



I Inner Alchemy Qigong Forms

01 Information about the forms

All the forms bellow can be learned for yourself, to gain in health and enhance your own wellbeing. But to practice a form for oneself is one thing and to teach and share it with others is another thing. To learn to help others to help themselves requires more training both in theory and practice. This is called learning the Meta Skills of how to teach.

For those interested to enroll in the "Inner Alchemy Qigong" Training for being able to teach those forms we recommend you click on the pdf button where you find all around this opportunity. After reading it we recommend to make contact with Senior Instructor Rentao Ravasio to ask your questions and gain clarity if this could be a learning path for you.

II Inner Alchemy Qigong Instructor Level I & II Building a solid Foundation

In order to share the Inner Alchemy Qigong Forms it is recommended to build foundation and understanding of the Basics and Healing Love Practices within the UHT System.

● BASICS ESTABLISHING THE FOUNDATION

The Taoist Inner Alchemy Level I training for beginners and intermediate level practitioners, and those desiring a review of first essentials. This workshop includes the Inner Alchemy basics of: Back to the Body Wisdom, Inner Smile, Emotional Wisdom, 6 Healing Sounds, Born again process, Microcosmic Orbit, Tan Tien/North Star connection and Taoist 5 Elements theory and Six Directions. These foundational practices will awaken your qi/life-force energy. Explore ways to stay centered and grounded and to cultivate your own life-force.

These foundation practices bring you back to the body's wisdom.

Learning:

- Manage your Emotions ~ release & recycle negative energy
- Transform Stress into Vitality
- Strengthen your Immune System
- Open your Energy Channels
- Develop Healing Power through Primordial Qigong
- Increase your healing and cosmic power

● HEALING LOVE SEXUAL ALCHEMY

THE KEY AND MULTIPLICATOR FOR INNER ALCHEMY

Sexual energy is an extremely powerful tool for revitalization and accessing higher spiritual energy. The secrets of recycling your life-essence are revealed in order to increase longevity, improve your quality of life and love-making. Feel the loving energy that really heals! By learning the Healing Light practices and Sexual Alchemy, you will have a good foundation to progress in the Inner Alchemy Qigong Series.

Learning:

- Transform Sexual Energy to Strengthen Your Body, Mind & Spirit
- Become Multi-Orgasmic Man & Woman
- Practice sexual Reflexology
- Practice Dual Cultivation/Harmonious Love-Making
- Differentiate between types of Orgasm for Women & Men
- Establish the harmony of Yin & Yang / Combine the Energies of Sex & Love
- Increase your Creative Power & Wisdom
- Practice Taoist Techniques for Sexual Healing

III The Inner Alchemy Qigong Forms

for Inner Alchemy Qi Gong Instructor Level I

● CRANIO SACRAL CHI KUNG

This Qigong integrates physical energy and emotion in the cosmic flow. By focusing on the cranial and sacral pumps and the flow of cerebrospinal fluid you can optimize your nervous system and the flow of your energy. Healthy internal movement results in a harmonious external environment and a sense of being at one with the Universe. Cranio-Sacral Qigong offers simple, powerful self-care practices to do at home or teach to others.

Learning:

- Activate the major energy pumps
- Increase flexibility of your spine and flow of spinal fluid
- Optimize your nervous system and the body's energetic flow
- Access the movement and energy of your bones
- Develop a deeper connection to your body and a more profound way of moving

● WISDOM CHI KUNG

Those who think a lot, worry a lot, or dwell on emotions use 80% of their total body energy through brain activity. Using Taoist techniques you can double or triple your mind power and gain vitality in your body and organs. Normally as people get older the brain starts to shrink. With Wisdom Qigong, the brain can actually get bigger and become more alert, and be charged by the energies of the Universe.

Learning:

- Recharge and repair your brain
- Increase memory and brain function
- Expand your mind power and consciousness

- Connect with your abdominal brain to reduce energy loss
- Transform excess brain activity to revitalize the organs
- Gain wisdom as you connect with the infinite Universe above

● STEM CELL ACTIVATING CHI KUNG

For more than 5000 years Taoist Masters discovered that our body has an amazing regenerating, repairing and rebuilding power. By gently using a hitting technique to the body and organs, the old, sick and damaged cells will be broken down and then completely repaired by your stem cells. Stimulating and strengthening the immune system is the key to maintaining a healthy life. Stem Cell Qigong is also known as reprogramming the DNA.

