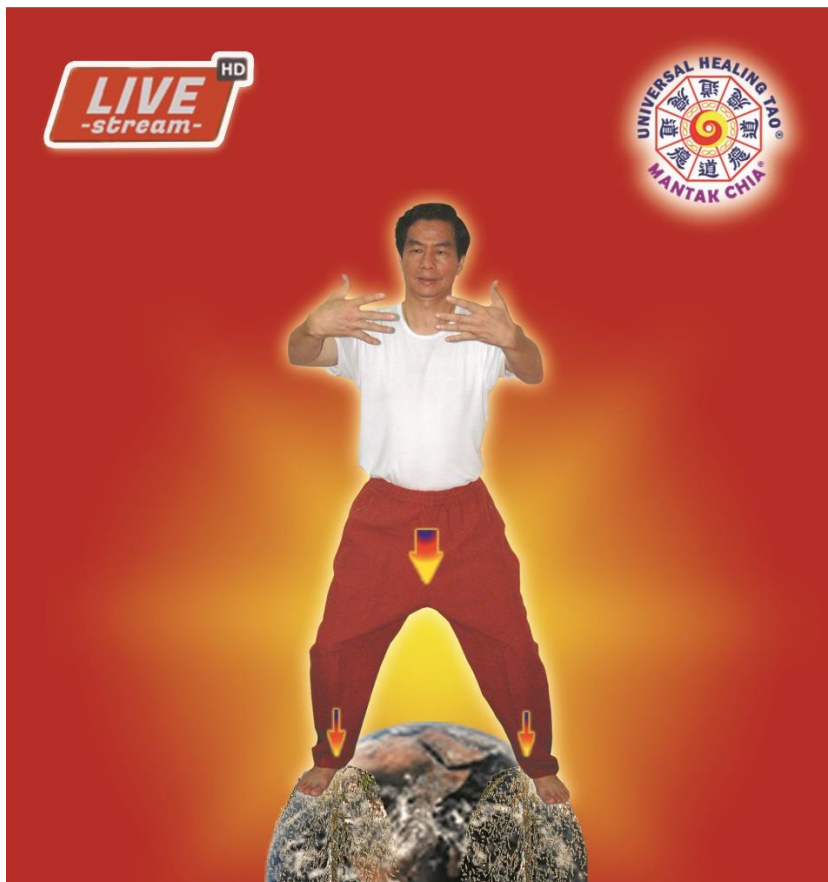


World Summer 2020 Retreat

[Taoist Inner Alchemy]

Iron Shirt Chi Kung I

Preparations using Abdominal Breathing



**Participate in an Online Live Global Transmission
with Master Mantak Chia**

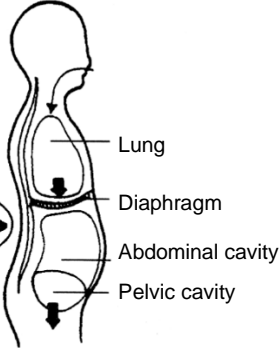
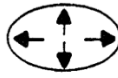
**Learn Tao Practices for Challenging Times
The Key to All Doors**

Iron Shirt Chi Kung I

Preparations using Abdominal Breathing



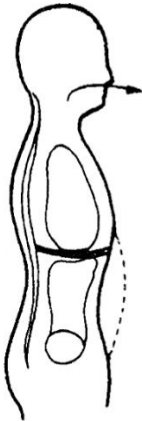
Cross-section of the abdomen



a. Abdominal breathing (Fanning the Fire)



b. Exhale, flattening the abdomen to the spine.



c. Exhale again and lower the diaphragm.

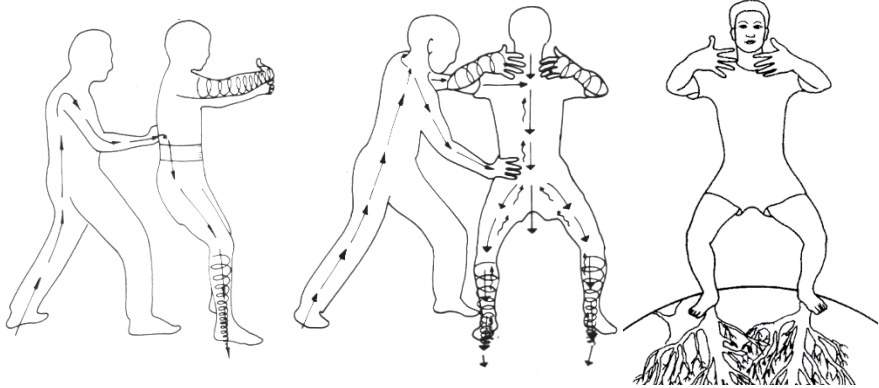


d. Inhale 10 percent, keeping the belly flat.

