

**ATTENTION:** Ce document n'est disponible qu'en anglais.

Vous trouverez une version courte de ce document en français sur les boutons pdf du site Meta Skills.

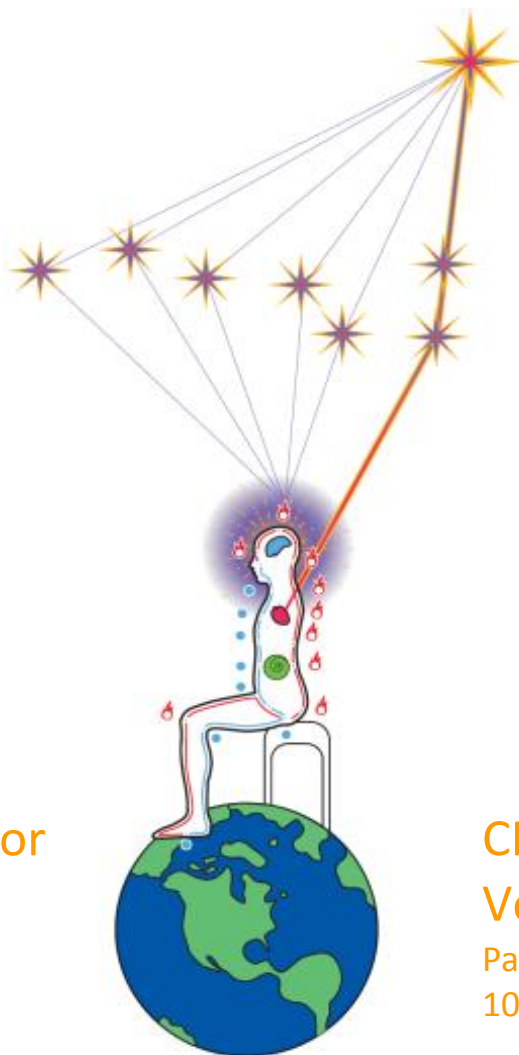


UNIVERSAL HEALING TAO  
SWITZERLAND

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

## Meta-Skill Information for UHT Instructors & CNT Practitioners

**To practice is one thing - to teach another**  
becoming aware of our Meta-Skills one truly develops the soul and  
raises the spirits of oneself and others



**UHT Senior Instructor**  
**Rentao Ravasio**

Thunstrasse 47a  
3005 Bern

**CNT Senior Teacher**  
**Veetao Hogan**

Passage de Montriond 4  
1006 Lausanne

**Instructors:** Rentao - UHT Senior Instructor • Veetao - Chi Nei Tsang Senior Teacher  
**Registration :** rentao@universal-healing-tao.ch • 076 332 39 39

# Welcome

Since time immemorial, human beings have questioned life and death, searching for answers concerning the origin of the universe, its underlying principles and the cycles of nature. In this age, an increasing number of people want to know how to achieve a complete and harmonious health in body, mind and spirit.

The Universal Healing Tao Switzerland is a practical **health promotion** and **prevention system**, that has been passed down for thousands of years in China in the quest of answering those questions. During this long period of time practices were refined and tested by millions of people. Its ancient wisdom for a modern world needs therefore to be appreciated when it comes to health and the art of nourishing life.

The UHT System Switzerland is a highly structured and precise system with simple yet very effective health promotion / prevention methods and techniques. Several educational Branches – all open for either personal self development and in depth certification Trainings – offer step by step curriculums with 6 to 12 Modules and up to 90 or more educational elements within in each branch. The branches cover a wide range of preventative healthcare, stress management, relaxation techniques and illness recovery methods.

Within such a vast system it is vital for you as a UHT Instructors to know "the how, when, what" when sharing your experiences with people, because you are the model of what the practices, the contents of a given module, its elements and techniques promises to achieve. In this information age it also of utmost importance to be crystal clear about what exactly the information is we share on each development step in order for any student to easily absorb and integrate it step by step into their 24hour and 4-Dimensional health flowjoy© life style structure. It has not to be too much and not too little - but just the middle way.

## Nourishing all 4 Dimensions

As a holistic health system the UHT nourishes, enhances and works simultaneously and synergistically on 4 Dimensional Health Needs of human life. It addresses the physical, emotional, mental and spiritual level of a person's being, improving feelings of wellbeing in all areas of life. Benefits of regular practice include:

|                  |                                    |                                                                                                                                                                                                                                                                                      |
|------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Spiritual</b> | <b>Improved Self Awareness</b>     | Deeper connectedness in all areas of life, being in flowjoy©, on purpose and united. Increased creativity and sharpening of intuition                                                                                                                                                |
| <b>Mental</b>    | <b>Improved Self Consciousness</b> | Enhanced concentration and mind power. Improved communication, memory, productivity and decision-making.                                                                                                                                                                             |
| <b>Emotional</b> | <b>Improved Self Worth</b>         | Increased peace and inner tranquility. Enhanced competency to remain calm under pressure or in emergencies. Development of emotional intelligence. Reduction of anxiety, negativity and stress.                                                                                      |
| <b>Physical</b>  | <b>Improved Self Confidence</b>    | Healing and prevention of illness, maintenance and enhancement of health and immunity. Increased energy and vitality. Improved muscle tone and strength. Enhanced spinal / joint flexibility and better posture. Optimal functioning of digestion, organ function and restful sleep. |

The Universal Healing Tao Switzerland curriculum offers a number of hands-on learning opportunities to explore for example the teaching and development of a flowjoy©lifestyle strategy and how to live consistently in a 24h 4-Dimensional Health State. For newly certified instructors and CNT Practitioners we offer several Meta Skill Seminars to learn more about how teach privately and develop a private praxis, hold small group classes, give workshops and public presentations etc. On the following pages we share only a very brief outline of the Meta Skill learning opportunities. Please contact us for more information.

Taoist strategies and methods are simple, easy, and powerful.

