



# The Mantak Chia Canon

The Mantak Chia Canon was created to present Grandmaster Mantak Chia's extensive UNIVERSAL HEALING TAO® (UHT) teaching system in a clearer and therefore easier to understand way.

The five teaching lines (branches or healing arts) each contain an energetic, spiritual and thematic orientation.

Orientation in the UHT system is often associated with questions, even for long-time practitioners of the UHT system.

The Mantak Chia Canon is intended to offer everyone energetic and thematic help. Based on the 5 element teachings of Classical Chinese Medicine, each teaching line has been assigned one of the five elements.

The qualities and attributes of the five elements and the creation or nourishment cycle have determined the order and colour code of the teaching content.



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**01. Tao Energy Cultivation - Basic**

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**02. Internal Martial Arts**

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**03. Chi Nei Tsang®**

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**04. Cosmic Healing Qi Gong**

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**05. Inner Alchemy Immortality**



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## 01. Tao Energy Cultivation - Basic

The fundamental basics of energy work. Based on the 5 Elements of Classical Chinese Medicine you learn the basic exercises of Taoist energy work, the "Inner Smile", the "6 Healing Sounds" and the "Microcosmic Orbit". The goal of these practices is to learn the inward Qigong View and you begin the elimination of energetic imbalances in your body-soul-mind unity.

The Tao Energy Cultivation - Basic recognise various levels:

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

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The '[UHT Global Branch Leader](#)' are responsible for the content of the five training and teaching lines in Mantak Chia's Universal Healing Tao System®



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## 02. Internal Martial Arts

Qigong is rooted in Classical Chinese Medicine. Meditative and dynamic exercises should ensure the flow of Chi in the body and strengthen the self-healing powers. Tai Chi is originated from the martial arts and uses the same principles as Qigong, but the orientation is more outward. Roughly simplified, Tai Chi is an orderly sequence of Qigong exercises, but with a different orientation.

The Internal Martial Arts recognise various levels:

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

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## 03. Chi Nei Tsang®

The Chi Nei Tsang® massage is an extremely effective way to release energy blockages, also called winds, and flush out deposited toxins. The Chi Nei Tsang® massage system, so to speak, allows access to those places where energetic patterns manifest in the physical body ... 'where chi and matter touch'.

The Internal Martial Arts recognise various levels:

- Chi Nei Tsang® level 1 Organ Detox
- Chi Nei Tsang® level 2 Chasing the Winds
- Chi Nei Tsang® level 3 Tok Sen
- Chi Nei Tsang® level 4 Karsei Nei Tsang
- Chi Nei Tsang® level 5 Pulses

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## 04. Cosmic Healing Qigong

Cosmic Healing Qigong is a hitherto largely unknown method to specifically absorb cosmic energy, to store it and to use it for health and long life - for yourself and others. By activating hands and acupuncture points, vitalizing forces flow in and through the entire body. This prevents the exhaustion of one's own energy resources and supplies fresh energy.

The Cosmic Healing Qigong recognise various levels:

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

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## 05. Inner Alchemy Immortality

To continue studying your own body chemistry in the higher levels, the mastering of the 3 levels 'FUSION of the 5 Elements' is required, to your own mental safety. At this, already very high level of Taoist energy work, the sexual energy Jing Chi (creative power) is transformed into life force. The key secret of these Kan & Li formulas is that the usual positions of fire and water are reversed mentally in the physical body to release sexual energy. The spread of sexual energy throughout the organism can be thought of as water vapor rising as soon as the water begins to boil above the fire. The moist warm steam produced carries tremendous energies and is extremely beneficial to health.

The Inner Alchemy Immortality recognise various levels:

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

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