



Universal Tao Center
At Tao Garden Wellness Retreat
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Healing Tao (10) Questionnaires for Certification of
Bone Marrow Nei Kung (BM)
(Please Print Clearly and Completely for Requirements)

(First Name) _____ (Last Name) _____ Instructor's Name: _____
Address: _____ City: _____
State: _____ Country: _____ Zip/Mail Code: _____
Phone: _____ Fax: _____ Email: _____

- 1) What sensations were you experiencing with Wire Hitting Practice and did you have problems absorbing the energy?
- 2) What are the benefits you feel important from the Wire Hitting Practice?
- 3) Could you establish and experience the hitting lines/areas in the Wire Rifling Practice?
100% 75% 50% 25% 0% (yes = 100% ; no =0%)
- 4) Did you feel a difference with the Wire Rifling Practice to detoxify the organs?
Yes? No?
- 5) What were the areas where you felt the most sensations after the Wire Hitting Practice?
- 6) How did you feel after compressing the bones?
- 7) How did you experience connecting with the bones and the marrow in Bone Breathing Practice?
100% 75% 50% 25% 0%
- 8) What benefits did you obtain from the Bone Breathing Practice?
- 9) Did you feel the connection with your whole body while practicing Bone Breathing Practice?
100% 75% 50% 25% 0%
- 10) Could you feel the connection of all your bones through the Bone Breathing Practice?
100% 75% 50% 25% 0%
- 11) Could you feel the energy in your body when you did the Sexual Chi Massage?
100% 75% 50% 25% 0%

- 12) Could you feel any energy blockages being released during the Sexual Chi Massage?
 100% 75% 50% 25% 0%
- 13) Could you feel the Energy move up your spine to the crown during the Sexual Chi Massage?
 100% 75% 50% 25% 0%
- 14) Did you feel the energy go up the spine as you swung the weight?
- 15) Did you have and difficulty massaging the genitals or tying the weight to the genitals?
- 16) Could you feel the energy pull down on your organs Chi Weight Lifting?
 100% 75% 50% 25% 0%
- 17) What do you feel is the importance of the resting periods in between the exercises?
- 18) Were you able to disconnect the weight without any difficulty?
- 19) What do you feel is the importance collecting the energy in the navel after Bone Marrow Nei Kung?
- 20) Was there any soreness or stiffness after Bone Marrow Nei Kung?

Feedback:

- 1) *What was your personal impression of this session?*
- 2) *Did the instructions from this session prepare you for working with the stew material by yourself?*
 100% 75% 50% 25% 0%
- 3) *What suggestions do you have that might help to enhance this session?*
- 4) *Do you feel comfortable and happy about what you learned?*
 100% 75% 50% 25% 0%
- 5) *Do you think your friends could benefit from this session?*
 100% 75% 50% 25% 0%
- 6) *Do you feel the material in this session will be useful for you in your daily life?*
 100% 75% 50% 25% 0%

Date: _____

Signature of Student: _____

Signature of Instructor: _____