

Universal Healing Tao System of Meditation and Chi Kung

The creation of the Universal Healing Tao System has evolved over the last fifty-five years from Taoist ten thousand year old formulas. Master Chia's research and training from his initial Taoist Master Yi Eng in Hong Kong 1957 and countless other Taoist and Buddhist Masters perfected and structured over hundreds of Taoist Inner Alchemy formulas for the transformation of the physical body into the spiritual body and the ascension beyond the North Star which is the attainment goal of all the Taoist Inner Alchemy practices. This system can be easily defined by its Four Inner Alchemy Healing Arts of the Living Tao, Chi Nei Tsang, Cosmic Healing, and the Immortal Tao. Each Healing Art focuses on each one of our bodies (Emotional, Physical, Energetic and Spiritual) with the intention and location of its practice; they are sub-divided into levels of understanding (Microcosmic Orbit I, II, III; Iron Shirt I, II, III, IV; Healing Love I, II, III, IV, V; Fusion I, II, III, IV; Tai Chi I, II, III, IV, V, VI, VII; Cosmic Astrology I, II; Chi Nei Tsang I, II, III, IV; Cosmic Healing I, II; Kan & Li I, II, III; Immortal Tao I, II, III) with supporting formulas within the sub-divisions. The Living Tao (Emotional Body) can be practiced in our normal living environment with family, business and religion. You do not have to leave your normal life, creed, occupation or family. The Tao is not a religion; it is a practice of individual self-discovery so whoever you are, you can be that just better at it. The Tao is how the river flows, how the sun glows, how the wind blows, how the tree grows, and how a seed becomes a rose. It is in everything that moves or does not move. The only way to understand the Tao is to feel it. The only way to feel it is to practice it and the only reason you practice the Tao is because it feels good. The Taoist practices teach you how to breathe, sleep, urinate, defecate, sit, stand, walk and exchange sexual energy in harmony with the natural flow of the universe. Every function of your life is affected: how you see, taste, hear, smell and feel. The Universal Healing Tao System shows you a step-by-step process to achieve these daily human activities through its Taoist formulas. Everything starts with a thought and that thought is an energy vibration that energetically manifests everything in the universe and our lives. The Universal Healing Tao focuses on that energy vibration on a subtle level through its formulas for transformation and manifestation. Chi Nei Tsang (Physical Body) is a hands-on healing practice from a UHT practitioner and can be self-applied. Cosmic Healing (Energy Body) works to heal yourself and others directly from the Universal Healing Energies (Heavenly, Earthly and Atmospheric Forces). The Immortal Tao (Spirit Body) is the highest form of Inner Alchemy. For true success you need to be isolated and totally detached from all earthly connections. This is usually practiced at the later stages of human life when immediate family, friends and occupations have been completed. These are all the Inner Alchemy practices of the Four Healing Arts (changing one substance into another) and as you practice you will discover that they are interconnected. The initial practice (Inner Smile) connects to the next and the last practice (Reunion of Heaven and Man) before conscious ascension (Immortality). No matter how far you progress with the system you will feel better, look better, understand more and live longer; everything you discover through your practices you will take with you energetically beyond this life.

Chapter 1 - Level I:

The First Level of the Universal Healing Tao System consists of over thirty (30) formulas based on and corresponding to nine (9) Universal Healing Tao books from Inner Traditions: The Inner Smile, The Six Healing Sounds, Healing Light of the Tao, The Alchemy of Sexual Energy, Chi Self-Massage, Iron Shirt Chi Kung, Wisdom Chi Kung, Healing Love and Sexual Reflexology.

1) Inner Smile:

- a) Theory:** *The first step in this Inner Alchemy process is to feel the internal energy. The only way to understand the Tao is to feel it inside yourself. You need to feel the internal energy before you can cultivate it. Through the Inner Smile Formula you literally get in touch mentally with your five vital organs and related-organs (Functional Channel - Front Line), digestive tract (Digestive Channel - Middle Line) and your crown and spinal cord (Governor Channel - Back Line) by using your eyes and smiling down each line connecting with each part of your body. By doing this on a daily basis you will start to develop a personal relationship with yourself on the physical, emotional, mental and energetic (spiritual) levels.*
- b) Concept:** *By using the autonomic nervous system internally through your eyes with a parasympathetic (positive) response you create a good feeling of love in your body. Your heart generates this smiling energy when you focus your eyes into your heart with positive thoughts. When you smile down your body, your body will respond with positive loving energy. This is how we learn to generate love within ourselves instead taking it from others; the abundance of that love within us will spread to others energetically across time and space without trying to give love to anyone.*
- c) Purpose:** *It is like greeting someone with a hand shake, hug or smile: they will respond the same, except now you do it internally to all your internal body parts and you feel relaxed, calm and at peace. By doing so you have created the proper internal environment to proceed with the next step in cultivating your internal energy in a systemic pattern. You always start each following formula with the Inner Smile creating the proper environment for your internal transformation; this is always the first step of your daily practice.*

2) Six Healing Sounds:

- a) Theory:** *The second step in your Inner Alchemy practice is to cool the energy down which is the last formula you do in your daily practice because when you work with internal energy you create heat. The Universal Healing Tao practice is a safe, practical way to work with your internal energy. Once you learn these first two formulas you can safely add the next two hundred and forty plus formulas of the Universal Healing Tao System. You start with the Inner Smile and end your daily practice with the Six Healing Sounds. They are also great at bedtime.*
- b) Concept:** *You are driving your car down the street and on your dashboard the red temperature light goes on. If you do not stop the car and check the engine what happens? The car's engine will explode because it has over heated. This is the cooling system in your*

car and it is the same in the human body. When you urinate, defecate, yawn, belch or sweat you release heat, which is a part of the cooling system in your body. The connective tissue (fascia) around your vital organs absorbs the excess heat and releases it through your skin and digestive tract. If it is blocked through years of improper diet and lack of exercise the vital organs will explode or stop functioning with a heart attack, impaired kidneys or liver attack because your body's cooling system has broken down and the vital organs have become overheated like the car.

- c) **Purpose:** The Six Healing Sounds' formula activates your cooling system on a daily basis by restructuring the connective tissue to function properly around your vital organs; its postures result in cooling them down by releasing the condensed heat with their individual sounds. These organs are vital because without them you cease to function or live.

3) Chi Self Massage:

- a) **Theory:** Your body is a series of energy rivers that travel from your vital organs throughout your body to the surface of your skin. These rivers are defined as meridians, acupuncture points, nerve endings or channels that move energy from your vital organs to other parts of your body like the electrical wiring in your house. Through this internal networking these paths can become blocked either from inside the organs or within the networking itself.
- b) **Concept:** By simply touching the extremities (skin) of your body you can daily connect and open up your vital organs and any blockages within the networking. Simply by touching and massaging your face, neck, chest, hands, arms, legs, and feet you can daily release any stress or tension within your whole system. You will be able literally to get in touch with your internal vital organs on a daily basis through "touchology" by massage yourself when you feel any tension, which comes from your organs.
- c) **Purpose:** We live in our unnatural environments with so much stress and tension from simply driving a car, financial responsibilities, over exposure to unnatural light, improper diet, unfit sleeping conditions and lack of exercise; that we need a simple technique to release these built up blockages. By daily applying these Chi Self-Massage formulas after our daily practice (long sitting or standing period) or throughout the day when we feel tension we will open the body and vital organs up thus keeping literally in touch with ourselves.

