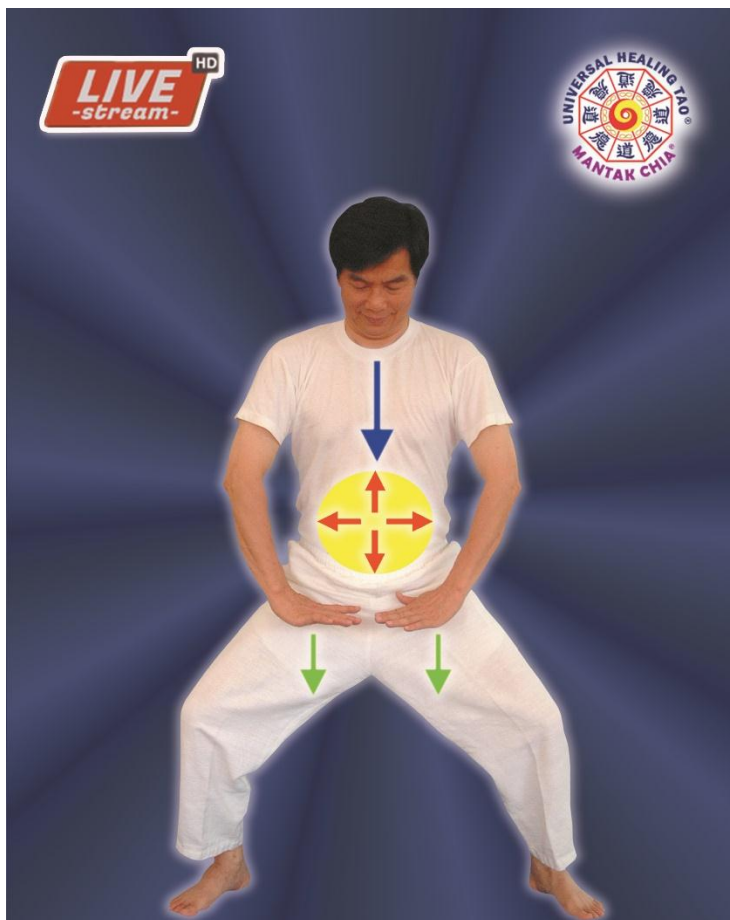


## [Taoist Inner Alchemy]

### Tan Tien Chi Kung

Empty Force, Perineum Power and the Second Brainy



**Participate in an Online Live Global Transmission  
with Master Mantak Chia  
Learn Tao Practices for Challenging Times  
The Key to All Doors**

# Tan Tien Chi Kung

## Warm-up Exercises

The image illustrates the connection between the body and the ground. On the left, a man stands on a globe with arrows pointing down from his feet and up from the globe. Next to him is a diagram of the pelvic region with labels: Sacrum, Hip Bone, Hip Bone, Urogenital Diaphragm, Anus, Pelvic Diaphragm, Anal Sphincter Muscle, Divisions of the Anus (Right, Left, Middle), and Back. To the right, three sequential photos show a man sinking into a squat. The first photo shows him standing with hands rounded in front. The second photo shows him sinking down with the instruction: "Sink down in the kua, round the arms and push down into the earth". The third photo shows him in a full squat position with the label "Squat".

