



# UNIVERSAL HEALING TAO® System

Chi Nei Tsang® 4 Karsai Nei Tsang

Case Study Form

Application for CNT 4

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)



Applicants profile for becoming  CNT 4 Practitioner  CNT 4 Teacher

Surname Trainee	Last Name
e-mail	skype
Zip	City
Street / No.	Date of birth
Phone	Mobil Phone
Country	State
Facebook	

**Dear Chi Nei Tsang® Trainee,**

to reach the level of 'UHT Chi Nei Tsang® 4', 100 completed Case Study Forms are needed. To train and develop your skills, Grand-Master Mantak Chia wants you to show your Chi Nei Tsang® practice for this part of your Chi Nei Tsang® 4 education. Within each of the 100 sessions with Students (partners, clients, friends or relatives), several actions are necessary. Please observe the legal regulations valid in your country.

**Thank you very much !**

UHT Chi Nei Tsang® 4 is an element of the UNIVERSAL HEALING TAO® System. I confirm that I will not publish, teach, or in any form or way attempt to impart the principles of the Universal Tao to the public, until such time as I have received personally from Master Mantak Chia, or his representative, the training and testing necessary to become a qualified practitioner of the UNIVERSAL HEALING TAO® Chi Nei Tsang® 4 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 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"/> Metal <input type="checkbox"/> ↓	
e.g. Chi Balance of the element : <input type="checkbox"/> = strong <u>water</u> = normal <input type="checkbox"/> = weak	
Find 5 Element balance through : <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>Women: Are you pregnant?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have an IUD?</b> <input type="checkbox"/> no <input type="checkbox"/> yes	
<b>Do you have a pacemaker?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have thrombosis?</b> <input type="checkbox"/> no <input type="checkbox"/> yes	
<b>Are you taking antipsychotic drugs?</b> <input type="checkbox"/> no <input type="checkbox"/> yes	
<b>Main challenges :</b>	

I am aware that Chi Nei Tsang® IV 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 Chi Nei Tsang® IV 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 practice as taught by Master Mantak Chia no diagnoses are made, it can in no case replace the consultation with a medical doctor.

**Date**

**Signature Student**

# CNT 4: SESSION EXAMINATION & PRACTICE WITH STUDENT

SESSION # 1 NAME Student: \_\_\_\_\_

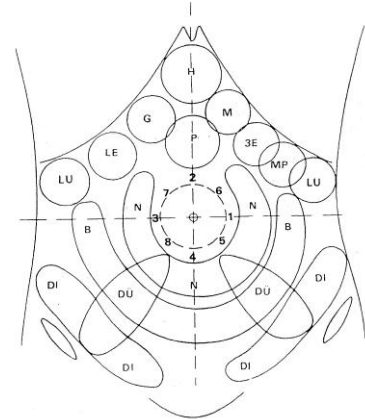
DATE: \_\_\_\_\_

Recommendation: Clean hands for CH Trainee, Student can stand, sit or lie down.

Feedback from Student:  no change  better  good  worse

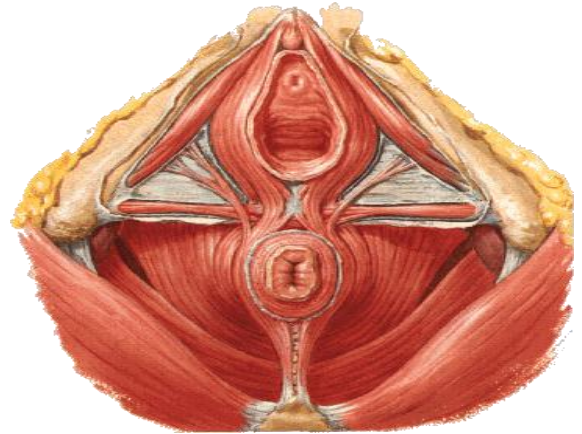
## Opening the Abdomen and the Sexual Palace

