



Life, Health, Healing, Sexual Chi & Spirit Personalized Coaching in Universal Tao Practices

Dennis Huntington
Senior Instructor



Want clarity, health, meaning and purpose in life? Universal Tao

practices are designed to cultivate a balanced life of love, health, longevity and spiritual evolution. The focus is on developing and refining our life energy, chi, for self-healing and life enhancement. Tao means way: the way of nature and the universe, the natural way. The practices help the practitioner to establish a relaxed, healthy base of life, self-mastery, and spiritual independence.

The balancing process begins with the **Inner Smile Meditation** and **Six Healing Sounds**. These core practices transform the negative emotional energies in the vital organs into the positive qualities. Overall, the positive emotions bring about a more favorable quality of body chemistry, hormone balance, and happiness. Emotions are energy, and the energy can manifest in a negative form as a survival mechanism—such as fear, which alerts us to danger—or in a positive way with love and gentleness. The emotional qualities change the PH balance between the acidic and alkaline states. These and other practices combine to achieve the desired results on all levels—physical, energetic, mental, and spiritual.

The 'basics' also include simple **Chi Kung Conditioning Exercises** and **Chi Self-Massage**. The **Microcosmic Orbit** practice is a way to circulate chi up the spine to the brain and down the front. This circular pathway connects to all the body's organs and helps to keep a healthy balance of energy in the body. **Iron Shirt Chi Kung** postures and breathing methods strengthen the joints, connective tissues, and bone structure. They develop one's inner center for personal power and strengthen the connection with the grounding power of Earth's energy. The 'Iron Shirt' practices detoxify and develop protective chi shields for the organs and strengthen the flow of healing energy in important chi meridians. These basics are of immediate practical value for anybody in everyday life.

Healing Love: Sexual energy is a precious health tonic for the body and is the fuel for higher development and experience. It is a critical element for spiritual development and can be cultivated with or without sex. Mastering one's sexual energy is a simple process of controlling, conserving and refining both un-aroused and aroused sexual energy and the vital fluids. Wonderful new worlds of loving experience will open. Orgasmic energy buildup can be guided to benefit the brain, senses, glands, organs and ultimately all the cells of the body. This nurturing creative life force in the body is a most valuable resource that we can harness to fortify our well-being, emotional harmony and spirit.

Each of the above practices has its own unique value, and they are interrelated so that their combined effect is greater than the sum of the individual parts. The benefits are further refined with **Tai Chi** meditative movement, **Tao Yin** yogic chi exercises and **Tan Tien Chi Kung** chi strengthening. Additional relief and enhancements may be attained via complementary practices such as **Chi Nei Tsang** (internal organs massage) and the more advanced **Fusion I, II, & III** meditations. One's energy is increased and enhanced for everyday life, health, healing, creativity, athletics, martial arts and spiritual development.

Dennis is available for private instruction and for teaching workshops and retreats worldwide.



DENNIS' BASICS WORKSHOP

CHI AND SEXUAL ENERGY FOR LIVING, HEALTH AND SPIRIT

Universal Tao basics provide some simple tools to help us tune-in to our vital energies and create needed adjustments for health, healing and general well-being. It all begins with the **Inner Smile Meditation**. This is a relaxing meditation that enables people to tune-in to the energy of their emotions in their vital organs (heart, lungs, etc.) and use the positive chi to transform the negative.

The workshop covers the **Cosmic Inner Heart Smile (with EMDR) and Healing Sounds**. They transform the negative emotions, enhance the positive and charge the organs' positive energy. **Simple Chi Kung conditioning exercises** are for the body and for activating chi flow and connecting to the grounding power of earth energy. The **Microcosmic Orbit** is for circulating, refining and distributing healing energy. **Chi Self-Massage** is used to remove chi blockages and spread chi to the cells. **Healing Love** sexual energy cultivation (solo or dual practice) strengthens and multiplies the health benefits of the positive energy and provides the power for spiritual development.

Mastery of our sexual energy and nature is the key for unlocking the mystery of life. This precious source of life provides fuel for robust health, creativity, mental clarity and spiritual evolution. All of the **basics combine interactively** to give us new life and renewed power for health, healing and loving. This process of self-mastery begins in the basics workshop.