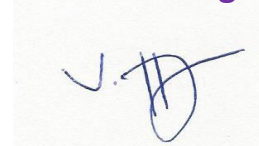
**They deliver what they promise!**

### Rentao Ravasio



UHT Senior Instructor  
Immortal Tao Instructor  
Expert 4-Dimensional Health®  
Coach 24h 4-DH flowjoy© life Style

### Veetao Hogan



CNT Senior Teacher  
UHT Instructor  
Expert Tao for Women  
Coach Women Health

# I Introduction

## 01 The Meta Skills

In one sentence the Meta Skills supports to avoid the tragedy that people search the source of creation outside of themselves rather than inside themselves. To be able to support people to see clearly how to avoid this misunderstanding an instructor needs not only to have mastered practically what he shares (teaches) but he must - what he wants to transmit to others - really DO while he is sharing (teaching) it. And this is a skill that can be trained and learned by attending a Meta-Skill Training.

Out of recognizing this difficulty I created and developed over 27 years the Meta-Skills trainings. Those trainings are able support new as well as experienced instructors in deepening their teaching skills. Meta- Skills support the delivering of the practices and its related theory to new students in way that puts the last evolutionary step in the UHT System "becoming immortal" to the very beginning - into the basics.

The Meta-Skill teaching transmits a holistic approach to sharing our inner experiences with others. It builds a strong inner teacher awareness to hear our inner voice and specifically how to be aware of the **four inner faculties** of our Tan Tien, **namely "guidance, power, security and wisdom"** which are all related to the power centre - the Tan Tien. Mastering the inner faculties will allow the teachings to flows effortlessly out of our inner core being. The Meta Skill teachings enhance therefore teaching from and with awareness, the very ingredient that connects us even to the last formula in the UHT System "Union of Human and Tao".

Meta-Skill Modules and Trainings support you specifically:

- to understand all the parts of the whole
- with the chance to clarify all your questions around teaching, get feedback by practicing with other instructors
- how to use all the necessary materials and information at the right time, right place and right moment.
- how to use internal and external tools in harmony with each other

The basics modules and elements (for example the UHT Introduction, Warm up, Inner Smile, 6 Healing Sounds, Microcosmic Orbit, Iron Shirt, Tao Yin and Tan Tien Chi Kung) are the **fundament** of the UHT System.

To share the basics with students is therefore one of the most important tasks and as the teacher of Grandmaster Mantak Chia said to him once "everyone should practice the MCO" and we would have a "better world". To be able to say this needs an understanding of the whole UHT System and a perspective what we are trying to accomplish in order to share the basic elements properly with students. It is not the **quantity of exercises** we give but the **quality and the precise instructions** that support the student in feeling the energies and being able to master them by themselves. It takes from 3 month to one year or longer to integrate the basics into the everyday life and it is the Meta-Skill Trainings that helps the instructor to share those contents with ease.

If the fundament of the basic practices is weak (both in the practice and in the conceptual understanding of it) the rest of the building will be shaky and unstable. This applies to the practices as such but also how the practices are delivered. The "how" is always related to our character and competence and this finds its expression in our Meta Skills. All of those aspects are important ingredients that are addressed in the Meta-Skill teachings because they build both trust and trustworthiness in ourselves as well as towards and between people. Blending and polishing those two aspects transforms us into an excellent model that is both **authentic as well as unique**. Best of all it allows us to be completely ourselves while sharing our practices with others. Sharing practices, theory und understanding in this way will bring us into flowjoy© - hence we are in alignment with the original intention of the creation.

## 02 Meta Skill Awareness

A Meta-Skill is a kernel of pragmatic wisdom that applies to a variety of circumstances including ones you never directly experienced before, such as a unkown moment in a teaching situation.

Life as such as a process of accumulating Meta-Skills. With a rich Meta-Skill Set in UHT and CNT Teachings the passage through life and teaching becomes easier.

Meta-Skills are not always easy to put into words. Much of this wisdom is non-verbal. Meta-Skills refine your awareness and help you specifically:

- to understand and deal with other people appropriately
- to see how things that happened to you arise from your own actions

- to learn to see the real underlying mechanism behind things happening to you

But the most important Meta-Skill concerns yourself. After testing yourself during a Meta-Skill Training Day in a variety of teaching circumstances and maybe failing in many of them, you begin to understand your own strength and weaknesses and how you can become your worst enemy or always your next best higher version of yourself as a teacher.

The most valuable Meta-Skill in teaching is to manage your Ego while teaching so it does not distort your vision or lead you to SELF SABOTAGE and Self Destruction. Ego arises from our personal emotional investments. When we become engaged in a certain path (teaching UHT for example) and spend a lot of our resources supporting it, we have made an ego investment. Our investment builds up and seeing things any other way damages our self-esteem and can act disturbingly in our teachings and the way to accomplish our task or enjoy what we actually do like to enjoy. The ego management Meta-Skill lies in correcting and uncovering our own inevitable distortions and self-deceptions. You learn to say "that was a stupid thing to do, say etc" and that is something you can learn to tell yourself without waiting for the world to tell you in a more painful way. Learning how the ego works within us is part of the Meta-Skills that eventually allows us to act with compassion.

Every individual is dealing with Spirit versus Ego issues and has made his own emotional investments and is very sensitive about any challenges to them. Part of our Meta-Skill Training experience is learning **how difficult it is to change these patterns in ourselves and others**. In meeting new students which have already substantially invested in a path of life it is not our role to CHANGE THEM, this is not within our power INSTEAD our role is to navigate around their sensitivities with compassion so not to trigger a defensive reaction.

### 03 How to obtain Meta-Skills and what are the Meta-Skills of learning a Meta-Skill?

Train how you teach what you teach in a Meta-Skill Training gives you the real-world experience and test to improve your Meta-Skill Wisdom. You learn for example:

- to learn from your own mistakes without actually having to pay the price for it
- to learn from unexpected moments in teaching
- to get out of your comfort zone and stretch your limits

If you intend to build Meta-Skills you need a commitment to your future, time and attention and to retain the freedom to change. Meta-Skills involve processing life's lessons on an ever higher plane. Meta-Skills at the highest level are called "wisdom". You gain it by stepping out into the real world, by making mistakes and learning from them. The Meta-Skill Training supports you in all of this. There is no wisdom without experience but the truly wise train consciously how to gain a valuable set of Meta-Skills before going out in the world.

You can live on a mountain top if you like, but if you want to teach you need to visit the village and go on the market place because those are the places your wisdom comes from.