- Opening the Abdomen
- Releasing Specific Blockages
- Opening the Wind Gates
- Releasing the Aorta and Interior Vena Cava
- Releasing the Energy Meridians Lines
- Releasing the Psoas Muscles
- Massaging around the Iliac Crest
- Balancing and Smoothing out the Tissues
- Massaging the Sexual Palace.
- Releasing the Inguinal Ligament
- Lymphatic Drainage over the Inguinal Ligament



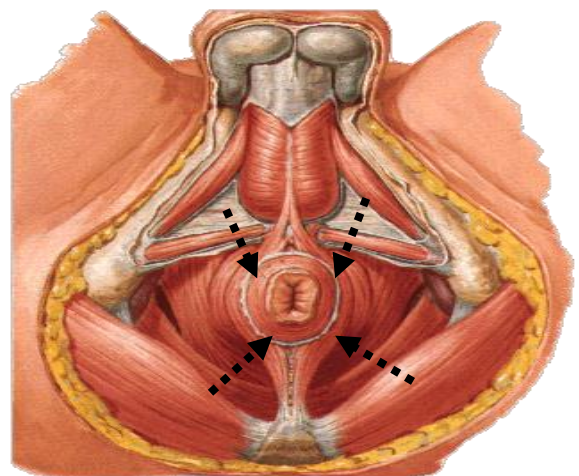
## Female Karsai Nei Tsang

- Releasing the Uterus
- Releasing the Fallopian Tubes
- Releasing the Ovaries
- Releasing the Urogenital Diaphragm
- Releasing the Circulation of the Clitoris
- Releasing the Inner Thigh
- Lifting the Uterus
- Lifting the Ovaries
- Spreading the Energy
- Massaging the Buttocks & Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Massaging the Lateral Edges of the Abdomen from Underneath
- Lifting the Ovaries and Uterus from Underneath
- Herbal Packs over the Abdomen
- Herbal Packs pressed into the genitals



## Male Karsai Nei Tsang

- Releasing the Blood Supply to the Testicles & Penis
- Energizing the Prostate through the Perineum and Supine Position
- Releasing the Sedimentation in the Scrotal Sac
- Smoothing out the Veins in the Upper Scrotal Sac
- Stimulating the Circulation through the Scrotal Sac
- Testicle Rub
- Releasing the Inner Thigh
- Massaging the Buttocks and Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Energizing the Prostate through the Perineum on all Fours
- Massaging the Lateral Edges of the Abdomen from Underneath
- Massaging the Inguinal Ligament from Underneath)
- Herbal Packs over the Abdomen
- Herbal Packs over the Genitals



## CNT 4: SESSION EXAMINATION & PRACTICE WITH STUDENT

**SESSION # 2**      **NAME Student:** \_\_\_\_\_

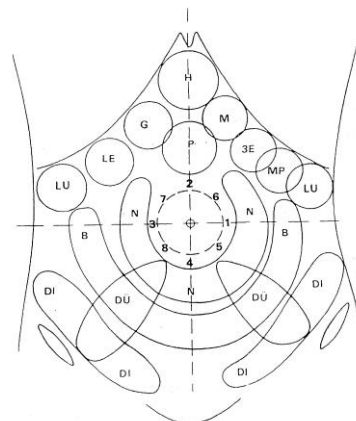
**DATE:** \_\_\_\_\_

Recommendation: Clean hands for CH Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

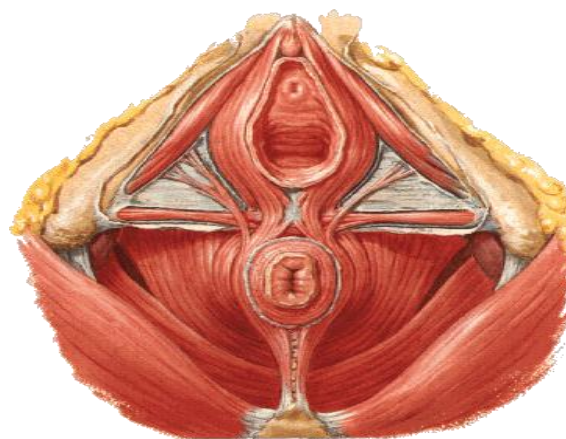
### **Opening the Abdomen and the Sexual Palace**

