



## Mastering the art of fusing internal and external tools and creating a 24h flowjoy© Health Life Style

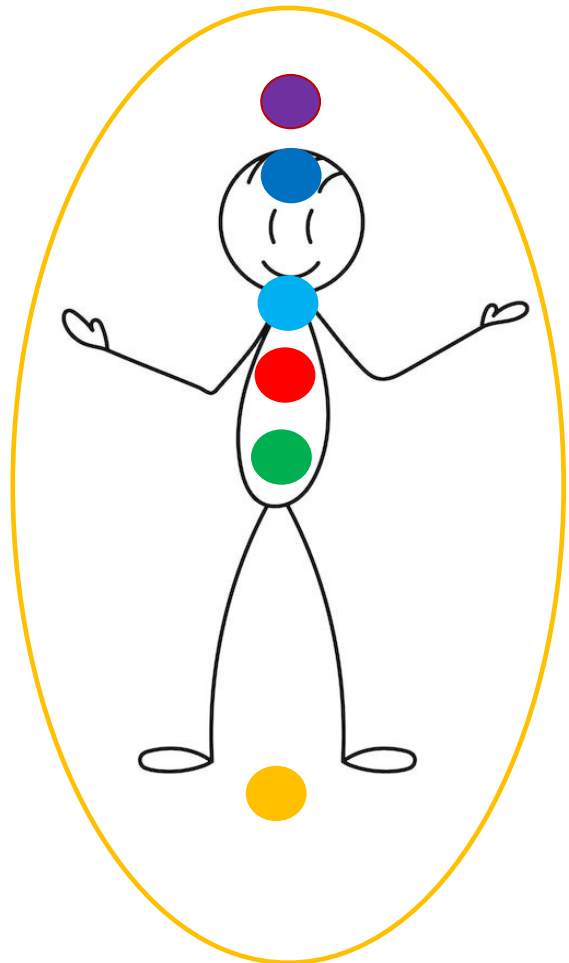
Place: Bern  
Time: 09.00 - 18.00  
Costs: CHF 360.--

To be **spiritually**, **mentally**, **emotionally** and **physically** healthy, balanced + fit creates flowjoy©.

Everyone can learn to be in flow and joy + being healthy t. If we fulfill our 4-Dimensional Health needs insufficient or inappropriate, for example by not being aware, being busy thinking, suppressing our emotions or create a lack of movement, then we feel unhappy, exhausted and reactive.

The 4-Dimensional Health Paradigm opens the door to fulfill our 4-DH Needs every day anticipatively, and in positive constructive ways. This creates synergy effects and sets free high quantity of energy. Now, with enough energy you can actually listen to your inner voice and use this energy consciously and it is then that you are tapping into your full 4-Dimensional Health Potential. You create from inside out a "daily being whole and being fulfilled" feeling. Out of this flow (free owing energy) and joy (life joy), flowjoy© is created. We have created for ourselves a Life Style that maintains our health with high quality of life during our job, in our free time and throughout the 24hours of a day.

Choose now to create consciously your **spiritual**, **mental**, **emotional** and **physical** health as well as flowjoy©.





## The flowjoy© Day

is intended to support all individuals to be able to organize themselves in such a way as to experience flowjoy i.e. free flow of energy through their human energy matrix as well as heart joy fulfilling their self chosen destiny. To experience flowjoy internal support and external support tools are needed.

For internal support we recommend the practices of the Universal Healing Tao as those simple practices are easily integrated into your 24 hour daily life and allow you to access high quality energies energy at any time in your daily life.

The external support structure shared in the Business Line Support day is intended to give you all the external tools in order to create and organize your daily living, loving and learning in such a way to not lose yourself or ask yourself in the evening where your day went and what you have actually spend your days on, which is a very unfulfilling way to live.

The promise is that if you practice both internal and external are of living, loving and learning then the internal mastery will yield you into Being, which gives you energy while the external support makes sure you can channel this energy appropriately and focused into what you have chosen to do. Being always precedes Doing as being renders you with the inner experience of being whole, complete while the external support makes sure you feel fulfilled with what you are doing. The combination of being whole and feeling fulfilled by what you are doing will lead sooner or later to experience flowjoy©.

## Human Challenge and Business Challenge

We all face in our lives not only human challenges, for example be it in the roles of being a mother, father etc but we also face business challenges such as paying bills, running a business, doing bookkeeping, paying taxes and so on. Within those business challenges we are always faced with a two folded problem, a human ego problem and a business ego problem.

Humans basically live in 6 Life Time Task Fields, namely the individual, relationship, group, world, universal and source Field. Each human also lives in 4 Dimensions namely physical, mental, emotional and spiritual. Each Field and dimension provides its challenges and when there is not harmony or clarity within as in relation to all those Fields and dimension then we will most likely not experience flowjoy in our lives.

As long as he human ego and its function through the so called fear matrix is not understood we will experience pain, suffering and ultimately death. The same outcome is experienced in business as when a business ego is in charge then the business will experience pain, suffering and ultimately goes bankrupt or into a dead end.

This manual provides support to develop “whole people – whole organizations”, no matter if you are a single individual running a business or a team of people leading together a business, the principles and the challenge stays the same....how to move from ego to spirit by internal and external support and experience flowjoy as well as being able to fulfill your 4-Dimensional needs anticipatory in order to feel physically regenerated, emotionally fulfilled, mentally calm and spiritually empowered.

### Rentao



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. I found the answers in UNIVERSAL HEALING TAO (UHT) and became a student, assistant and senior instructor of Grand Master Mantak Chia - founder of the UHT system. I ran a Taoist health centre in the Swiss Alps for over 12 years and have been teaching all over the world for more than 30 years. In 2008/2012 I organised the first European UHT Instructor Conferences with over 250 instructors from 27 countries. As a coach, I share my health prevention concepts **flowjoy© and 4-Dimensional Health (4-DH®)**, as well as practical exercises that enable every human being to live in flow, joy and love in 24-hour everyday life.

Federal Diploma II in Physical Sports Education and Sports Science

- Senior Instructor Energy Management
- Expert in 4-Dimensional Health (4-DH)©
- Coach flowjoy© lifestyle / health work styles