



# UNIVERSAL HEALING TAO® System



## FUSION 1 - Case Study Form

for UHT Certified Instructor Certification in FUSION 1

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

Tel: +6653 921 200 Fax: +6653 495 852

Email: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com) Website: [www.universal-tao.com](http://www.universal-tao.com)

### Trainees profile for becoming FUSION 1 Instructor

Surname Trainee	Name Trainee
e-mail	skype
Zip	City
Street / No.	Birthday
Phone	Mobil Phone
Country	State
Facebook	

#### Dear FUSION 1 Trainee,

to reach the level of a 'UHT FUSION 1 Instructor', 20 completed FUSION 1 Case Study Forms are needed. To train and develop your skills, Grand-Master Mantak Chia wants you to show your FUSION 1 practice for this part of your Inner Alchemy education. Within each of the 20 sessions with Students (partners, clients, friends or relatives), several teachings of **FORMULAS** are necessary.

#### Thank you very much !

UHT FUSION 1 is an element of the Universal HEALING TAOP© System. I agree that I will not publish, teach, or in any form or way attempt to impart the principles of the UNIVERSAL HEALING TAO® to the public, until such time as I have received personally from Master Mantak Chia, or his representative, the training necessary to become a qualified UHT Certified Instructor with the level 'UHT FUSION 1 Instructor' of the UHT Inner Alchemy practices.

#### Letter of agreement

Hereby I confirm with my signature that I have been informed about the general conditions and principles of the treatment and I agree with them. I have also been informed that all my data collection is voluntary. Furthermore, I agree that the treatment data, evaluations and documentation concerning my person will be stored for 5 years for the purpose of treatment by the above-mentioned institution. This also applies to any treatment data and findings from an external treatment by a third party which may have been transferred to the institution.

I am aware that I can withdraw my consent in whole or in part, at any time - for the future. This results in a termination of the treatment contract and the deletion of my data. My data is subject to confidentiality and will be treated strictly confidential. I understand, that data concerning my person will only be passed on to third parties to the extent required by a judicial order or other legal obligation, provided that, to the fullest extent permitted by law, I will be notified of such a required disclosure.

Date

Signature

## DESCRIPTION & PROFILE OF THE STUDENT

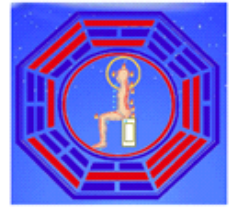
<b>1. Name :</b>	<b>Surname :</b>
<b>2. Gender:</b> <input type="checkbox"/> female <input type="checkbox"/> male	<b>Age :</b>
<b>3. E-mail</b>	
Line 1-3 is needed. All further details on this page from here are personal data and can be blackened or completely cut off. Questions about Students self-assessment:	
<b>Body Constitution :</b> <input type="checkbox"/> underweight <input type="checkbox"/> slim <input type="checkbox"/> normal <input type="checkbox"/> muscular <input type="checkbox"/> corpulent <input type="checkbox"/> overweight	
<b>5 Element Balance :</b> <input type="checkbox"/> Water <input type="checkbox"/> ↓ <input type="checkbox"/> Wood <input type="checkbox"/> ↓ <input type="checkbox"/> Fire <input type="checkbox"/> ↓ <input type="checkbox"/> Earth <input type="checkbox"/> ↓ <input type="checkbox"/> Metall <input type="checkbox"/> ↓	
Chi Balance of the element : <input type="checkbox"/> = strong <input type="checkbox"/> = week	
Find Students 5 Element balance : <a href="http://www.universal-tao.com/InnerAlchemyAstrology">www.universal-tao.com/InnerAlchemyAstrology</a>	
<b>Sleep :</b> <input type="checkbox"/> regularly <input type="checkbox"/> irregularly <input type="checkbox"/> mostly quiet <input type="checkbox"/> restless <input type="checkbox"/> very restless	
<b>Emotional Level :</b> <input type="checkbox"/> very restrained <input type="checkbox"/> restrained <input type="checkbox"/> normal <input type="checkbox"/> temperamentally <input type="checkbox"/> irascible	
<b>Stress Conditions :</b> <input type="checkbox"/> never <input type="checkbox"/> occasionally <input type="checkbox"/> regularly <input type="checkbox"/> ongoing <input type="checkbox"/> too much	
<b>Main challenges :</b>	

I am aware that FUSION is primarily an educational process enabling me to care for myself in a more informed way. I know that I am responsible for my own physical, emotional, mental, and spiritual well-being. This training in FUSION will enable me to understand myself better and become capable of functioning more fully as a complete being in harmony with myself. I am not here to be treated for any illness, disease, or disability. With this Taoist meditation and Qi Gong practice after Grand-Master Mantak Chia no diagnoses are made, it can in no case replace the consultation with a medical doctor.

