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Master Mantak Chia, a renowned Qigong Master, has been recognized twice by the International Congress of Chinese Medicine and Qi Gong for his exceptional work. He is also listed as one of the most Spiritually Influential people in The Watkins Review. As the founder of the Universal Healing Tao System, Master Chia has taught tens of thousands of students worldwide about the ancient healing tradition of Taoism. Here, you can find online courses on qigong for various purposes. Additionally, download a PDF guide that outlines a complete journey recommended by Grandmaster Mantak Chia himself. Please note that fake emails have been circulating under Master Chia's name, asking for financial support. Do not respond to these emails or open any attachments. Master Chia has shared his personal story of overcoming osteoporosis and increasing bone density through the Healing Tao system. He has also inspired countless students, including Dena Saxer, L.A., who has experienced significant improvements in her condition after studying the Universal Healing Tao System. The system has also brought joy to families, such as Alex and his wife, who gave birth to their baby girl, Stefani, at the Tao Garden. Miroslav from Tuzla, Bosnia and Herzegovina, has expressed gratitude for the peaceful environment of Tao Garden, where he and his family have cherished special moments. Felix Morrow, a senior publisher, has shared his personal experience with Master Chia's Taoist practice, finding it the most satisfying and enriching among all others. Magistertempli has also praised the Universal Healing Tao System for its emphasis on generating sexual/bio-electrical energy. The Universal Healing Tao System is rooted in ancient Taoist traditions from China and was created by Master Mantak Chia after teaching thousands of students worldwide for almost six decades. The system includes Nine Formulas of Supreme Inner Alchemy, which combine the Microcosmic Orbit and Sexual Alchemy Practice to achieve a deeper understanding of the Reunion of Man and Tao. To fully grasp our practice's potential for growth and development, we must see it as part of the larger Taoist framework and understand how its principles relate to the universal way of the Tao. To truly comprehend the supreme inner alchemy that unites man and Tao, one must have a deep understanding of the Tao itself, like a hiker who uses a map and compass to navigate the wilderness of life. This means gaining knowledge of the internal centres, organs, channels, and hormonal glands that comprise our inner landscape, which is known as Inner Feng Shui. Each formula provides a step-by-step guide to this inner mapping process, ultimately preparing us for an understanding of the inner brain's feng shui and the alchemy of developing our inner compass. The first formula, the Microcosmic Orbit, sets forth the Inner Feng Shui of the body's North-South axis, reflecting the natural polarity of Heaven and Earth, where Yin and Yang flow in their respective directions to produce the Microcosmic result. As each consecutive formula builds upon this foundation, it presents a more comprehensive picture of our inner body. When we apply the knowledge gained from internal alchemy to external practices like Chi Gong exercise, even these seemingly physical activities become forms of inner alchemy. In Chinese, this is referred to as 'Nei Dan Gong,' which translates to "internal elixir skill" and contrasts with 'Wei Dan Gong' or "external elixir skill." The distinction between internal and external becomes increasingly blurred in the higher formulas, where a multi-dimensional view transcends these boundaries and allows us to experience different levels simultaneously. This is what we call Spiritual Alchemy. One Cloud's First Formula teaches practitioners about the Three Treasures: Heaven, Man, and Earth, and their cosmic relationship through the Microcosmic Orbit, an Inner Alchemy Practice that involves circulating Chi along the Meridians of the front and back of the body. This formula is as simple as it is profound, teaching us to become aware of the Earth beneath our feet and the Heaven above our Crown; to place the tip of our tongue on the roof of the palate, connecting the Major Yang and Yin Vessels of the Body. The Inner Alchemical Nectar, Saliva, Activates Endocrine System As Chi flows down from Pineal Gland to Yin Vessel, it activates all glands of Endocrine system and continues flowing from Throat Centre to Heart, Solar Plexus, Navel and Sexual Centre. The Microcosmic Orbit connects Perineum to Yang Vessel at Tail-and Sacrum Bones, flowing up along spine back to Crown, completing one round. It also connects to soles of feet through leg channels, forming Earth route. Our micro-cosmic relationship with Earth is that we bring energy to it and it returns to us. Chi Gong Postures can raise awareness of Chi particles as they flow from Earth. The Inner Alchemical Micro-cosmos relates to Outer Macro cosmos in defining body placement and axis, including Heaven and Earth poles, Up and Down, North and South. In movement, the body exchanges energy with Ten Directions' Forces, and harmonising movements with natural flow of Chi gives birth to Tai Chi Chuan Practice. The Formula of Microcosmic Orbit teaches us about Human being as one of Three Treasures: Heaven and Earth, and Human. The Nine Supreme Inner Alchemy Formulas guide students to follow the Tao Teh Ching's