



Universal Healing Tao System

taught by

Grandmaster Mantak Chia

Tao Energy Cultivation - Basics and Inner Alchemy Qigong Education Path



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Requirements to become a UHT Instructor



- Fulfill the required Workshops hours according the disciplines you like to be evaluated
- Workshops can be done also online
- Practice/study time, can be done alone at home or with other Students, Instructors and with Books, Video's etc.
- Evaluation (can also be done online)

How to Start?



➤ Inner Alchemy Qigong Instructor Level 1
(40 Course hrs. needed)

or

➤ Inner Alchemy Associate Instructor (120
hrs.)

Inner Alchemy Qigong Instructor Level 1



- Needs total min. 40 hours workshop education in : Basic(min.10hours) and in * Cranial Sacral Qigong, * Stem Cell Qigong, * Wisdom Qigong, * 5 Element Qigong (together min.30hours)
- Educator Grandmaster Chia, updated Senior Instructor Level 1&2 and updated Certified Instructor
- Certification with 3 hrs. private evaluation or 2 days group workshop: To get certified she/he has to pass min. 1 of the 4 disciplines of Level I, upgrading any time when ready
- Level 1 Disciplines:
 - * Cranial Sacral Qigong (key CSQ)
 - * Stem Cell Activation Qigong (key SCQ)
 - * Wisdom Qigong (key WQ)
 - * 5 Element Qigong (key 5EQ)
- Evaluation can be done with updated Certified Instructor or updated Senior Instructor 1 or 2
- If she/he has done on the first evaluation with only 1 discipline no extra workshops hours are required, to be evaluated in the other disciplines. Only practice...show the form
- Upgrade to Inner Alchemy Qigong Instructor Level 2 (key QI-2) when certified in all 4 discipline above and minimum 6 month teaching Level I



Inner Alchemy Qigong Instructor Level 2

- Requirement: Certified in Inner Alchemy Qigong Level 1 in all 4 disciplines.
- Teach and practice for minimum 6 month (Level 1)
- Needs additional min. 40 hours workshop education in : Basic (min.10 hours) and in
 - * Tao Yin Qigong, * Tan Tien Qigong, * Cosmic Healing Qigong, * Golden Elixir Qigong (together min.30 hours)
- Educator Grandmaster Chia, updated Senior Instructor Level 1&2, updated Certified Instructor
- Certification with 3 hrs. private evaluation or 2 days group workshop: To get certified she/he has to pass min. 1 of the 4 disciplines of Level 2, upgrading any time when ready
- Level 2 disciplines:
 - * Tan Tien Qigong (key TTQ)
 - * Tao Yin Qigong (key TYQ)
 - * Cosmic Healing Qigong (key CHQ)
 - * Golden Elixir Qigong (key GEQ)
- Evaluation can be done with updated Certified Instructor or updated Senior Level 1 or 2
- If she/he has done on the first evaluation with only 1 discipline no extra workshops hours are required, to be evaluated in the other disciplines. Only practice...show the form
- Upgrade to Associate Instructor when certified in min 1 disciplines above & min. 6 months teaching Level 2

Inner Alchemy Associate Instructor



- Requirement: certified in Inner Alchemy Qigong Level 2 (min. 2 discipline).
- Teach and practice for minimum 6 month (Level 2)
- Additional 40 Workshops hours in Basics
- Or direct Path: 120 Workshops hours in Qigong and Basics
- Certification 3 hrs. private evaluation or 2 days group evaluation workshop
- Evaluation in: Inner Smile, 6 Healing Sounds, Chi Self Massage, Warm Up Qigong
- **NEW Upgrade: Cosmic Vision (key CV) (10 workshops hours required)**
- **NEW Upgrade: Primordial Alchemy Qigong (key PAQ) (20 workshops hours required)**
- **She/He can upgrade to all Inner Alchemy Qigong disciplines:**
- **Level 1 each of the 4 disciplines 5 workshops hours required**
- **Level 2 each of the 4 disciplines 10 workshops hours required**
- Can upgrade to Certified Instructor with additional 120 workshop hours in Basics and Fusion after teaching min. 6 months

Inner Alchemy Certified Instructor



- Needs 120 workshop hours (incl. GM Chia 20 hours) education in Basic & Fusion and min. 6 months active teaching as UHT Associate Instructor
- Needs 60 workshops hours (GM Chia 20 hours included) If she/he has already Qigong Level 1 and 2 all 4 disciplines and Associate Instructor with Eyes Vision & Primordial Qigong. Workshop hour education in Basic and min. 6 months active teaching as UHT Associate Instructor
- Grandmaster Chia (20 hours in Basic & Fusion are mandatory)
- 9 Case Study forms in Inner Smile, 6 Healing Sounds
- Or direct Path (without being Associate Instructor) in a 4 weeks Training Retreat at Tao Garden with 260 hrs. is also possible.
- Educator Senior Instructor Level 1 or 2 and Certified Instructor
- Can teach:
 - * Inner Smile,
 - * 6 Healing Sounds,
 - * Chi Self Massage,
 - * Warm Up Qigong
 - * Microcosmic Orbit advanced (Passing Energy)
 - * Cosmic Primordial Qigong (3 fires & 6 directions).
- Evaluation workshop (min. 10 hours) with Senior Instructor Level 2 (needs 9 Associate Instructor Case Study Forms (Inner Smile/6 Healing Sounds...))