So it is for teachings - you go to a Meta-Skill Training and gain the support, the wisdom and the experience in how to teach in flowjoy© and successfully.

### 04 Position of the Meta-Skills within the UHT Switzerland Curriculum

UHT Switzerland offers a path with 3 Evolutionary Steps, 6 Educational Branches and 9 Formulas that allows the student to develop and grow step by step their soul and raise their spirit.

As a "Energy University" more than 36 Teaching Modules (for example Module Basic) are available of which each has some elements (for example the basic has the elements Microcosmic Orbit, Inner Smile etc.).

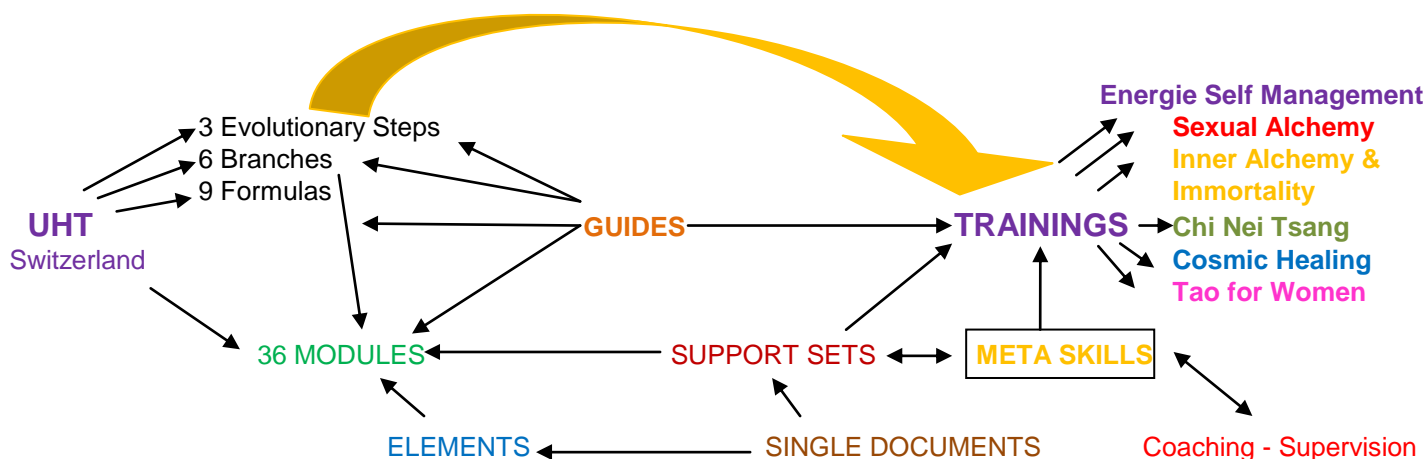
The Support Sets and Single Documents support the students after a workshop with the necessary support to be able to practice and integrate at home what they learned in the class or workshop.

The Guides are descriptions that are meant to give the interested students further information about the personal growth and development possibilities.

The Trainings support students that are interested to not only to practice for themselves but also to learn how to share the practices and teachings with others. The Associate Instructor Training for example builds the FUNDAMENT for all further learning and is as such one of the most important trainings both for UHT Instructors and CNT Practitioners.

|                 | <b>LEARNING</b>              | <b>SHARE / TEACH</b>                                                                           | <b>BENEFIT yourself / others</b>                                                                                                                                   |
|-----------------|------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AI Training for | CNT<br>learning the practice | to share with clients                                                                          | improve their health                                                                                                                                               |
|                 | AI<br>learning the practice  | to share with individuals<br>to share small groups locally<br>BASIC MODULE and its<br>ELEMENTS | gives self responsibility for health<br><br>energy self management<br>prevent healer burn out<br>deeper integration of practice<br>into your 24h health life style |

The Meta-Skills finally are the method that brings it all together for a UHT Instructor or CNT Practitioner by deepening the teaching experience, gain coaching skills and putting the insights into action.



### 03 To join a Meta Skill Training

Our Meta Skill trainings are offered in private sessions 1:1 and in group settings. Meta-Skills Trainings are offered for the following subjects:

- How to give a UHT System Introduction (from 5 to 15 Min. and 4 hours lectures)
- How to teach Basic Techniques such as MCO, Iron Shirt, etc.
- How to teach advanced Basic Skills such as World Link Manifestation Meditation
- How to teach Healing Love (covering single, dual and couples twin light level teachings).
- How to teach Warm up that covers the Basics, Healing love till Bone Marrow Nei Kung etc.
- How to teach 10-12 Chi Kung Class Session of 60-120 Minutes each
- How to teach 1 Day, 2 Day, 3 Day Basic Workshops
- How to teach 1-2 Day Workshops Modules such as Tao Yin, Tan Tien Chi Kung etc.
- How to shift yourself from Mortality into Immortality awareness
- How to give a UHT/CNT Intro Days (7-8 hours seminar promoting CNT and UHT at the same time)

### 04 Further opportunities within the UHT Switzerland Community

Besides the above we support our Instructors and CNT Practitioners with a variety of support structures, materials etc. Please inquire if you are interested to know more about one the support areas bellow:

#### ● Basic Teaching Support for AI Trainees and CNT Practitioners

- Skill Analysis
- Teaching Style
- Coaching and Supervision
- Energy Meditation Modules
- Energy Exercises

#### ● Meta Skill Training Support

**Meta Skills =** deepening your awareness on "how you use" a technique and skill as you apply it to a client or teach an element of practice to them.

#### ● Coaching Support and 4-DH and flowjoy@Coach Training

Personal change, transformation and shifting from old self into new self.  
Development and coaching Support to move towards a 24h 4-Dimensional Health and flowjoy@lifestyle.



## ● Business Support

Developed over 27 years our business support materials and seminars facilitates the teachings tremendously for new and even experienced teachers. According to the needs of each individual it provides for example the following:

- Simple Support Brochures for Students
- Detailed 10 Session (60 or 90 min) Chi Kung Class Basic sets
- Detailed schedules to give 1 to 3 Day Workshops with its according slide shows
- Single A4 Practice Sheets to give to UHT students and CNT Clients

It is also possible to purchase some of our UHT Switzerland Products that make teaching and marketing right from the start easy and gives it right away a professional outlook.

