

# healing tao retreats

June 16–August 8, 2007



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### MYSTICAL TAOIST WUDANG MOUNTAIN

Taoist monk atop China's Golden Peak  
Named after Alchemical Gold of Transformation  
*China Dream Trip details inside*

**Healing Tao University** (501c3 non-profit)  
Michael Winn, President & Founder,  
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**New!** Qigong Healing Intensive

**New!** Heart Healing Qigong

- Women's Earth Qigong
- Iron Shirt • Energy Psychology
- Six Healing Sounds
- Qigong Fundamentals
- Taoist Subtle Body Sex
- Taoist Yoga & Dream Practice
- Weight Loss & Medical Chi Kung
- Deep Organ Massage
- Water & Fire Internal Alchemy
- Tai Chi for Self-Healing
- Pa Kua Chang Circle Walking

**New!** Zen Qigong: Non-doing Meditation

**New!** Mantak Chia's DNA & Immune Qigong

**New!** • Tao Astrology Diagnosis + Medical Qigong

**New!** Classical Wu Style Tai Chi

### Why is qigong (chi kung) called "the Miracle Exercise from China?"

- Chi kung has profound health benefits. Short daily practice helps to lose weight, heal chronic illnesses, or just feel spiritual bliss.
- It's fun, a kind of Chinese Yoga. Simpler than tai chi, it combines gentle, meditative movements & whole body breathing. It can be done walking (tai chi), standing, sitting or lying (tao yin). For all ages.
- It's worked for over 5,000 years — the "grandparent" of tai chi, feng shui, acupuncture, martial arts, healing massage, nutrition, herbology, and sexology in China. All rely on "chi," the divine life force, and "kung," our skill in managing it.
- Helps hi blood pressure, heart disease, arthritis, diabetes, osteoporosis, & cancer. Backed by 2000 scientific studies.

1-888-750-1773 or [www.HealingTaoUSA.com](http://www.HealingTaoUSA.com)

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## What is Tao? Something I have to believe in or follow?

"Tao" (pronounced "Dao") means the Natural Way, following what is most alive and spontaneous. Its guiding principle is to follow what is natural to you, and your own inner nature will effortlessly unfold. So everyone unfolds differently. The only person you need to follow is yourself! Many Buddhists, Christians, and Sufis study Tao, because it helps ground spirit into the body. The Daoist (Taoist) principles of chi, the Life Force, are the same for all creatures. They are based on balancing the receptive and expansive, or yin and yang, forces which resonate within every body, every society, and every atom of nature. These pathways have been thoroughly mapped for over thousands of years.

## Is there a lineage involved here?

The Healing Tao's lineage for its priceless Seven Alchemical Formulas for Eternal Life can be traced back to Master Lu Dong Bin, famous in China as one of the "Eight Immortals." But the true lineage is directly experienced in each moment from nature itself. We're offering very powerful tools for understanding and managing reality. The faculty at Healing Tao University have spent decades mastering aspects of this vast chi science. We share our "maps" with you, and show you how to navigate the chi field that is creating your "reality." Chi kung, alchemy, and other Tao practices, help you communicate with this natural chi field.

You will gain the ability to speak a wonderful, universal language hidden in your subconscious since childhood. Animals and flowers, rivers and mountains, sun, moon and stars all communicate using chi. You can quickly learn to "speak chi" and shape it to create whatever you need in your life -- health, wealth, psychic power, or deep soul completion. Talk is cheap. These Daoist methods are simple, easy, and practical -- they deliver what they promise!

## Are the practical benefits of Qigong (Chi Kung) proven?

Chi kung has a track record 5,000 years old. It also has modern scientific research to back it up. Scientific studies have documented chi kung to be effective in treating most chronic illnesses including allergies, arthritis, asthma, cancer, digestive disorders, drug addiction, hormonal imbalances, hypertension, immune disorders, and strokes, to name just a few.

Go to [www.HealingTaoUSA.com](http://www.HealingTaoUSA.com) and you'll find over 3500 scientific studies proving the ability of chi kung to heal almost any chronic disease, with no harmful side effects.

## I'm not sick. Why should I learn these Chi techniques?

Even if you are in good shape, chi kung allows you to reach new levels of health. By enhancing your immune system, it stops potential illnesses BEFORE they get started. It dramatically increases your

energy level, allowing you to be more effective at what you do. It can reduce your dependence on artificial stimulants like sugar, caffeine, or nicotine. If you want to lose a few inches around your waist, Weight Loss Chi Kung is the healthiest way to lose pounds permanently without dieting.

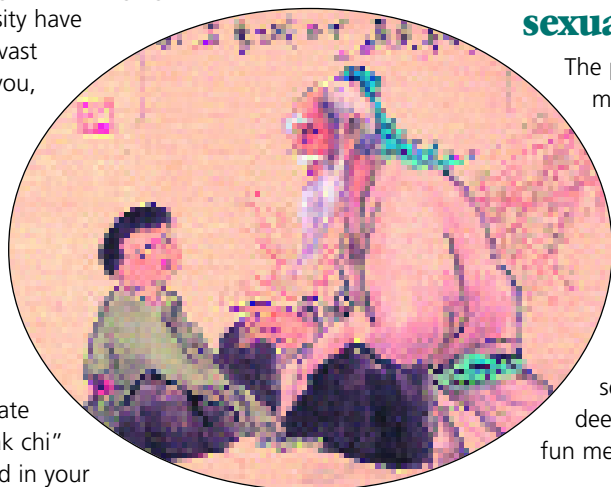
## What can Qigong (Chi Kung) do for stress & emotional problems?