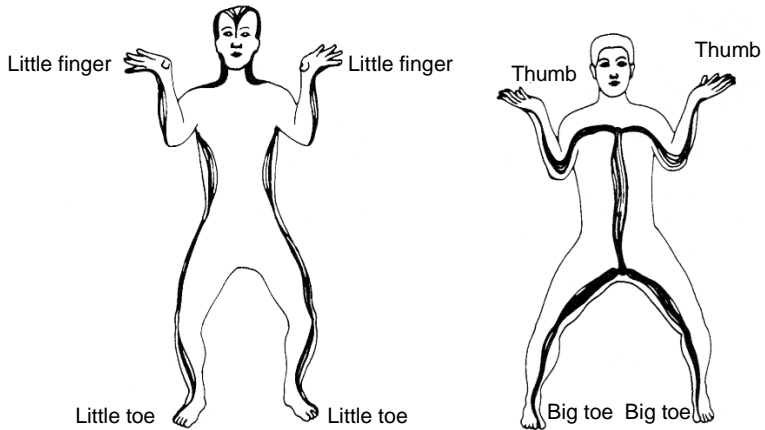


e. Inhale 10 percent, contracting the pelvic and urogenital diaphragms.

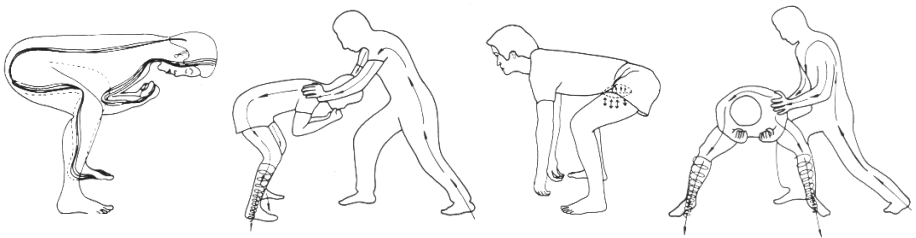
Embracing the Tree



Holding the Golden Urn



Golden Turtle / Water Buffalo



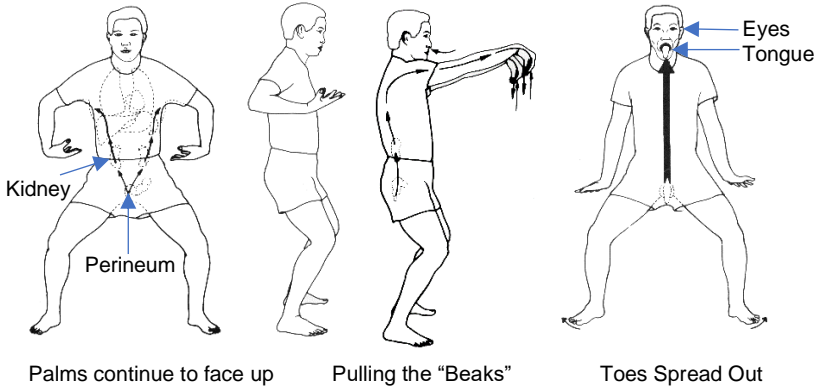
Golden Turtle

Turtle/Buffalo—Front Rooting Practice.