## ● UHT BASIC support

AI UHT Basic Branding  
CI Basic Administration Set  
Basic Flyer  
Basic Module Description  
Guide 3 for Students  
Basic Brochure  
Single Sheets  
Warm up DVD for resale

## ● CNT BASIC support

CNT Trainee and CNT 1 Practitioners  
CNT Branding  
Basic Administration Set for Praxis  
CNT Client Guide  
CNT Study Guide  
CNT Support Sets Clients 01  
CNT Single Sheets

## ● Joining the UHT Community Service Opportunities

As a UHT Switzerland Member you benefit from joining a community that is interested in personal development and inner alchemy. Other opportunities are for example to join a larger teaching event for example:

- Tao in the City Lausanne up to 30 Instructors offer a day of teachings together for the public
- Salons join a team that promotes themselves in a fair, event etc.

or become the anchor of organizing an event in your local area.

## 05 Opportunities and choices

Bellow you find from **A - J** a variety of learning opportunities to deepen the understanding of a certain topic as well as all the Meta-Skill Manuals that are available.

Simply make to begin with a **X** for the topics that spark your interest.

Then after having selected your interest you have several choices:

01 If you are interested in a specific topic(s) you can call us...

02 You can send a request e-mail to [rentao@universal-healing-tao.ch](mailto:rentao@universal-healing-tao.ch) and mention the

| <u>Theme</u>   | <u>Nr. of Topic(s)</u> |
|----------------|------------------------|
| Practice       | 1,6,15                 |
| Theory         | 1,4                    |
| 4-D Life Style | 10                     |
| Adminstration  | 02                     |

03 Book a private coaching session around a topic of your choice

04 Ask if the materials of a module or topic is available to be purchased and then you can study it by yourself

A Modules related to change, self-organisation and developing a Mission-Vision

If you like to move yourself and your business further then those are modules that will support you in exactly doing that.

| T |   | Modules related to Business   | X |
|---|---|-------------------------------|---|
|   | 1 | Mission Vision Goals Strategy |   |
|   | 2 | Paradigma Change              |   |
|   | 3 | Spiritual Compentency         |   |
|   | 4 | Manifestation                 |   |
|   | 5 |                               |   |
|   | 6 |                               |   |
|   | 7 |                               |   |

B Meta Skill Seminars 1-9

Dates change every year so please inquire about the actual dates.

| S |   | Meta Skill Trainings              | UHT Trainees / Instruktors / CNT Practitioners                             | X |
|---|---|-----------------------------------|----------------------------------------------------------------------------|---|
|   | 1 | SEE DOCUMENT MSK                  |                                                                            |   |
|   | 2 | MSK Trainig Basics                | How to teach the Basics effectivly and with support materials, documents.. |   |
|   | 3 | MSK Training Chi Kung Classes     | How to start, teach a Basic Chi Kung Class with 5 to 10 Sessions           |   |
|   | 4 | MSK Training Healing Love         | How to teach Healing Love                                                  |   |
|   | 5 | MSK Training advanced modules     | How to pass energy, teach the 6 Direction Chi Kung, World Link Meditation  |   |
|   | 6 | MSK Training Breathing Strategies | How many breathing strategies we can apply ?                               |   |
|   | 7 | MSK Training Immortality          | How to gain personal clarity of the evolutionary step "become immortal"    |   |
|   | 8 | MSK Training "Topics of Choice"   | SEE TOPIC LIST LETTER                                                      |   |
|   | 9 | MSK Training of other UHT Modules | Tao Yin, Iron Shirt, Tai Chi Chi Kung I, etc.                              |   |

See details on next page....

# Meta-Skill Seminars 1-8

Nr. Meta Skill Seminars support you in gaining experience, wisdom in how to use a structure and the support materials needed to master teaching a certain UHT Module and its Elements. It involves attending the metaskill teachings and sometimes includes following a day of Assisting the same module (at a later date or immediately after the Meta Skill Training day) in order to deepen and integrate fully the new module you like to share with others.

