



## Universal Healing Tao System

Chi Nei Tsang III Tok Sen

Case Study Form

Application for CNT III

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

Email: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com)

Website: [www.mantak-chia-chi-nei-tsang.com](http://www.mantak-chia-chi-nei-tsang.com)



Applicants profile for becoming  CNT Practitioner  CNT Teacher

|                 |               |
|-----------------|---------------|
| Surname Trainee | Last Name     |
| e-mail          | skype         |
| Zip             | City          |
| Street / No.    | Date of birth |
| Phone           | Mobil Phone   |
| Country         | State         |

### Dear Chi Nei Tsang Trainee,

To reach the level of a 'UHT Chi Nei Tsang III Practitioner', 30 completed Case Study Forms are required. To train and develop your skills, Grand-Master Mantak Chia wants you to show your Chi Nei Tsang practice for this part of your Chi Nei Tsang III education. Within each of the documented 30 sessions with students (partners, clients, friends or relatives), several actions are necessary as outlined in the Case Study Forms. Please note that before becoming a CNT III Practitioner you have to be a CNT I Practitioner first. We strongly advise to always observe and comply with the legal regulations valid in your country in terms of privacy protection before submitting any completed Case Study Forms containing data and information concerning third parties (i.e. students) to be reviewed by your UHT CNT Senior Instructor.

UHT Chi Nei Tsang is an element of the Universal HEALING TAO System. As trainee of the Universal Healing Tao Chi Nei Tsang you agree to always follow and respect the rules and ethics you have received in the educational training, in particular not publish, teach, or in any form or way attempt to impart the principles of the Universal Tao to the public, until such time as you have become a qualified and certified practitioner of the Universal HEALING TAO Chi Nei Tsang I practices.

### Letter of agreement

Hereby I confirm with my signature that I have been informed about the general conditions and principles of the treatment and/or training and agree with them. I consent to the CNT Instructor using my personal and sensitive data in accordance with the General Data Protection Regulations (GDPR) 2018 only for the purposes of delivering treatment and training to me. I have also been informed that any data submission is always voluntary. Furthermore, I agree that any session data, evaluations and documentation concerning my person, will only be stored for the purpose and duration of my treatment and/ or training. This shall also apply to any session data and findings (i.e. Case Studies) concerning any third parties that may have been transferred or submitted by me to the UHT Senior Instructor.

I am aware that I can revoke this consent in whole or in part at any time - for the future. This results in a cancellation of the session and/or training contract from the revocation date and an immediate deletion of any documents and data I have submitted or transferred. It is acknowledged that any oral or written information in connection with my session and/ education are regarded as confidential information and the confidentiality of all such information shall always be maintained, except for the information that is under the obligation to be disclosed pursuant to the applicable laws or regulation or orders of the court or other government authorities.

This agreement is fully understood and agreed to and is signed as it stands data protection by:

<https://www.universaltaoinstructors.com/memberarea/status/documents/>

Date \_\_\_\_\_ Signature \_\_\_\_\_

## DESCRIPTION & PROFILE OF THE STUDENT

|                                                                                                                                                                                                                                        |                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>1. Name :</b>                                                                                                                                                                                                                       | <b>Surname :</b>                  |
| <b>2. Gender:</b> <input type="checkbox"/> female <input type="checkbox"/> male                                                                                                                                                        | <b>Date of Birth &amp; Hour :</b> |
| <b>3. E-mail</b>                                                                                                                                                                                                                       |                                   |
| Line 1-3 is needed. All further details from here are personal data and can be blackened or completely cut off. Questions about Students self-assessment:                                                                              |                                   |
| <b>Body Constitution :</b> <input type="checkbox"/> underweight <input type="checkbox"/> slim <input type="checkbox"/> normal <input type="checkbox"/> muscular <input type="checkbox"/> corpulent <input type="checkbox"/> overweight |                                   |
| <b>5 Element Balance :</b> <input type="checkbox"/> Water ↓ <input type="checkbox"/> Wood ↓ <input type="checkbox"/> Fire ↓ <input type="checkbox"/> Earth ↓ <input type="checkbox"/> Metal ↓                                          |                                   |
| Chi Balance of the element : <input type="checkbox"/> = strong <input type="checkbox"/> Wood = equal <input type="checkbox"/> = weak                                                                                                   |                                   |
| Find 5 Element balance through : <a href="https://www.mantakchia.com/inner-alchemy-astrology-2/">https://www.mantakchia.com/inner-alchemy-astrology-2/</a>                                                                             |                                   |
| <b>Sleep :</b> <input type="checkbox"/> regularly <input type="checkbox"/> irregularly <input type="checkbox"/> mostly quiet <input type="checkbox"/> restless <input type="checkbox"/> very restless                                  |                                   |
| <b>Emotional Level :</b> <input type="checkbox"/> very restrained <input type="checkbox"/> restrained <input type="checkbox"/> normal <input type="checkbox"/> temperamentally <input type="checkbox"/> irascible                      |                                   |
| <b>Stress Conditions :</b> <input type="checkbox"/> never <input type="checkbox"/> occasionally <input type="checkbox"/> regularly <input type="checkbox"/> ongoing <input type="checkbox"/> too much                                  |                                   |
| <b>Women : Are you pregnant?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have an IUD?</b> <input type="checkbox"/> no <input type="checkbox"/> yes                                                          |                                   |
| <b>Do you have a pacemaker?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have thrombosis?</b> <input type="checkbox"/> no <input type="checkbox"/> yes                                                       |                                   |
| <b>Are you taking antipsychotic drugs?</b> <input type="checkbox"/> no <input type="checkbox"/> yes                                                                                                                                    |                                   |
| <b>Main challenges :</b>                                                                                                                                                                                                               |                                   |