Healing Love: Sexual energy can be cultivated with or without sex for attaining a more exalted quality of sexual experience. This nurturing creative life force in the body can be guided to benefit the brain, senses, glands, organs and ultimately all the cells of the body to fortify our well-being, emotional harmony, longevity and spirit. Women refine their menstruation/menopause; men master ejaculation. **Conserving and recycling the precious sexual energy** strengthens and multiplies the positive energy of the body. It provides **the power for life and spiritual evolution**.

Other practices: Iron Shirt Chi Kung, Tao Yin, Fusion (I, II, and III), Tan Tien Chi Kung, Elixir Chi Kung, Stem Cell Chi Kung, Tai Chi and Basic Cosmic Healing.



BASICS WORKSHOP
ARGENTINA

Dennis with Basics Workshop participants in Buenos Aires, Argentina in Nov-06

Afternoon tea break in Cairns, Australia, Fusion Workshop Sept-06

FUSION WORKSHOP
AUSTRALIA





SELF-HEALING & LIFE ENHANCEMENT

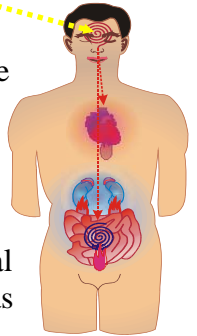
Basic Meditations & Exercises

Dennis Huntington, Universal Tao Senior Instructor

Cultivate the body and chi for health, healing and higher-self development. Instruction is with PPT graphics, guided practice + take-home summaries.

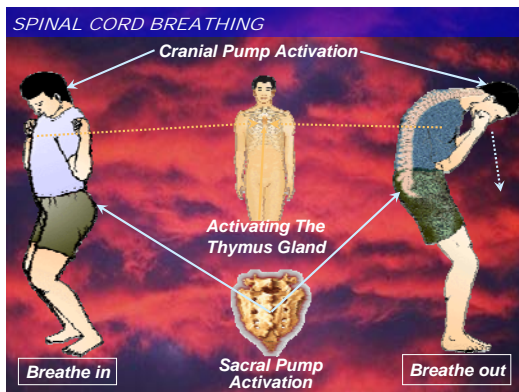
1. Self-Healing Meditations: Inner Heart Smile w/EMDR + Six Healing Sounds.

Use the heart's love-power combined with the Inner Smile to sense positive chi. Use EMDR to diminish extreme or traumatic emotions. Transform negative emotions and stress into positive vitality for inner peace, health, happiness and healing. Create chi balance between the vital organs and harmonized energetic 'inner-air-conditioning' in the body using specific postures and sub-vocal sounds.



1A. Cosmic Connection for Inner Smile and Healing Sounds

The Cosmic Inner Smile connects our positive organs' energy with the primordial universal chi. The connection cosmically enriches and strengthens the organs' energy as the primordial chi multiplies the personal chi, like charging a battery.

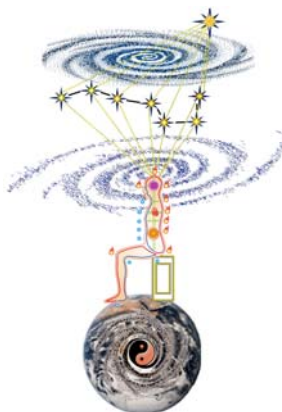


2. Chi Kung Conditioning Exercises

Very good for morning exercise, warming up and preparation for meditation! A variety of exercises from head to toe, both inner and outer focus, stimulate the body's connective tissues, circulatory systems and chi with alternating yin and yang phases of rest and activity. Provides a standing position for meditation

3. Microcosmic Orbit Meditation and Chi Self-Massage

Circulate positive chi around the orbital 'superhighway' of chi flow, connecting to important areas of the body. M.O. chi circulation refines and distributes chi for healthy conditions throughout the body. Finish with refreshing chi self-massage.



3A. Cosmic Orbit Advanced Microcosmic Orbit: it utilizes the primordial chi of Earth, nature and the universe; strengthens primordial chi connections; and activates chi in the bone marrow for more profound benefits for the immune system.

