



UNIVERSAL HEALING TAO
Immortal Tao Branch
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THE UNIVERSAL HEALING TAO (UHT) SYSTEM

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 the Immortal Tao

The Immortal Tao Branch represents the core Taoist internal alchemy (Neidan Gong) teachings. It is about further development and cultivation of soul and spirit, authenticity and overcoming the fear of death. Ancient Taoist sages believed we were born to be immortal and that we become mortal by draining ourselves of Chi through engaging in excessive sexual activity, indulging in negative emotions and depending only on material sources to supply our life force. The masters recognized that different levels of immortality can be achieved through Internal Alchemy and they devised many practices for this purpose. The ability to transcend even death through the transmutation of one's physical into the immortal spirit body is the highest goal of Taoism. This level, known as "physical immortality", takes the longest to achieve.

The practices, study, learning and understanding of all previous formulas made us experience and understand that to be, to do and to have in life requires ENERGY! The over 8000 years old Taoist wisdom, as well as the Universal Healing Tao Energy University support us in bringing our energy system back into balance. The UHT of the inner Alchemy is a meditation system with the help of which one learns to control the energies of one's own inner universe and to connect them with the enormous primordial energies beyond the body. The INNER ALCHEMY (a kind of individual self-therapy to transform oneself from an old self into a new self) is a step-by-step process in which each step builds on the previous one. The goal of the inner process is that all our body systems are constantly supplied with enough energy in a natural way. This allows to accumulate excess energy, which serves to form a pure essence pearl from which then a pure energy body is generated. This immortal pure soul or energy body is then fed from the liberated energy of the senses and organs and then additionally nourished by the advanced inner alchemy techniques with the forces of the earth, planets and stars.

All the previous experiences of inner alchemy made us also understand that our physical body and its inner soul and spirit intelligences produce energy which enables us by conscious choice to transform the material into immaterial. The Universal Healing Tao system has by inheritance developed a very precise set of Qi Qong and Sexual Energy Practices dedicated to the process of transforming the Material into Immaterial. What we refer to as Qi Qong and Healing Love is actually the transformation of material energy into immaterial energy and there are many different forms of it. When this immaterial

energy is produced, it is very close to the energy of the souls and spirits. So we can call the souls and spirits 'intelligent energy', and energy is generally called 'Qi'. So Qi and intelligent energy are very close. This intelligent energy – or the souls and spirits – can take this Qi and feed-eat-digest it and this starts to accelerate their own growth process.

Now, as the energy body is strengthened and protected we can begin to transfer our consciousness into this energy body. The secret of the ancient Taoist "doctrine of immortality" is revealed and made comprehensible here. We also learn that the Taoist concept of immortality does not mean that we will live physically forever. Immortality means that we can achieve a joyful integration of our authentic self in this life. If our authentic self is then immortal, it has the power to survive the transition of physical death and to continue to exist in the higher dimensions of life. This process requires an integration of the physical, sexual essence ching (jing), the energy body (chi) and the mind body (shen) into a state of complete openness to the multidimensionality of the omnipresent moment. The exercises accompany us step by step on the way to a balanced, controlled and strong individual who knows "I live in this world - but I am not of this world".

The first level of the Immortal Tao Branch represents the beginning of the most basic Supreme Inner Alchemy changes, what we call the 'water and fire' or Kan and Li practices. Water refers generally to the sexual energy and fire to the heart energy. The Inner Alchemy meditation of the Lesser Enlightenment of Kan and Li (water and Fire, sex and love) amongst other things also reunites the male and female within each of us. It involves the practice of self-intercourse, which by internal sexual coupling of the sexual energies enables one to give birth to the soul body. The soul body then acts as a "baby sitter" to help nurture the spirit body. The soul is the seed, but it can also be matured into the immortal body if one has not had the chance to raise the spirit body in this life.

Practitioners of Taoist Alchemy believe that if we give birth to the spirit body and develop the immortal body in this life, we can overcome the cycle of reincarnation. Once the "baby sitter" or soul body is formed, it is in the Yin stage, or infancy (soul embryo). We need to feed, raise, educate, and train the young soul body to become fully grown. Once the soul body is developed, we can give birth to the spirit body.

The subsequent formulas of the Immortal Tao Branch develop further stages to grow and evolve our true immortal spirit by transferring all physical essence into the immortal body and at a second level to transcend death entirely and aims to ultimately experience the true Union of Human and Tao.

The Modules in the Immortal Tao Branch

- 1 Lesser Kan & Li
- 2 Greater Kan & Li
- 3 Greatest Kann & Li
- 4 Sealing of the 5 Senses
- 5 Congress of Heaven & Earth
- 6 Union of Human & Tao