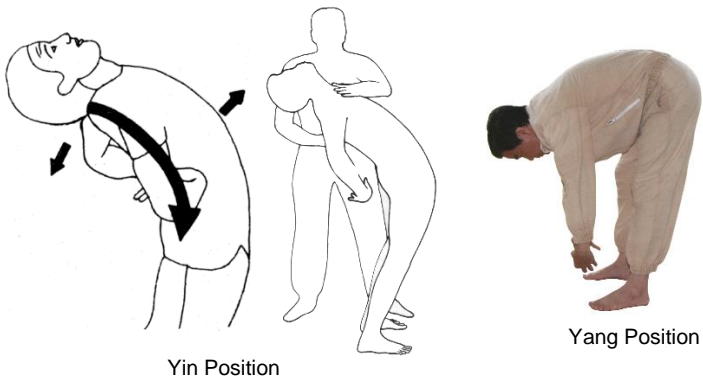
Water Buffalo

Rooting practice during the Golden Turtle—Left side position

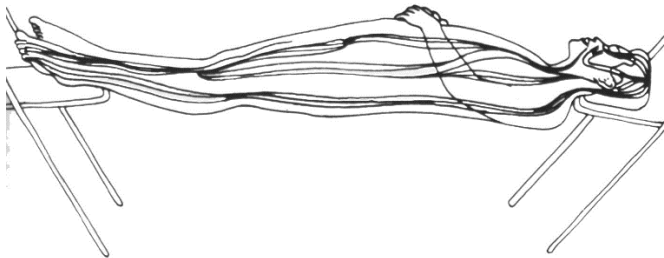
Golden Phoenix Washes its Feathers



Iron Bridge Position



Iron Bar Position

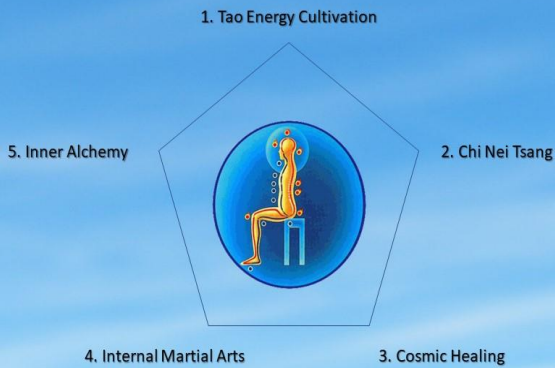




Universal Healing Tao System®



The 5 UHT Branches are the landscape of Grand-Master Mantak Chia's teachings



The Concil of 9



Practical system based on the ancient Taoist understanding of the harmonious flow with the creative forces of nature. Its main goal is the inner cultivation and the union of a healthy body, developed soul and refined higher spirit.

**Taoist Master Yi Eng (One Cloud Hermit)
transmitted to me**

**the 9 Tao Alchemy Formulas with the wish
that “Everyone shall learn and practice the Micro Cosmic Orbit”**

1. Help yourself | 2. Help others | 3. Become immortal

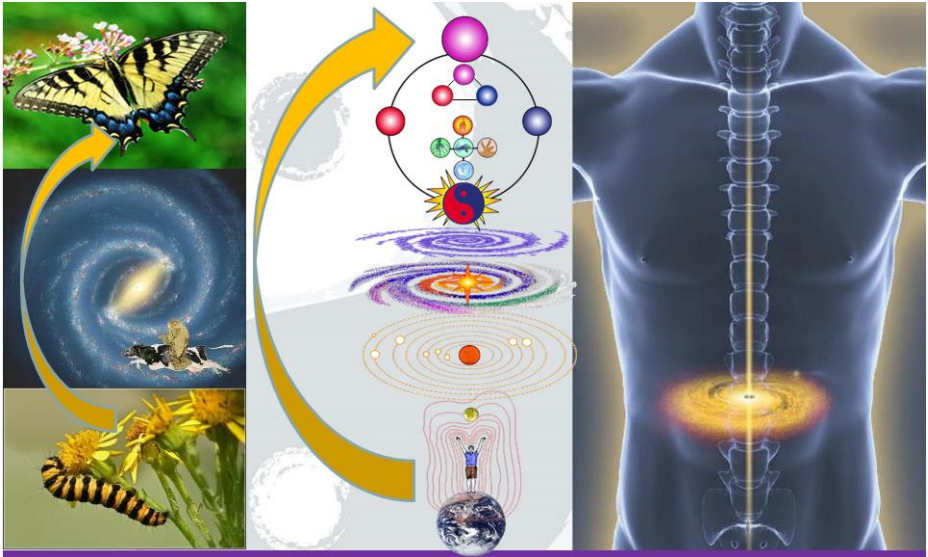
Six Study Branches:

1. Energy Meditation
2. Sexual Energy Cultivation
3. Martial Arts
4. Chi Nei Tsang and Cosmic Healing
5. Inner Alchemy
6. Immortal Tao

Nine Tao Alchemy Formulas:

