

# THE TAO OF IMMORTALITY



The  
**Four Healing Arts** and  
the **Nine Levels of Alchemy**

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Mantak Chia AND William U. Wei

Mantak Chia

## The Tao of Immortality: The Four Healing Arts and the Nine Levels of Alchemy



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A thorough guide to the primary practices of the Universal Healing Tao Program and the advanced esoteric methods of Internal Alchemy • Explains each one of the nine levels of Inner Alchemy and their a lot more than 240 formulas • Displays how these exercises had been designed to increase longevity and make certain the survival of awareness beyond death Explaining the development and core of the Common Healing Tao system, Expert Mantak Chia and William U. Provides simplified variations of core Universal Healing Tao practices to easier integrate the system into your daily life • Explores the Four Curing Arts for transformation of the psychological body, physical body, energy body, and spiritual body • In addition they offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to assist you easily integrate Inner Alchemy and Universal Healing Tao methods into your lifestyle. Beginning with the basic principles known as the Five Enlightenments, the authors clarify each one of the nine levels of Internal Alchemy and their a lot more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Internal Smile, Sexual Alchemy exercises for men and women, Fusion of the Five Components procedures, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Curing Arts that encompass the nine levels of Inner Alchemy--Living Tao methods for transformation of your emotional body, Chi Nei Tsang methods for transformation of the physical body, Cosmic Healing procedures for transformation of the energy body, and Immortal Tao procedures for transformation of the spiritual body--all aimed toward the survival of awareness in a self-aware vessel. Wei provide a condensed approach to the Inner Alchemy procedures taught to understand Chia by his initial Taoist Master, Yi Eng, a lot more than 60 years ago. Wei display how these exercises were made to increase longevity, offering you enough time to understand the more advanced spiritual techniques and ensure the survival of awareness beyond loss of life. Providing a primer not only on the foundational procedures of the General Healing Tao Program but also a condensed guide to the esoteric procedures of Inner Alchemy, Expert Chia and William U.



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Fundamentally a glorified course catalog for UHT. For the HT practitioner very helpful publication as a reference and reminder of different HT practices.. The book essentially simply tells you what the various areas of each practice are, but without teaching you how to practice them. (I've 15+ years of knowledge in yoga exercise, tantra, qigong, astral travel, and meditation, so in case you are wondering, this book had not been "over my head", it just does not train the practice of alchemy.3.) Simply put, this book will not explain or teach the nine levels of alchemy in virtually any helpful method; fuse three thoughts into one brain at the lower tan tien and maintain it spiralling. I have never been so disappointed in a publication. It appears that they desire you to enroll in their courses. In case you have currently studied with Mantak Chia for quite a while then this book might provide enough of an outline to remind you how to do the practices. For the HT practitioner very helpful book as a reference and reminder of different HT . It lists all the things that you COULD learn on the way, but it will not teach them to you. I really don't want to talk badly about Mantak Chia, he does lots of wonderful items, but this book just doesn't even come near being what it claims to be.) Think about a concrete example? This is actually the "teaching" on the practice of "Three Minds into One"1. Relax the body by smiling down.2. Empty your brain down: turn the top mind into an observing brain, and see inwardly; it just hardly mentions them! It really is nearly 400 web pages of rambling thoughts and ideas with maybe 10 pages of actual instructional info, all of which is normally on the preliminary practices that you probably know, (microcosmic orbit, internal smile, etc. Expand the spiraling chi to the mid-eyebrow, crown, and forehead, and thence in to the universe. Yeah, so unless you already know how to do all that, I'd be shocked when you can do it now! After quick walk through the book there are almost all HT simplified version practices outlined in the book and lots of info. In case you have already decided that you want to understand Taoist Internal Alchemy and you also are hoping that, finally, there is a modern book to describe the entire process, you will be wasting your time and effort and money and end up feeling extremely disappointed, since there truly is nothing to understand here. Simply keep doing the Microcosmic Orbit everyday and let your internal master guide you to the next step. I hope this helps and I am hoping it inspires Mantak Chia to really release a publication that explains HOW to do the methods. We are in the 21st century and perform not really/cannot all travel all over the world to consider years of training. It's time to share the gift of inner alchemy freely and totally! It really just features as a reference, just like a program syllabus for the road of alchemy... If you are searching for a synopsis of the different procedures that are being taught under the Universal Healing Tao (UHT) program, with some philosophical background, then this reserve will be an interesting read and help you to decide which types of practice you want to pursue..



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