

RENTAO RAVASIO


4-Dimensional Health® flowjoy® Energy Lifestyle Coach

Universal Healing Tao® Qi-Gong Senior Instructor for Energy Self-Management
Instructor of the Immortal Tao • Twin Light Coach for Couples



to be **physically**, **mentally**, **emotionally** and **spiritually** healthy + fit
can be learned and enriches every second of 24-day everyday life

➔ **Practice Kirchenfeld - Thunstrasse 47a - 3005 Bern**

- Energy Self-Management see page 2
Increase Energy Quality & Quantity in 24h everyday life
- flowjoy@coaching see page 3
Create flow and joy in your 24h everyday life
- 4-Dimensional Health (4-DH®) see page 4
Living in 4-DH® throughout the 24h everyday life
- Build and increase Body Strength in Strength Studio 
Building up and maintaining body strength

➔ **Costs**

- Private lessons	one-to-one		1 h	CHF 130	
			2 h	CHF 240	
		09.30 - 12.30	3 h	CHF 360	
		09.30 - 13.00	4 h	CHF 450	
		09.30 - 16.30	5 h	CHF 500	
- Private lessons	couples		1 h	CHF 220	110 per person
			2 h	CHF 420	210 per person
		09.30 - 12.30	3 h	CHF 600	300 per person
- Group lessons	workshops etc.	days, weekends	see www.universal-healing- tao.ch		

Contact • Information • Registration
flowjoy@universal-healing- tao.ch • 076 332 39 39

The UNIVERSAL HEALING TAO® System

The Universal Healing Tao® System is a practical, health-promoting system of the highest inner alchemy for energetic self-development and self-transformation. The 9 main inner alchemy formulas, the branches of education, its modules and exercise elements include Meditation, Qi Gong, Practices of Healing Love, inner Martial Arts as well as the Healing Arts of Cosmic Healing and Chi Nei Tsang Massage. The practices enable us to cultivate a healthy body, develop the soul and elevate the spirit. It supports the individual to develop their **physical**, **mental**, **emotional** and **spiritual** potential to be their own healer and master. In this way, man completes his harmonious evolution of body, soul and spirit.

The UHT system is taught by founder Grandmaster Mantak Chia as well as certified instructors and practitioners on all 6 continents. The easy accessibility suits the western lifestyle very much and allows each individual by their own choice to lead a life full of joy, health, love and wealth.

Change your energy and everything else in life will change

● Education, Training and Continuing Upgrading Programs

The information about all programs are to be found here: www.universal-healing-tao.ch

- Be yourself → be the master of your time and energy
your two most important resources in life
- be 24 hours in a physical, mental, emotional and mental **flowjoy©** state of health
- be connected, aligned and live on refined energy
- be in flow and joy in all 6 Life Time Tasks Fields

The flowjoy© health strategy

What is flowjoy©? Flow means flow and Joy means joy, i.e. flowing joy. The yes to flowjoy© creates the flowing energy of joy.

Every person has the potential to live a creatively flowing joyful and fulfilled life every day and 365 days a year. Today, however, we know that flowjoy is experienced far too rarely by humans, on average only once every month and only for an extremely short duration. However, if people experience this inner state regularly, then they feel happy, healthy, well-being, blissful and sometimes even ecstatic.

The flowjoy© concept is a holistic principle and a strategy at the same time to meet all basic human needs. The main focus is on the spiritual dimension, as it has the ability to align all other dimensions with flowjoy©. Flowjoy© enables you to develop your own personal, holistic self-image for your own health, your nature and your quality of life. Flowjoy©, however, is also a paradox – it's simple and highly complex at the same time. In order to create flowjoy© in 24-day everyday life, it requires the conscious cultivation and composition of individual elements and factors into a harmonious whole. If man does this, then he is satisfied with himself and feels inner happiness. He experiences himself **authentically** and his **thinking, feeling, acting** and **communicating** is one.

Every human being knows in his innermost being about the free choice of his views and ways of acting. These influence his inner, private and public life as well as all his living conditions.

When people consciously center themselves in their midst, and connect with their inner source, they feel safe and wisely guided. In harmony with themselves, they gain the certainty that free choice is the key to changing from a fragmented person to a holistic person.