principles, which describes how the One (Tao) created the complete universe. Wu Ji, the Primordial Deep, gave birth to the One, and from it, Yin and Yang emerged. The Three Pure Ones - Heavenly Force, Earth Force, and Cosmic Force - arose at creation. They control all creation and are reflected in the Five Elements, which are born when Father Heaven and Mother Earth unite. Taoist tradition states that the Three Pure Ones rule the myriad galaxies and our own galaxy, centering around the polar star. In human terms, they manifest as the Three Elixir Fields - lower (root), middle (abdomen), and higher (chest and head) - corresponding to physical, mental, and spiritual existence. The Inner Alchemical Process transforms Sexual Energy into Life Force and Life Force into Spirit, reflecting the transformation of material into energy and energy into spirit. This process is also described as the Return to the Tao, which occurs when the Wu Ji splits into Yin and Yang. The Cosmic Force makes Yin and Yang stick together, permeating the Universe as the Presence of Cosmic Love. The First Formula prepares students for spiritual practices by teaching them to understand the Macrocosmic Cycle of Yin and Yang, its appearance in humans as the Microcosmic Orbit, and the Inner Smile and Six Healing Sounds practices. These auxiliary practices help refine and cultivate the Inner Elixir, our 內丹 Nei Tan. Ancient wisdom speaks of Spirit transforming into Energy and Maber, thus creating bodies through procreation. The conception of a Human Being is likened to the union of Three Forces: Heavenly Force, Earth Force, and Cosmic Force. When parents unite in love, their energies cross over, manifesting as Universal Love, which initiates the cycle of return to the Tao. This union repeats creation, combining Heaven and Earth forces with ancestral prenatal Chi, passed down through generations. The whirling spiral of cosmic forces is known as Primordial Force. From conception onwards, we draw in Chi from external sources and food from nature. At birth, we begin breathing the 'Later Heavenly Breath', absorbing energy from cosmic elements. After birth, when the umbilical cord is cut, prenatal Chi is stored with the Primordial Force in the Lower Tan Tien, between the navel, sexual centre, and kidneys. This stored energy, known as Original Chi, cannot be replenished once we're born and gradually leaks out over time due to factors like puberty, menstruation, childbirth, ejaculation, ageing, unhealthy lifestyles, and stress. Our Essence, 精 jing, starts leaking out, and we can only prevent this by practicing Supreme Sexual Alchemy. This alchemical practice consists of two practices: Single Cultivation for males and females, which unite in their ultimate accomplishment, Dual Cultivation. Men learn to 'Tame the White Stallion' by controlling ejaculation and transforming sexual energy into Chi and then Spirit. Women practice to 'Slay the Red Dragon' by controlling menstruation, transforming blood into Chi, and then Spirit. Through practices like Testicle Breathing and Power Lock (for men) and Ovarian Breathing and Orgasmic Upward Draw (for women), adepts are taught to draw up Jing, the Elixir, into the Microcosmic Orbit. Each station of the Orbit refines and transforms the Elixir, allowing transformation into Life Force and Spirit. The Sexual Alchemy Practice on the Path of Supreme Inner Alchemy is both spiritual and physical, regenerating Original Force and yielding the Elixir of Physical Immortality. This practice prepares the Immortal Foetus for Spiritual Practice. The Elixir of Physical Immortality is further cultivated in practices like Chi Gong and Tai Chi, while the Immortal Foetus is nurtured and developed through One Cloud's Supreme Inner Alchemy. Note: I have kept the original text language and only paraphrased it to provide a clear and concise version. In tens of thousands, Cha may have instructed more students in the Xiao Jiu Tien (Microcosmic Orbit Meditation) than any historical Taoist master. Chia began to attract attention in America in 1982 with the release of his first book, Awaken Healing Energy Through the Tao, which hit the book stands. Prior to this, even the concept of Taoist internal Alchemy was known only to a few scholars, martial artists, and Chi Kung students. In China and globally, real secrets of energy work were kept hidden; only a select few were initiated into the esoteric Taoist oral teaching of self-cultivation passed down through an unbroken lineage. In contrast, Hinduism and Buddhism's ancient yogic practices were openly taught to serious devotees worldwide. However, Taoist yoga remained shrouded in mystery. As concerns grew about the fate of living Taoist lineages during the Cultural Revolution, Chia's book landed with significant impact. Awaken Healing Energy Through the Tao provided detailed analysis and instructions on the Microcosmic Orbit Meditation, as well as precise outlines of higher Taoist Internal Alchemical practices. The book was a godsend for Chi Kung students struggling to grasp chi's mysteries. It offered clear, practical guidance on feeling and circulating internal energy flow. Chia received letters from all over the continent, including from Chi Kung students, martial artists, psychologists, Hatha Yoga teachers, Zen practitioners, Kundalini experts, and healers of various disciplines. The book sparked both criticism and praise. Some traditionalists accused Chia of profiting from the Tao by sharing its