Date

Signature UHT Trainee

## SESSION EXPLANATION & PRACTICE WITH STUDENT



Dear student, please answer these 19 questions and - if you like - the feedback section. This UHT FUSION 1 Case Study Form is part of your UHT Instructor's training program and will be treated anonymously. After interpretation, all personal information will be deleted. On behalf of Grand-Master Chia, we thank you for your participation.

### 1) Please give the energy-temperature of the 5 main organs / elements?

(We do not talk here about inner = Yin organs and outer = Yang organs)

	hot	warm	neutral	cool	cold
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kidneys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liver	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spleen / Pancreas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### 2) Please mark the main benefits of the control cycle:

stress reduction       stabilization & balance       sublimation & augmentation

### 3) Please mark the main benefits of the creation cycle:

stress reduction       stabilization & balance       sublimation & augmentation

### 4) What sensations were you experiencing with FORMULA 1 ? (4 Pakuas, pearl and orbit)

<input type="checkbox"/> Centering	<input type="checkbox"/> Violence	<input type="checkbox"/> Refreshment
<input type="checkbox"/> Calmness	<input type="checkbox"/> Rage	<input type="checkbox"/> Fun
<input type="checkbox"/> Happiness	<input type="checkbox"/> Tiredness	<input type="checkbox"/> Dizziness
<input type="checkbox"/> Stillness	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Courage
<input type="checkbox"/> Excitement	<input type="checkbox"/> Fear	<input type="checkbox"/> Greediness
<input type="checkbox"/> Light	<input type="checkbox"/> Glowing	<input type="checkbox"/> Others?

### 5) What are the benefits of the FORMULA 1 (4 pakuas and the pearl + orbit)?

<input type="checkbox"/> Centering	<input type="checkbox"/> Sense of Density	<input type="checkbox"/> Gathering the Light
<input type="checkbox"/> More sex arousal?	<input type="checkbox"/> Tingling	<input type="checkbox"/> Clearing the emotions
<input type="checkbox"/> Sense of Energy	<input type="checkbox"/> Others	

### 6) Did you feel spiraling and condensing the energy in the collection points?

<b>Kidneys</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Heart</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Liver</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Lungs</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Spleen / Pancreas</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### 7) How did you feel after balancing the internal weather with FORMULA 2 ? (Collection points and pearl)

<input type="checkbox"/> Centered	<input type="checkbox"/> Violent	<input type="checkbox"/> Funny
<input type="checkbox"/> Calm	<input type="checkbox"/> Dizzy	<input type="checkbox"/> Else
<input type="checkbox"/> Happy	<input type="checkbox"/> Tired	<input type="checkbox"/> Full of Light
<input type="checkbox"/> Quiet	<input type="checkbox"/> Fearsome	<input type="checkbox"/> Glowing
<input type="checkbox"/> Encouraged	<input type="checkbox"/> Refreshed	<input type="checkbox"/> Others?
<input type="checkbox"/> Greedy	<input type="checkbox"/> Excited	

### 8) How did you experience connecting the 5 senses and the organs in FORMULA 3 ? (senses, organs and pearl)

"real"-like physical sensation       energetic sensation       just imagination without any feeling