4) Healing Light of the Tao:

- a) **Theory:** When we became a fetus in our mother's womb the connection to our mother was the umbilical cord from her body to our navel and from there we formed our body. The energy moved from there down to the sacrum up the spine to the crown (Governing Channel), then down the front of the body (Functional Channel) back to the navel. This is the microcosmic orbit and the energy is still moving or we would not be living; we are just not conscious of it. With this formula we can reconnect ourselves to our physical beginning and become conscious of the internal energy moving in the body. Once we become aware

of this movement we can use this flowing energy (light) to heal any internal energy blockage in our body.

- b) Concept:** We can become conscious of this movement by tracing it mentally with our mind's eye from each of the fourteen points of the orbit by the use small sips of air helping our mind to focus on the energy movement up the spine and down the front of the body. Then by using each point up the spine and its counter point (Navel to Men Ming, Sexual Palace to Sacrum, Perineum to Crown Point, T-11 to Sternum, Wing Point to Heart Center, C-7 to Throat Center and Jade Pillow to Mid-Eye) we can spread the energy across and heal each section of the body with the healing energy (light).
- c) Purpose:** After we learn how to feel the internal smiling energy (Inner Smile), cool it down (Six Healing Sounds) and break up any blockages (Chi Self-Massage) then through the Microcosmic Orbit we can feel it move and direct it to heal the body. This is how we learn to move the generated love within ourselves and the abundance of that love within will spread to others energetically across time and space.

5) Alchemy of Sexual Energy:

- a) Theory:** To further expand your consciousness we can activate the Three Fires (Tan Tien, Kidney and Heart) into the Three Tan Tiens: Upper (Crown) Mind, Middle (Heart) Mind and Lower (Tan Tien) Mind. We go through the Microcosmic Orbit. This is the Three Minds into One Mind giving you the "I" Power. Once this is complete we are moving the fortified energy in the Six Directions (Up & Down, Left & Right and Front & Back) by opening your awareness into the Cosmos. By activating the Sexual Energy you are balancing and cultivating this Creative Force for internal transformation (Alchemy) utilizing the Six Directions linking to the Cosmos. This will give you a feeling of buoyancy supported by the Six Directions and the experience of being the center of the universe.
- b) Concept:** We will learn how to harness excess sexual energy and transform it into Chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit, a continuous energy loop that runs up the spine and down the front of the body, we transform it into self-healing energy that can be stored in the organs and the Three Tan Tiens: Energy Centers in the Brain, the Heart Center, and the Lower Abdomen. By learning to open the Three Tan Tiens to the Six Directions, the Taoist practitioner combines Mind Power with the extension of Chi to draw cosmic energy into the body. When we learn to flow in this way of the Tao, life ceases to be a struggle.
- c) Purpose:** This is a continuation of the Microcosmic Orbit activating the Sexual Energy for additional strength then moving this creative energy through the orbit while extending it down through the legs in the Functional and Governing Channels. Then use the Six Directions formula by activating the Three Tan Tiens and Fires to connect with the Cosmos and further expand your awareness.

6) Wisdom Chi Kung:

- a) Theory:** By moving the vital organ energy to the sections of the brain (Kidneys/Blue Chi to Back Left & Right Sides, Genitals/Pink Chi to Center, Liver/Green Chi to Right Side,

Heart/Red Chi to Front Center, Spleen/Yellow Chi to Left Side and Lungs/White Chi to Front Left & Right Sides) using the Color Frequency of each organ you are sending the energy out to the universe. In the emptiness of the universe you multiply it. After it multiplies draw it back into the brain. This will charge the brain increasing its thinking power and wisdom by opening it up to Universal Consciousness.

- b) Concept:** *When the universe was created eons ago, our collective consciousness manifested a thought and sent it out into the emptiness of the universe. As it hit the emptiness it multiplied forming the universe (Big Bang Theory) like our reflection comes back to us when we look into a mirror. This is how everything is created; by forming a thought and sending it out into the emptiness. We do it all the time with manufacturing blueprints (thoughts) but we are just not conscious of it. We are becoming more conscious of this phenomenon today as our computer technology becomes more sophisticated with its solid-state design (No moving parts).*
- c) Purpose:** *When you expand with consciousness by literally expanding your brain energetically into the universe you are strengthening, building and exercising your brain's thinking capacity beyond your present thinking. Then you are starting to create wisdom which is having the ability to know when to be soft and when to be hard or what to do and what not to do.*

7) Iron Shirt Chi Kung:

- a) Theory:** *With the correct structural body alignment you can root yourself into the earth creating an energetic grounding effect similar to a grounding wire in an electrical outlet socket. With this alignment any excess energy from the Inner Alchemy practices will ground itself automatically by daily practicing these Iron Shirt Seven Standing postures (Embracing the Tree, Holding the Golden Urn, Golden Turtle Immersing in Water, Buffalo Emerging from the Water, Golden Phoenix Washes Its Feathers, Iron Bridge & Iron Bar). When you align yourself to earth no one can push you around as is demonstrated through the Iron Shirt pushing techniques and root checking exercises. All you have to do is stand five minutes a day to achieve this over a long period of time.*
- b) Concept:** *Through the Iron Shirt packing technique while in these postures you will build an Iron Shirt body. When you take an egg and put it into an air filled balloon and place that balloon with the egg and air into another air filled balloon then place it into a third air filled balloon then throw it against the wall will you break the egg? No. The air filled balloons are buffers for the egg. The egg is our vital organ, the air is the Chi pressure (small inhalations) and the balloons are the connective issue (fascia) around the vital organs.*
- c) Purpose:** *By simply standing and packing in the Iron Shirt postures 5-10 minutes daily you can root yourself to earth and build a strong body that can live for hundreds of years. When you are rooted no one can push you around physically, mentally, emotionally or spiritually (energetically) because they are pushing the earth not you and no one can push the earth around. Why do you need to live hundred years or more? You need that amount of time do the all of the Universal Healing Tao Inner Alchemy practices for your transformation.*

8) Healing Love:

- a) Theory:** *Chicken soup is the theory. What is chicken soup? You take a chicken and put it in a pot of water and boil it for two hours; then take the chicken out. Which would you rather eat the chicken or the broth? The broth is what you would eat because the broth has all the essence of the chicken in it tasting like the chicken and chicken would taste like rubber. Try it. The chicken is your genitals and you cook them with the Healing Love practices and draw their essence (broth) out of them up your spine into your brain for a Total Body Orgasm because the brain is connected to all the parts of your body. You lose none of your sexual fluids (Semen and Hormones), which you need daily to create every cell of the body, and you will have a Total Body Orgasm instead of a genital orgasm (outside the body in men). These same formulas apply to women for the loss of sexual fluids during their menstrual cycle.*
- b) Concept:** *You have the ability to completely experience your sexual energy and take it to new highs without losing any of your vital creative energy. You achieve this by cultivating it through the Universal Healing Tao Healing Love practices to heal yourself and your loved one. Through these practices you will learn and experience the ability to manage your sexual energy instead of it controlling you.*
- c) Purpose:** *In Single Cultivation as you slow down the sexual energy through the practices of Testicle and Ovarian Breathing, Scrotal and Ovarian Compression, Power Lock (Million Dollar Point Technique for male reverse ejaculation) and the Egg Exercise (Exercising the Vagina Canal for Urination and Sexual Fluid Control) you will discover how to manage your sexual energy. In Dual Cultivation you start to understand through the practices of the Orgasmic Big Draw, Total Body Orgasm and the Valley Orgasm (Shallow & Thrusting Techniques). You will learn how to work together with your partner to heal yourselves and flow together in a harmonious, monogamous, long lasting relationship.*

9) Sexual Reflexology:

- a) Theory:** *Through the Reflexology Points on the body you can activate your Sexual Energy for the women by massaging the Breasts and Ovarian Areas; the men massage the Lower Tan Tien and the Testicles. The orgasmic energy is activated in the Non-Arousal State, which you can utilize easier than in the aroused state to manage and cultivate your Sexual Energy to heal your body.*
- b) Concept:** *In Single Cultivation Sexual Palace Warm Ups women can lessen their menstrual discharge, the length of their cycle and the frequency of their menstrual cycle from once a month to once a year. For the men they can activate their Un-Aroused Orgasmic Energy and move this slower Sexual Energy up their spine so they manage easier.*
- c) Purpose:** *The Sexual Warm Ups get the students in touch literally with their Sexual Energy; in the first step they draw it up into the spine and the crown and start the whole progress of cultivating their Sexual Energy for a practical and enjoyable way of managing it. As the Taoists say, keep your gun loaded but the powder dry, which means manage the Sexual Energy so you do not lose this Vital Creative Energy (Fluids) and yet still enjoy the complete sexual experience.*

Chapter 2 - Level II:

The Second Level of the Universal Healing Tao System consists of over thirty (30) formulas based on and corresponding to three (3) Inner Traditions' Universal Healing Tao Books with the page numbers of the practice coming from each of the following books: Bone Marrow Nei Kung (Iron Shirt Chi Kung III), Fusion of the Five Elements (Fusion I), and The Inner Structure of Tai Chi (Tai Chi Chi Kung I).

1) Bone Marrow Nei Kung:

- a. Theory:** *When you die all that remains after 2,000 years are your bones. Your bones are crystals and they are the strongest part of your body. What grows and strengthens your bones is your bone marrow and your bone marrow grows your blood that feeds every cell of the body. Therefore for your health you need to activate your bone marrow to grow and support your bones and blood for your longevity.*
- b. Concept:** *Through the Bone Marrow Nei Kung practices you can stimulate the bone marrow by hitting your bones (Wire & Rattan Hitting Techniques), breathing into your bones (Bone Breathing & Compression Techniques) and genital massage and lifting (Sexual Chi Massage & Chi Weight Lifting Techniques) to expand, strengthen and grow your bone marrow. These ancient mental and physical Taoist techniques are used to regrow bone marrow, strengthen the bones, and rejuvenate the organs and glands.*
- c. Purpose:** *Bone Marrow Nei Kung is Iron Shirt Chi Kung III, which builds your bone marrow, giving you the third stage for your Iron Shirt Body. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. These practices are for health and longevity and by doing all of the Universal Healing Tao System you can build your own Immortal Light Body.*

2) Fusion of the Five Elements:

- a. Theory:** *When someone gets angry what do they do with the anger? They dump it on someone else and the other person does the same. The Taoist says why not transform this negative energy instead of giving it away and use it to balance and heal our bodies. Positive and negative energy are still energy so why not use it by first transforming it internally and then transforming any other energy around us. To do this we need to set up an energetic composting machine to daily transform it.*
- b. Concept:** *By using the Fusion I formulas we can build this compost machine with the Six Pakuas (Eight Sided Geometric Vortex-Front & Back, Right & Left, and Top & Bottom) internally; then forming a Pearl (Metallic Energetic Ball) with the excess internal energy (Climate, Sense and Negative Emotional Energy) in the body to open the thirty-two energy channels in and outside the body. Then we can start building an energetic protection field around the body with the Advanced Fusion Formulas (Protective Animals, Energy Body and*

Planet Forces) and further strengthen this Protection Field with the Chanting of the Eight Forces, Facial Pakua and Heart Chi Kung techniques. Through the Sun and Moon Chi Kung Techniques we can learn to absorb the sun and moon energy directly with the Yang (Positive) and Yin (Negative) Forces of the universe, which opens up the Yang (Governing) and Yin (Functional) Channels of the body.

- c. **Purpose:** We are establishing an Energetic Transformation Machine and Protection Field to balance, transform and heal our bodies internally and externally through a daily meditation practice. Once this vortex is in place the transformation will automatically happen when you encounter any imbalanced energy internally or externally and with your daily practice it will maintain its function.

3) Inner Structure of Tai Chi:

- a. **Theory:** This is Tai Chi Chi Kung not Tai Chi that is just a form of movement. The added Chi Kung means working the internal energy as you are moving in the form implementing the Iron Shirt I (Structural Alignment and Rooting to the Earth Force and being pulled by the Heaven Forces) and Iron Short II (Whip Movement, Chi Pressure and Tendon Power). This is a simple Yang Style Form with Thirteen Movements in Four Directions starting in the North moving counterclockwise 360 degrees then clockwise 360 degrees to the original position.
- b. **Concept:** Once you learn the form, which is the ten thousand-practice rule (You do it 10,000 times), you know it completely activating your molecular memory. Then you do not know if you did it or if you did not do it because it has become a meditation and has become a part of you. You have built up a complete defense system energetically through its practice with the postures and strikes (Ward Off, Rollback, Press, Push, Single Whip & Single Hand Push) with your muscle memory.
- c. **Purpose:** Through your daily practice you have incorporated the form into your energy body and when you leave the physical body (Ascension) you take the form (Postures and Strikes) with you to the next plane. You have formed your Energetic Yang Body (Dense Spaceship) to travel in the realms of Infinity as opposed to a Yin Body (Astral Travel). It is like a baby (Yin Body) going into the jungle (Infinite Space) or a Yang Body (Armored Tank) going into the jungle. There are big tigers in the jungle; so would you rather be a baby or a tank in the jungle? Every time you do your practice (Fusion/Spinning Pakuas & Tai Chi/Strikes) you are building your energetic tank and its energetic defense system for safe travel into the great beyond.