|                       |                                                                                                                                                                |                                                                   |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>1</b>              | <b>HOW TO SHARE THE BASIC MODULE and its Elements</b>                                                                                                          | <b>4 h</b>                                                        |
| B<br>A<br>S<br>I<br>C | <b>How to use a professional Starter Kit for the Basics</b>                                                                                                    |                                                                   |
|                       | Administration Support                                                                                                                                         | Registration Form                                                 |
|                       |                                                                                                                                                                | Data Base Excel                                                   |
|                       |                                                                                                                                                                | Data Base Outlook                                                 |
|                       |                                                                                                                                                                | Feedback Form                                                     |
|                       | Marketing                                                                                                                                                      | Business Card, Flyers, and other materials                        |
|                       |                                                                                                                                                                | UHT Passport                                                      |
|                       | Teaching Support                                                                                                                                               | Basic Shedule                                                     |
|                       |                                                                                                                                                                | Basic Slide Show                                                  |
|                       |                                                                                                                                                                | UHT System Card                                                   |
|                       |                                                                                                                                                                | Warm up DVD                                                       |
|                       |                                                                                                                                                                | Basic Student Support Set                                         |
|                       | <b>HOW to teach a 1-2 Day BASIC SEMINAR</b>                                                                                                                    | How to present an UHT System Introduction                         |
|                       |                                                                                                                                                                | How to present the Tao Concept                                    |
|                       |                                                                                                                                                                | How to teach the Basics Modul and its elements                    |
|                       | How to prepare a workshop                                                                                                                                      |                                                                   |
|                       | How to teach the Warm up (s)                                                                                                                                   |                                                                   |
|                       | How to teach Iron Shirt 1                                                                                                                                      |                                                                   |
|                       | How to teach Micro Cosmic Orbit                                                                                                                                |                                                                   |
| <b>2</b>              | <b>STARTING A BASIC MODULE CHI KUNG CLASS</b>                                                                                                                  | <b>4 h</b>                                                        |
|                       | How do I start, market and build up a Chi Kung Class for beginners and advanced?                                                                               | Practicing the Chi Kung Class                                     |
|                       |                                                                                                                                                                | How to start a Chi Kung Class                                     |
|                       |                                                                                                                                                                | How to start an Evening Practice Group                            |
|                       |                                                                                                                                                                | How to give a Morning Chi Kung Class                              |
| <b>3</b>              | <b>HOW TO SHARE HEALING LOVE MODULE</b>                                                                                                                        | <b>1 day</b>                                                      |
|                       | Deepening the knowledge, wisdom and experience around Healing Love subjects and how it applies to single cultivation for men and women as well as for couples. | Share spiritual function of sexual energy                         |
|                       |                                                                                                                                                                | How to share with women/men/couples                               |
|                       |                                                                                                                                                                | How to share what essence is all about                            |
|                       |                                                                                                                                                                | How to guide men/women in same class                              |
| <b>4</b>              | <b>ADVANCED MODULES AND TECHNIQUES</b>                                                                                                                         | <b>4 h</b>                                                        |
|                       | Learn how to apply advanced skills and techniques into your classes and teachings                                                                              | How to pass energy                                                |
|                       |                                                                                                                                                                | 3 Tan Tien 6 Direction Chi Kung                                   |
|                       |                                                                                                                                                                | World Link Meditation                                             |
| <b>5</b>              | <b>BREATHING STRATEGIES</b>                                                                                                                                    | <b>4 h</b>                                                        |
|                       | Advanced breathing; how to apply where you need them                                                                                                           | Breathing strategies in UHT Elements                              |
| <b>6</b>              | <b>IMMORTALITY - Formula 6-9 - growing Soul and Spirit</b>                                                                                                     | <b>4 h</b>                                                        |
|                       | Learn how to develop your own personal spiritual immortality paradigm as well as a practical immortal physiology, psychology and philosophy                    | Immortality: a visionary health prevention and promotion strategy |
| <b>7</b>              | <b>WISDOM application Topics</b>                                                                                                                               | <b>4 h</b>                                                        |
|                       | A space reserved for various topics you like to learn more about and apply it into your 24h day                                                                | see topic list in this MSK Guide 01 page 6                        |
|                       |                                                                                                                                                                | Life Purpose and Potential                                        |
|                       |                                                                                                                                                                | 4-Dim Health in the 24 h Day                                      |
|                       |                                                                                                                                                                | How to be in 24h in flowjoy                                       |
|                       |                                                                                                                                                                | Process of Actualisation-Manifestation                            |
| <b>8</b>              | <b>OTHER Meta-Skills needed?</b>                                                                                                                               | <b>4h-1Day</b>                                                    |
|                       | A space reserved for learning how to teach the module of your choice                                                                                           | How to teach Tao Yin                                              |
|                       |                                                                                                                                                                | How to teach Tan Tien Chi Kung                                    |
|                       | You can individually or as a team choose which seminar you like to learn more about in how to share it with others.                                            | How to teach Bone Marrow Nei Kung etc.                            |
|                       |                                                                                                                                                                |                                                                   |



### C Meta Skill Trainings for Marketing and drawing an abundant flow of clients to your praxis

Those public marketing tools are designed to bring a flux of clients into your CNT practice and to for example learn how to teach a UHT Switzerland Intro Day etc.

| CNT |   | Meta Skill Trainings     | CNT Trainees and CNT Practitioners               | X |
|-----|---|--------------------------|--------------------------------------------------|---|
|     | 1 | Shop Experience Training | How to create a flow of clients into your praxis |   |
|     | 2 | CNT Intro Day Training   | How to teach the CNT Intro Day                   |   |
|     | 3 |                          |                                                  |   |
|     | 4 |                          |                                                  |   |
|     | 5 |                          |                                                  |   |

### D Wisdom application topics

Those themes and the specific topics mentioned bellow in the table can be of interest to you for deepening, expanding or growing personally as well as to be able to share its wisdom more clearly with others.

See more details on next page....

