



UNIVERSAL HEALING TAO  
Chi Nei Tsang Branch  
Switzerland

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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.

## Chi Nei Tsang® Branch and Chi Nei Tsang® Massage

The Chi Nei Tsang branch is the result of thousands of years of experience and is full of both new ideas and old healing methods. Chi Nei Tsang massage is a thousand-year-old technique derived from traditional Chinese medicine. This art of massage evolved at a time when there were few doctors and people had to know how to heal themselves. For many people today, the situation remains the same. Chi Nei Tsang teaches them to take full charge of their health and well-being.

Chi Nei Tsang is a Taoist abdominal massage system is a therapeutic massage that allows to quickly disperse blockages that have accumulated in the abdomen and promote the free flow of energy throughout the body. Chi Nei Tsang Massage releases blockages that can prevent the fluid flow of energy into one of the body systems. These include the lymphatic, organic, meridian, circulatory and nervous systems of the body.

Chi Nei Tsang massage presents its own understanding and approach to healing, conveying self-healing practices and ways to avoid absorbing negative and sick energies from others. Chi Nei Tsang techniques are excellent for healing oneself and others without depleting one's own energies. His techniques detoxify and rejuvenate vital organs and bring the 5 main organs back to optimal health. Cleansing and caring for the 5 organs creates deep inner harmony and you will make wiser and better decisions in your life while enjoying radiant health and well-being.

A deep connection to our main internal organs also has an effect on what we will eat and what we will not eat. The Taoist approach to food is based on determining the needs of the body and then satisfying them according to the five elements of nature, which support the five main organs of the body. This system reveals and strengthens any weak organ by balancing its food intake to improve any deficient element. It doesn't condemn most of the foods that people enjoy (including sweets), but rather creates a better program in which these foods can support the body's internal balance rather than disrupt it. Choosing and combining foods in this way can help us avoid the cravings we sometimes fall prey to.

# Modules in the Chi Nei Tsang® Branch

- 1 CNT Massage Session
- 2 Introduction day to the CNT
- 3 CNT 1 Training 1st Cycle and 2nd Cycle
- 4 CNT Supervision
- 5 CNT 2 Training 1st Cycle and 2nd Cycle
- 6 CNT 3 Training 1st Cycle and 2nd Cycle