



Universal Tao Center

At Tao Garden Wellness Retreat

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Immortal Tao (20) Questionnaires for Certification of Inner Alchemy Instructor Greatest Kan & Li (K3)

(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 as you emptied your Heart of desires, thoughts, and processions?
- 2) Did you have problems forming Four Pakuas at the Mideye and gathering the Light into a Pill?
- 3) What are the benefits of connecting with the Earth as you activate the Sexual Energies?
- 4) Could you establish and experience the Crown Opening to the Big Dipper and the North Star?
100% 75% 50% 25% 0% (yes- 100%; no--0%)
- 5) Did you feel a difference when you spiraled the energy in the Heart Cauldron with your eyes steaming the Organs? Yes? No?
- 6) What did you feel by spiraling the energy in the Heart, emptying it and letting go of all attachments?
- 7) How did you feel aligning the Three Tan Teins connecting with the 10 Heavenly Stems & 12 Earth Branches?
- 8) How did you experience pulsating the Heart with the Aorta (Sun) and the Vena Cava (Moon)?
100% 75% 50% 25% 0%
- 9) What benefits did you obtain by pulsating the Eight Psychic Channels ?
- 10) Did you feel the connection when you pulsated with the Twelve Meridians and Your Nerves?
100% 75% 50% 25% 0%
- 11) Could you hear the movement of Blood flowing through your Arteries and Nerves?
100% 75% 50% 25% 0%
- 12) Could you feel the Pearl above your Head connecting with the Four Constellations?
100% 75% 50% 25% 0%

- 13) Could you create your connections with the Big Dipper and North Star and the Skull Points?
 100% 75% 50% 25% 0%
- 14) Could you sense the 1st Light after drawing it in from the Pakuas at the Three Tan Teins?
 100% 75% 50% 25% 0%
- 15) Could you send the Light condense down back to a Pearl or Embryo?
 100% 75% 50% 25% 0%
- 16) How did you experience marrying the Light?
- 17) Did you sense the 2nd Outside Light (Red) pulsating when you closed your Eyes?
- 18) What do you feel is the importance of the resting periods in between the exercises?
- 19) What did you feel when you connected with the 3rd Light as you sealed the Senses and the Anus?
- 20) What do you feel is the importance of Turning the Wheel & Bone Breathing at the end of practice?
- 21) What were your experiences after the Meditation?

Feedback:

- 1) *What was your personal impression of this session?*
- 2) *Did the instructions from this session prepare you for working with the new 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: _____