Chapter 3 - Level III:

The Third Level of the Universal Healing Tao System consists of over fifty (50) formulas based on and corresponding to four (4) Inner Traditions' Universal Healing Tao Books with the page numbers of the practice coming from each of the following books: Taoist Cosmic Healing, Chi Nei Tsang, Cosmic Fusion (Fusion of the Five Elements II), and Healing

Energy of Shared Consciousness which are labeled below each formulas title so you can use the books as a reference for each of the formulas.

1) Taoist Cosmic Healing:

- a. Theory:** *To connect with the energy channels we need to open them up consciously in the body. Through the Universal Healing Tao techniques (Bone Marrow Washing, Earth & Heaven Channeling, Tiger Mouth and Open Index Finger) we activate these energy lines, channels and meridians. This opens up our body to our consciousness. These Cosmic Healing techniques will assist you in connecting with your vital organs consciously to grow and experience the internal energy while healing your body.*
- b. Concept:** *Through the Cosmic Chi Kung formulas (Grabbing the Moon, Bridge & Regulator Channels, Yin (Functional) & Yang (Governing) Channels and Planets to Organs) you can activate the negative and positive channels in the body. Cosmic Chi Kung (formally known as Buddha Palm) utilizes hand energy line techniques that connect with vital organs opening your body up to be healed by the Cosmos.*
- c. Purpose:** *With daily Taoist Cosmic Healing practice you will activate and open up the body's channels to the Cosmic Forces of Heaven and Earth and cultivate them in your body. By growing this Cosmic Energy and incorporating the Elemental and Color Forces (Earth/Yellow, Fire/Red, Metal/White, Water/Blue and Wood/Green) internally you will set in motion the total body healing process for your health and longevity and healing others who are open to this energetic healing.*

2) Chi Nei Tsang:

- a. Theory:** *In the rivers of the forest, leaves of the tree branches fall into the water clogging it up at the bends of the river. When they stop the flow of the river stagnation sets up in the river and a new organism forms called a swamp. The same happens in our body with the energy channels (rivers). They become blocked with debris (toxins) and form a new organism called cancer when stagnation happens. The Chi Nei Tsang formulas are a hands-on application to manually remove any branches (debris) from your energy rivers (energy channels, lines and meridians).*
- b. Concept:** *Through the Chi Nei Tsang Internal Organ Massage techniques (Healing Hands Meditation, Fanning, Venting, Flushing, Opening and Chasing the Wind Gates and Winds) the practitioner activates and opens the channels and energy lines releasing the Sick Energy and Winds. The Chi Nei Tsang formulas (Navel Diagnosis & Release, Skin & Intestines Detoxify, Organ (Diaphragm, Lungs, Liver, Pancreas, Spleen, Heart, Kidneys, Lymph System, Psoas Muscle, Nerves, Ovaries and Prostate) detoxify the whole body removing the blockages one at a time over a period of time depending on the extent of the stagnation. Common ailments (Headaches, Leg Pain (Sciatic Nerve) and Pulse Balancing) are also healed by these formulas and healing is further attained by the Tree Chi Kung formulas (Tree Palming on Yin & Yang Sides) using nature's Immortal Healers.*
- c. Purpose:** *You will learn how to diagnosis your body and its toxic levels and obstructions and stress from the inside out through the assistance of the CNT practitioner with periodic*

sessions and how to maintain your body's balance with your daily hands on practice. This is a safe, practical way to connect physically with and balance your body on a daily basis using these simple healing hands-on techniques to open up, release and detoxify your body for health and longevity.

3) Cosmic Fusion:

- a. Theory:** After setting up the Energetic Composting Machine and building the Pearl in Fusion I you need to open up channels of the body with Cosmic Fusion (Fusion II) to balance and heal the body. Through the transformation of the internal climate, excess sense energy and negative emotions you need to build the Positive Compassionate Golden Energy (Gentleness/Blue, Kindness/Green, Joy/Red, Fairness/Yellow & Courage/White) and send it through the body by opening up the Creative Cycle (Channel), Thrusting Channels (Left, Center & Right) and Belt Channels (Connecting Heaven & Earth), which are the Basic Fusion II formulas.
- b. Concept:** Through the Advanced Fusion II meditative practices you move the Compassion Pill through the Functional, Governing, Creative, Thrusting and Belt Channels of the Energy and Spirit Bodies extending from the Physical Body (As Below As Above) and adding the Protective Animals and Planets around them.
- c. Purpose:** Through the techniques of Fusion II you are opening your body to the Universal Forces of the Earth (Mother-Blue Energy), Heaven (Father-Violet/Red Energy) and Atmospheric Level (Human-Cosmic/Golden Energy). The Cosmic Fusion practice builds on the foundation Inner Alchemy (Changing One Substance into Another) established in Fusion I nurturing the vital organs with the Golden Compassionate heart throughout the Three Bodies (Physical, Energy and Spirit).

4) Healing Energy of Shared Consciousness:

- a. Theory:** The universe has abundant energy to enhance and multiply the enjoyment of our lives. All that we need to do is to be connected to the source. It helps to understand the principle of fusing the Three Minds. Western science now knows there are Three Minds. The First Mind is in the Observing Mind centered in the Brain. The Second Mind is called the Conscious Mind centered in the Heart. The third is the Mind of Awareness centered in the Lower Abdomen (Abdominal Brain). The Three Minds combine to fuse together in the abdomen, creating One Mind. In Chinese this One Mind is called Yi.
- b. Concept:** The World Link of Protection Healing Meditation is a spiritual practice that takes around 15 to 30 minutes. When people from all around the world link together at the same time they are greatly empowered. It can be practiced easily with the Universal Healing Tao formulas (Three Minds into One, Circle of Fire, Protective Animals & Peaceful Affirmations) then connecting the Yi Power to your Personal Star then to others' Personal Stars connecting above to the Three Colors (Forest Green, Ocean/Sky Blue & Violet Red) into the emptiness of the universe.

- c. **Purpose:** Once you synchronize and link the times (Thailand 12:00pm; New York 12:00am & Europe 6:00am) you find your time zone, which could be one hour before or after these morning & evening times and start the practice. This creates a united world for manifestation of personal and collective physical, mental, emotional, and spiritual images and healing on a global basis with answers and solutions to any questions you might have just by collectively projecting into empty space.

Chapter 4 - Level IV:

The Fourth Level of the Universal Healing Tao System consists of over thirty (30) formulas based on and corresponding to seven (7) Inner Traditions' Universal Healing Tao Books with the page numbers of the practice coming from each of the following books: *Energy Balance through the Tao (Tao Yin)*, *Tan Tien Chi Kung*, *Simple Chi Kung*, *Cosmic Detox*, *Tendon Nei Kung (Iron Shirt Chi Kung II)*, *Cosmic Astrology*, and *Fusion of the Eight Psychic Channels (Fusion of the Five Elements III)*.