According to the Journal of Psychosomatic Research, chi kung was found to be highly effective in reducing stress responses, and helped lower the incidence of anxiety, depression, fatigue and general mood swings. (Vol 33, Pp. 197-206) No matter what profession you work in, regular practice of chi kung will allow you to stay centered and calm, even in the midst of seeming chaos.

In fact, one of the most basic principles is that day-to-day negative draining responses to stress can literally be changed into more useful forms of energy. You can learn how to effectively transform fear, anxiety or anger into increased vitality and energy.

## What does Tao teach about sexuality?

The principles of energy flow are nowhere more pleasurable and downright fun than in the bedroom. Single or married, straight or gay, the Daoist arts of the bedchamber profoundly improve sexual health. From strengthening your glandular and hormonal systems, to experiencing truly mystical full-body orgasms, the ancient chi science of sexology will allow you to merge spirituality with sexuality. In alchemy, this sexual play occurs deep inside your body-mind — very dynamic, fun meditations!



## How will Tao help my career?

Once you tap into the inner workings of the life force you can channel your newfound wisdom into any area of your life. Let the chi guide you. Let the chi unleash your creativity. It will move the brush, write the novel, play the music. It will flow regardless of whether you are a dancer or a fighter.

You have found the source. Go deep inside your body and discover how the outside world truly works. Chi kung and alchemy allow you to actively participate in your spiritual growth. It's process learning, firsthand. You're guided by trust in your own direct experience.

## Where do I go from here?

You've got 30 retreats to choose from, beginner to advanced. They're all designed to bring you deeper than you have ever gone before.

Six days to focus on one goal. Three fabulous meals to keep you going.

Beautiful mountains and streams to keep you company. Take a look at each class, call the registrar with questions. Choose by gut instinct. Once you do, you will be on the Way.

# Qigong (Chi Kung) Fundamentals & Healing Love

If Tao is about natural truth, chi kung is its spoken language. Truth can only be known by EXPERIENCE, not by belief or thoughts. In the beginning, you "speak chi" language like a baby does -- using simple body movements and sounds. It's a fun new body language!

The key is relaxing and focusing on the FLOW of ENERGY that occurs naturally when you move your body and let it "sing." Simple chi exercises will bring you higher levels of health, an improved sex life, and a disposition so well-balanced and harmonious that psychologists may well be calling you for appointments!

The foundation practices are treasures you will use for the rest of your life. The more you do them, the more powerful they become. Here are some core practices you can expect to learn in a Tao Basics retreat:

## Healing Love.

It's a fact. When sex is good, your whole life feels good. We each have an inner sex life and an outer sex life. The more you understand about the Tao of love, the healthier your physical body and relationships will be. Your inner sex life will become spiritually profound. Allowing spirit and chi to flow into your sex life will allow multiple orgasms for both women and men.

More amazing, you'll discover Daoist meditation is a sexually pleasurable experience -- and you don't need a partner to practice! The ancients knew the secret of natural, steady-state bliss came from opening the heart while circulating sexual chi in the body's deep energy channels. This improves glandular functions and balances your hormone levels -- without risky drugs or supplements!

Knowing how and where to circulate sexual chi has helped women to reduce or eliminate menstrual discomfort and hot flashes. It helps men last longer in the game of love, thus prolonging the pleasure and emotional intimacy of the couple. (And learn why Viagra may shorten a man's life.)

## Inner Smile/Six Healing Sounds.

Tao is a holistic science, and recognizes that intelligence is not located between our ears. Our entire body is intelligent. It's a principle of Chinese medicine that our vital internal organs (heart, liver, lungs, kidney and spleen/stomach) are the smartest kids on the block. These "body-spirits" empower and actually control the brain. The Inner Smile allows your Original Spirit to shine brightly. Just smile along with it on your way to whole-body enlightenment!

Tao takes depth psychology to an entirely new level. Chi kung actively engages and explores the inner intelligence of your body-mind. It opens the doorway to your Higher Self NOT above your head, but hidden right inside your body. Smiling inside and releasing trapped emotions and traumas from the inside translates to a vibrant, healthy outside.

Learn specific sound frequencies to balance your entire physical and psychological being. Play with the feelings arising from your "family of inner children" rather than simply riding an emotional rollercoaster. If stress-management is what you need, Tao Basics is the right place for you.



Taoist monk Yu Yuan from Flower Mtn (Huashan) in China embodies the loving radiance of Tao Inner Smile. He gave teachings similar to Healing Tao on a China Dream Trip (next one is in May 2007).

## Microcosmic Orbit.

This dynamic Tao meditation starts in the belly, flows up the spine and down the chest. It creates an "energy wheel" that unifies the body's three major centers (similar to yogic "chakras") AND all of the acupuncture meridians of the body. It is also known as "Opening the Golden Flower" and "Embryo or Womb Breathing."

When your Orbit opens, your Original Spirit can begin to breathe more easily in your body. Your vital organs get fed, and every level of your physical being feels healthy & grounded. It's practical -- many people spontaneously quit smoking or stop obsessing about food or drugs. When you are fed inside, you stop seeking stimulants outside.

You'll learn chi kung movements to help open your flow, and keep it flowing in daily life. This is the true Tao and the real chi kung practice -- feeling connected, your heart smiling and chi flowing while standing in line at the grocery store, walking the dog, or talking to your in-laws. If you thought meditation was boring or frustrating, this offers a fresh start!



Marie Favorito leads "Gather Heavenly Chi" at Dao Mountain