



# Basic Practices of the Universal Healing Tao: An Illustrated Guide to Levels 1 through 6

*Mantak Chia, William U. Wei*

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**Basic Practices of the Universal Healing Tao: An Illustrated Guide to Levels 1 through 6** Mantak Chia, William U. Wei

A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia

- Organized by level and chi kung system for quick reference during practice or teaching
- Includes 220 exercises from more than 20 of Master Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Chi Self-Massage, Cosmic Detox, and Iron Shirt Chi Kung
- Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction

Organized progressively by level and system for quick reference during practice or teaching, this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction.

Keyed to the corresponding book for each complete practice, such as *Healing Light of the Tao* and *Chi Self-Massage*, this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Iron Shirt Chi Kung, Wisdom Chi Kung, Tao Yin, Chi Nei Tsang, Cosmic Detox, Bone Marrow Nei Kung, Cosmic Healing, Tendon Nei Kung, and Karsai Nei Kung.

Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao, this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings, enabling you to purify, transform, regenerate, and transcend not only your own energy but the energy around you as well.

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