1) Energy Balance through the Tao:

- a. **Theory:** This is the Universal Healing Tao Tao Yin practice for growing the tendons in the body with breathing techniques (*Poetry in Motion*) in Tao Yin postures as opposed to stretching the tendons as in yoga for flexibility. By growing the tendons you give the body the space to move while building and strengthening the tendons instead of stretching the tendons out creating a situation where the body could lose its strength and power. You might gain flexibility but you could become too loose and lose your structure, support and intensity, which are vital for your health and longevity.
- b. **Concept:** With the Tao Yin breathing technique you are initially directing the energy (*Dark Energy Out - Bright Energy In*) to various areas (*Abdomen (Upper & Lower), Groin, Sacrum, Chi Belt, Kidneys, Diaphragm, Lungs (Lower & Upper), Scapula, Neck, Temple, Crown & Whole Body*) of the body in a laying down posture to start the tendon growing process. Then you go through a series of postures: (*Knee to Chest, Knees to Chest, Elbows Outward, Bridge to C7, Bridge to Crown, Bow, Tiger Stretch, Rise Spine to T4, Peacock's Tail, Heel to Groin, Bamboo Swinging in the Wind, Cross Legs, Palms over Head, Shooting the Arrow, Cobra & Bouncing Knees*); you focus on the psoas and sphincter muscles and joint tendons growing them with each breath. You move through each posture breathing out the dark energy and breathing in the bright energy as you gently lower, rise, twist and turn each vertebrae of the spine opening the joints.
- c. **Purpose:** By focusing the breath on each tendon of the joints through the postures you begin to grow the tendons with a subtle healing energy using your Yi, the Mind-Eye-Heart Power. As the tendons subtly and gently grow, your body gradually opens up; this goes beyond flexibility as your body becomes buoyant with effortless movement because your tendons are stronger, detoxified, healthier and firmer without any stress or effort as you simply breathe in and breathe out directing the energy.

2) Tan Tien Chi Kung:

- a. Theory:** *With the Tan Tien Chi Kung formulas of the Universal Healing Tao you are activating the Chi (Air) Pressure in your Lower Tan Tien (Original Chi Area) with the Empty Force (Exhaling all Air out of the Body) and Perineum Power (Anus Area) of the Dragon (Inhale: High-Pitched Hummmm Sound) and Tiger (Exhale: Low-Pitched, Growling Hummmm Sound) Breaths in the Eleven Animal Postures (Rabbit, Crane, Bear, Swallow, Dragon, Eagle, Monkey, Elephant, Rhinoceros, Horse & Bull).*
- b. Concept:** *By activating the Empty Force and Perineum Power with the Dragon and Tiger Breaths you are creating Chi Pressure in the body. When we get older we lose air pressure and we slowly deflate just as a tire loses air on a car. As you see very old people they look like a deflated balloon all crippled over with no bounce or buoyancy. The years of wear and tear and gravity on the body cause leakages in the body and we slowly lose our air pressure which gives our bodies form, structure and constitution that we need for our vitality and bounce to live our lives with zest and joy.*
- c. Purpose:** *By doing the Tan Tien Chi Kung formulas we build and maintain the air pressure in our bodies on a daily basis with the Empty Force and Perineum Power techniques while sealing and healing any leaks and openings of our bodies with Eleven Animal Postures' movements and intentions to restructure and fortify our bodies for the maintenance of our health and longevity with joy and vitality.*

3) Simple Chi Kung:

- a. Theory:** *The Simple Chi Kung formulas of the Universal Healing Tao awaken the body's organs and joints for your daily meditation and Chi Kung practices while you are lying in bed to activate your morning bowel movement and opening your body up for your daily activities. Once you get up and relieve and clean yourself you can start in a standing position to open the rest of your body's joints with the Simple Chi Kung formulas (Bouncing, Foot & Hand Kicking, Knee, Hip & Sacrum Rotations, Waist Loosening, Crane & Turtle, Spinal Cord Breathing, Empty Force, Side Twisting, Windmill, Eye Exercises, Neck, Shoulder, Wrist & Hand Stretching, Palm Slapping, Door of Life Opening, Elephant Trunk Swing, Squatting, Teeth Tapping, Chi Self Massage, Bone Breathing & Laughing Chi Kung).*
- b. Concept:** *The reason we call these techniques Simple Chi Kung is they are simple movements that anyone can do to release any stress or tensions in the body so you can proceed with your series of Universal Healing Tao practices depending on what level you are at for your self-discovery, your family activities and your life's work.*
- c. Purpose:** *Simple Chi Kung formulas open up your stiff joints after a deep sleep releasing any tensions (Stagnant Chi) as well as lowering your blood pressure, activating your bone marrow, blood circulation, immune, respiratory & digestive systems and relaxing your nerves, thoughts and any emotional imbalances. These simple movements start the cultivating, circulating, clearing, exchanging, transforming and storing processes in your body as you begin your day; throughout your day if you feel you have any blockages, stiffness, tension or discomfort you just simply smile down and do any of the Simple Chi Kung techniques for relief to that particular part of the body.*

4) Cosmic Detox:

- a. Theory:** *In our modern world we live (awake & sleeping) in unnatural environments with artificial lighting, commercialized homes, drinking chemically charged water, and eating commercialized foods, which causes severe and fatal conditions in our bodies that are not natural to our body internally. The process starts from birth to our graves as we are exposed to these artificial environments consuming artificial foods, air and water, which block our nine openings (mouth, anus, genitals, two eyes, two ears, two nostrils) and the largest organ (skin) of the body. As we get older the toxins (poisons) continue to multiply causing insurmountable blockages in our bodies if we do not periodically clean them out with systematic techniques to maintain our health and longevity.*
- b. Concept:** *Through the Cosmic Detox formulas (Colonics, Cell, Eye & Rectal Cleanses, Liver, Gall Bladder & Kidney Flushes, Facial Sponge Washing, Sexual & Chi Self-Massages, Nasal Douching, Dry Skin Brushing & Solar Bathing) and proper diet you can begin to release blockages. Without daily and periodic practice or living in natural environment 24 hours a day and 7 days a week the toxins will again build up and further wear out the body, which is your temple where you do all your Inner Alchemy practices.*
- c. Purpose:** *We need to develop a systematic process to clean and clear out the built up toxins in our bodies or we will drown in them. Without unblocked openings in our bodies we will not have complete success with our Inner Alchemy practices because we are dealing with very subtle energy in those practices, which these blockages affect dramatically. With Cosmic Detox formulas this can be accomplished depending on the severity and maintained over our lifetime.*

5) Cosmic Astrology:

- a. Theory:** *When you take your first breath you breathe in an Internal Energy Pattern of the universe from the Five Earthly Elements (Oceans/Water, Trees/Wood, Sun/Fire, Soil/Earth & Mountain/Metal) and Planets (Mercury/Blue, Jupiter/Green, Mars/Red, Saturn/Yellow & Venus/White) at that particular moment in time and space. This gives you your Physical Internal Energy Pattern related to your Five Vital Organs (Kidneys, Liver, Heart, Spleen/Pancreas & Lungs) for your life's journey on earth with all of its strengths and weaknesses. Without the knowledge of the your Internal Energy Pattern how are you ever going to balance and transform it unless you know what to transform for your Inner Alchemy process.*
- b. Concept:** *Through the Cosmic Astrology formulas and charts of the Twelve Chinese Animals (Rat, Buffalo, Tiger, Rabbit, Dragon, Snake, Horse, Ram, Monkey, Rooster, Dog & Boar) and the Five Elements (Metal, Water, Wood, Fire & Earth) you will be able to find your Animal sign and element for your year, month and time. This will give you the first part of your Internal Energy Pattern and from there you can start to build your understanding of that pattern to create your own persona based on the Cosmos (Stars). Through the book you can build this understanding further from five different perceptions (Western Astrology, Sun & Moons, Chinese/Western Combinations & Birth Day Cards) and the Earthly Branches,*

Day, Chinese Triad and Secret Allies giving you a complete picture of yourself to balance and transform yourself through the Inner Alchemy practices.