- Opening the Abdomen
- Releasing Specific Blockages
- Opening the Wind Gates
- Releasing the Aorta and Interior Vena Cava
- Releasing the Energy Meridians Lines
- Releasing the Psoas Muscles
- Massaging around the Iliac Crest
- Balancing and Smoothing out the Tissues
- Massaging the Sexual Palace.
- Releasing the Inguinal Ligament
- Lymphatic Drainage over the Inguinal Ligament



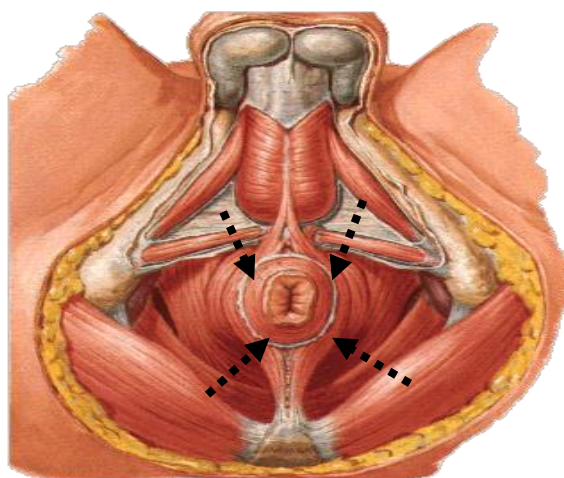
### **Female Karsai Nei Tsang**

- Releasing the Uterus
- Releasing the Fallopian Tubes
- Releasing the Ovaries
- Releasing the Urogenital Diaphragm
- Releasing the Circulation of the Clitoris
- Releasing the Inner Thigh
- Lifting the Uterus
- Lifting the Ovaries
- Spreading the Energy
- Massaging the Buttocks & Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Massaging the Lateral Edges of the Abdomen from Underneath
- Lifting the Ovaries and Uterus from Underneath
- Herbal Packs over the Abdomen
- Herbal Packs pressed into the genitals



### **Male Karsai Nei Tsang**

- Releasing the Blood Supply to the Testicles & Penis
- Energizing the Prostate through the Perineum and Supine Position
- Releasing the Sedimentation in the Scrotal Sac
- Smoothing out the Veins in the Upper Scrotal Sac
- Stimulating the Circulation through the Scrotal Sac
- Testicle Rub
- Releasing the Inner Thigh
- Massaging the Buttocks and Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Energizing the Prostate through the Perineum on all Fours
- Massaging the Lateral Edges of the Abdomen from Underneath
- Massaging the Inguinal Ligament from Underneath)
- Herbal Packs over the Abdomen



## CNT 4: SESSION EXAMINATION & PRACTICE WITH STUDENT

**SESSION # 3**      **NAME Student:** \_\_\_\_\_

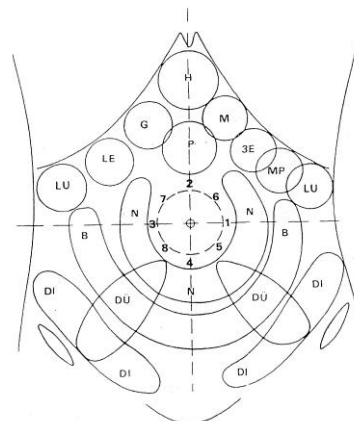
**DATE:** \_\_\_\_\_

Recommendation: Clean hands for CH Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

