



UNIVERSAL HEALING TAO
Sexual Alchemy Branch
Switzerland

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

THE UNIVERSAL HEALING TAO (UHT) SYSTEM

UHT is an Energy University derived from Chinese Taoist Wisdom. The practices aim to consciously achieve the highest possible level of health in all our dimensions - **physical**, **mental**, **emotional** and **spiritual** - to nourish our soul and spirit, and live in flow and joy - **flowjoy@**.

The UHT System is structured in

3 stages of evolution

6 different branches of study: Energy Meditation, **Sexual Alchemy**, Advanced Alchemy, Internal Martial Arts, Healing Arts, the Immortal Tao

9 Internal Alchemy Formulas.

The branches represent ways of studying and practicing the Tao. Each branch consists of formulas of different levels and is learned through a set of specific modules, elements and techniques. It is possible to accomplish and master each branch and its complete program. This clear structure allows each individual to evolve step by step and easily integrate these simple and concrete techniques into their own lifestyle.

The Branch of Sexual Alchemy

The Sexual Alchemy Branch is all about cultivating our generative, creative-sexual energy for the benefit of our own health as well as spiritual development. The practice and study of this Branch builds on the FOUNDATION understanding and practices of the Energy Meditation Branch.

In the Sexual Alchemy Branch we see sexual energy as a very high, creative form of energy. Therefore the modules, elements and the supreme Inner Sexual Alchemy or 'Healing love' techniques teach us how to prevent the loss of this highly potent creative energy and how to transform the raw material (our creative sexual organ energy) into refined immaterial energy. This refined energy can then by us be used and directed in any way we like.

The important thing to learn and understand is how to transform the material into the immaterial. Therefore it is very important to understand and to feel how the sexual organs can actually generate an abundance of sexual energy. Through the conservation, recycling and transforming of sexual energy one is able to gain true health and strength. When collected the sexual energy becomes an incredible source of power that can be used by the individual or shared with a sexual partner via the Microcosmic Orbit pathway during sexual intercourse.

The collected and transformed sexual energy is an important alchemical catalyst used in higher meditation. Once you have an abundant sexual energy flow, you can connect to the unlimited Cosmic Orgasm experience at every moment. This process provides the most basic energy to every cell of your body. By combining arousal, orgasm and multi-orgasm energy with the loving fire energy of compassion (this process is also called the cultivation of the "Original Love Vibration") we create a specific energy that can heal, create and reconnect us back to the Source.

The process helps oneself to gather, merge and reunite the individual essence and the universal essence into one. Having access to your unlimited power source as well as to the unlimited love in our heart will provide oneself with enough fuel to live one's dreams and manifest one's full potential. The power to become inner directed, highly creative and focused creates a lifestyle that makes you at the same time both whole and fulfilled.

Scientists have for example discovered that if there is no sexual energy reaching the brain, the brain shrinks, gets old and dies. They have also discovered that a major cause of Alzheimer's disease is a lack of sexual hormones in the brain. So first we want to take the sexual energy up to revitalize the brain and make it healthier and stronger to increase our knowledge and alertness. This is the major key to longevity. Yet humans lose a lot of the sexual energy through excessive ejaculation and menstruation. But if we are able to recycle and convert it back within us then there is so much energy available to us. If we have enough energy, then it improves not only our health, heals us and strengthens our body but Qi and specifically the sexual energy can then also be used as the food to grow our soul and to raise our spirit.

Modules in the Sexual Alchemy Branch

- 1 Healing Love for all women and men
- 2 Healing Love for couples