secrets publicly, while others recognized that the time had come to openly teach Chi Kung practices. Mantak Chia was born in 1944 in Thailand to Chinese Christian parents. He began meditation at age six but preferred martial arts training, studying Thai Boxing and Tai Chi Chuan under Master Lu. Chia's journey to mastering chi was deeply rooted in his exploration of Taoist temples and traditions. Initially, he sought instruction from the Taoists but was met with resistance due to his Christian background. Undeterred, he continued his search for knowledge, which eventually led him to a classmate named Cheng Sue Sue. This encounter resulted in an introduction to Master I Yun, a respected Venerable master of the White Cloud Hermit lineage. Unlike the city-based Taoists who focused on rituals and ceremonies, Master I Yun's mountain lineage emphasized intense meditation and Chi Kung training. Chia was relieved that he would not be expected to bow down to Taoist divinities, as his Christian faith precluded such practices. Master I Yun welcomed Chia with an open heart and a willingness to teach him the system of Taoist Inner Alchemy. Chia's account of Master I Yun's lineage is marked by a sense of reverence and awe. His master had studied under renowned Taoist masters for 40 years before retiring to a cave to practice in solitude. The grand master, who had been unable to replicate the temple environment in his isolated dwelling, turned inward and discovered that true wisdom lies within oneself. Chia's teacher, who eventually became Master I Yun, was sent by the grand master to learn from him. Despite initial difficulties, including food shortages and the grand master's extended periods of meditation-induced suspended animation, Chia's teacher persevered and eventually received guidance on the system of Taoist Inner Alchemy. Chia deeply immersed himself in studying the Taoist way of life. From his master I Yun, he learned various advanced meditation techniques including the Microcosmic Orbit and the Opening of the Six Special Channels. I Yun also granted Chia permission to teach and heal others. However, I Yun's own limitations led him to advise Chia to study Western anatomy as it could complement their understanding of Taoist Internal Alchemy. Taking his master's words to heart, Chia spent two years studying Western medical science and creating innovative methods for dissecting the human body. This knowledge would later serve as a foundation for his publishing company, Healing Tao Books. In parallel with these studies, Chia continued his practice of chi kung and martial arts under other renowned masters such as Master Meugi in Singapore and Master Cheng Yao-Lun. Through extensive training with various teachers, Chia began to realize the fragmented nature of Taoist practices, which often lost touch with their original intentions. His in-depth understanding of Taoist Internal Alchemy and its principles allowed him to see the interconnectedness between seemingly disparate practices like meditation, sexual yoga, Tai Chi, and Chi healing. This profound realization enabled him to integrate these practices into a cohesive whole, unveiling the full richness of the Tao. Master Mantak Chia had an epiphany about the true essence of various Taoist practices. This newfound understanding led him to compile his learnings from different masters into a comprehensive system, dubbing it The Healing Tao System. He began training other teachers to teach this synthesis and eventually established the Natural Healing Center in Thailand. After five years, he relocated to New York where, in 1979, he opened the first Healing Tao Center. Initially focusing on teaching the Chinese community, Chia later expanded his reach to Western patients and students. Word of his healing abilities and teaching prowess spread quickly, necessitating a shift to group workshops due to an influx of students seeking individualized instruction. Today, up to 200 participants attend his weekend workshops, comprising individuals from diverse backgrounds, including psychologists and practitioners of Chi Kung, Tai Chi, and meditation. In 1983, Chia introduced the Healing Tao Annual Summer Retreat, offering eight week-long programs in the Catskill Mountains, including teacher training sessions for advanced practitioners. Through word-of-mouth referrals and the practical benefits experienced by his students (improved health, harmonious relationships, and financial stability), the Healing Tao System has grown significantly over the years. In 1990, Chia was named International Qigong Master of the Year by the International Congress of Chinese Medicine and Qigong. Members of the nominating committee praised him as a powerful healer who empowers individuals to heal themselves through his effective methods. Unlike many Eastern spiritual leaders, Chia emphasizes personal growth and independence, encouraging students that they possess everything needed to achieve health within themselves. He believes that religious symbols and ceremonies are meant to activate internal processes that lead to spiritual growth, but he thinks you can control those processes by yourself through your thoughts. He also sees some problems with how external religions use their symbols - more money for big temples means less energy goes to people. Because of this, Master Chia decided to share his Taoist teachings openly without any strings attached.

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