| T     | ? | Make an X for the topic you are interested in and would like to practice or know more about. | TOPICS                                                 |                                                                                                                                                        |
|-------|---|----------------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| P     | X | I like to get more insights in the practice topic 1-21                                       |                                                        |                                                                                                                                                        |
| 1     |   | Automassage                                                                                  | How to massage my 2nd Brain and 5 Organs?              | 06a P AIT_TE_BAandCNT_E.ppt                                                                                                                            |
| 2     |   | Warm up                                                                                      | 30 Min. Maintenance Practice                           | 14a P AIT_TE_Warm Up_Theory_E.ppt                                                                                                                      |
| 3     |   | Spinal Cord Breathing                                                                        | How to build Spinal Cord Strength Wave in spine?       |                                                                                                                                                        |
| 4     |   | Learning Exercises                                                                           | How to master the Details of those exercises?          | 15a P AIT_TE_Leaming Exercises_E.ppt                                                                                                                   |
| 5     |   | Collect Condense                                                                             | Collect-Condense Chi into Ball into Pearl ?            | 16 P AIT_TE_CollectCondenseEnergy_E.ppt                                                                                                                |
| 6     |   | Develop Tan Tien                                                                             | Lower Tan Tien Foundation Energy Source?               | 26 P AIT_TE_1 Center_TanTien Training_E.ppt                                                                                                            |
| 7     |   | Charge 3 Centers                                                                             | How to charge our three main centers?                  | 28a P AIT_TE_3 Centers_Brains_E.ppt                                                                                                                    |
| 8     |   | Connect Fuse 3 Centers                                                                       | 3 Essence Centers                                      |                                                                                                                                                        |
| 9     |   | 3 Centers Hara Alignment                                                                     | How to align my haraline with the 3 centers?           | 29 P AIT_TE_3 Centers_HaraAlignment_E.ppt                                                                                                              |
| 10    |   | 3 fires                                                                                      | How to build inner transformation fire                 | 27 P AIT_TE_3 Fires_E.ppt                                                                                                                              |
| 11    |   | Collect 5 Organ Spirits in Heart                                                             | Inner Soul Family Unity - how to create it?            | 32 P AIT_TE_5OrganSpirits_E.ppt                                                                                                                        |
| 12    |   | Compassion Smile                                                                             | How to create this higher consciousness in me?         | 33 P AIT_TE_InnerSmile_E.ppt                                                                                                                           |
| 13    |   | 6 Healing Sounds                                                                             | How to transform - into +                              | 34 P AIT_TE_6HealingSounds_E.ppt<br>34 P AIT_TE_6HealingSounds_EUSENOW.ppt                                                                             |
| 14    |   | Pre Med Exercise                                                                             | What kind of exercises to do before meditation?        | 37 P AIT_TE_PreMeditationExercises_E.ppt                                                                                                               |
| 15    |   | Open MCO Part 1 - 3 Centers                                                                  | How to openMCO and circulate the energy?               | 38 P AIT_TE_MicroCosmicOrbit_E.ppt                                                                                                                     |
| 16    |   | Do all stages to open MCO                                                                    | How to open MCO in stages?                             | 41 P AIT_TE_MicroCosmicOrbit_Stages3to9_E.ppt                                                                                                          |
| 17    |   | Sitting Maintenance Practice                                                                 | 15 Min. Maintenance Pracice                            |                                                                                                                                                        |
| 18    |   | Passing Energy                                                                               | How to pass on energy to others?                       |                                                                                                                                                        |
| 19    |   | Forms of breathing                                                                           | how to breath properly in each practice?               |                                                                                                                                                        |
| 20    |   | How to build Tree / Turtle                                                                   | How to build up more grounding?                        | 39 P AIT_TE_Ironshirt_E.ppt                                                                                                                            |
| 21    |   | Total Ironshirt + MCO                                                                        | How to make Spine wave in Iron Shirt etc.              |                                                                                                                                                        |
| T     | X | Theory gives meaning to the practice - where do I need more info?                            |                                                        |                                                                                                                                                        |
| 1     |   | TAO CONCEPTS                                                                                 | Part 1- 9                                              | 11a P AIT_TE_Tao Concept_E.pptx<br>17 P AIT_TE_Being Bom Process_E.ppt<br>11d P AIT_TE_Violett Light Video_EFG.mp4<br>13a P_AIT_Energie Matrixes_E.ppt |
| 2     |   | UHTS Energy Self Management                                                                  | UHT Energy System Overview                             | 07a P AIT_TE_Intro UHTS as a whole_E.pptx<br>08 P AIT_TE_Intro UHTS_3 Stages_E.ppt<br>09a P AIT_TE_Intro_UHTS Branches_E.ppt                           |
| 3     |   | Automassage                                                                                  | Benefits, Precautions etc.                             |                                                                                                                                                        |
| 4     |   | Feedback Skill Analysis                                                                      | Feedback about my knowledge of a Skill                 | 18 P AIT_TE_TeachingStyleFeedback_E.ppt                                                                                                                |
| 5     |   | Teaching Style                                                                               | Feedback integration - know what is my style           | 18 P AIT_TE_TeachingStyleFeedback_E.ppt                                                                                                                |
| 6     |   | To read 9 Formulas                                                                           | UHT System Structure of 9 Formulas                     |                                                                                                                                                        |
| 7     |   | UHT Intro How                                                                                | How to present UHT System                              | 20 P AIT_TE_Intro UHTS Part 1_How_E.ppt                                                                                                                |
| 8     |   | UHT Intro Paradigm                                                                           | What is the Tao Paradigm?                              | 21a_Module_Paradigma_G.ppt                                                                                                                             |
| 9     |   | UHT Intro Purpose                                                                            | What is the Life Purpose?                              |                                                                                                                                                        |
| 10    |   | UHT Intro Essence                                                                            | What is the essence?                                   |                                                                                                                                                        |
| 11    |   | UHT Intro Development                                                                        | How to develop my Introduction                         |                                                                                                                                                        |
| 12    |   | UHT Intro Inner Alchemy                                                                      | How to undersand Water and Fire Alchemy                | 25 P AIT_TE_InnerAlchemy_E.ppt                                                                                                                         |
| 13    |   | Spiritual Competence                                                                         | What is spiritual competence, how is it developed?     | 10 P AIT_TE_SpiritualCompetence_E.ppt                                                                                                                  |
| 14    |   | Intention                                                                                    | The importance of intention                            | 30 P AIT_TE_Intention_E.ppt                                                                                                                            |
| 15    |   | Intentional Breathing                                                                        | How to use breathing intentionally?                    | 31 P AIT_TE_Intentional Breathing_E.ppt                                                                                                                |
| 16    |   | Body Systems                                                                                 | Anatomy of all body systems                            | 12 P AIT_TE_Warm Up_Bodysystems_E.ppt                                                                                                                  |
| 17    |   | Warm up / MT vs Learn                                                                        | Maintenance vesus Learning                             | 14a P AIT_TE_Warm Up_Theory_E.ppt                                                                                                                      |
