



# Program of Ancient Taoist Practices for all with **MANTAK CHIA** 10. October - 16. October 2025

With energy transmission by Grand Master Mantak Chia

All the basic practices below bring you back to the wisdom of the body

to join in and continue at home.

## • 11.10. - 12.10.2025



### Universal Healing Tao Basic Course

The basic techniques are taught for greater vitality, inner balance and harmony. Negative feelings such as anger, fear and depression are transformed into positive strength and stress is reduced.

You simply learn practices and meditations that strengthen inner balance and life force. The exercises include a Qi-Gong warm-up program, the inner smile, the small and large energy orbit, collecting and storing the Chi of the six directions, the Chi self-massage and the 6 healing sounds.

- Learning content:**
- Opening his energy channels
  - Developing your healing power through primal qigong
  - Transforming emotions, releasing his negative energies and recycle them and direct the newly gained energy direct it in a constructive-positive direction
  - Transform stress into vitality
  - Strengthen your immune system
  - Increase his healing and cosmic power



## • Taoist Self-Massage



Chi self-massage is a Taoist organ detoxification massage. It is known for its exceptional effectiveness and immediate results. From ancient times to the present day, Taoist masters have been remarkably youthful, appearing at least 02 years younger than their actual age. The exercises are done sitting and standing.

With a daily routine of 5-10 minutes, you can improve many things, including complexion, eyesight, hearing, sinuses, gums and teeth as well as general stamina.

• 13.10. - 14.10. 2025

### Healing love

#### the cultivation of sexual energy for women, men, partners, couples



This course for fulfilling sexuality for men, women and partner couples includes the best-known exercise programme by Qi Gong Grand Master Mantak Chia. The course alternates between theory and practical instructions - anyone can continue to practice independently right into old age. You will learn how to activate and refine your own sexual energy and experience its full healing, ecstatic and spiritual potential.

- Learning content:**
- Transform sexual energy to empower your body, mind and soul
  - Become a multi-orgasmic man & woman
  - Practice sexual reflexology
  - Practice dual cultivation / harmonious lovemaking
  - Distinguish between orgasm types for women and men
  - Establish the harmony of Yin & Yang / combine the energies of sex & love
  - Increase your creative power and wisdom
  - Practice Taoist techniques for sexual healing

• 15.10. - 16.10.2025

### Cosmic Healing and Cosmic Qi Gong



Learn to utilize the cosmic energies to trigger healing processes!

We will learn how to channel energy to heal the body - first ourselves, and then we will learn how to heal others. We will also learn how to use energy to detoxify and rejuvenate the major organ systems.

- Learning content:**
- Energy transmission of the violet light
  - Using cosmic energies for physical, mental and spiritual self-healing
  - Learning to heal yourself and others
  - Cosmic Qi Gong techniques, 3 fires and 6 directions
  - Using healing colours and light frequencies
  - Buddha palm and finger exercises
  - Building a protective circle and strong chi field

Taoists believe in an underlying unity that permeates the universe and closely connects all things. Grand Master Mantak Chia says that this realization was one of the most important in his development: 'This primordial force or Violet Light is everywhere and if it is the canvas that supports the universe, it is also in this room, around us and within us.'

We will root sick energy in the earth and spread it throughout the universe so that the planets can break it down and recycle it.

Cosmic Healing I is the practice of channeling pure cosmic chi for healing. Experiences with healing energy can give us a sense of energetic uplifting and filling us up with pure cosmic chi.

Master Mantak Chia will teach us how to channel energy to heal the body and work with a partner to heal ourselves and others.

During these days, Mantak Chia will introduce for the first time self-healing tools that are accessible to all thanks to different forms of Qi Gong, allowing us to reconnect with these unlimited energies. It's like remembering that you have access to free wifi, he likes to joke: 'You still have to have the right address to find the site: [www.violetteslicht.com](http://www.violetteslicht.com), because most of us have forgotten how to connect to this power for our own healing.'