- c. **Purpose:** With clearer understanding of your persona (cosmic energy patterns which determine your personality) you will discover how you think, react, perceive and relate to everything and everyone in the universe and how they think, react, perceive and relate to you by simply studying the stars from the charts provided in the book. These understandings have been calculated, charted, tested and evaluated for centuries and now you have them for your Inner Alchemy practices.

6) **Tendon Nei Kung:**

- a. **Theory:** This is the second level of the Iron Shirt Chi Kung practices dealing directly with the growing, strengthening and maintaining of our tendons for our structure, posture and personal power. This is the second step in building your Iron Shirt (Temple) to do your Inner Alchemy practices creating the dynamic Spinal Whip Movement, building the Chi Pressure and Tendon Power with your breath from the Earth to Feet to Ankles to Legs (Knees) to Hips (Psoas Muscle) to Spine (5 Lumbar, 12 Thoracics & 7 Cervicals) to Scapulas to Shoulders to Crown to Chin to Chest to Arms to Elbows and extending through the Fingers.
- b. **Concept:** As you exhale your breath into your Tan Tien, Close your Genitals, Pinch your Elbows and Contract your Heart (Like a Clenching Fist) and at the same time torque your Toes, Heels, Ankles, Legs, Hips, Vertebrae, Jade Pillow, Arms and Fingers with the rhythm of the Earth and your Heartbeat then you release (let go) the Air Pressure; as you inhale your Heart expands and your Tendons release your whole body while it effortlessly moves back to its original position by itself.
- c. **Purpose:** With the Tendon Nei Kung Eight Standing Positions (Head Level/Middle Fingers, Eye Level/Pinkies, Waist Level/Thumbs Up, Waist Level/Back of Hands, Solar Plexus Level/Pinkies, Shoulder Level/ Middle Fingers, Waist Level/Palms Up and Knee Level/Palms Up) you are building your tendons with the Spinal Whip Breath and Clenching Fist technique in each position and additionally in the Partner and Wall Practices as well as the Mung Bean Hitting techniques.

7) **Fusion of the Eight Psychic Channels:**

- a. **Theory:** This is the final section of the Fusion Practice (Fusion III) with Eight Basic formulas (Great Regulator & Bridge Channels, Spinal Cord Cutting, Spinal Cord Microcosmic, Mideyebrow Aura Cutting, Crown Drilling, Five Sense Cutting & Sealing, Heart Center Cutting (Butterfly Motion), & Aura Sealing) and Advanced Fusion III moving all the Basic Fusion Formulas into the Energy and Spirit Bodies. This is a continuation of opening the channels from Fusion II into the Eight Psychic Channels of Fusion III. By opening the Eight Physic Channels your energy will flow effortlessly through the body for balancing, healing and cultivating your internal energy.
- b. **Concept:** The Eight Psychic Channels start opening up the meridians lines of the body with Yang & Yin Sides of the Regulator and Bridge Channels then opening up the spine front to back, up & down and right to left with Spinal Cord Cutting, Microcosmic and Aura formulas.

Once these formulas are completed you move to open up the Crown, Five Senses & Heart with drilling and cutting techniques then sealing any energy leaks and protecting the body with the Final Fusion Formula, Sealing the Aura.

- c. **Purpose:** With the final Fusion formulas you are completing the Fusion practice building the Compost Machine and Pearl with excess Climate, Sense & Negative Emotional Energy (Fusion I) then running the Pearl through the Functional, Governing, Creative, Thrusting & Belt Channels (Fusion II) and finally through the Eight Physic Channels (Fusion III) and Advanced Fusion (I, II, III) into the Energy and Spirit Bodies. Through transforming your internal energy and clearing and opening your channels you are starting to create your energetic Spaceship for your journey into the Unknown beyond the North Star.

Chapter 5 - Level V:

The Fifth Level of the Universal Healing Tao System consists of over forty (40) formulas based on and corresponding to four (4) Inner Traditions' Universal Healing Tao Books with the page numbers of the practice coming from each of the following books: Taoist Astral Healing (Cosmic Healing II), Advanced Chi Nei Tsang (Chi Nei Tsang II), Golden Elixir Chi Kung, and Tai Chi Jing (Tai Chi Chi Kung II).

1) Taoist Astral Healing:

- a. **Theory:** Taoist Astral Healing is the second level of Cosmic Healing in the Universal Healing Tao Healing Arts connecting with the cosmos by creating vortexes in the human body with created vortexes in the universe and drawing the cosmic healing energy to heal yourself and others. With the Taoist Astral Healing formulas and their Seven Meditations (Earth, Sun, & Moon Triangle, Strengthening Organs, Strengthening Energy Fields, Connecting to Galactic Forces, Balancing the Planet, Stellar & Mental Fields, Balancing Yin & Yang, & Yin Stage Awareness) we are connecting with Earth, Sun & Moon and the Crystal Room, Heart & Kidneys along with the Planets and the Vital Organs and Galaxy Six Direction Connection with the Five Palaces for Group and Individual healings.
- b. **Concept:** Through the Taoist Astral Healing formulas you maintain the healing energy fields with your Vital Organs (Lungs, Kidneys, Liver, Heart & Spleen) and with the Planetary Healing Rays (Venus/White, Mercury/Blue, Jupiter/Green, Mars/Red & Saturn/Yellow); this is for healing and exchanging with Group Yin Stage Meditation connecting with Quasars and Black Holes. By utilizing the Eight Body (Spirit, Physical, Financial, Emotional, Knowledge, Heart, Aging, Wisdom) Manifestation Meditation you are reenacting the initial act of creation (Thought Affirmation). You are compounding it with your verbal command (Right Now) to Empty Space visualizing what you want and desire as the Mental Body controls the Emotional Body and the Emotional Body controls the Physical Body (Concept-Desire-Manifestation).
- c. **Purpose:** Taoist Astral Healing provides a step-by-step program for refining the ability to cultivate, circulate, and retain Chi from the Stars and Planets. It offers advanced techniques for drawing down energies from the Stars and Planets in order to grow in awareness and to

develop full soul potential. Harnessing these energies allows you to break through the cycles of attraction and addiction, promote longevity, and transform the physical and energy body into your Light Body in order to heal yourself and others as you discover your own Divinity.

