



UNIVERSAL HEALING TAO  
SWITZERLAND

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## Universal Healing Tao Switzerland A University of Energy

### Interview for Recto Verseau magazine - 2017

#### Why did you set up your school?

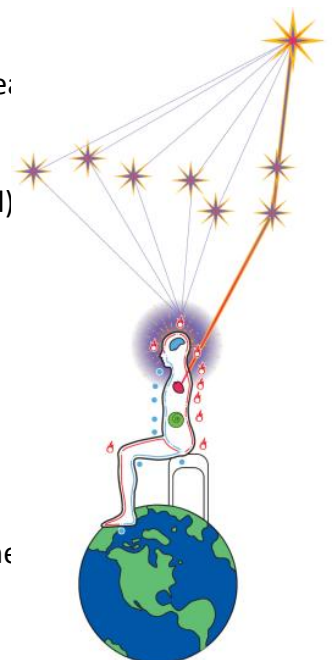
**Veetao:** I was a journalist for fifteen years and I love communicating, it's irrepressible: everything I learn I immediately want to pass on. Someone once told me that teaching is like water and you have to let it flow, let it circulate. As far as I'm concerned, it's not possible to hold back information, otherwise it stagnates and doesn't evolve. The more I teach, the more I learn; the more I give, the more I receive, the more I grow and the more I can be of service to others.

**Rentao:** I ran a retreat centre for 12 years in Wengen, completely immersed in Nature. What I'm passionate about is helping people to reunite their outer nature with their inner nature, so that they can achieve a state of superior health, in all four dimensions (spiritual, emotional, mental and physical) and throughout the 24 hours of the day. The aim is to live up to our potential. We are here to live with the original intention of fluidity and joy, which I call flowjoy©.

As soon as we both discovered Master Mantak Chia's Universal Healing Tao System, we knew that this was what we wanted to pass on. What followed was the gift of being able to teach together, both in Switzerland (between Bern and Lausanne) and abroad.

#### What training do you offer?

**The Universal Healing Tao System** can be described as a University of Energy to nourish body, mind and spirit. Universal Healing Tao brings together practices that have been handed down in China for thousands of years, tested by millions of people. Its practices, derived from the wisdom of Chinese Taoist teachings aim to achieve the highest level of conscious health possible in all our dimensions (**physical**, **mental**, emotional, social and psychological) and **spiritual**), to nourish our soul and spirit, and live in fluidity and joy - **flowjoy©**. This system is structured into **different branches**: Energetic Meditation, Sexual Alchemy, Advanced Alchemy, Martial Arts Internal, Chi Nei Tsang Massage and Immortal Tao. These teachings and energy tools support each individual step by step in and are easy to integrate into everyday life. These techniques are simple and practical, and they nourish us with a great quantity and quality of energy. Progress in Universal Healing Tao is a three-step process: helping yourself, helping others and helping others, and practice techniques known as immortality. Training courses can be followed by everyone, either for personal development or with a view to certification as an instructor or practitioner.



**Certifications :**

We offer the three certifications below with the possibility of continuing your education in the 36 modules of the Universal Healing Tao System.

- Qi Gong and energy meditation instructor
- Chi Nei Tsang belly massage practitioner

**What are your goals and plans for the future?****Project**

To continue to organize events such as the "Tao in the City of Lausanne" day. This free event is open to everyone, young and old, families and friends alike, and will take place in the magnificent Alpha Palmier hotel, just above the station. Over the last two years, we've rented the eight rooms at Alpha Palmier, where around twenty instructors will be giving half-hour workshops throughout the day, allowing you to discover the basics of Universal Healing Tao and receive a free mini Chi Nei Tsang massage session.

**Objective**

**Rentao:** My goal is immortality; to transcend the illusion of death and support individuals in integrating their authentic being.

**Veetao:** I'm particularly interested in supporting and guiding women on their path to realization and the manifestation of their wisdom, love and power.

Together, we're going to continue to teach and train instructors and practitioners throughout Switzerland and abroad, to create a community of students and teachers who practice and evolve together, in harmony and with the same mission: to be of service to the individual, humanity and the planet.