



UNIVERSAL HEALING TAO  
SWITZERLAND

info@universal-healing-tao.ch • www.universal-healing-tao.ch

# The Chi Nei Tsang® (CNT) Branch

A path to personal development  
and/or as a professional career



The branch of the CNT is part  
of a University of Energy

**ABDOMINAL MASSAGE CHI NEI TSANG®**  
for A FREE AND LIGHT BELLY

According to the teachings of Grand Master Mantak Chia

## ● The Chi Nei Tsang branch within 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.

## ● Courses and trainings in the Chi Nei Tsang branch are open to all, be it to take a personal or professional path

### **This training is open to all, without prerequisites :**

The training is particularly suitable for health professionals, nurses, therapists, masseurs, students of the Universal Healing Tao and those who want to deepen their self-healing and spiritual growth.

The Path of Chi Nei Tsang presents you with a journey as personal development or professional career.

Chi Nei Tsang, also known as Taoist abdominal massage, combines well with other forms of healing and bodywork, but you don't have to be a therapist to start your training!

[For more information, please contact us and we will send it to you by e-mail.](#)

## ● The CNT branch and the CNT massage in a historical context

Chi Nei Tsang is the result of thousands of years of experience and is full of both new ideas and old healing methods. Chi Nei Tsang massage is a thousand-year-old technique that comes from traditional Chinese medicine. This art of massage developed at a time when there were few doctors and people needed to know how to heal themselves. For many people, the situation today remains the same. Chi Nei Tsang teaches them to take full responsibility for their health and well-being.

Chi Nei Tsang Massage presents its own understanding and approach to healing, teaches self-healing practices and ways to avoid negative and sick energies from others. Its techniques make it possible to detoxify and rejuvenate vital organs.

## ● CNT massage and the second brain

The second brain is the seat, abdominal cavity or abdominal region of the 5 main organs and lateral organs, aortic vena cava, etc., so one of the most important areas of our body. The main function of the organs is to give us feedback about our state of health and also to regulate your digestive absorption elimination. If one of the organs is blocked, its functions are also blocked and this then affects all other organs as well as our overall state of well-being. This will cause our 4 dimensions of health to be affected and we will be physically, mentally, emotionally and spiritually out of the flow and joy - life will be fundamentally miserable and you will experience many problems in the 4 dimensions every day.

With the old CNT massage, people learn to take care of their belly and, as the old saying goes, will cure and prevent 10,000 diseases and keep themselves healthy throughout their lives. By caring for the abdomen you will experience being healthy, cheerful and relaxed. Thanks to the additional tools that people learn and that accompany the CNT massage, they will be able to experience a higher state of health in all 4 dimensions. Vitality, harmony and connection are thus maintained.

Once you have learned this CNT massage, you will want to continue to use it because you feel so good, relieved, more exhilarating and freer in life.

## ● Advantages at all levels

**In the trainings of the CNT Universal Healing Tao Switzerland**, you will also benefit from the teachings of the basic practices of Universal Healing Tao (Qi Gong and energy meditation) to understand the theory and teach you this peculiarity of a Chi Nei Tsang practitioner: the ability to keep yourself healthy and cleanse your own energy field to avoid exhaustion or contamination.

The CNT massage reactivates blood circulation and energy. It helps you detoxify, revitalize and tighten your vital organs (kidneys, liver, lungs, etc.) as well as your intestines. You'll also be able to let go of the emotions you've been accumulating in your gut for days, months, and sometimes even years. By taking care of your abdomen, you avoid painful experiences such as: **discomfort, tension, bloating, cramps** ... A belly that you pay attention to **guarantees you effective digestion, absorption and excretion**. You will also experience stress reduction, energy boost, detoxification, deep relaxation, emotional balance, improved breathing and digestion, health maintenance, pain management, care and maintenance of vital organs. They learn how to transform themselves through self-healing tools to regain harmony and deep inner peace.

## ● Opportunities to participate in courses, modules and education and training in the Chi Nei Tsang branch

### The modules to familiarize yourself with CNT massage

#### Get a massage

An excellent way for one or a series of 5 sessions to experience a free and light belly  
Welcome to the CNT practice in Lausanne

#### Introductory day

A day for learning and exchange to take care of your belly  
You will learn self-massage, massage exchange, Qi Gong and meditation

### The main trainings - open to all - 4 days or 7 days

Is the basis of the CNT branch to put the vital organs and the entire abdomen in good health, so that all organs together can function perfectly.

#### Chi Nei Tsang 1

**massage of the 5 vital organs**  
4-day module

Massage techniques for deep detoxification in of the 5 vital organs, physical and emotional, then revitalize and recharging all the organs.

#### Chi Nei Tsang 1

**massage of the 5 vital organs**

To cleanse and regain vitality.  
7-day module to dive deeper into the CNT techniques and learn more about the energy work in Chi Nei Tsang

### Further education - 4 days

The continuation of the following modules is based on the Chi Nei Tsang 1 training. In these modules we will learn additional techniques and tools to heal and optimize the functioning of the different systems of the body.

#### Chi Nei Tsang 2

**Chasing the winds**

Techniques with elbows and hands are applied on the areas of acupuncture reflex points to remove the sick winds (or energies) from the body

#### Chi Nei Tsang 3

**Tok Sen Healing Harmony**

techniques with wooden instruments to gently knock along of the Tendon/Muscle Meridian to relax all tendons and muscle chains throughout the body.

#### Chi Nei Tsang 4

**Karsai Nei Tsang**

Therapeutic Massage Techniques to relax the pelvic area and to detoxify thee zones around the sexual organs physically and emotionally.

#### Chi Nei Tsang 5

**Life Pulse**

Techniques to harmonize the 52 impulses of the body to facilitate the circulation of Qi and blood in the body

**Veetao Hogan**

**Senior Professor of Chi Nei Tsang Branch (CNT)**