2) Advanced Chi Nei Tsang:

- a. Theory:** Advanced Chi Nei Tsang is the second level the Chi Nei Tsang practices utilizing hand and pressure point techniques to open up and flush out the Twelve Winds (Liver-Pericardium-Heart, Tongue-Jaw-Eyes-Head, Kidneys, Vena-Aorta-Lumbar, Abdominal, Muscle Cramps, Heart Attacks, Chest Attacks, Legs-Feet, Pain-Numbness-Heat, Nerves-Back & Heat/Cold Attacks) of the body. The Advanced Chi Nei Tsang (CNT II) formulas also use hand techniques on Specific Aliments (Heart Attacks (Life & Death Point), Heart-Kidney-Breast Blockages, Anger-Arthritis Stress, Constipation & Hiatal Hernias) for releasing any blockage or tension, which could cause severe or fatal damage.
- b. Concept:** The Emotions and Winds accumulate in the abdominal and navel area of the body and CNT II teaches you how to release the Bad Winds and sweep them out to reestablish a healthy flow (Good Winds) of vital energy. This gives you a new approach to healing by understanding the origin of the Winds and the problems they create in the body, and then health can be restored. This restoration of balance and circulation occurs through proper use of CNT II techniques to chase and release the trapped winds.
- c. Purpose:** Chi Nei Tsang II will guide you deeper into the rib cage, abdomen and Navel Center teaching you how to use the elbow and knuckle techniques releasing negative emotions, stress, tension, and accumulated sickness and congestion. When this occurs, all vital functions stagnate. Using CNT II techniques in and around the area of the navel provides the fastest method of healing and the most permanent results. The CNT II techniques can be applied to the abdominal center where the Universal, Cosmic Particle, and Earth Forces are combined and stored.

3) Golden Elixir Chi Kung:

- a. Theory:** The formulas of Elixir Chi Kung consist of Twelve Practices (Dragon Gazes at a Pearl, Looking Back at the Moon, Wai T'o Offering Rod, Giant Raises Tower, Iron Bridge Swallow, Shaking Head, Wagging Tail, Pulling the Silk (Swing Leg), Gathering the Golden Earth Pill, Tiger Out of the Cage, Iron Buffalo Plows the Land & Fair Lady Jumps) that activate the fountain or water of life. Without obtaining and maintaining the proper amount of the combination of saliva, hormonal fluids and external essences in the body we would terminate and never experience the Elixir of Immortality.
- b. Concept:** Taoists have long considered Saliva as a key component for optimal health. And they recommend swallowing the saliva up to 1,000 times a day to promote physical healing. Thousands of years ago Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices. They learned that combining saliva with the

hormonal fluids and essences released during sexual activities forms a powerful elixir. Taoists believe that this Golden Elixir is not only a physical healing agent, but also is a major transformative agent in preparing for higher spiritual (energy) work.

- c. **Purpose:** Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva. Ten of these involve gathering energy and forces through the body's hair, which acts as a negative energy filter and can also be used to store surplus positive energy. Taoists regard the hair as antennae extending out into nature and the universe. By utilizing these practices you can develop self-healing abilities that revitalize organs and promote longevity and spiritual vitality.

4) Tai Chi Fa Jing:

- a. **Theory:** This is Tai Chi Chi Kung II Discharge Form of the Universal Healing Tao with its formulas (Step Back, Ward Off, Roll Back, Press, Push, Single Whip, Lady Shuttle & Sink Back) moving from Left to Right. This is a simple Yang Style Form with Thirteen Movements (the eight gates and five positions) in Four Directions starting in the North, moving counterclockwise 360 degrees then clockwise 360 degrees. This form facilitates and promotes the use of discharge power pronounced in Chinese as Fa Jing with the drawings and detailed illustrations. It also covers the use of the eight variations of discharge power known as the Ba Fa Jing. These are explored in the context of push hands (Tui Shou).
- b. **Concept:** Through the Tai Chi II form you learn how the discharge power is revealed through the practice of the discharge form and technical exercises. The principles are revealed using a tripartite approach based on the foundation of the Universal Healing Tao System through the Iron Shirt Chi Kung I & II and Tai Chi Chi Kung I practices.
- c. **Purpose:** By doing your daily Tai Chi II practice you are imprinting the form into your energy body and when you leave the body (Ascension) you take the form and its movements with you to the next level of existence. You are forming your Energetic Yang Body (Dense Spaceship) to travel in the realms of Infinity as opposed to a Yin Body (Astral Travel). You will get a clear understanding from an historical overview of the discharge power within the lineage of internal martial arts. You will receive their own translation of the Tai Chi classics throughout this practice. All Tai Chi practitioners will learn how to harness the martial art power but also as the classics reveal, learn the Jing that will assist every student in both their spiritual and healing journey.

Chapter 6 - Level VI:

The Sixth Level of the Universal Healing Tao System consists of over forty (40) formulas based on and corresponding to three (3) Inner Traditions' Universal Healing Tao Books: The Taoist Soul Body (Enlightenment of Lesser Kan and Li), Karsai Nei Tsang (Genital Massage), and Tai Chi Wu Style (Tai Chi Chi Kung III).

1) Taoist Soul Body:

- a. **Theory:** *The Lesser Kan & Li is the first formula of six formulas (Two Levels) in the Immortal Tao which takes you to the highest level of the Inner Alchemy practices transforming one substance into another (Physical Body into the Spirit Body). The formulas of Lesser Kan & Li (Coupling (Reversing Hot & Cold Energies), Steaming (Five Vital Organs, Endocrine Glands, Spine, Lymph, Nerves & Twelve Channels), Body Pulsing, Inner Eye, Self Intercourse, Supplementary Practices & Turning the Wheel) start with Kan (Life Essence-Lead-Water-Kidney/Sexual Energy) and Li (Spiritual Essence-Mercury-Fire-Heart/Compassionate Energy) in the Cauldron at the Navel to form the soul body. The practice of the Chinese formula Siao Kan Li (Yin and Yang Mixed) uses darkness technology to literally steam the sexual energy (Jing) into life-force energy (Chi) by reversing the location of yin and yang power. This creates an internal energetic streaming machine, which is required for the final transformation of the Inner Alchemy practices.*
- b. **Concept:** *This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water generated by the sexual energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of this practice and of all Inner Alchemy traditions throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualizes successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience.*
- c. **Purpose:** *Death is no longer to be feared, because life beyond the physical body is known through direct experience of the Kan & Li formulas and once you leave the body consciously the Taoist say death no longer has any sting on you. The birth of the soul is not a metaphor. It is an actual process of converting energy into a subtle body (spaceship) to travel beyond time and space. Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li.*

2) **Karsai Nei Tsang:**

- a. **Theory:** *Karsai Nei Tsang is the third level of the Chi Nei Tsang practices of the Universal Healing Tao which is the genital massage to release and lift any blockages, tangles and knots in the urogenital area with its hand techniques (Opening Abdomen, Navel Area & Sexual Palace, Releasing Aorta & Interior Vena Cava, 4 Meridian Lines, Forearm Press from Anus to Sacrum, Inner Thighs, Psoas Muscle, Perineum, Genitals (Prostate & Uterus), Sciatic Nerve, Urogenital Diaphragm and Draining the Inguinal Lymph) for both men and women. The Karsai Nei Tsang formulas massage and spread the Sexual Energy, Buttocks, Genital Blood Supply, Ovaries & Fallopian Tubes, Testicle & Scrotal Sac & Veins Circulation, and Pelvic Ligaments and then apply Abdominal Herbal Packs for healing.*
- b. **Concept:** *Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the Jing Chi of the sexual organs (powerful source of healing energy) Karsai Nei Tsang helps to resolve*

physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification.

