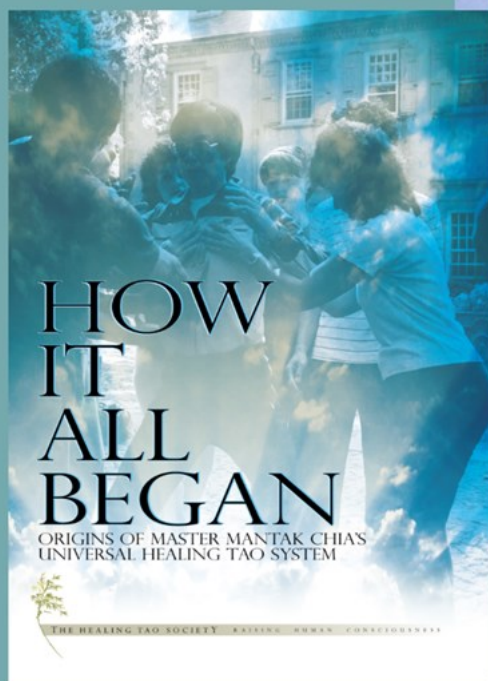


Master Mantak Chia  
Universal  
Healing System



# CREATING WITH CHI



## From a Spark to a Screening

of a movement now known as the Universal Healing Tao System.

It was another sunny day at Tao Mountain in Pine Bush, New York back in 2006. People from around the world were arriving to attend a summer retreat for in-depth study and intense practice in Meditation and Chi Kung from the Healing Tao System. The Healing Tao was introduced to the western world by Taoist Master Mantak Chia who came to the United States in the 1970s and opened shop in New York City's Chinatown to reveal the secret teachings of the Taoist practices of Inner Alchemy and healing to the western world for the very first time.

Universal Healing Tao Instructor Karin Sörvik of Argentina and I, a Universal Healing Tao Instructor from Boston, would meet at these summer retreats. Karin's background in theatre, music and dance held common ground with my background in acting, music and multi-media. We both found the Healing Tao system as a way to merge the arts with healing.

It was during an afternoon break between classes when Karin and I decided to get together to share our knowledge of Chi Kung Healing, Chi Nei Tsang and the

Alexander Technique, each our chosen specialties. Our conversation drifted to our respective teachers and the gratitude we felt for having learned these ancient techniques.

Karin recalled conversations she had with Senior Healing Tao Instructor Ron Diana who was one of the first students to train with Master Mantak Chia back when the Healing Tao System was still in its infancy. Ron revealed to Karin his personal experiences of the early days and what it was like to be with a "bunch of hippies who found this guy in Chinatown with all this knowledge about ancient Taoist practices and a willingness to share it" – Stories you can't find in any of the Healing Tao books today.

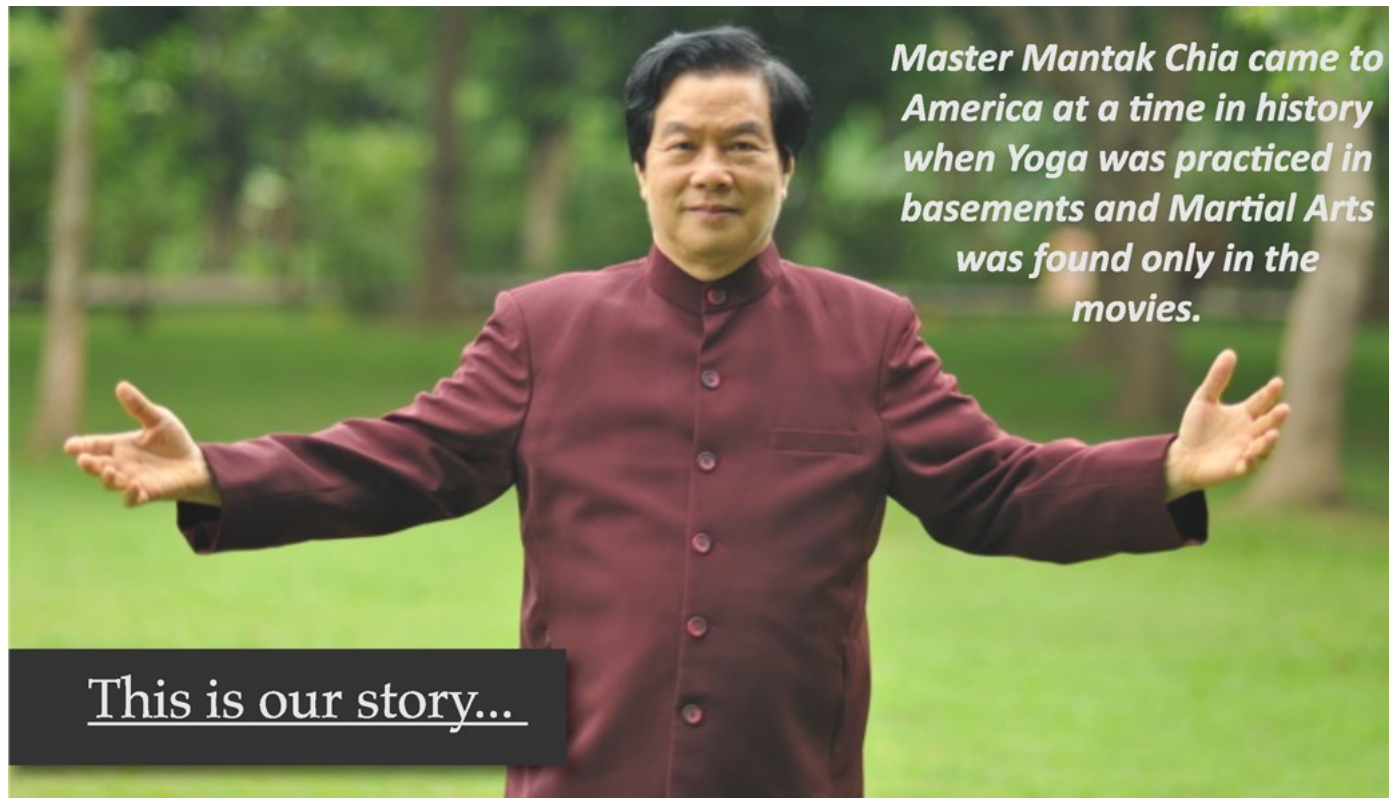
Ron shared with Karin how much fun he and his buddies had in those early days and how their energy, enthusiasm and presence supported the development of a healing system that has since made history. Sadly, in 2005 Ron passed away and with his passing came the realization that future generations would not have the same access to the 'real history'