1. Primordial Force Activation
2. Basic Sexual Alchemy
3. Fusion: 5 Elements & 8 Forces
4. Lesser Enlightenment of Kan and Li
5. Greater Enlightenment of Kan and Li
6. Greatest Enlightenment of Kan and Li
7. Sealing of the Five Senses
8. Congress of Heaven and Earth
9. Union of Human and TAO

Transformation Return to Source



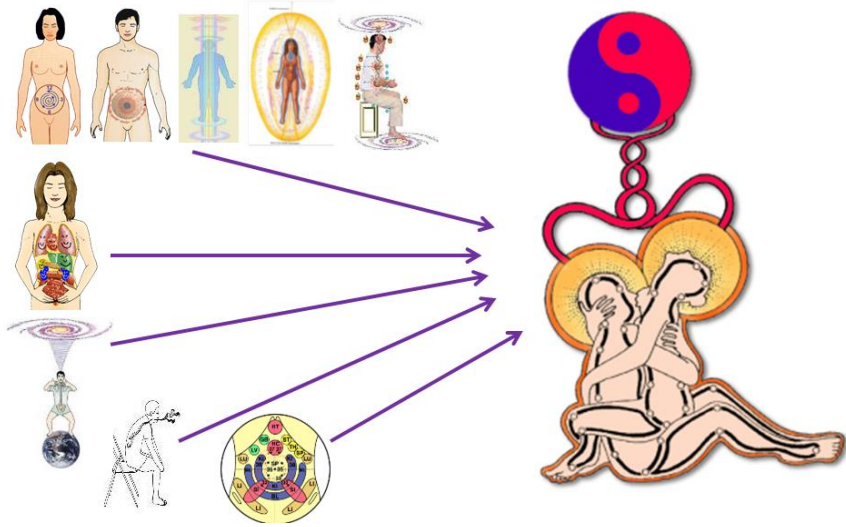
Universal Healing Tao System®
STEP by STEP Supreme Inner Alchemy Practice

FUNDAMENTAL BASE

Help yourself Purification - Strength - Balance	Help others Massage - Detoxification - Healing	Immortality Development of Soul & Spirit
<p>Level I / Formula I Basic Energy Meditations</p> <ul style="list-style-type: none"> Awakening Healing Light <ul style="list-style-type: none"> Inner smile Microcosmic Orbit Six Healing Sounds Chi Self Massage Qi Gong Standing Meditation <ul style="list-style-type: none"> 3 Tan Tien & 6 Direction Qi Gong Wisdom Qi Gong Emotional Wisdom World Link Meditation Qi Gong Postures & Exercises <ul style="list-style-type: none"> Iron Shirt Qi Gong I - Rooting Tao Yin Tan Tien Qi Gong Stem Cell Qi Gong <p>Level II / Formula II Sexual Alchemy</p> <ul style="list-style-type: none"> Women: Healing Love for Woman, Multi-Orgasmic Woman Men: Tao Secrets of Love for men, Multi-Orgasmic Man Couples: Sexual Reflexology, Multi-Orgasmic Couple 	<p>Level I Cosmic Healing - CH</p> <ul style="list-style-type: none"> Medical Qi Gong <ul style="list-style-type: none"> CHI - Cosmic Qi Gong Buddha Palm <p>Level II</p> <ul style="list-style-type: none"> Cosmic Medical Qi Gong <ul style="list-style-type: none"> CHI - Taoist Astral Healing <p>9 Core Formulas I-IX</p> <ol style="list-style-type: none"> Microcosmic Orbit Sexual Alchemy Fusion Meditation Lesser Kan & Li Greater Kan & Li Greatest Kan & Li Sealing of Five Senses Congress of Heaven & Earth Reunion of Human & Tao 	<p>Level I Chi Nei Tsang - CNT</p>  <ul style="list-style-type: none"> Inner Organ Healing <ul style="list-style-type: none"> CNT I - Organ Detox Organ Chi Mai Tree, Sun & Moon Qi Gong <p>Support</p> <p>Body Digestion Assimilation Elimination</p> <p>Level IV</p> <ul style="list-style-type: none"> Energy Medicine <ul style="list-style-type: none"> Karsai Nei Tsang Genital Organ Detox
<p>Level III / Formula III Fusion of 5 Elements and eight Forces</p> <ul style="list-style-type: none"> Fusion I: Fusion of the 5 Elements Fusion II: Cosmic Fusion Fusion III: Eight Psychic Channels <p>Level IV Inner Martial Art</p> <ul style="list-style-type: none"> Tai Chi Qi Gong <ol style="list-style-type: none"> Alignment Form Discharge Form Tendon Form Tan Tien Form Soft Form Sword Form Stick Form Knife Form 36 movements 108 movements Bagua Zhang Hsing Yi Chuan Awaken Internal Strength <ul style="list-style-type: none"> Iron Shirt I: Rooting Power Iron Shirt II: Tendon Nei Kung Iron Shirt III: Bone Marrow Nei Kung 	<p>Level I / Formula IV, V, VI Immortal Soul & Spirit</p> <ul style="list-style-type: none"> Lesser Enlightenment of Kan & Li: Creating & Building Immortality Greater Enlightenment of Kan & Li: Earth, Moon, Sun Greatest Enlightenment of Kan & Li: Planet, Star Soul Alchemy <p>Transcending & Transporting the immortal body</p> <p>Level II / Formula VII, VIII, IX Immortal Body</p> <ul style="list-style-type: none"> Sealing of the Five Senses: Five Senses into One Congress of Heaven & Earth: Supreme Union of Heaven, Human & Earth Union of Human & Tao 	

