



Branch	Advanced inner Alchemy
Module 1	Fusion I - Inner Alchemy of the 5 Elements & 5 Organs
Description 	<p>The spiritual backgrounds presented in the fusion lead us to the higher levels of the ancient Taoist teachings on health, prevention and self-liberation. The 5 Formulas of Fusion of the Five Elements are internal alchemical practices used to cleanse the organs and transform negative emotions into positive life force. The thereby strengthened life force Chi helps to open the energy channels in the body further, which stimulates the individual healing process on a deep level. For thousands of years, the Tao masters have explored the basic human emotions and their energies and their connection to the five external senses and major internal organs (kidneys, liver, heart, spleen, lungs). They realized that unless certain emotions are clarified or understood, they attract or create other new, unwanted emotions. Using carefully illustrated exercises, it is shown how to open the gates to the realm of primordial energy in order to track down the sick energy of negative emotions and transform it into useful life force. Spiritual growth and health is only possible when emotions are regulated (and not denied or suppressed) and a new level of emotional stability is achieved. The Fusion meditation exercises are powerful mental training that increases our ability to remember and concentrate, as well as promotes inner strength, self-determination and flowjoy®.</p>
Content	Creating the foundation to reunite your body, soul and spirit
Learning objectives	Learn a set of 5 powerfull mind techniques to create inner peace and harmony
	Learn a standing chi kung Fusion I warm up set
	Learn to tap and absorb nature forces
	Learn to create harmony within your 5 Organs to cultivate your inner voice
	Learn to transform deep emotional content
	Learn to reunite your 5 senses to be able to develop "one point focus"
Methodology	Theory and Practice
	Individual, Group and partner exercises, plenary discussions etc.
Requirements	Module 1 and 5 and possibly Module 2
Recommendation	In perparation for the course please read the following books:
	Fusion 1
	Cosmic Fusion
Date	https://www.universal-healing-tao.ch/en/calendar
Languages	English, French, German
Duration	1 ore 2 days
Time	09.30 - 13.00 / 14.00 -17.00
Location	Switzerland in Bern and Lausanne
Speaker	Senior Instructor Rentao Ravasio



Branch	Advanced Inner Alchemy
Module 2	Fusion II and III - Inner Soul Alchemy
Description	<p>This course is the continuation of the inner mental training and is considered by many to be the jewel in the crown of these practices. We walk through the cycle of creation, amplify our positive feelings and create the so-called compassion bead and open the heart. With the condensed essence, the pearl, we strengthen our centeredness and balance and can thus open even more energy channels in the body, the Ascending Channels and the Belt Channels. The resulting increased Energy permeability of the body contributes to strengthening the immune system and provides protection against negative influences. We experience a deep healing process, which is further enhanced by the opening of the bridge and regulator channel in the Fusion 3 meditations. The exercises from the Iron Shirt Qi Gong strengthen our roots. In this seminar we work with the 8 cosmic forces in the body that flow through the 8 extraordinary vessels. These channels are key in preventing and curing chronic diseases and undiagnosed "mystery diseases". It develops the psychic ability of the five Shen/Organ spirits that control the eight channels - your energy body's interface with the environment. We deepen Fusion I practices and use the purified "bead" to form a compassion bead (unified and empowered by the energies of our positive feelings) that allows us to keep our hearts open in a state of heightened awareness. After some practice, a positive way of being in the world with high quality virtues and deep integrity manifests effortlessly for us. We cleanse, activate, and enhance the flow of energy within the Eight Extraordinary Channels, specifically the three Middle Thrusting Channels, Belt Channels, and Bridge and Regulator Channels.</p>
Content	Create a powerfull Self Energy Management that provides you high positive quality and qantity energy for your 24h day.
Learning objectives	<p>Deepen Fusion I</p> <p>Deepening Microcosmic Orbit and Iron Shirt</p> <p>Learn how to guide, transform, recycle emotional energy</p> <p>Learn to access your positive virtues and increase their potential expression</p> <p>Learn to form a compassion pearl and cleansing your internal energy system</p> <p>Learn how to be in deep positive flowjoy connection within yourself</p>
Requirements	Module 1 - Fusion I
Methodology	<p>Theory and Practice</p> <p>Individual, Group and partner exercises, plenary discussions etc.</p>
Recommendation	In perparation for the course please read for example the following books: Fusion II and II Books
Date	https://www.universal-healing-tao.ch/en/calendar
Languages	English, French, German
Duration	1 ore 2 days
Time	09.30 - 13.00 / 14.00 -17.00
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