4. Healing Love: Creative Life Force Mastery

(Part I Un-aroused & II Orgasmic Chi) Learn to control,

conserve, refine, circulate and store sexual chi—increasing personal energy. This results in improved energy for health, life, love & emotional balance, creativity and spiritual development. Men gain control over ejaculation, and women master their menstrual cycle. Training is for solo or dual practice. (Required: #1 and 3 + 2 recommended)

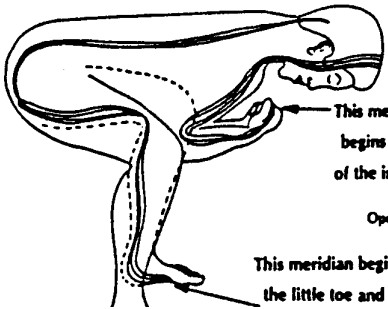




5. Simple Iron Shirt Chi Kung Master Pose Embracing the Tree

This strengthens the joints and connective tissues, skeletal structure, and alignment with forces of heaven and earth. It develops centering, rooting to Earth chi and strengthens chi flow in meridians. Skin and bone breathing are introduced. Effect: become sturdy as steel, yet soft as a baby.

6. Iron Shirt Chi Kung: 5 More Postures. The Turtle and Water Buffalo, Holding the



Golden Urn, Iron Bridge, Golden Phoenix Washes Its Feathers and the Iron Bar. Each of the postures conditions and strengthens different meridians and parts of the body. Learn to adjust body posture and alignment for maximum transfer of force and chi flow in affected meridians.

The Turtle and Water Buffalo



6. Tao Yin is Taoist Yoga to condition spine, tendons, ligaments and psoas muscles. It integrates body, breath and mind.



8. Basic Tai Chi

Dynamic Inner Power & Delicate Outer Softness

This **Tai Chi Chi Kung** form focuses on chi flow and dynamics of inner structure. Comprised of thirteen basic movements in five directions, it is based on the Yang Style short form. The Tai Chi movements maximize the absorption and flow of chi in the body—into the bones, bone marrow, organs, brain and ultimately all of the cells throughout the body—for maximum health and conscious development. The form is kept simple and easy to learn in order to maintain a meditative quality focused on the chi during practice.

This simple form of meditation in movement provides the framework for attaining the highly refined state of balance between dynamic inner power and delicate outer softness. Unifying the skeletal structure and maintaining it with relaxed elasticity of the dense connective tissues provides a stable foundation for movement. Subtle healing chi is moved through the body via tendon power that is integrated within the yin and yang movements of the form. This very beneficial experience comes as a result of the combination of benefits and skills achieved from other basic Universal Tao practices. The synergistic effect of these combined skills bestows a calm, relaxed feeling of centeredness, well-being and a clear sense of vitality, creativity and spontaneity. This heightened state sets the stage for opening to our higher capacities and spiritual refinement.



BIO: DENNIS' LIFE IN A NUTSHELL

He grew up in the state of Maine in the USA. After U.S. Navy service, various colleges and universities, he settled in San Francisco and the Bay Area. He held jobs with Lockheed Missiles & Space Co. and IBM in California. After graduate school in creative writing, he taught high school English in Oakland. Later, he moved to Japan and taught English in and around Tokyo.

Dennis began the Tao practices of Master Mantak Chia in 1986 while living in Japan and became certified as a Universal Tao Instructor in 1992. He took up full-time residency at Tao Garden Health Spa & Resort in Thailand in 1998—present and became a Senior Instructor in the Universal Tao System in 2003. He also serves as a contributing writer and editor for Universal Tao Publications (Master Chia's books, articles, etc).

Before the Tao, he was first introduced to meditation at the ZaZen Center in San Francisco. Later, kundalini energy and out-of-body experiences arose through his hatha and pranayama yoga practice. In meditation, the third eye manifested along with inner visual experiences. That led to meditation of the Inner Light and Sound Current with guidance of Indian Masters.

"I love doing and teaching this system of Chi meditations and exercises because they are so beneficial and important for every level of our integrated being," he says. "They really bear fruit in the ultimate yin atmosphere of the Darkroom Retreats. The wonders of self-discovery abound in the inner light of the darkness. New life & new dimensions open."

**Darkroom Retreat, Tao Garden Master School
Chiang Mai, Thailand**



Dennis (lower left) with Master Mantak Chia (center) and DarkRoom Retreat participants emerging from three weeks in the dark in Feb-07

