Taoist Ways to Transform Your Life

Grandmaster Mantak Chia & Dr. David Twicken

Chinese Astrology    Qi Gong    Inner Alchemy    Feng Shui    Qi Men Dun Jia

30-CEUs approved by the California Acupuncture Board and accepted by NCCAOM

Join Grandmaster Mantak Chia and Dr. David Twicken in the magnificent mountains of Thailand for a special Taoist healing retreat. At the foothill of the Himalayan mountains is an oasis called Tao Garden. Its purpose is to provide a place for people from all the world to learn and practice healing arts to enhance their physical, emotional and spiritual well being in a natural and supportive setting. Supported by clean mountain air, natural water, organic fruits and vegetables and like-minded people, this retreat is a unique opportunity to increase your vitality and health with the Taoist healing arts.

The ancient Chinese understood the inseparable nature of heaven, humanity and earth and called this unity the Three Treasures. In this unique workshop Grandmaster Chia and Dr. Twicken will present how to use Taoist practices to enhance your three treasures: your physical, emotional and spiritual life. You will learn about a Chinese Astrology birth chart and natural healing methods to balance your body, mind and spirit. The Chinese astrology chart, which is called the four pillars, is a roadmap of your life.

This workshop is for anybody that would like to learn how to use Taoist healing methods for self-healing and healing others.

**Chinese astrology** reflects the heaven treasure. It is a blueprint of your life. It’s your destiny code. Chia and Twicken will show how to understand a Chinese astrology chart and how it relates to your physical, emotional and spiritual condition. David Twicken is an author, practitioner and teacher of Chinese astrology and one of the leaders in this field from the west. He specializes in the medical and spiritual aspects of Chinese astrology. Mantak Chia has used this system to treat physical, emotional and spiritual conditions for 40-years.
Qi Gong and Taoist Inner Alchemy reflects the human treasure. It is how we can influence our life with our own actions and practice. Using medical Qi gong and Taoist internal alchemy, which is the inner medicine, we teach how to balance the constitutional five-element condition. Based on Grandmaster Chia’s 40-years of experience of Qi going and internal alchemy, he will share how to harmonize the organs and body’s Qi condition to find balance, health and vitality. Dr. Twicken will show the links between Chinese medical astrology and Qi gong and how the practices influence our physical, emotional and spiritual life. We will show how the five shen are influenced by our birth condition. Twicken and Chia will show how Qi gong and alchemy can transform old patterns and imprints, allowing for new and spontaneous living. This is living in the Tao. Chia will teach how to rejuvenate your body, mind and spirit. Included are the healing sounds, five-element inner smile, animal frolics, five yin organ Qi gong and much more.

Feng Shui represents the earth treasure and is a powerful way to influence your life. Feng Shui is the ancient art of living in harmony with your environment and living spaces. Dr. Twicken and Grandmaster Chia will show how to use energy with feng shui to support your health and vitality based on your four pillars astrology destiny/life code. Using favorable directions and locations, feng shui can be a practical and effective way to enhance your physical health, emotional wellness and spiritual well-being. Dr. Twicken will also include how to enhance prosperity based on classic water dragon feng shui methods.

Qi Men Dun Jia is a unique combination of the three treasures. It includes the heaven, human and earth treasures. Qi Men Dun Jia is a highly regarded method of taking the right action at the right time. Until recently this method has been kept a or presented in such a way it would be beyond the capacity of most to understand. Chia and Twicken have created a way to allow all people to use a significant part of the method to enhance your life. To my knowledge, this is the first time Qi Men Dun Jia is presented with Chinese astrology, medical Qi gong, inner-alchemy and feng shui to harmonize and enhance your life. You will learn how to use auspicious directions and times to support your medical Qi gong and inner alchemy practice. Using favorable directional energies at the right time is the essence of Chinese metaphysics and all systems related to cycles of time. This is a powerful way to connect to nature’s energy to support your life. This is a highly customized method for each person.
Special Taoist Healing Arts Retreat  
December 16-22, 2012

The retreat includes:

- Learning about the Chinese Calendar and how to create birth charts.
- Learning about 10-year life cycles and how they influence your entire life.
- Learning about the day you were born and its five element energy and how your entire birth chart influences it.
- You learn how to determine and evaluate your five-element energy and your constitutional condition.
- You learn medical Qi gong to balance the five element energies in your body.
- You learn how to transforms negative emotions into the natural virtues.
- You learn how to use feng shui to heal and revitalize your life.
- You learn how to use Qi Men Dun Jia to find auspicious time and directions to support your health and healing process. Practicing Qi Gong and meditations during specific times and in specific directions can super-charge the benefits of the practice.
- Foundation Chinese medicine, Chinese astrology and feng shui will be presented.
- Learn a powerful Taoist Wellness system applying Chinese astrology, Qi Gong, Inner-Alchemy, Feng Shui and Qi Men Dun Jia to support your health and life.

For information on Tao Garden and Mantak Chia:

http://www.tao-garden.com

http://www.universal-tao.com

Tao Garden is a natural, healing oasis. Please review the many activities and accommodations which include a natural spa, numerous healing treatments, elephant riding, hiking in the magnificent trails, traditional Thai massages and much more. There are many buddhist temples to visit.