The four dimensions of human nature **mind, mind, emotions** and **body**, have specific needs that need to be met. However, this is still overlooked by many theorists, experts, companies and organizations. Few people realize the importance of satisfying the needs **of all four dimensions**. This is as elementary as the need to breathe. If this "being whole" is consciously trained and integrated into the 24-day life and work, flowing joy becomes a continuous experience. Then the seemingly impossible becomes tangible and thus possible.

Holistic people create an easy, flowing, joyful life in flowjoy©

flowjoy© key concepts:

- 4-D healthy people
- 4-D 24 Everyday Self-Organization
- 4-D Energy Self Management
- 4-D Communication

The health strategy flowjoy© supports the natural primal need of the heart, soul and spirit to find their way back to the true, authentic self and to connect with the higher core in the human being. Flowjoy© also deals with health preventers

No. 1 of fear and the health promoter No. 1 of love. Why? Because we now know that negative stress is the No. 1 health destruction factor. Fear leads to negative thoughts, all further negative emotions that poison the body and many psychological problems. Love, on the other hand, brings about flow, joy and health in life.

How can people learn to put themselves in this state more and more in the 24-day everyday life?

Scientists of matter and mind have found out the same thing, namely that man has forgotten his real nature, his final destiny, as well as the connection to the creative field, nature, his inner inexhaustible source of energy. If man is able to consciously restore this connection, then the primordial deficiency that is felt by it is remedied and we are thus on the way to

flowjoy© – the highest state of health for body, soul and spirit.

You deserve to **experience flowjoy©** in your 24-hour everyday life

4-Dimensional Health (4-DG)[®]

Every human being is a house with four rooms: **physical**, **mental**, **emotional** and **spiritual**.

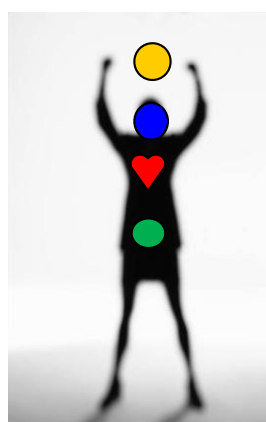
Unless we visit each of these rooms every day, if only to ventilate this room briefly (at least 15 minutes a day), we will not perceive ourselves as a **holistic** and **fulfilled person**.

The 4-D holistic approach to health

The art of fulfilling one's needs in a self-determined and harmonious way and feeling balanced, healthy and well-being can be learned. If we meet our daily needs in a balanced way, we will feel healthy, joyful, satisfied, creative and in the flow of a meaningful life.

The 4-Dimensional Health[®] view of the **flowjoy[©]** strategy includes the simple principle that **thinking**, **feeling**, **acting** and **awareness** are considered the four main areas of human needs and represent the four fundamental aspects of human nature.

If the person learns to keep himself **spiritually**, **mentally**, **emotionally** and **physically** fit, harmonious, balanced and fulfilled, she remains healthy and will be able to fulfill his wishes anticipatory, positively-constructively.



Spirit	clear, true, creative
Mind	calm, wise, patient, simple
Emotion	joyful, happy, balanced, loving
Body	centered, flowing, energetic, healthy

You too can consciously create your 4-Dimensional Health (4-DG)[®] and **flowjoy[©]**.

Being **mentally** - **mentally** - **emotionally** and **physically** healthy creates **flowjoy[©]**.

4-D imbalance

If a person neglects his 4-D fields of need as a whole or over a longer period of time only one of them, e.B. physically, he falls out of his holistic balance and becomes ill. By thinking incorrectly or too much, suppressing or denying feelings, unhealthy diet or lack of exercise and meaninglessness, people feel increasingly exhausted and reactive.

If no self-responsibility is assumed for this, we speak of a victim mentality. Fear and disharmony are the result. Instead of an alert mind, the ego dominates and communicates mistrust. The inner health voice falls silent.

4-D Consciousness

However, if we sensitize the human consciousness back to its 4-D needs levels and support it in its daily handling of it, we activate a process that releases energy and creativity. In this way, people can maintain a healthy lifestyle and achieve a high quality of life at work and in their leisure time.

Being 4-D aware causes man to listen to his inner voice and to be in harmony with the creative phases of his life and vocation as well as nature and his environment. This creates "daily being fulfilled" accompanied by flow and joy or simply **flowjoy[©]**.