UNION

Formula II: Sexual Alchemy Practice



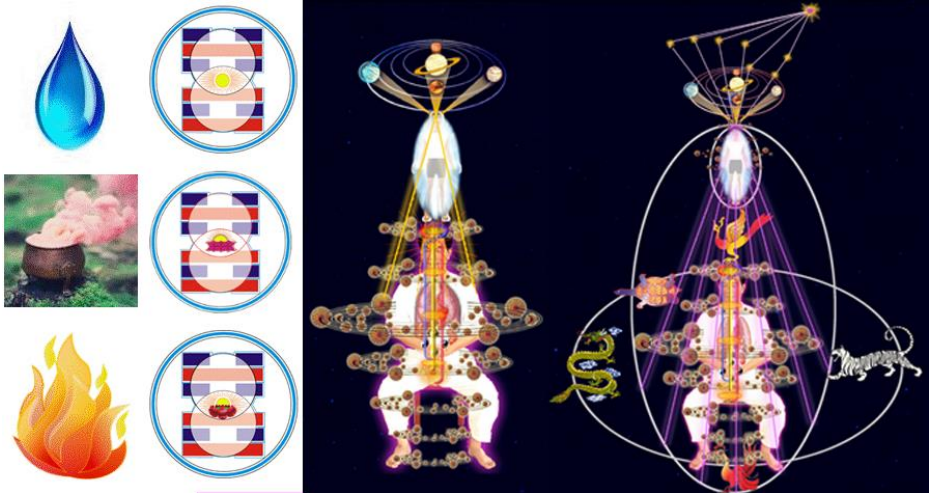
Strong fundament to support the sexual practices

Formula III: Fusion I, II and III Practice



5 Elements - 5 Organs into one Team

Energy Body



Universal Healing Tao System® many resources to support you in all the practices

Books



DVDs /Video USB MP4



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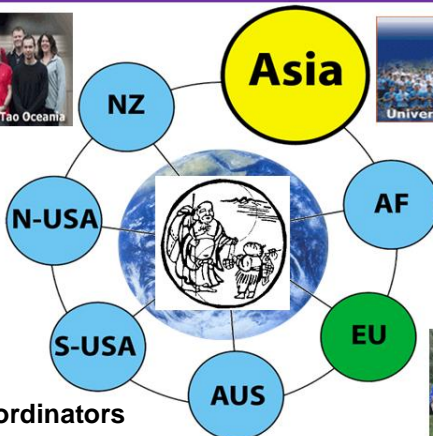
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Mantak Chia is the founder of Universal Healing Tao, a much-loved system of personal cultivation and spiritual development, practiced all over the world for the last 40+ years. Through the practices of the Universal Healing Tao, you can learn to reduce stress and create harmony and balance in all aspects of your life -- physical, emotional and spiritual.

Learning from Grandmaster Mantak Chia is a very special experience and many people sense a shift in their own life-force/vitality. We are in a new paradigm in this moment as we embrace the online world fully. Many of you are taking the time to work on personal development - to try something new or something you've always wanted to do or to commit more deeply to the practices you know and love.



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