## Tan Tien Breathing



Put your hands on the Chi Hai in the lower abdomen

Smile and inhale half the breath

Put your hands gently on your bladder

Laugh and Smile in Solar Plexus

Feel both sides of the Tan Tien expanding



Feel the kidneys expanding, and the whole lumbar area opening



Feel both sides of the Tan Tien expanding



Laugh gently in the Tan Tien



Feel the kidneys expanding, and the whole lumbar area opening

### Animal Exercises



Rabbit Front Tan Tien



Crane both side



Swallow Left & Right Tan Tien



Dragon Left, Right & Middle



Eagle activates Lower Tan Tien Chi



Monkey Lower & Upper Tan Tien



Elephant Left Right & Lower Tan Tien



Rhinoceros presses and condenses Chi into Left and Right Tan Tien



Horse makes "Ho" Chi in Solar Plexus, Upper Tan Tien



Bear Posture expanding the Back



Bull strengthens the Back Tan Tien



## Universal Healing Tao System®



**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**

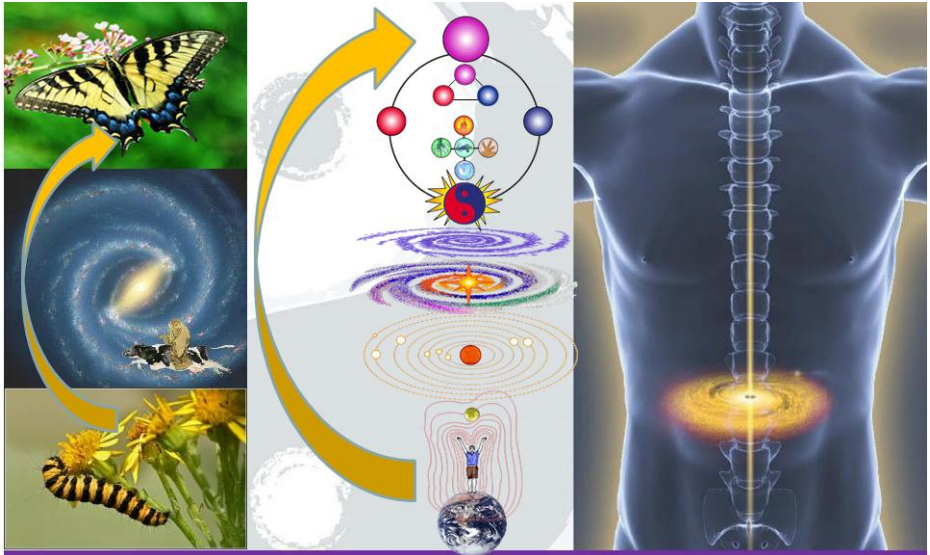
### **Six Study Branches:**

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

<p><b>FOUNDATION BASE</b></p> <p><b>Help yourself</b> Purification - Strength - Balance</p> <p><b>Level I / Formula I</b> Basic Energy Meditations</p> <ul style="list-style-type: none"> <li>Awakening Healing Light</li> <li>Qi Gong Standing Meditation</li> <li>Qi Gong Postures &amp; Forms</li> </ul> <p><b>Level II / Formula II</b> Sexual Alchemy</p> <ul style="list-style-type: none"> <li>Women: Healing Love for Woman, Multi-Organic Woman</li> <li>Men: Tao Secrets of Love for men, Multi-Organic Man</li> <li>Couples: Sexual Reflexology, Multi-Organic Couple</li> </ul>	<p><b>Level III / Formula III</b> Fusion of 5 Elements and eight Forces</p> <p><b>Level IV</b> Inner Martial Art</p> <ul style="list-style-type: none"> <li>Tai Chi Qi Gong</li> <li>Awaken Internal Strength</li> <li>Bagua Zhang</li> <li>Hsing Yi Chuan</li> </ul>	<p><b>Help others</b> Massage - Detoxification - Healing</p> <p><b>Level I</b> Cosmic Healing - CH</p> <p><b>Level II</b> Cosmic Medical Qi Gong</p> <p><b>9 Core Formulas I-IX</b></p> <p><b>Level IV</b> Energy Medicine</p>	<p><b>Immortality</b> Development of Soul &amp; Spirit</p> <p><b>Level I / Formula IV, V, VI</b> Immortal Soul &amp; Spirit</p> <p><b>Level II / Formula VII, VIII, IX</b> Immortal Body</p>
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UNION

