

Introduction - how to develop your immortal self

01 Concept of Taoist Internal Alchemy

Inner Alchemy, which is called Nei Dan Gong in Ching, is the Taoist Art and Science of gathering, storing and circulating the energies within the human body. It is also called the "inner elixir skill" as the body becomes a laboratory in which the Three Treasures of Jing, Chi and Shen are cultivated. Ultimately, the Taoist Internal Alchemy understands the human body to be a universal-unique and precious vehicle for our spiritual ascension journey.

02 Purpose of Inner Alchemy Practices?

Learning skills that go far beyond the physicality will ultimately connect you intimately with your Authentic Self and will improve your physical, mental, emotional spiritual health in ways you never experienced before. Being in a 4-Dimensional Health State will lead you to flow and joy as your everyday life experience and your spontaneous life style.

03 Cultivation from an Old Self to New Self - the Authentic Self

The Taoist concept of immortality is meant as a guidance to achieve spiritual integration of your authentic self. Your authentic Self is immortal because it does not die with the physical body and continues its creative existence in higher dimensions. The transition or shift from a Fake Self to a Authentic Self requires the integration of the body's sexual essence (Jing), the energy body (chi) and the spiritual part within the body (shen) into a state of total openness (wu) to the multi-dimensionality of our reality.

Many spiritual sciences talk about the immortality of our authentic self (or about soul and spirit) and the Taoist Inner Alchemy practices explain precisely what this process requires and how to accomplish it.

04 Universal Healing Tao (UHT) System

UHT System is an energy University

3 Evolutionary Steps
6 Study Branches
9 Formulas of inner Alchemy
with over 60 Modules and Elements

UHT System is an inner Alchemy System

to nourish body, soul and spirit
to transform energy from one state into another
to refine energy from one state into another
to let this refined energies circulate in our energy system

05 Meditation and its phases as well as phases in whole life

To practice Meditation daily is an ongoing daily life style decision and is important because only by awareness we transform ourselves from an old self into a new self.

Meditation takes care of the problem of our perceptions what we believe the Tao to be or not to be and shifts us to the more important question: What kind of people do I want and can I be? Meditation also helps us to see clearly where we are still caught in the hell chain of self-destruction or if we are in the heaven chain of positive self-construction. It further supports us to see when we are caught in the "victim-dominator-helper" triangle and where we are still unwilling to take responsibility for our thinking, feeling and acting. Before we can decide what kind of people to be we need by meditation to learn to be aware (neutral witness) and to recognize all those things to be part of existence in the world and in ourselves as well as in all the 6 Life Time Task Fields. In order to flow and enjoy all we need by meditation to find the middle way and to learn exactly what the middle way is for us. Meditation also teaches us to keep every day aside what you are not (what is not the Tao) and to self-express what we really are (what the Tao is).

In this way we move step by step towards completing the aim of reunification of the fragmented self into the original whole, complete human being. The process of refining the self toward this end is the work of inner alchemy and a step by step development towards our authentic (true or immortal self) self.

Energy Meditation is all about

- to find your center
- to connect to yourself deeper and deeper
- to stay yourself at all times
- to hear your inner voice clearer and clearer
- to have your inner feeling
- to know what is "right" for you
- to be synchronized with inner and outer nature

Meditation has 3 phases that we go through on the way to the highest 9th Formula "Reunion of Human & Tao".

Phase 1	Dark clouds in sky Chaos only Ego	Phase 2	White Clouds in sky Spirit flows with river - Ego and + Ego	Phase 3	only sky is left Spirit flows into Spirit neutral Ego = no Ego
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The aim is to be aware more and more where we are and in which phase we like to stay more and longer periods of time.

06 Love and Immortality are a choice

Love and immortality awareness is a choice we can and need to make if it shall blossom in our daily lives. It is by the power of free will and choice that we can initiate to let change happen in and through us. The choice to consciously use the power of choice consciously is probably the most powerful decision we can make in our lives.

Once this decision is made then we can cultivate to be essence and express essential qualities and make them be more present in our lives. To send love into the world and receive love from the world one gets also more love back from all the other fields.

Our life starts to move within the 6 Life Time Task Fields for example in the following ways:

Individual	Feel the want and need to work on earth and to manifest Heaven on Earth NOW			
Method	Self Mastery	That all unfolds within the realm of my decision + will I am creator creativity creation in ONE		
	Self Mastery	Of my creativity		
Methodology	4 Dimensional Health	Master my 4-D Truth Master my 4-D Experience Master my 4-D Feedback		
Strategy	flow and joy	Master Creativity	Self Destruction Self Construction	
Practice	Qi-Gong and Inner Alchemy	Acceptance Power	for all of my creations to be able to take responsibility	
Relationship	Seeing more and more the need for exchanging unconditional love, relating heart to heart and to co-operate in manifesting Heaven on Earth			
Group	Seeing more and more the need for implementing win-win and 3rd alternative principles			
World	Seeing more and more what humanity needs and being in service to that			
Universe	Aligning ourselves more and more with universal laws and anchoring spiritual principles in our core being			
Source	Seeing more and more what the Tao is and what not and self expressing the divine qualities of Source in our everyday life			

07 Inner Alchemy Formula 9 - Reunion of Human & Tao

The 9th Formula is the stage where spirit flows into Spirit and spirit recognizes itself as Spirit - as being CREATOR - CREATION - CREATIVITY as ONE. It is also called being a Non-Being, being in the Golden Matrix or simply the Tao and I are one and the same. On the journey to be we realize more and more that our inner true nature is already immortal and that all that should be reached is already in us - that it is all here and now - that it is the whole which is expressed simply as JUST BE HERE NOW. We realize the searcher was the one we were looking for all along - the traveler was the destination. The Body, Spirit, path, goal etc all is gone and only DEEP EMPTINESS is left.

On the journey we will experience more and more to simply just being oneself - to be essence, love etc. which translates

itself through our 4-Dimensional Health State of being	physically	rooted in oneself
	mentally	clear and calm
	emotionally	in harmony and compassion
	spiritually	connected, aligned, collected, unified seeing that all is one and filled with overflowing joyful energy

We come to realize every moment is a moment of being CREATOR CREATION CREATIVITY and using this awareness to help myself to choose love over fear and to co-create with others and to co-create a world worth living in.

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