Karin and I looked at each other, feeling a spark of energy. We practically spoke in unison, "We need to record these stories! Let's get them on video! Who else was there in the beginning with Ron?" Thus began a six year collaboration for a full length Documentary Feature Film entitled 'How It All Began, Origins of Master Mantak Chia's Universal Healing Tao System', a film that chronicles the origins of the Universal Healing Tao System in America.



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*Master Mantak Chia came to America at a time in history when Yoga was practiced in basements and Martial Arts was found only in the movies.*

## This is our story...

After the retreat ended and I was back home in Boston, Karin called to say that she was traveling to Frankfurt where she would interview Senior Healing Tao Instructors Juan Li and Renu Li who were part of the troupe of pioneers in the beginning. Serendipitously, the Boston Healing Tao School of Taoist Studies would soon be hosting Master Mantak Chia on his World Tour. What would I ask him? Where should I start?

Karin and I made a list of people who were around back in the day, sought them out, and asked them to videotape themselves and then send the tapes. We decided what questions to ask and, over the next few years, we'd meet up with who we could, when we could.

**Not knowing how we were going to accomplish making this film**

**became just as interesting as the story itself!**

Karin and I took that initial spark we felt and used our collaborative will to hold the light while trusting in the unknown. The creative process is all about birthing something into the world. It's about holding the spark of potentiality and keeping it lit over time. In this way, the spark becomes a flame and the creation process is in motion!

**How so?**

The Universal Healing Tao is the Taoist art and science of working with 'chi fields' within the body to bring about transformations internally. Chi, also spelled Qi, is your life force energy. Chi is what keeps the Spirit and the Body together. A strong Chi flow gives you vitality and leads to enlightenment. Cultivating Chi keeps you healthy and youthful.

In Chinese medicine, the Heart is associated with the Fire element. The qualities of impatience and cruelty reside within the Fire element of the Heart. These qualities can be neutralized via Inner Alchemy practices with the qualities of love, joy and happiness.

The Water element is associated with the Kidneys. The quality of fear resides within the Water element of Kidneys. This quality can be neutralized via Inner Alchemy practices with the qualities of gentleness, calmness, and wisdom.

The Inner Alchemical 'neutralization process' occurs when an energetic exchange occurs, e.g., exchanging the quality of impatience for the quality of love, thereby providing benefits to one's physical, emotional and mental health.

**Our practice of the Healing Tao techniques balanced our emotional energy and kept any doubts or fears in check so we could keep our creative flame burning.**

Creative works require a strong flow of Chi. Every creative idea will give you strength and energy when you say 'yes' to it. Karin and I naturally used the Healing Tao practices in our creative process for this film. In this way, we could pause along the way as needed in order to transform excessive or stagnant energies into useful productive energy.

**Hearfelt gratitude fueled the entire project. Our love, respect and appreciation for these teachings enabled us to remain open-hearted.**

When the heart opens you can hear the inner voice, which is really 'you' deep in your soul. Staying in touch with this heart-space guided us while doing the interviews for the film. This heartspace shaped the words we spoke to these young seekers of the Tao in order to evoke a sharing of their knowledge and wisdom.

One of the most important messages in the film is about **'transmission'**. Transmission is the way we pass along a teaching from one generation to another. It's an initiation, a way of learning. It happens orally, through storytelling, whether in person, or via an audio recording or a film.