Thailand during December is the most beautiful time of the year to visit.
The Instructors

Dr. David Twicken, DOM, L.Ac.
Senior Healing Tao Instructor

David is a doctor of Oriental Medicine and has taught at Chinese medical schools for almost twenty years. He has taught Acupuncture, Philosophy of Oriental Medicine, Chinese Medical History, Tai Chi Chuan, Medical Qi Gong, Feng Shui, I Ching, Chinese Astrology, Eight Extraordinary Channels and is a clinical supervisor. David is a long-time senior Healing Tao instructor and a board member of the Healing Tao Instructors Association.

David specializes in the Taoist Arts and has written the numerous books, including Treasures of Tao, Flying Stars Feng Shui Made Easy, Chinese Astrology Made Easy, East-West Palmistry, Introduction to Water Placement, Introduction to Xuan Kong Da Gua Date Selection, Spiritual Qi Gong, I Ching Acupuncture-The Balance Method, Eight Extraordinary Channels, Four Pillars and Oriental Medicine, Chinese Medical Astrology, Taoist Time Acupuncture, Introduction to Qi Men Dun Jia and Secondary Vessels.

David is internationally known for his work in the Taoist Arts. He is in private practice in Los Angeles, California. David has studied, practiced and taught Qi Gong for 30-years. He teaches year round at Acupuncture schools and in private classes. He has researched Qi Gong and studied many types of Qi Gong and teaches the best of all traditions.

David is known for a clear, user-friendly teaching method, making ambiguous and complex material clear and easy to understand. He is able to bring a unique blend of theory and practice to his teaching. These teachings are rooted in Acupuncture, Chinese medical theory, the history of Chinese medicine, Taoist alchemy and Qi Gong, which deepens the understanding of Qi Gong.

For information on david:
www.healingqi.com
Grandmaster Mantak Chia

Grand Master Mantak Chia is the creator of the Universal Healing Tao system and is the director of the Universal Healing Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Healing Tao System which is now being taught throughout the world.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and “still the mind.” While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi. Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi’s patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand. A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and renewal of the Tendons. Master Cheng Yao-Lun’s system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Westetner Company. Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Healing Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in...
Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Healing Tao Center.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching. He uses a word processor for writing and is totally at ease with the latest computer technology. Master Chia is the author of more than two dozens of books and numerous videos. Master Chia estimates that it will take fifty books to convey the full Universal Healing Tao System.

The Universal Healing Tao is a practical system of self-cultivation and spiritual development. Grand Master Mantak Chia created the Universal Healing Tao system to effectively share the many ancient Chinese meditative and internal energy practices transmitted to him by a series of masters and teachers from throughout Asia. His sincere wish is that every individual have the opportunity to complete the harmonious evolution of body, mind and spirit. Through these practices the student learns to take personal responsibility for their own physical, emotional and spiritual well being.

Through learning to nurture and heal oneself a solid foundation is laid for the realization of one's spiritual potential. By re-establishing a direct connection with the natural energies surrounding us, the subtle awareness necessary for spiritual progress arises spontaneously. Ultimately, the boundaries of the physical body are transcended by the development of the soul and spirit bodies.

Though self-healing, the healer is born. Once the energy channels, or meridians, of the body have been opened and the energies of the internal organs harmonized, this unique integrated energy becomes available to heal others. Then, by opening and connecting to the sources of energy around us in Nature and the Universe beyond, boundless healing power becomes available for the benefit of all.

Taught by over 1000 certified instructors and practitioners on every continent, the Universal Healing Tao provides access to a uniquely modern integration of traditional theory, method and practice.
Retreat Prices

Retreat prices are for room, food and tuition. You are responsible for your air flights and air fares.

Early Bird Special is 20% off the listed price below. Early Bird price up to November 1, 2012. Students discount is 20%. Contact David for confirmation on student status.

Example of these discounts: Natural simple room is $1,184. With 20% discount it is $947.20

<table>
<thead>
<tr>
<th>RETREAT WEEKLY RATES (USD)</th>
<th>Natural Simple Room</th>
<th>Natural Standard Room</th>
<th>Natural Superior Room</th>
<th>Natural Deluxe Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Room</td>
<td>1184</td>
<td>1240</td>
<td>1285</td>
<td>1534</td>
</tr>
<tr>
<td>Single Room</td>
<td>1443</td>
<td>1511</td>
<td>1579</td>
<td>1928</td>
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</table>

If you arrive early or want to stay late the following are room prices. You get a 20% discount on the listed price below with early bird price.

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>Share</th>
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<tbody>
<tr>
<td>Simple Room</td>
<td>USD124.00</td>
<td>USD90.00</td>
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<tr>
<td>Standard Room</td>
<td>USD134.00</td>
<td>USD94.00</td>
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<td>Superior Room</td>
<td>USD154.00</td>
<td>USD104.00</td>
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<tr>
<td>Deluxe Room</td>
<td>USD185.00</td>
<td>USD125.00</td>
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RESERVATION INFORMATION:
Retreat participants are requested to make a minimum deposit of US $200 per person upon booking accommodations. Payments may be made by wire transfer into US Dollar, Euro, Swiss Franc or Thai Baht accounts. Payments may also be made using Visa, MasterCard, American Express or PayPal. (Note: Tao Garden does not assess an additional charge for using a credit card, or for using PayPal.) Please provide contact information so we may notify you when funds have been credited to your Tao Garden account. Any cancellation made at least one week before a scheduled date will incur a charge of 1 night's stay.

Retreat Cancellation Policy:
Any cancellation made at least one week before a scheduled date will incur a charge of 1 night's stay.
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