



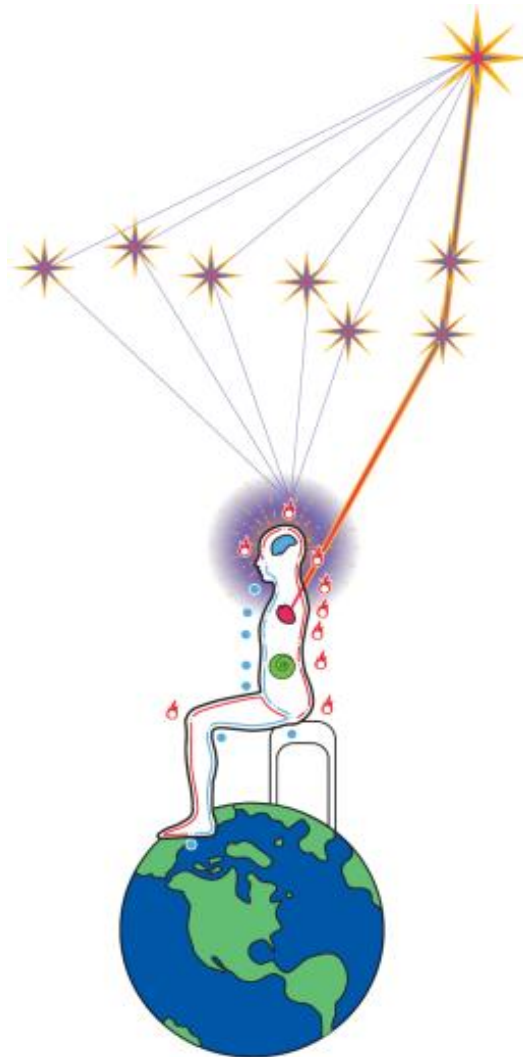
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# Information Guide A

## Associate Instructor Training (AIT)

### Information and Possibilities



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# I General Information

## 01 Contact

Questions about AIT Training: Call Rentao 076 332 39 39.

## 02 Becoming an UHT Associate Instructor

By starting the Associate Instructor training path you become part of one of the most complete and ancient health promotion and prevention energy Systems in the world. The Universal Healing Tao is an University of Energy and its main objective is:

**Transform your energy and you change your life, health, love and wealth.**

How to transform our energy and how to be 24 hours **physical, mental, emotional** and **spiritual** fit and healthy can be learned. In consistently deepening our learning and practice we actualize our full 4-Dimensional Health® Potential.

The AI Training Process provides you with the precise Meta Skills for sharing this wisdom with others in how to enter the path of flow and joy (flowjoy©) in one's own life.

# II The Training Parts and its Phases

## 01 The learning process

The Associate Instructor Training is an experiential-educational process and has the 4 distinct Parts bellow. Each part consists of several phases and cycles of preparation, practicing and learning. During the training you will receive corrections and get feedback as to where and how improvement is needed as well as learn how to ask yourself important self-evaluation questions:

### HOW am I DOING?

Self Integration	Can I do it, do I feel it, do I enjoy it?
Self Evaluation	Am I competent enough - where do I need to improve?
Self Certification	Do I believe in myself to teach it?
Self Feedback	Am I able to learn from my own generated 4-D feedback?

## 02 The parts and phases

### **PART 1 Preparation - 3 Day Training - Practicing 30 Days - Integrating Meta-Skills**

Phase 1	Preparation for the first 3 AI Training Days
Phase 2	3 Days Training in the UHT Basic Module and its elements of Chi Kung Warm up, Inner Smile, Microcosmic Orbit, 6 Healing Sounds and Iron Shirt I.
Phase 3	Practicing the Basic Techniques and the Meta Skills of sharing the Basic Module and its elements with others

## **PART 2      Training- 3 Day Training - Teaching and demonstrating Meta Skills**

- Phase 1      Preparation for the second 3 AI Training Days
- Phase 2      Practicing and getting Feedback on the Meta Skills in sharing the practices with others
- Phase 3      Integrating the feedback and the learning's

## **PART 3      Evaluation**

See page 5 in this document for more information

- Phase 1      Getting yourself ready to be evaluated
- Phase 2      Making the appointment for being evaluated
- Phase 3      Celebration

## **PART 4      Next steps after the evaluation**

We offer many possibilities of how to accomplish further certifications. It is possible to acquire more certification keys in one or more Modules within the six Study Branches of the Universal Healing Tao System.

- Phase 1      Practice and share the Basics with others
- Phase 2      Attend other UHT Workshops such as
  - Iron Shirt and Tao Yin
  - Tan Tien Chi Kung
  - Tai Chi Chi Kung I
  - Healing Love
- Phase 3      Attend a Meta Skill Teaching Seminar in order to deepen your skills of presenting, teach and sharing the Tao Wisdom.
  - See on our Website Calendar: *find the button META-SKILLS.*
- Phase 4      Apply for the Upgrading Training to become a fully certified UHT Instructor. Successful certification empowers you to share with others the module of healing love.