**The power of transmission resides within the sound of the voice – a vibration that is related to creation itself - and silence -**

**the stages between storytelling that enable the spoken word's meaning to come inside.**

Stories used to be told around the fire. People would tell a story of an experience, a teaching or an adventure they had by sharing it aloud. There are geniuses who have transmitted knowledge through the written word. Powerful words of Prophet's have been scribed in these books, but the words carry greater potency when read aloud.

We used the medium of film to record the people who were there at the beginning who could share the true Origins of the Universal Healing Tao System - Our way of transmiing stories and experiences to the ones who have not yet been born.

**The tragedies of life can create a turning point to change the destiny of the world.**

Mantak Chia decided to leave his home in Thailand and make the long journey to North America at the end of the Vietnam War, just after the U.S. Military pulled out from the area. At that time, the people of Thailand feared that the Vietnamese would invade Thailand in retribution for the U.S. being allowed to build a military base there. Mantak Chia's sister urged him to come to American. His Master, One Cloud, counseled him as well, saying, *"You will go abroad and teach, but I ask you, please teach the Chinese people first, and then the others. You are a Master now; you decide"*.

**The Healing Tao is not a belief system; it's a practice – a practice that has been transmitted via the**

**living word of sage masters for centuries.**

The Universal Healing Tao is a deep and transformative system of knowledge stemming from a long and historical Taoist lineage. Master Mantak Chia's Master was called Yi Yun Yinshi, One Cloud Hermit. After practicing Meditation and Martial Arts for many years, One Cloud Hermit wanted more; he was looking for higher level practices. He'd heard of something called Inner Alchemy and began seeking out Tao Masters up in the mountains.

After 30 years, One Cloud Hermit finally met a Taoist Grand Master up on White Mountain near the border of Manchuria. The Grand Master had no name. One Cloud Hermit did not go through an initiation process. There was only practice done inside a mountain cave. It was in this manner that One Cloud Hermit was taught the entire Healing Tao system that he thereafter passed on to his student, Mantak Chia.

**To truly connect with the pratice, one must spend time with a seasoned teacher.**

After 30+ years, nearly all the people in this film continue to practice and study with Grand Master Mantak Chia – a teacher of teachers – to deepen their understanding of the Healing Tao system whenever possible, myself included. That's a long Time to stay with something!

While organizing and editing all these interviews, I would pause now and then to connect with his ancient Taoist lineage stretched

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out behind me; I would *feel* at times a supportive presence in the room with me. An idea or path to follow would appear as a tiny spark. Editing the story was guided by this supportive presence. My heart would open and the tiny spark became a flame – akin to Inner Alchemy.

Those non-conformists who sat in the small rooms in Chinatown, NYC found a spark of light within themselves that was ignited by what Master Mantak Chia was teaching them! Together, the Taoist formulas Master Mantak Chia taught were organized into a method of learning that the people of the western world could comprehend. Now, 30+ years later, literally thousands of people around the world have gained access to these heretofore secret teachings.

**These practices are easily done. They do not require acrobatics or intense physical moves.**

It's the ease of execution of these practices that makes them so elegant. Practices such as:

The Inner Smile, the beginning meditation at the foundation of this practice, may well be the most profound of all the meditations as it is all about the transformative power of love and appreciation of oneself.

The Healing Love practices involve refining, purifying and circulating your sexual energy for vitality, healing and spiritual development.

Tao Yin Yoga is a soft, gentle, healing practice done for health and spiritual refinement.

Iron Shirt Chi Kung is a Martial Arts practice for protecting the body from strikes during a fight. Iron Shirt Standing postures increase the flow of chi in the body to bring about postural strength, structural support and endurance.

This film explores the origins and development of the Universal Healing Tao System, along with interviews with Grand Master Mantak Chia and how his teacher was given these esoteric teachings by the Grand Master deep in the Chinese mountains.

Enjoy stories from more Senior Healing Tao Instructors who were there in the beginning; the great artist Juan Li, Marie Favorito, Minke De Vos, Rob Wall and others as they found their way to healing through the Healing Tao.

Through the graceful movement of time, the Healing Tao formulas continue to provide access to our connection to life itself, pointing to our connection with each other, Mother Earth, the stars and the planets, and to the Great Universe in which we all live.

Future generations will stop when they are drawn to something and take it in. They will carry the spark. We thank them all for inspiring us to make this film a reality.



### **Grand Master Mantak Chia**

*is the creator of the Universal Healing Tao System and the director of the Universal Healing Tao Center and Tao Garden Health Spa & Resort in Chiangmai Thailand. He has been awarded Chi Kung Master of the Year twice by the International Congress and the World Congress on Qigong and Traditional Chinese Medicine.*

[www.Universal-Tao.com](http://www.Universal-Tao.com)

### **Karin Sörvik**

*Co-Producer, Director and Storyboard Lead. Karin is a Taoist Minister and Senior Instructor with the Universal Healing Tao System. She has studied with several Taoist Masters: Ron Diana, B.P. Chang, Dr. Stephen Chang and Grand Master Mantak Chia. Karin is Director of the*

[www.taohealing.com](http://www.taohealing.com)

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### **Jamee Culbertson**

*Co-Producer, Director, Videographer and Editor, Creative Director of Way of the Arrow Media.*

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