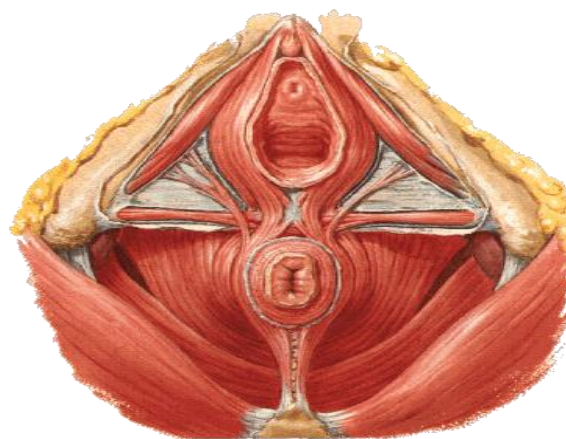
### **Opening the Abdomen and the Sexual Palace**

- Opening the Abdomen
- Releasing Specific Blockages
- Opening the Wind Gates
- Releasing the Aorta and Interior Vena Cava
- Releasing the Energy Meridians Lines
- Releasing the Psoas Muscles
- Massaging around the Iliac Crest
- Balancing and Smoothing out the Tissues
- Massaging the Sexual Palace.
- Releasing the Inguinal Ligament
- Lymphatic Drainage over the Inguinal Ligament



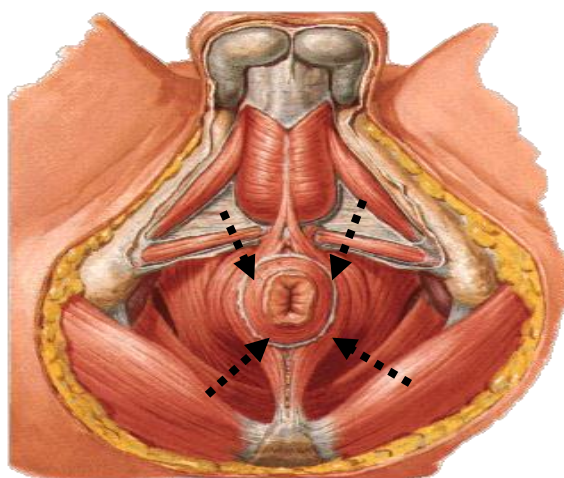
### **Female Karsai Nei Tsang**

- Releasing the Uterus
- Releasing the Fallopian Tubes
- Releasing the Ovaries
- Releasing the Urogenital Diaphragm
- Releasing the Circulation of the Clitoris
- Releasing the Inner Thigh
- Lifting the Uterus
- Lifting the Ovaries
- Spreading the Energy
- Massaging the Buttocks & Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Massaging the Lateral Edges of the Abdomen from Underneath
- Lifting the Ovaries and Uterus from Underneath
- Herbal Packs over the Abdomen
- Herbal Packs pressed into the genitals



### **Male Karsai Nei Tsang**

- Releasing the Blood Supply to the Testicles & Penis
- Energizing the Prostate through the Perineum and Supine Position
- Releasing the Sedimentation in the Scrotal Sac
- Smoothing out the Veins in the Upper Scrotal Sac
- Stimulating the Circulation through the Scrotal Sac
- Testicle Rub
- Releasing the Inner Thigh
- Massaging the Buttocks and Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Energizing the Prostate through the Perineum on all Fours
- Massaging the Lateral Edges of the Abdomen from Underneath
- Massaging the Inguinal Ligament from Underneath)
- Herbal Packs over the Abdomen
- Herbal Packs over the Genitals



# CNT 4: SESSION EXAMINATION & PRACTICE WITH STUDENT

SESSION # 4 NAME Student: \_\_\_\_\_

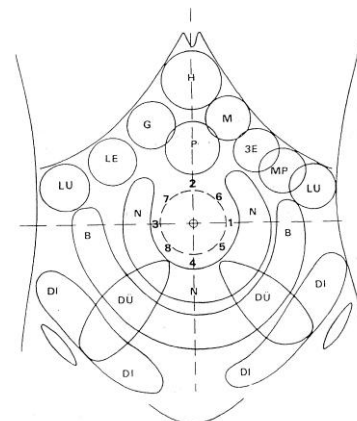
DATE: \_\_\_\_\_

Recommendation: Clean hands for CH Trainee, Student can stand, sit or lie down.

