



What is the Universal Healing Tao?

Supreme Inner Alchemy Practices

This practical system serves to cultivate a healthy body, develop your soul and raise your spirits. Its main branches and core formulas cover meditation, Chi Kung, Healing Love Practices as well as martial and healing arts. It empowers individuals to develop physical, mental, emotional and spiritual potential in order to become their own healers and masters. The UHT is shared on 6 continents by its founder Grandmaster Mantak Chia as well as the global UHT Faculty with over 900 certified instructors and practitioners. Its accessibility suits everyday western lifestyle and allows every individual to freely choose a joyful life of health, love and wealth.

Something I have to believe or follow?

Tao means the natural Way. By following what is most alive, spontaneous and natural to you the inner nature will effortlessly unfold. Everyone unfolds differently. The only person you need to follow is yourself and express your essence! Many Buddhist, Christians, and Sufis study Tao, because it helps ground spirit into the body. The Taoist principles of Chi, the Life Force, are the same for all. They are based on balancing the receptive and expansive, or yin and yang, forces that resonate within everybody, every society and every atom in nature. These pathways have been thoroughly mapped over thousands of years by the Taoist and given a clear educational structure within the Universal Healing Tao System.

Is there a lineage involved here?

The Universal Tao's lineage of its priceless Nine Alchemical Formulas for Eternal Life can be traced back to Master Lu Dong Bin, famous in China as one of the "Eight Immortals". Grand Master Mantak Chia, the founder of the Universal Healing Tao System, was born in 1944 in Thailand to Chinese parents, he studied meditation with Buddhist monks from the age of 6. In his twenties he met the Taoist Master White Cloud Hermit as well as other Taoist and Buddhist Masters who introduced him to Tai Chi Chuan, Aikido, Kundalini Yoga and other spiritual practices. Yet his principal teacher was Taoist Master Yi Eng, who authorized him to teach and heal.

Why is Chi Kung called "the Miracle Exercise from China"?

Chi Kung has profound health benefits and is for all ages. Short daily practice helps to lose weight, heal chronic illnesses, or just feel spiritual bliss. Simpler than Tai Chi, it combines gentle, meditative movements & whole body breathing and learning. It can be done walking (Tai Chi), standing, sitting or lying (Tao Yin). It has worked for over 5000 years and is considered the "grandparent" of Tai Chi, Feng Shui, acupuncture, martial arts, healing massage, nutrition, herbology, and sexology in China. All rely on "Chi" the divine life force, and "Kung" the skill in managing it.

Are the practical benefits of Chi Kung proven?

Chi Kung has a track record of 5000 years. It also has modern scientific research to back it up. Scientific studies have documented Chi Kung to be effective in treating most chronic illnesses including allergies, arthritis, asthma, digestive disorders, drug addiction, hormonal imbalances, hypertension, immune disorders and strokes, to name just a few. Go to qigonginstitute.com and you will find over 1600 scientific studies supporting the ability of Chi Kung to heal almost any chronic disorder, with no harmful side effects.

What can Chi Kung do for stress and emotional problems?

Chi Kung was found to be highly effective in reducing stress responses, and helped lower the incidence of anxiety, depression, fatigue and general mood swings. No matter what profession you work in, regular practice of Chi Kung will allow you to stay centred and calm even in the midst of seeming chaos. In fact, one of the most basic principles is that day to day negative, draining responses to stress can literally be changed into useful forms of energy.

I am not sick, why should I learn these Chi techniques?

Even if you are in good shape, Chi Kung allows you to reach new levels of health. By enhancing your immune system, it stops potential illnesses BEFORE the get started. It dramatically increases your energy level, allowing you to be more effective at what you do. It can reduce your dependence on artificial stimulants like sugar, caffeine, or nicotine.

What does Tao teach about sexuality?

The principles of energy flow are nowhere more pleasurable and fun than in the bedroom. Single or married, straight or gay, the Taoist arts of the bedchamber profoundly improve sexual and overall health. From strengthening your glandular and hormonal systems, to experiencing truly mystical full-body orgasms, the ancient Chi science of sexology will allow you to merge spiritually with sexuality. In alchemy, this sexual play occurs deep inside your body-mind in very dynamic, fun meditations.

How will Tao help my career?

Once you tap into the inner working of the life force you can channel your newfound wisdom into any area in your life. Let the Chi guide you. Let the Chi unleash your creativity. It will move the brush, write the novel, and play the music. It will flow regardless of whether you are a dancer or a fighter. You have found the Source and you will be IN-SOURCE. Go deep inside your body and discover how outside world truly works. Chi Kung will allow you to actively participate in your spiritual growth. It's process learning, firsthand. You are continuously guided by trust in your direct experience.