- c. Purpose:** *Karsai Nei Tsang has the complete Sexual Organ Massage applications for women and men with the underlying Chi Nei Tsang principles that shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. This practice can be used to treat impotency, frequent & difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is effective in alleviating back pain & sciatica, improving the body's alignment, strengthens the pelvic floor, balancing the hormones, and increases general vitality.*

3) Tai Chi Wu Style:

- a. Theory:** *This is Tai Chi Chi Kung III Tendon Form of the Universal Healing Tao with its formulas (Lean Back, Ward Off, Roll Back, Press, Push, Single Whip, Grasping the Bird's Tail, Sink Back, Flying Oblique, Left Hand & Step Forward White Crane spreads its Wings and Brush Knee) moving from Left to Right. This is a simple Wu Style Form with Thirteen Movements (the eight gates and five positions) in Eight Directions starting in the North moving counterclockwise 360 degrees then clockwise 360 degrees. This Short Wu Tai Chi Kung set highlights some of the essential forms taken from the Long Wu Form. The sequence is divided into 3 parts and each part performed in 3 different directions. There are multiple levels of progression with such a sequence.*
- b. Concept:** *The beginner learns the sequence initially through the intellectual mind and gradually embodies the principles of integrating the form with the Tan Tien Chi Kung, Iron Shirt Chi Kung I & II posturing, breath, martial applications and spirit. Once you learn the form, you will know it completely, activating your molecular memory. Then you do not know if you did it or if you did not do it because it has become a meditation and has become a part of you.*
- c. Purpose:** *The Tai Chi forms, through your daily practice, enforce their movements in your energy body and that is the body that you travel with to the next realm with all its postures and strikes. Again you are your Energetic Yang Body (Dense Spaceship) to travel in the realms of Infinity as opposed to a Yin Body (Astral Travel). You will learn anatomical and geographical placement of the body for the form with structure and Chi movements opening up your tendons and expanding your body strength with the spirit aspects of the form. Unlike the Yang Form, the Wu Style is characteristically performed in a small frame in a high stance, which with this short sequence will satisfy your engagement with the Wu Style. Every time you do your practices (Fusion/Spinning Pakuas & Tai Chi/Strikes) you are building your energetic tank for safe travel into the great beyond.*

These are Basic Universal Healing Tao practices, but this is just the first half of the Universal Healing Tao System. Within the next eight years by 2020 the System should be completed in the written word with the completion of another twenty-one books (Cosmic Astrology, Cosmic Nutrition, Inner Alchemy Astrology, Chi Nei Ching, Greater Kan & LI,

Multi Orgasmic Teen, Greatest Kan & Li, Sealing of the Five Senses, Stem Cell Chi Kung, Tai Chi Chi Kung Chen Style, Tai Chi Chi Kung Sun Style, Pakua Palm, Hsing I, Tai Chi Chi Kung Stick Style, Tai Chi Chi Kung Sword Style, Emerald River, Congress of Heaven & Earth, Reunion of Heaven & Man, Chi Formulas Book II, Christ's Teachings within Tao & Ending into the Beginning). There will be another six levels moving completely into the Immortal Tao with a total of twelve levels covering all the future formulas as the future books are completed. The twelve levels will encompass the entire 500 plus formulas completing the Universal Healing Tao System, so you can ultimately become an Immortal. This is a whole process like building a house (Your Body as a Temple to do practices) with a solid foundation (Basic Formulas) and adding the wiring, plumbing, insulation, rooms, floors, siding and roof (Levels within the Healing Arts). You ultimately transform this temple into a space ship (Immortal Tao) moving beyond the North Star into your own Immortality.

This has never been done before in any written form because basically it was too much work. Traditionally for centuries, the teachings of the Tao were passed down by the spoken word from teacher (mountain sage) to students who were willing to venture into rural mountains of remote areas without any provisions or support, sometimes taking years to find them. It has already taken over thirty years to complete the first section in written word of the system and over sixty years of research, conceptualization, cultivation, systemization, instruction and practice. It has only been able to happen through the dedication, enthusiasm, and perseverance by Master Chia to the Tao and his Master and by my gratitude, determination, tenacity and resolution for Master Chia and the Tao to get the task completed for all of the humankind so they may have the opportunity for their own self-realization (Enlightenment & Immortality). Collectively we all need to achieve this realization to make the complete human transformation into our true divine being.

Through the ages, mystical schools, religions, governments, and now corporations have influenced us. They have convinced us to give them our time and energy (essence) for the good of others, but mostly for themselves. They promised they would take care of us or save us. When we gave everything, we had no time or energy left for ourselves, and in the end we had nothing except their promises. Other systems have taught us how to cultivate and grow our energy like a seed into a tree, but after a while, they told us they needed our energy for the good of others, and they convinced us to give them our tree for their own use. Other systems went even further, showing us how to grow flowers from our tree; and after the flowers blossomed, they had us pick them only for their beauty and sell them to others. But the Tao teaches us not only how to plant (root) and grow our seed (energy or essence) into a tree, but also how to sexually cultivate and flower the seed to bear fruit, without losing our essence (original seed). Our tree (cultivated energy) will bear fruit by the hundreds, so we have an abundance to share with others who are sincere and deserving. Now think: in each piece of fruit that we bear, how many seeds are in it to share? So, if we cultivate our original seed in the Tao, instead of giving it away as other systems advise, we can share thousands of seeds for the good of others, and never lose our original seed (essence).

This is what you can accomplish when you daily practice the formulas of the Universal Healing Tao. Or you are probably asking yourself why do any of these hundreds of formulas and Master Chia has always said if you could go into a cave and sit there and do nothing for thirty years you could become an Immortal (Enlightened) with the ability to materialize and dematerialize at will. But who can do that? Try it. You might last 2 days. The Taoists understood, this knowing the human mind or as they called it the "Monkey Mind". Monkey Mind, which is our ego, has to do something or it goes crazy, so they created all these formulas to occupy the Monkey Mind with activity until the Monkey Mind moved from activity (Yang) to non-activity (Yin) with the empty mind. That is when your mind becomes still and everything becomes clear as a still pond and when you look into it you can see your reflection. So with activity (500 formulas) you can still your internal pond and become completely conscious of who you really are and that is why you should practice besides completely understanding the process through the process. By the way I am the only one who does not have a Monkey Mind; I have a five hundred pound gorilla sitting on shoulders. I am the one who wrote out all the condensed formulas, so good luck on your journey of self-discovery.