Feedback from Student:  no change  better  good  worse

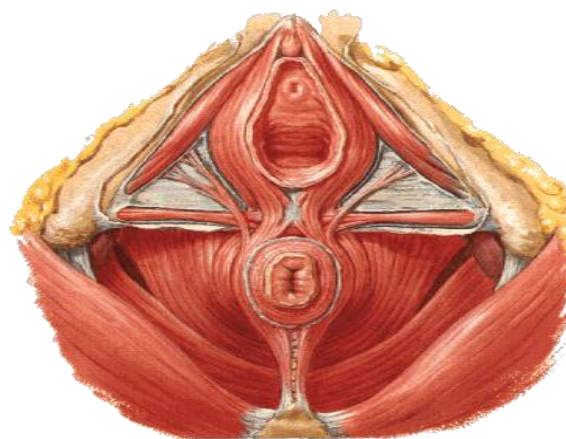
## Opening the Abdomen and the Sexual Palace

- Opening the Abdomen
- Releasing Specific Blockages
- Opening the Wind Gates
- Releasing the Aorta and Interior Vena Cava
- Releasing the Energy Meridians Lines
- Releasing the Psoas Muscles
- Massaging around the Iliac Crest
- Balancing and Smoothing out the Tissues
- Massaging the Sexual Palace.
- Releasing the Inguinal Ligament
- Lymphatic Drainage over the Inguinal Ligament



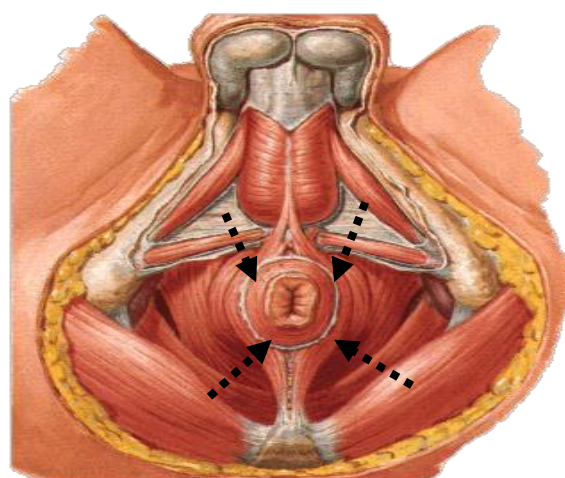
## Female Karsai Nei Tsang

- Releasing the Uterus
- Releasing the Fallopian Tubes
- Releasing the Ovaries
- Releasing the Urogenital Diaphragm
- Releasing the Circulation of the Clitoris
- Releasing the Inner Thigh
- Lifting the Uterus
- Lifting the Ovaries
- Spreading the Energy
- Massaging the Buttocks & Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Massaging the Lateral Edges of the Abdomen from Underneath
- Lifting the Ovaries and Uterus from Underneath
- Herbal Packs over the Abdomen
- Herbal Packs pressed into the genitals



## Male Karsai Nei Tsang

- Releasing the Blood Supply to the Testicles & Penis
- Energizing the Prostate through the Perineum and Supine Position
- Releasing the Sedimentation in the Scrotal Sac
- Smoothing out the Veins in the Upper Scrotal Sac
- Stimulating the Circulation through the Scrotal Sac
- Testicle Rub
- Releasing the Inner Thigh
- Massaging the Buttocks and Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Energizing the Prostate through the Perineum on all Fours
- Massaging the Lateral Edges of the Abdomen from Underneath
- Massaging the Inguinal Ligament from Underneath)
- Herbal Packs over the Abdomen
- Herbal Packs over the Genitals