| 18    |   | Collect Condense                                                                             | Importance and how to collect, condense energy?        | 16 P AIT_TE_CollectCondenseEnergy_E.ppt                                                                                                                |
| 19    |   | 1 Center                                                                                     | How to find center, what is importance etc.            | 26 P AIT_TE_1 Center_TanTien Training_E.ppt                                                                                                            |
| 20    |   | 3 Centers                                                                                    | How to connect 3 centers, functions of them etc.?      | 28a P AIT_TE_3 Centers_Brains_E.ppt                                                                                                                    |
| 21    |   | 3 Centers Hara Alignment                                                                     | How to aling oneself with Earth-Heaven                 | 29 P AIT_TE_3 Centers_HaraAlignment_E.ppt                                                                                                              |
| 22    |   | 3 Fires                                                                                      | How to create sacred transformation fire?              | 27 P AIT_TE_3 Fires_E.ppt                                                                                                                              |
| 23    |   | 5 Organ Spirits                                                                              | Functions of 5 Organ Spirts - how to reunite them?     | 32 P AIT_TE_5OrganSpirits_E.ppt                                                                                                                        |
| 24    |   | Inner Smile                                                                                  | How to smile with unconditional love                   | 33 P AIT_TE_InnerSmile_E.ppt                                                                                                                           |
| 25    |   | 6 Healing Sounds                                                                             | What are emotions, what feelings etc.                  | 34 P AIT_TE_6HealingSounds_E.ppt<br>34 P AIT_TE_6HealingSounds_EUSENOW.ppt                                                                             |
| 26    |   | Pre Med Exercise                                                                             | What to do before Sitting Meditation_                  | 37 P AIT_TE_PreMeditationExercises_E.ppt                                                                                                               |
| 27    |   | Micro Cosmic Orbit                                                                           | The energetic integritz of wholeness with MCO?         | 38 P AIT_TE_MicroCosmicOrbit_E.ppt<br>41 P AIT_TE_MicroCosmicOrbit_Stages3to9_E.ppt                                                                    |
| 28    |   | Passing Energy                                                                               | How to pass energy to others to help open MCO?         |                                                                                                                                                        |
| 29    |   | Breathing                                                                                    | How important breathing is as a strategy?              |                                                                                                                                                        |
| 30    |   | Iron Shirt Chi Kung Part 1                                                                   | How important grounding is and how to do it?           | 39 P AIT_TE_Ironshirt_E.ppt                                                                                                                            |
| 31    |   | Going Home Practice BA                                                                       | Tips in practicing Basics after having learned it?     | 42 P AIT_TE_GoingHome_PracticeBA_E.ppt                                                                                                                 |
| 32    |   | Going Home Next StepHL                                                                       | What is the next step after Basics - understand it?    | 43 P AIT_TE_Next StepENDinfoE.ppt                                                                                                                      |
| 4-D   | X | To create my 24h 4-Dim. Health flowjoy Life Style I like to know more about?                 |                                                        |                                                                                                                                                        |
| 1     |   | Spiritual Competence                                                                         | What is spiritual competence?                          | 10 P AIT_TE_SpiritualCompetence_E.ppt                                                                                                                  |
| 2     |   | Self-Destruction-Self Construction                                                           | What is meant by self-destruction / self construction? | 24 P AIT_TE_DestructiveorConstructive_E.ppt                                                                                                            |
| 3     |   | Life & Lifestyle                                                                             | What is a flowjoy lifestyle?                           | 00 P AIT_TE_TaoHealthLifeStyle_E.ppt                                                                                                                   |
| 4     |   | Original Intent flowjoy                                                                      | What is our original intention?                        |                                                                                                                                                        |
| 5     |   | 4-Dimensional Health                                                                         | What are the 4 Dimensions?                             |                                                                                                                                                        |
| 6     |   | Field                                                                                        | What is the kreative Field?                            |                                                                                                                                                        |
| 7     |   | Creativity                                                                                   | What is creativity?                                    |                                                                                                                                                        |
| 8     |   | Purpose                                                                                      | What is Purpose in life?                               | 22 P AIT_TE_PurposePotential.ppt                                                                                                                       |
| 9     |   | Original Essence                                                                             | What is / What obscures Original Essence?              | 23a P AIT_TE_Essence_E.ppt                                                                                                                             |
| 10    |   | Vertical-Horizontal                                                                          | What is vertical vs horizontal alignment?              |                                                                                                                                                        |
| 11    |   | Spiritual Principles / Universal Laws                                                        | What are spiritual Principles / Universal Laws         |                                                                                                                                                        |
| 12    |   | Freedom of Choice                                                                            | What is freedom of choice?                             |                                                                                                                                                        |
| 13    |   | Original Wound                                                                               | What is the original wound?                            |                                                                                                                                                        |
| 14    |   | Fear-Love Matrix                                                                             | What is fear vesus love?                               | 35 P AIT_TE_Fear Matrix_E.ppt                                                                                                                          |
| 15    |   | Spirit and Ego                                                                               | What is spirit and what is ego?                        |                                                                                                                                                        |
| 16    |   | Double Mastery                                                                               | What is master of experience / creativity?             | 20a P AIT_TE_Double Mastery.ppt                                                                                                                        |
| 17    |   | Personal Growth                                                                              | What is personal growth?                               |                                                                                                                                                        |
| 18    |   | 6 LTT Fields                                                                                 | What are the 6 Life Time Task Fields?                  |                                                                                                                                                        |
| 19    |   | Inner Voice                                                                                  | What is your inner voice?                              |                                                                                                                                                        |
| 20    |   | 3te Alternative                                                                              | What is a 3rd Alternative?                             |                                                                                                                                                        |
| 21    |   | AWA Chain                                                                                    | What is the awareness chain?                           |                                                                                                                                                        |
| Admin | X | The universe is highly structured & organised - I need support in?                           |                                                        |                                                                                                                                                        |
| 1     |   | Administration                                                                               | Organising my Administration plus support sets         | 02 P AIT_TE_Administration_E.ppt<br>05 P AIT_TE_UHT BusinessSupport_E.ppt                                                                              |
| 2     |   | Evaluation                                                                                   | What is evaluation all about?                          | 03 P AIT_TE_Evaluation_E.ppt                                                                                                                           |
| 3     |   | Education                                                                                    | What is UHT Education, Trainings all about?            | 04 P AIT_TE_Education_E.ppt                                                                                                                            |