- 9) (a) How did you feel after the process, when you were focused in your center after **FORMULA 4** ?  
**(FORMULA 4 = emotions and senses into the center, condensing the chi and consciousness into the pearl.)**
- |                                    |                                      |                                     |                                   |
|------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Centering | <input type="checkbox"/> Refreshment | <input type="checkbox"/> Courage    | <input type="checkbox"/> Calmness |
| <input type="checkbox"/> Rage      | <input type="checkbox"/> Greediness  | <input type="checkbox"/> Happiness  | <input type="checkbox"/> Fun      |
| <input type="checkbox"/> Glowing   | <input type="checkbox"/> Stillness   | <input type="checkbox"/> Excitement | <input type="checkbox"/> Light    |
| <input type="checkbox"/> Others?   |                                      |                                     |                                   |
- (b) Did you feel the connection with your internal organs while practicing **FORMULA 4** ?
- Very good       pretty OK       so so       not really sure       not at all  
 some more, some less
- 10) Could you feel the connection of the Five Elements of the universe with the five vital organs?
- Very good       pretty OK       so so       not really sure       not at all
- 11) a) Could you feel the pearl above your head in FORMULA 5 ? (Pearl / energy body / consciousness "Out")
- Very good       pretty OK       so so       not really sure       not at all
- b) How did you experience the pearl after **FORMULA 5** ? (Pearl / energy body / Consciousness "Out")
- Expanding feeling       condensed feeling       Changing itself       Intensity  
 Light
- 12) Did you get an idea of the energy body, at least a glance of how it feels like and what the benefit of it could be ?
- Very good       pretty OK       so so       not really sure       not at all
- 13) Did you feel remarkable changes in your head or / and in the Tan Tien , after bringing back down the shrunk "energy body" / pearl.
- Very good       pretty OK       so so       not really sure       not at all
- 14) Why and how (in how far) is the practice of the FUSION I related to the Taoist goal of becoming one with nature and universe ?
- Just think it over – no answer requested here !
- 15) Do you think, you can apply FUSION I in your daily life?
- Very good       pretty OK       so so       not really sure       not at all
- 16) How does your body feel after the FUSION I practices? (FORMULA 1 to 4)
- |  |                                    |                                  |
|--|------------------------------------|----------------------------------|
| <input type="checkbox"/> Centered          | <input type="checkbox"/> Healthy   | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Calm              | <input type="checkbox"/> Hot       | <input type="checkbox"/> Tensed  |
| <input type="checkbox"/> Happy             | <input type="checkbox"/> Tired     | <input type="checkbox"/> Strong  |
| <input type="checkbox"/> Quiet             | <input type="checkbox"/> Refreshed | <input type="checkbox"/> Glowing |
| <input type="checkbox"/> Encouraged        | <input type="checkbox"/> Excited   | <input type="checkbox"/> Else?   |
| <input type="checkbox"/> Filled with light | <input type="checkbox"/> Powerful  |                                  |
- 17) Do you feel, that it is important to have rest periods (yin phases) between and after the exercises?
- Very good       pretty OK       so so       not really sure       not at all
- In case, this was taught in your class:*
- 18) Could you experience the 6 (5+1) spirits and bring them together in the heart?
- Very good       pretty OK       so so       not really sure       not at all
- 19) Could you bring down the spirit-team into the Tan Tien ?
- Very good       pretty OK       so so       not really sure       not at all

**Feedback:**

**A) What was your personal impression of this session? Do you feel comfortable and happy about what you learned?**

- Very helpful       helpful       interesting       no meaning

**B) Do you feel this lesson will be useful for you in your daily life?**

- Very helpful       helpful       interesting       no meaning

**C) Did the essence from this session prepare you for working with the new material by yourself?**

- Very helpful       helpful       interesting       no meaning

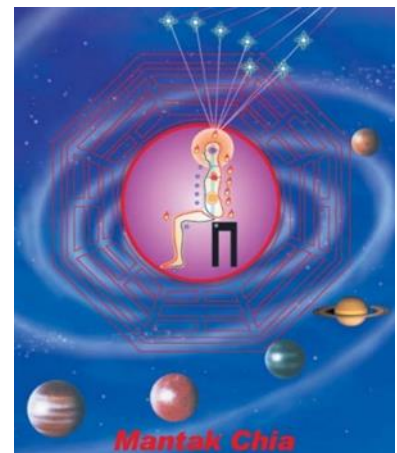
**D) Do you think you will have benefits from this practices in your life?**

- Very helpful       helpful       interesting       no meaning

**E) Could this be, for example:**

- Being more balanced.       Becoming more helpful in conflicts.  
 Experiencing more happiness and bliss.       Others ....  
 Spiritual growth by better understand the ways of chi and consciousness.

**F) What suggestions do you have that might help to enhance this session?**



	Certified	Retry
1 <sup>st</sup> Evaluation		
2 <sup>nd</sup> Evaluation		

Evaluation given by and dated .....  
date

Assisting UHT Instructor .....  
Name in print letters      signature

UHT Senior Instructor .....  
Name in print letters      signature

Dear FUSION 1 Trainee, this is one FUSION 1 Case Study Form with one student. To reach the level of a 'UHT FUSION 1 Instructor', twenty completed FUSION 1 Case Study Forms are needed.