 and SI-2)