# CNT 4: SESSION EXAMINATION & PRACTICE WITH STUDENT

SESSION # 5 NAME Student: \_\_\_\_\_

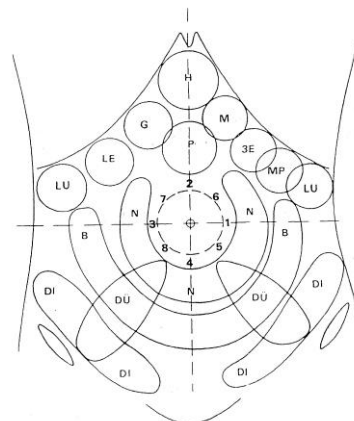
DATE: \_\_\_\_\_

Recommendation: Clean hands for CH Trainee, Student can stand, sit or lie down.

Feedback from Student:  no change  better  good  worse

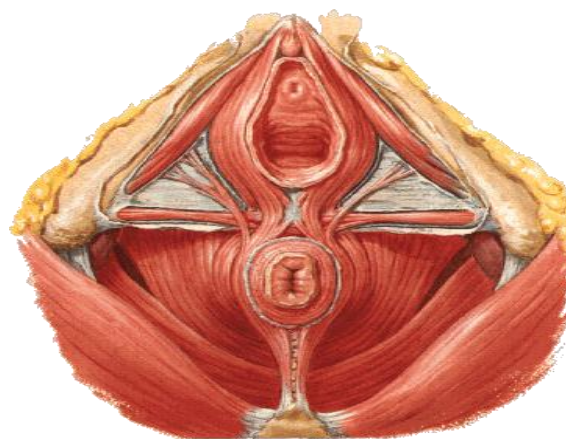
## Opening the Abdomen and the Sexual Palace

- Opening the Abdomen
- Releasing Specific Blockages
- Opening the Wind Gates
- Releasing the Aorta and Interior Vena Cava
- Releasing the Energy Meridians Lines
- Releasing the Psoas Muscles
- Massaging around the Iliac Crest
- Balancing and Smoothing out the Tissues
- Massaging the Sexual Palace.
- Releasing the Inguinal Ligament
- Lymphatic Drainage over the Inguinal Ligament



## Female Karsai Nei Tsang

- Releasing the Uterus
- Releasing the Fallopian Tubes
- Releasing the Ovaries
- Releasing the Urogenital Diaphragm
- Releasing the Circulation of the Clitoris
- Releasing the Inner Thigh
- Lifting the Uterus
- Lifting the Ovaries
- Spreading the Energy
- Massaging the Buttocks & Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Massaging the Lateral Edges of the Abdomen from Underneath
- Lifting the Ovaries and Uterus from Underneath
- Herbal Packs over the Abdomen
- Herbal Packs pressed into the genitals



## Male Karsai Nei Tsang

- Releasing the Blood Supply to the Testicles & Penis
- Energizing the Prostate through the Perineum and Supine Position
- Releasing the Sedimentation in the Scrotal Sac
- Smoothing out the Veins in the Upper Scrotal Sac
- Stimulating the Circulation through the Scrotal Sac
- Testicle Rub
- Releasing the Inner Thigh
- Massaging the Buttocks and Sacrum
- Releasing and Balancing the Area of the Perineum
- Releasing the Sciatic Nerve
- Forearm Press - Anus to Sacrum
- Releasing the Circulation of the Pelvic Floor
- Energizing the Prostate through the Perineum on all Fours
- Massaging the Lateral Edges of the Abdomen from Underneath
- Massaging the Inguinal Ligament from Underneath)
- Herbal Packs over the Abdomen
- Herbal Packs over the Genitals