Upgrades for Inner Alchemy Certified Instructor Part 1



To get certified in the levels below, you need a minimum of workshop hours in the upgraded level and additionally in some cases Case Study Forms:

- NEW She/He can upgrade to all 8 Inner Alchemy Qigong disciplines:
- Inner. A. Qigong Level 1 each of the 4 disciplines 5 (QI-1) workshops hrs. required
- Inner. A. Qigong Level 2 each of the 4 disciplines 10 (QI-2) workshops hrs. required
- Primordial Alchemy Qigong 10 (PAQ) workshops hrs. required
- Cosmic Vision 5 (CV) workshop hr.s required
- Iron Shirt 1-2-3 min. 10 (IS) workshop hrs. (for each of the three levels)
- Healing Love min. 20 (HL) workshop hrs.
- Tao Yin min. 10 (TY) workshop hrs.
- Tan Tien Chi Kung min. 10 (TT) workshop hrs.
- Tai Chi Chi Kung 1-2-3 min. 10 (TC) workshop hrs. (for each of the three levels)

Upgrades for Inner Alchemy Certified Instructor Part 1

- ▶ Fusion 1-2-3 min. 20 (HL) workshop hrs. (for all three levels)
- ▶ Lesser Kan & Li min. 20 (KL1) workshop hrs.
- ▶ Greater Kan & Li min. 20 (KL2) workshop hrs.
- ▶ Greatest Kan & Li min. 20 (KL3) workshop hrs.
- ▶ Sealing of the 5 Senses min. 20 (SFS) workshop hrs.

Inner Alchemy Senior Instructor Level 1



- ▶ Has to be active as Certified Instructor for min. 4 years
- ▶ Certified in
 - * Iron Shirt 1 (key IS1)
 - * Healing Love (key HL)
 - * Tao Yin (key TY)
 - * Fusion 1 (key FU1)
 - * Cosmic Vision (key CV)
 - * Primordial Alchemy Qigong (key PAQ)
 - * Inner Alchemy Qigong Instructor (key QI-1)
- ▶ Has permission to evaluate:
 - ▶ * Inner Alchemy Qigong Instructor Level 1
(can also evaluate Qigong Level 2 if she/he has all 4 disciplines)
 - * Associate Instructor
- ▶ After 4 years of active teaching as Senior Level 1 she/he can upgrade to Senior Instructor Level 2

Inner Alchemy Senior Instructor Level 2



- Needs to have 4 years active teaching as Senior Instructor Level 1
- Needs additional certification in
 - * Tai Chi I (key TC1)
 - * Tan Tien Chi Kung (key TT)
 - * Fusion 2 and 3 (key FU2-3)
- Needs to have certified 25 UHT Inner Alchemy Associate Instructors
- Can certify:
 - * Inner Alchemy Qigong Instructor Level 1&2 (QI-1 & QI-2)
 - * Inner Alchemy Associate Instructor (key AI)
 - * Inner Alchemy Certified Instructor (key CI)

If she/he has all the certification which will be evaluated

Education



- What kind of 40 hours education? Grandmaster Chia will teach this as a sample coming November/December (Inner Alchemy Qigong Series 14 days)
- These Inner Alchemy Qigong Series will be taught online every year
- 40 hours education sample: 10 hours Basic (inner smile, 6healing sounds etc)
 - 10 hours Craniosacral Qigong / Wisdom Qigong
 - 10 hours Stem Cell Qigong / 5 Element Qigong
 - 10 hours Basic or any other Qigong Form
- After these 40 hours she/he can apply for evaluation with minimum 1 of 4 forms (when ready she/he can do also more)
- Any upgrade of the other 4 disciplines she/he can do any time when feels ready.
- No prerequisites to start of the Qigong education and certification process

Evaluation



- ▶ Senior or Certified Instructor has a possibility to organize a Qigong weekend workshop for students and Qigong applicants
- ▶ Duration 10 hours
- ▶ During the courses the applicants can present an evaluation lesson of the Qigong form in which she/he likes to be evaluated
- ▶ The evaluation can be done private (one to one) too in 1 to 3 hours. The price approx. will be the same as weekend workshop (plus certification fee)
- ▶ If the evaluation is done she/he will be Inner Alchemy Qigong Instructor Level 1, in the certificate the form will be mentioned, like: e.g. Stem Cell Qigong (SCQ) etc. Same procedure as with Certified Instructors. We mention there as well Iron Shirt and or Healing Love etc.
- ▶ We give the Seniors just a guide line, all depends on how many applicants are has in a group. Hours are minimum hours and can of course be more.
- ▶ This is are guideline for all other upgrades
- ▶ Do not forget the agreement forms and evaluation form (download in the website)