



UNIVERSAL HEALING TAO
Inner Alchemy Branch
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THE UNIVERSAL HEALING TAO (UHT) SYSTEM

UHT is an Energy University derived from Chinese Taoist Wisdom. The practices aim to consciously achieve the highest possible level of health in all our dimensions - **physical**, **mental**, **emotional** and **spiritual** - to nourish our soul and spirit, and live in flow and joy - **flowjoy©**.

The UHT System is structured in

3 stages of evolution

6 different branches of study: Energy Meditation, Sexual Alchemy, **Advanced Alchemy**, Internal Martial Arts, Healing Arts, the Immortal Tao

9 Internal Alchemy Formulas.

The branches represent ways of studying and practicing the Tao. Each branch consists of formulas of different levels and is learned through a set of specific modules, elements and techniques. It is possible to accomplish and master each branch and its complete program. This clear structure allows each individual to evolve step by step and easily integrate these simple and concrete techniques into their own lifestyle.

The Branch of advanced Inner Alchemy

After the integration of the Basic Energy and Healing Love practices we are ready to enter into the branch of advanced Inner Alchemy. This branch provides an amazing and profound set of mind training formulas not found elsewhere. The spiritual backgrounds presented in the formulas are the next step that lead us to the higher levels of the ancient Taoist teachings on health, prevention and self-liberation opening the door to the immortality practices. This profound advanced Taoist energy work will empower you to achieve an inner state of wholeness and harmony by building an solid internal support structure that is master combination of deep psychology and Chinese energy medicine.

The Formulas are for example used to cleanse the organs and transform negative emotions into positive life force. Advanced inner alchemy is about learning to recognize the wisdom of our emotional intelligence, or how to neutralize our own (or others) negative emotional chi and then fuse various energies into a Pearl (our condensed essence, consciousness, energy etc.) that then is able to purify and activate the Eight Extraordinary channels. The deep inner healing process opens up deep psychic and healing abilities, protects from negative entities and healer burnout as well as empowers us to quickly reach an inner state of integrity and harmony by building an inner energy support structure that creates true and deep flowjoy©. Being centered, full of energy yet at deep peace and in deep inner stillness allow to quickly experience the essences of joy, love, and truth in our energy system. Those meditation exercises are a powerful mental training that increases our ability to remember and concentrate, as well as promotes inner strength, self-determination and flowjoy©.

In this advanced alchemy branch we practice, study and develop further in depth the three bodies (physical, energy and spirit body) which correspond with the three forces; the physical body with the Earth (primordial) Yin power, the spiritual body with the Heaven (primordial) Yang power and the energy body with the force of Man and Nature, sometimes also called Cosmic power (Yin/Yang combined). In the human body, we call this forces the Three Treasures (San Bao); Ching or Jing (life essence/sexual energy), Chi (the inner breath) and Shen (spirit or consciousness). They correspond with the three Tan Tien's; the lower Tan Tien (Yellow Court) with the Earth/ Ching force, the middle Tan Tien (cinnabar field) with the Cosmic /Human/Nature/ Chi force and the upper Tan Tien (Palace of Ni Wan) with the Heaven/Shen force. All three are

important in forming a ladder with which we may climb consciously into the spiritual worlds and, just as importantly, back into the physical world to be creatively active here. This ladder enables the practitioner to learn about the inner worlds and to return with knowledge and increased energy.

Through the advanced inner alchemy formulas we also develop the next level of generating high quality energy food to feed to our soul (or energy body) and spirit body. This is a very important aspect for ones present life as well as for the moment of death. It is important because if they are not fed with the proper energy, then the soul and spirit get hungry and they do not grow nor do they evolve. Then when the physical body dies, the soul and spirit will have remained in a child-like state. That is why some human souls and spirits feel so frightened, and feel ignorant and being lost, like children. We can also call them lost souls, hungry ghosts, wandering ghosts or lost spirits. They are like children, wandering around, lost and looking for something to eat. But the worse thing is that they don't die. They are suffering forever, as the soul and spirit will not die.

The first step in the advanced inner alchemy is therefore done by looking deeply into our emotional life that is filled with constant vicissitudes and drains our vital energy. With specific inner alchemy formulas one learns to transform into usable energy the sick energy of negative emotions that has become locked in the vital organs. Taoists understand morality and good deeds as the most direct path to self-healing and balance. To be good to others is good for oneself as well. All the good energies we create are stored in the soul (energy) body like deposits in a bank account. By helping others and giving them love, kindness, and gentleness, we receive more positive energy back in return. When we open our hearts, we are filled with love, joy, and happiness. We can actually transform the essence of our hearts from the material into the immaterial to gather supplies of this positive energy for us in the heavens as well as on earth.

Growing even further in the advanced alchemy we develop consistently the energy body, which can be called also an immortal (energy) body. We learn to use the extra energy saved through the foundation and the Fusion practices, including recycled negative energies, to build a strong energy body that will not dissipate. This energy body enables a practitioner to establish a constant link between life and the after-death state. A vehicle so to say to travel in Inner and Outer Space. Developing this energy body awakens a part of oneself that perceives and acts free of environmental, educational, and karmic conditioning. Once the energy body is strong, it becomes a vehicle (like a space shuttle) to help the untrained soul and spirit for the long journey home, back to the Wu Chi.

At this stage of development, the energy body serves only as a vehicle, not yet having been given life through a spiritual rebirth, but the energy body can still be trained to function in the heavenly realms. If we do not have a chance to practice awakening or to give birth to the soul and immortal spirit during life, the primordial light will awaken us at the moment of death. Unfortunately, we may be too untrained and inexperienced to follow this light. To prepare for the journey, the energy body is a vehicle of great importance. We can train and educate the energy body so it can help the untrained soul and spirit recognize and follow the primordial light back to our original source.

The energy body is further developed in the Lesser Kan and Li practice which is part of the Immortal Tao Branch

The Modules in the advanced Inner Alchemy Branch

- 1** Fusion I
- 2** Fusion II und III