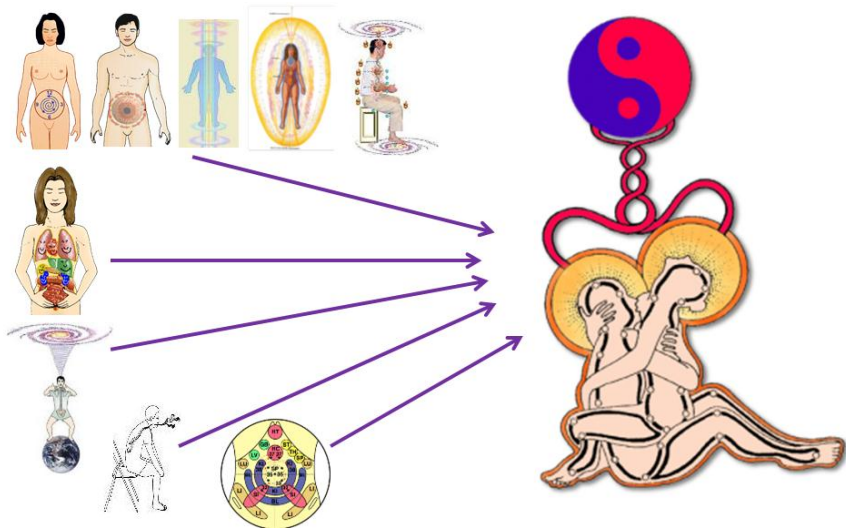
Support

Body  
Digestion  
Assimilation  
Elimination

Key



## Formula II: Sexual Alchemy Practice



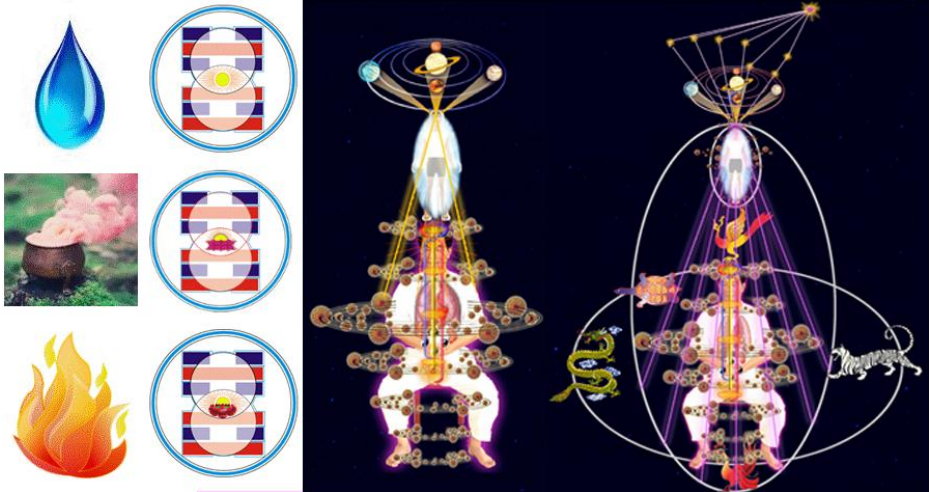
**Strong foundation to support the sexual practices**

## 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



Available in over 30 languages

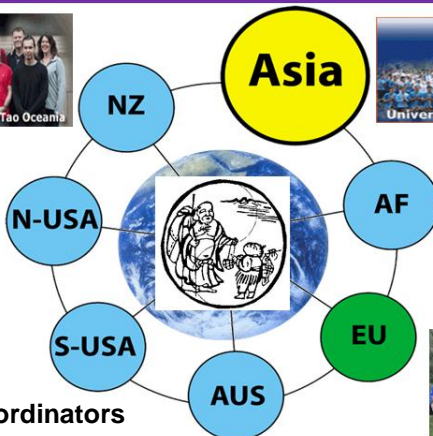
## Supports your practice with a global and local people network



<https://www.universaltaoinstructors.com>



## Global and local Instructor Network for students to contact and study further



### NETWORK

- Council of 9
- Continental
- Coordinators
- Coountry Coordinators
- Worldtour Organizers
- Certified UHT Instructors
- CNT Practitioners





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.

## **Universal Healing Tao® supports Worldwide UHT Instructor and CNT Practitioner Trainings**

### **You find our local UHT Senior Instructors CNT Senior Teachers**

via the global instructors directory

<https://www.universaltaoinstructors.com>



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