

# ***Instructors' Training***

## **A. AGREEMENT**

Welcome to the Universal Tao. As an instructor you will become part of the Universal Tao family, working to spread the Living Tao system through the world. In this important role, you will achieve the major goals of the Living Tao by teaching others how to heal and love themselves so that they will truly know how to love others.

1) This is accomplished by teaching them how to:

- Conserve and recycle their life force (Microcosmic Orbit);
- Transform negative emotions back into life force again and to develop them into compassion energy (Six Healing Sounds, Inner Smile, Fusion of the Five Elements);
- Control and transform sexual energy to go beyond orgasm and to use this transformed energy for physical and emotional healing and spiritual growth (Healing Love);
- Develop rooting, inner strength and structure and an alignment with the outside forces (Iron Shirt I, II, Tai Chi Chi Kung I-II-III, Tan Tien Chi Kung, Tao Yin I-II, Bone Marrow Nei Kung);
- Eat in accordance with the 5 forces of nature & their own energy pattern (5 Elements Nutrition)

On further levels you can teach people how to:

- 2) Connect with the Cosmic/Universal force and use it as a healing power (Cosmic Healing);
- 3) To untie the energy blockages in the body, especially in the abdomen, to increase the energy flow of all the five major systems of the body (Chi Nei Tsang);
- 4) Later on with the practices of the Immortal Tao you will teach people how to:
  - Overcome reincarnation by giving birth to their souls and spirits;
  - Understand their true selves and the real fact of life after death;
  - Develop their own compass to find the place of their origin & where they want to go after death
  - Teach them to worship their own dignity and develop knowledge of their own consciousness.

Please understand that the methods and practices of the ancient Tao system have been kept secret for many years in order to prevent persons who are not emotionally or spiritually ready for such teachings from having access to them. We ask you to pledge to keep the material you learn secret (even if you do not complete instructor training), except under carefully supervised instruction from us, or instructors we have designated. We also ask that you use only approved texts as part of your instruction. It is our responsibility to evaluate your progress and to determine when and if you are ready to instruct others. All students should be informed that you have been a student of ours and should be advised of the serious nature of the Universal Tao Center system.

We ask that you forward the names, addresses and emails of all of your Living Tao students to the Universal Tao Center, to allow us to maintain a current list of Living Tao students, to enable your students to advance to higher levels of practice, and to refer other students to you. Working within our framework, you will help to promote the flourishing and widespread use of the Universal Tao System. It is an important commitment to become an instructor.

I have read this statement and agree with its provisions, Date\_\_\_\_\_

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Instructor Trainee

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Witness