



## Universal Tao Center

274 Moo 7, Luang Nua, Doi Saket,  
Chiang Mai 50220, Thailand

Tel: (66) (53) 495 596 to 9

Asian Fax: (66) (53) 495 852

Europe Fax: (31)(20) 524-1374

North America Fax: (1)(212) 504-8116



Email: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com) Website: [www.universal-tao.com](http://www.universal-tao.com)

## Universal Tao (20) Questionnaires for Certification of *Fusion of the Five Elements I (F1)*

*(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 Formula I?
- 2) Did you have problems forming and feeling the four Pakuas and the Pearl?
- 3) What are the benefits of the Formula 1(4 Pakuas and the Pearl)?
- 4) Could you establish and experience the collection points in Formula II?  
100%    75%    50%    25%    0%    (Yes = 100% No = 0%)
- 5) Did you feel a difference between spiraling the energy in the center and the collection points?  
Yes?    No?
- 6) What did you feel by spiraling/condensing the energy in the center or the collection points?
- 7) How do you feel after balancing the internal weather with Formula II?
- 8) How did you experience connecting the 5 senses and the organs in Formula III?  
100%    75%    50%    25%    0%
- 9) What benefits did you obtain by transforming the negative emotions in the organs in Formula IV?
- 10) Did you feel the connection with the Sounds of each of the Trigrams when you did the Chanting?  
100%    75%    50%    25%    0%
- 11) Could you feel the connection of the 8 Forces when you are creating the Pakua?  
100%    75%    50%    25%    0%

12) Could you feel the pearl above your head in Formula V?

100%      75%      50%      25%      0%

13) Could you create your Energy Body (fetus) in the center?

100%      75%      50%      25%      0%

14) Could you feel or project the Energy Body and the protection bubbles above your head?

100%      75%      50%      25%      0%

15) Could you feel the Energy Body shrink down back to the pearl and reenter the crown?

100%      75%      50%      25%      0%

16) How did the pearl feel after reentering the crown and circulating it in the Microcosmic Orbit?

17) Did you feel more energy in the Microcosmic Orbit after Fusion?

18) What do you feel is the importance of the resting periods in between the exercises?

19) What do you feel is the importance of the Inner Smile before the Fusion practice?

20) What do you feel is the importance of collecting the energy in the navel after Fusion practice?

21) Was there any soreness or stiffness after Fusion?

**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:** \_\_\_\_\_