# III Evaluation

## 01 Evaluation Information

We like to support you in passing the evaluation easily and smoothly. After the required Associate Instructor Training hours have been completed one can apply for being evaluated.

## 02 Evaluation and Certification

The Associate Instructor Evaluation can take between 3 - 6 hours. The length depends on how much feedback needs to be given during the evaluation.

Costs for Evaluation	2 - 3 h	CHF	250
	4 - 6 h	CHT	280
Tax for issuing Certificate		CHF	90

## 03 Evaluation Process

Booking the evaluation appointment is the first step. The feedback evaluation session serves the purpose to see:

- where do I still need to work on myself
- Am I able to present and teach the Basic Module and its elements to others in a 1 to 1 situation and/or small group basis in my local area.

Here a very brief outline of how an evaluation can look like:

01 UHT Introduction	CNT 3 - 10 Minutes
	UHT 5 - 15 Minutes
02 Skill Analysis	01 – 05 share the theory of the Elements
03 Warm up demonstration	to partner
04 Guide an inner smile	10 minutes
05 Guide to open MCO	3 Centers & explain stages of opening
06 Iron Shirt Tree + Turtle	stand the pushes
07 Guide 6 Healing Sounds	10 Minutes

## 04 Passing or not passing the Evaluation

The two possibilities that can happen in the process of being evaluated:

- A) the feedback is positive                      your are getting certified as an UHT Associate Instructor and receive the UHT Associate Instructor Certificate.
- B) something needs improvement              you have, within a period of 3 month to book another appointment (costs: 120 CHF / hour).  
Mostly 1 to 3 hours are sufficient to review the improvements and to get certified.

# IV Complementary Training of becoming a CNT 1 Practitioner and a UHT Associate Instructor

This section is for those who have entered the System UHT via **the CNT Branch** and are interested in the Energy Meditation Branch as a complementary Training and to become a certified UHT Associate Instructor.

## 01 Information

As CNT 1 Trainee or Practitioner you can follow the UHT Instructor Training parallel to that of Chi Nei Tsang 1.

## 02 Complementary : UHT Energy Meditation Branch and Chi Nei Tsang Branch

These two branches complement each other very well.

In the Energy Mediation Branch we learn to move and upgrade our energy in the sense of unity, happiness, ecstasy and 4-Dimensional Health® and well-being.

In the CNT branch we learn to support and encourage others via the basic practices (warm-up elements, the inner smile, 6 healing sounds, the microcosmic orbit and the iron shirt) to stay healthy.

**UHT Energy Meditation Branch**  
Inner Alchemy Tool

**Chi Nei Tsang Branch**  
Massage Tools

developing step by step towards more unity, flow, joy, ecstasy, well being  
**and moving along the energetic**  
health chain of regeneration  
rejuvenation-longevity-agelessness  
and immortality.

## 03 UHT and CNT follow three evolutionary stages

Helping oneself, helping others and becoming immortal. Each step consists of modules and elements to be integrated in our everyday life.

### HELP YOURSELF

#### Learnings

Unconditional acceptance  
Flow  
Rooting  
Emotional Wisdom

#### Techniques

Inner Smile and Compassion  
Microcosmic Orbit  
Iron Shirt  
6 Healing Sounds

## HELP OTHERS TO HELP THEMSELVES

**CNT** For Clients: The Basic Module and its elements support people in the direction of self responsibility and cultivating positive-constructive health attitudes and behaviors.

**AIT** As an Associate Instructor  
being able to teach tools stay in superior 4-Dimensional Health®  
- being physically, mentally, emotionally and spiritually healthy

## BECOMING IMMORTAL

Developing your soul and raising your spirit step by step with the the UHT System and its 9 Inner Alchemy Formulas.

### 04 The advantages

Following these two courses (CNT + AIT) has many advantages for therapists and will allow you for example:

- to deepen your own Energy Meditation Practices
- to learn how to teach these techniques locally on a 1 to 1 basis or to small groups.
- to prevent the well-known burnout syndrome

### 05 The usual prerequisites for this AI Training

In order to complete the Associate Instructor training, it is required to have

- a minimum of 60 to 70 hours of participation and practice in the Core Basic Module
- to participate in a 6-day training plus an evaluation (60 hours)

This adds up to about 100 to 120 hours of practice in the UHT Basic Module.

### 07 Credit of hours for CNT 1 Trainees and CNT 1 Practitioners

By participating in the **CNT Training** you gain the following hours of credit towards the Associate Instructor Training:

CNT 1 - Training	20 hours of teachings
CNT 1 - Personal Practice	20 hours of practice

This means there is a remaining 20 hours of courses, classes and 60 hours of training before you can apply for the Associate Instructor Evaluation.

The **description that follows** shows you how you can complete those hours and then apply for being evaluated.

### 08 Path of completing the UHT Associate Instructor Training

The cost of UHT Instructor Training is usually CHF 1960 (+ 90 issuing the certificate + evaluation costs).