## E Support Documents for the Universal Healing Tao Basic Elements

If you are interested in the full UHT Switzerland Guide 9 - UHT-CNT Business Career Support then please send us an e-mail.

The documents bellow support the UHT Teachings and to deliver the Basic Theory of UHT Techniques in 3-5 minutes in such a way that you touch upon all the 4-Dimensions while delivering the message about the specific technique such as for example the inner smile etc.

This provides a framework and structure in order not loose ourselves in too many or too little words but exactly the balance of delivering a message and then be able to focus on the practice instead.

| P | UHT Basic Element                 |                                                                       | X |
|---|-----------------------------------|-----------------------------------------------------------------------|---|
| 1 | Set of Skill Analysis             | 4-dimensional Skill Analysis Example Set for all Basic UHT Techniques |   |
| 2 | Set of Basic Element Descriptions | A description of each element for your students, clients              |   |
| 3 | Basic Set of 12 single UHT Sheets | Includes the Basic Elements                                           |   |

## F Support in Meta-Skill Manuals for Associate Instructors

Various descriptions, Topics related to the Tao and especially the UHT System.

| AI | Tao Meta Skill Manuals - Associate Instructors Trainees |                                         | X |
|----|---------------------------------------------------------|-----------------------------------------|---|
| 1  | Introduction                                            | Be my own master                        |   |
| 2  | Tao Concept                                             |                                         |   |
| 3  | Descriptions of 4-D Lifestyle, Immortality              |                                         |   |
| 4  | Tao and Relationship Cosmologie                         |                                         |   |
| 5  | Inner Alchemy                                           |                                         |   |
| 6  | Soul and Spirit                                         |                                         |   |
| 7  | UHT System                                              | Health Promotion and Illness Prevention |   |
| 8  | UHT System                                              | 3 Stages of Evolution                   |   |
| 9  | UHT System                                              | 6 Branches                              |   |
| 10 | UHT System                                              | 9 Inner Alchemy Formulas                |   |
| 11 | Description                                             | Tao Taoism Taoist                       |   |
| 12 | Description                                             | Definitions                             |   |
| 13 | Description                                             | UHT Introduction How?                   |   |
| 14 | Theory                                                  | UHT Introduction                        |   |
| 15 | UHT Introduction                                        | 5 Minutes                               |   |

## G Support Meta-Skill Manuals for Upgrading Trainings

Healing Love is a topic of which the techniques are simple yet the comprehension of how it impacts all aspects of life is not that easy to understand. Those manuals and exercises support the Instructor to see more clearly and also to have exercises at hand for issues that occur in that highly important topic.

| UG | Meta Skill Manuals - Upgrading UHT Trainees to Healing Love |                                                                           | X |
|----|-------------------------------------------------------------|---------------------------------------------------------------------------|---|
| 1  | Healing Love Meta Skill Manual                              | Introduction                                                              |   |
| 2  | Healing Love Meta Skill Manual                              | Tao Cosmologie in relation to Relationships and Relationship Field        |   |
| 3  | Healing Love Meta Skill Manual                              | Egg Exercise                                                              |   |
| 4  | Healing Love Meta Skill Manual                              | Theory-Illustrations-Articles-Overviews-Descriptions-Checklists-Exercises |   |
| 5  | Healing Love Meta Skill Manual                              | Exercise Theory                                                           |   |
| 6  | Healing Love Meta Skill Manual                              | Practical Exercises                                                       |   |
| 7  |                                                             |                                                                           |   |

## H Meta-Skill Manuals for Certified Instuctors in various topics or UHT Moduls

Choose your Topic you like to teach and be prepared in for upgrading.

| CI | Meta Skill Manuals - Certified Instructors |  | X |
|----|--------------------------------------------|--|---|
| 1  |                                            |  |   |
| 2  |                                            |  |   |
|    |                                            |  |   |
|    |                                            |  |   |

## I Modules of life

Those are modules that are related to our personal growth of soul and raising our spirit into mastery. The understanding and implementation of those techniques into our 24h daily life will increase the ability of your soul and spirit to be in flow and joy most of your days.

| T  | Modules related to Life, Personal Growth / Spirituality / Mastery |                                                                          | X |
|----|-------------------------------------------------------------------|--------------------------------------------------------------------------|---|
| 1  | Source Field                                                      | What is the Tao, Source, Field, Quantum Field ?                          |   |
| 2  | Spiritual Principles & Universal Laws                             | How to understand spiritual principles and universal laws ?              |   |
| 3  | Creation and Creativity                                           | How to understand practically our creativity ?                           |   |
| 4  | Essence                                                           | How to cultivate our essence ?                                           |   |
| 5  | Old Self to New Self                                              | How to move from an old self to a new self ?                             |   |
| 6  | 4-Dimensional Health                                              | How to develop to be 24h in a 4-Dimensional Health State ?               |   |
| 7  | 4-Dimensional Stress                                              | How to understand to create 4-Dimensional positive Stress ?              |   |
| 8  | Energie Self Management                                           | How to manage our energy by attention, focus and direction ?             |   |
| 9  | 6 Life Time Task Fields                                           | What are the 6 Life Time Task Fields ?                                   |   |
| 10 | Awareness Chain                                                   | How to change our intention, thoughts, words, habits, believes, values ? |   |
| 11 | 4-D Life and 4-D Lifestyle                                        | How to develop a 4-Dimensional Health Lifestyle ?                        |   |
| 12 | Paradoxical Life Purpose                                          | What is the paradoxical Life purpose of being unique and universal ?     |   |
| 13 | Individuality and Personality                                     | How do I integrate personality into my individuality?                    |   |
| 14 | Choice Decision Power Force                                       | How are choice, decision, power related to each other ?                  |   |
| 15 | Double Mastery                                                    | What is the double mastery of creativity and experience ?                |   |
| 16 | Vertical and Horizontal Alignment                                 | What is meant by living in the horizontal and being from the vertical?   |   |
| 17 | Original Wound                                                    | What is the original would and how does it affect our live ?             |   |
| 18 | Fear and Love Matrix                                              | What is the fear and love matrix ?                                       |   |
| 19 | Trust                                                             | What is trust ?                                                          |   |
| 20 |                                                                   |                                                                          |   |
| 21 |                                                                   |                                                                          |   |

## J Training in how to develop into 4-Dimensional Health flowjoy@Lifestyle Coach

This is a training in the how to guide and coach people to become 4-Dimensional Healthy and to implement it into the daily, weekly, yearly structure of their life style.

| Co | Meta Skill 4- DH Coaching flowjoy lifestyle Training |                                                                           | X |
|----|------------------------------------------------------|---------------------------------------------------------------------------|---|
| 1  | MSK Coaching Manual                                  | Shift, transform and life in 24h 4-Dimensional Health & flowjoy lifestyle |   |
| 2  | 4-DH Practical Applications Manual                   | How to apply 4-DH Wisdom step by step to clients                          |   |
| 3  |                                                      |                                                                           |   |
| 4  |                                                      |                                                                           |   |

## K A comprehensive Spiritual Health Science Manual to study oneself in depth

This Spiritual Health Science Manual is available in English only and contains Theory and Praxis. It serves to study and explore in a experimental way yourself with a variatey of exercices.

| Co | Spiritual Health Science Manual |  | X |
|----|---------------------------------|--|---|
| 1  | SHS Manual Theory               |  |   |
| 2  | SHS Manual Exercises            |  |   |