



UNIVERSAL HEALING TAO
Energy Meditation Branch
Switzerland

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THE UNIVERSAL HEALING TAO (UHT) SYSTEM

The UHT is an Energy University derived from Chinese Taoist Wisdom. The practices aim to consciously achieve the highest possible level of health in all our dimensions - **physical**, **mental**, **emotional** and **spiritual** - to nourish our soul and spirit, and live in flow and joy - **flowjoy@**.

The UHT System is structured in

3 stages of evolution

6 different branches of study: **Energy Meditation**, Sexual Alchemy, Advanced Alchemy, Internal Martial Arts, Healing Arts, the Immortal Tao

9 Internal Alchemy Formulas.

The branches represent ways of studying and practicing the Tao. Each branch consists of formulas of different levels and is learned through a set of specific modules, elements and techniques. It is possible to accomplish and master each branch and its complete program. This clear structure allows each individual to evolve step by step and easily integrate these simple and concrete techniques into their own lifestyle.

The Branch of Energy Meditation & Qi Gong

The Energy Meditation and Qi Gong Branch is the initial study branch entering the practice and theory of the inner Alchemy which can be seen as a form of Individual Self-Therapy back to unity and wholeness following the strategy of flow and joy. All of the Inner Alchemy practices are involved with activating and restoring the Primordial Force back to sufficient quality and quantities of energy for our health and spiritual development.

The Foundation Practices of this branch are about conserving energy to be able to follow the light, about stopping energy leakage through conservation and recycling, about transforming negative energy into virtues and opening the heart and to self-manage one's own Life force. It is about rebuilding our foundation of real health and true strength. It is about healing the physical body and creating the FOUNDATION.

The basic foundation of the Taoist practice teaches how to conserve physical energy within our bodies so that it will no longer scatter and weaken as a result of our worldly interactions. It starts by taking the first step in examining our own life and to become conscious about our two most important resources in this life: Time and Energy. It is up to each individual to find out how much time and energy is spent. Equally it is up to each individual as to how much one can gain back. It is also to become aware as to what kind of energies we like to enjoy having around us and to see where and how we exactly waste our time and energy. Therefore the Energy Meditation Branch is looking at one's own energy and asking oneself where can I get more energy from within.

To commit to this study branch is about integrating into our 24 hour day a practical and efficient Energy Self Management, the Basic Qi Gong Practices to activate and generate creative energy and to make a beginning into a powerful mind training. The practice and the study of this branch develops for us a solid FOUNDATION energy practice by which one can draw the universal energy and natural forces into oneself thereby supporting oneself with plenty energy.

Qi Gong and Sexual Alchemy for Health can be done at any age, although the physically stronger a body is, the more Qi it can produce. All the major sets of Qi Kung Practices within this branch make you healthier and stronger no matter how old you are. The Energy Self-Management reconnects you with yourself, activates your energy potentials and generates high quality and quantity energy. In this way your energy system is overflowing of energy and one can enjoy and flow 24h on a high positive energy fuel. Grounded, aligned and full of positive energy is what puts you in charge of yourself and supports you with the inner tools to be in harmony and deep peace within yourself. You will experience life and your 24h everyday activities in flow and joy, which are the two most important health and longevity factors.

By the journey of practicing and studying the modules, elements and techniques within this branch one experiences and gets to know from within not only what it means to cultivate our body, soul and spirit but also how to nourish our bodies, souls and spirits with the appropriate energy food. To study this first level of basic inner alchemy and Qi Gong can help us further to determine our goals and to receive the physical, mental, and spiritual food we need in a natural way. It is about experiencing and understand the first steps in how to return to our Source, the Wu Chi, the Tao, and thereby attain spiritual independence as we learn to live harmoniously with nature and the universe. Full spiritual independence requires that we avoid being drained of energy through the eyes, ears, nose, and mouth, or through excessive sexual activity. Therefore the novice begins in this branch with a wide range of exercises that develop the physical body into an efficient and healthy organism, able to live in the world and yet stay free of the tensions and stress of daily life. One aspires to return to a childlike state of innocence and vitality and to regain the Original Force that is our birthright. Specific goals of this level are to learn how to heal oneself, how to love oneself, and how to love others. Once this FOUNDATION is set and we are at peace within ourselves and our environment, we can then start striving towards higher levels or practices such as immortality through the Tao (see the higher level of the Universal Healing Tao known as the Immortal Tao Branch).

Modules in Energy Meditation Branch

- 1** Basic Energie Self-Management
- 2** Iron Shirt Chi Kung 1
- 3** Tan Tien Chi Kung
- 4** Tao Yin (Taoist Yoga)