If we create the 24-day everyday life in such a way that our 4 dimensions are fulfilled constructively positively every day, then we create synergies and thus have a lot of energy.

Integrative 4-D health coaching and training allows the **mind**, **mind**, **emotions (feelings)** and **body** to develop balanced and harmoniously and activate the 4-D quality of life:

Biography

As a former professional athlete and sports teacher, I was looking for training methods that work from the inside out instead of from the outside in. In **UNIVERSAL HEALING TAO (UHT)** I found some answers and became a student, assistant and Senior Instructor of Grandmaster Mantak Chia - founder of the UHT System.

For over 12 years I managed my own Health Centre in the Swiss Alps. As a personal trainer, I teach 4-Dimensional Health all over the world as well as **flowjoy©** lifestyle development in the 24-hour everyday life. As CEO of the company "Holistic People for Holistic Organizations" I created new health prevention concepts such as 4-dimensional health (4-DG®) and **flowjoy©**. Together with my partner Veetao I teach worldwide and co-lead the **UNIVERSAL HEALING TAO SWITZERLAND**.

Career

2015 - 2021	Expert, Coach and Trainer for 4-Dimensional Health and flowjoy© Energy Lifestyle Development
2004 - 2014	Health manager and international seminar leader for holistic health Self-employed, Bern and worldwide
1989 - 2004	Founder and Director Health Center of the Alps, Wengen
before	Former top handball athlete BSV Bern - Coach - Training Manager - Gymnastics & Sports Lessons - Animation

Education and Training

1988 - 2014	Diverse in Leadership, Psychology, Pedagogy, Coaching, Supervision, Conflict Resolution
2004 - 2007	Public Health Switzerland - Bern-Basel-Zurich
1988	Certified Senior Instructor Coach, UHT Institute Thailand
1981 - 1987	Dipl. Turn- und Sportlehrer I und II, University of Bern, Switzerland

Language skills

German, English, French, Italian

My journey

My whole life I learned, studied and researched how human beings can unleash their health potential and live life 4-Dimensionally healthy and in flow and joy.

I discovered early on during my University Sports Studies that all cells in our body need energy so I choose to commit myself into a Energy University lineage that studied for thousands of years the connections

between	the Nature	Outside	Makro Cosmos	Heaven
and	the Human	Inside	Mikro Cosmos	Earth

and how this relationships are affecting the humans in their 4-Dimensional Life on earth, namely on the physical, mental, emotional, and spiritual dimension. By teaching and studying millions of people the masters noticed that when people went against nature principles and universal laws they became physically, mentally, emotionally and spiritual **self-destructive and sick**. Yet when people were in alignment and followed Nature Principles and Universal Laws they became physically, mentally, emotionally and spiritual **self-constructive and healthy**. The more refined the self-alignment the more the feelings of regeneration-rejuvenation-longevity-agelessness and eternity were present in their 24h everyday life reality.

I am very grateful to all my teachers and masters who lead me to the most wonderful service job in the world. To share with people how to live healthy, to love people without expecting anything in return and to support their enlightenment and purification process along this very simple Tao Blessing and Benediction Poem:

lead me from	untruth	into truth
lead me from	darkness	into light
lead me from	mortality	into immortality

It is my experience that once it is understand HOW those 4-Dimensions and the immaterial Energy Dimensions function within you that only then one will - from that MOMENT ONWARDS - direct their ESSENCE towards positive self-constructive positive purposes for oneself and others - rather than towards negative self-destructive purposes against oneself and others.

Finally I discovered that many people were successful in generating 4-Dimensional Health in their **Individual Field** but not in all the other fields namely the **Relationship - Group - World - Universe and Source Field**. I realized then that I needed to chose a strategy to be able to follow the Tao in all the 6 Life Time Task Fields. Therefore I chose the strategy **flowjoy©**. Once people applied and actualized this strategy to the 6 Life Time Task Fields it allowed them to not only move with fluidity and joy (flowjoy©) in those fields but it created additionally a synergy (a surplus of energy) amongst all those fields.

This is how I became to be a leader in 4-Dimensional Health® flowjoy© Energy Life Style Development