Learning:

- Rebuild and renew white and red blood cells
- Produce new stem cells
- Strengthen your immunity
- Improve your health and vitality with self care practices
- Develop a life of longevity and anti-aging
- Facilitate your body reaching its full potential

● 5 ELEMENT QIGONG

This easy to follow Qigong involves an extensive range of movement and breath work that activates all of the internal organs and soft tissue related to the 5 Elements. Opening the joints, relaxing the muscles, releasing tension and strain that build up from everyday living. Experience ways to activate your diaphragm with breath work and build up the connection to your all important Tan Tien for energy storage. 5 Element Qigong is perfect for beginners and ideal as a warm-up to more advanced practices. The best way to start your day!

Learning:

- Clear physical and mental stress, release tension and remove blockages
- Improve circulation, relax your muscles, loosen your joints, strengthen your tendons
- Gain flexibility and suppleness in your spine
- Stimulate your immune system and develop radiant health
- Activate all of the internal organs and meridians ~ integrating the 5 elements within
- Develop a simple daily routine to do yourself and teach others

IV The Inner Alchemy Qigong Forms Level II for Inner Alchemy Qigong Instructor Level II

● TAN TIEN QIGONG

The Lower Tan Tien is the energy reservoir of the body – the bio-battery. It is the centre of activation and balancing of primal energies. The Tan Tien is a container of Qi and deserves adequate attention for its essential role in our energy management. This is the cornerstone of the Taoist practice. Mantak Chia says that without awareness and actively working with the Tan Tien,

you have no practice. Come to know the power of your Tan Tien as you learn the 11 animal postures and the Tiger and Dragon Breath in this grounding, centering Qigong form.

- Learning:**
- Connect with your abdomen as your first brain, enhancing its ability to store energy
 - Increase the power in your perineum – and prevent energy leakage
 - Develop internal Qi Pressure, strengthening your organs and fasciae
 - Nourish your centre and refine your energies and emotions
 - Provide grounding and structure to advance in all levels of the Universal Tao practices

● COSMIC HEALING QIGONG

This form, also known as Buddha Palm is a healing form. It trains the practitioner in moving and channeling Qi. As you learn this form, you'll feel Qi coming into your body and hands and be able to project Qi with your fingers. The key is to be connected to the Universe and develop an ability to expand your awareness to nature and beyond the visible to the Source of your power.

- Learning:**
- Part 1:** Connect to Heaven and Earth - this is very beneficial for self-healing. Learn to open to the forces in the macrocosm and let them flow through you, making you infinitely more effective and energized.
- Part 2:** Open the Bridge and Regulator Channels - here you will learn to open the 8 extraordinary channels. You'll also learn to take in Universal Qi and emit Qi from your body to help others, which is the essence of this form.
- Part 3:** Opening the Functional, Governor and Thrusting Channels - here you'll learn to enhance the energy in the points along the channels, the reservoirs of yin and yang in your body. As part of this process you become much more sensitive to Qi.
- Part 4:** Activate One-Finger Art and your Qi Belt - finally you'll learn the yin and yang channels of the arm and activating the Chi belt around the waist. You will develop mastery of emitting and directing energy from your fingers.

● TAO YIN QIGONG

Tao Yin is a series of exercises which helps to recondition the spine and psoas muscle and facilitates the flow of chi in the meridians.

- Learning:**
- Strengthen the internal organs
 - Unify physical, mental and spiritual health
 - Improve patterns of physical alignment
 - Develop elasticity in your spine and psoas
 - Allow the free flow of energy/chi/life-force
 - Establish roots to the earth's energy
 - Build the foundation for higher spiritual work

● GOLDEN ELIXIR QIGONG (Five Finger Kung Fu)

The practice of Elixir Qigong uses the energies of the hair, sense organs and saliva to strengthen the physical body. Golden elixir, also known as nectar, is the fountain of life. This is the mixture of saliva, other hormonal fluids and external essences that, when mixed, becomes an elixir. This elixir

is a major transformer for higher spiritual work and has the power to heal oneself. Elixir Qigong practice involves breath work, swallowing saliva and techniques of internal power using the fingers and palms (known as Five Finger Kung Fu). It also includes a hair breathing practice - the hairs act as antennae - radiating out to nature and the Universe and drawing in energy.

Learning:

- Gain health benefits when you combine chi and oxygen with saliva
- Transform sexual energy into chi by combining sexual hormones and saliva
- Absorb the essence of Nature elixir, Cosmic elixir and Universal Elixir
- Draw Universal Qi and surplus energy back into the body by breathing through your hair
- Increase internal power and strengthen your fingers
- Store the potent elixir in the Tan Tien and build energy reserves