I am aware that Chi Nei Tsang 3 is primarily an educational process enabling me to care for myself in a more informed way. I know that I am responsible for my own physical, emotional, mental, and spiritual well-being. This training in Chi Nei Tsang 3 will enable me to understand myself better and become capable of functioning more fully as a complete being in harmony with myself. I am not here to be treated for any illness, disease, or disability. With this Taoist meditation practice as taught by Grand-Master Mantak Chia no diagnoses are made, it can in no case replace the consultation with a medical doctor.

**Date**

**Signature Student**

# TOK SEN SESSION EXPLANATION & PRACTICE WITH STUDENT

**SESSION 1**

**NAME Student:**

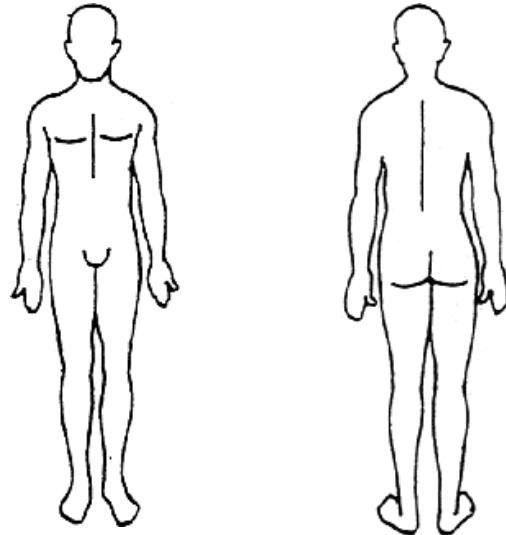
**DATE:**

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

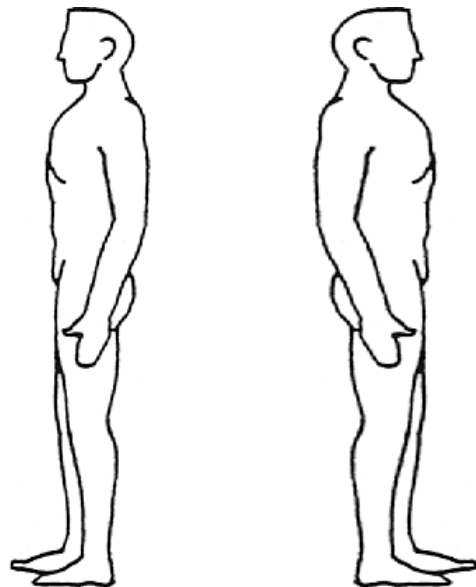
## **Hammer supine lying:**

- at abdominal
- at chest
- at clavicle
- at ribcage
- at elbow
- at arm and palm
- at groin
- at legs internal lower limbs
- at legs external lower limbs
- at knee
- around patella
- at ankles
- at thigh



## **Hammer prone lying**

- along spinal cord
- paravertebral muscles (up and down 10x)
- lumbar area
- coccyx bone
- back thigh
- knee on the back
- foot sole



## **Hammer side lying left side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bone

## **Hammer side lying right side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bon

## **Hammer sitting position:**

- at neck tendons
- shoulder tendons
- at scapula



# TOK SEN SESSION EXPLANATION & PRACTICE WITH STUDENT

**SESSION 2**

**NAME Student:**

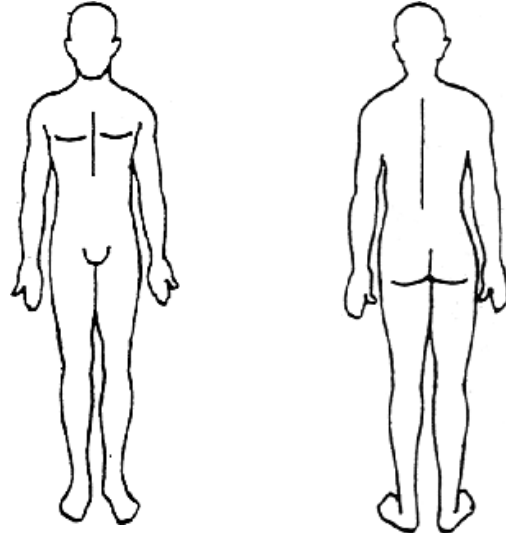
**DATE:**

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

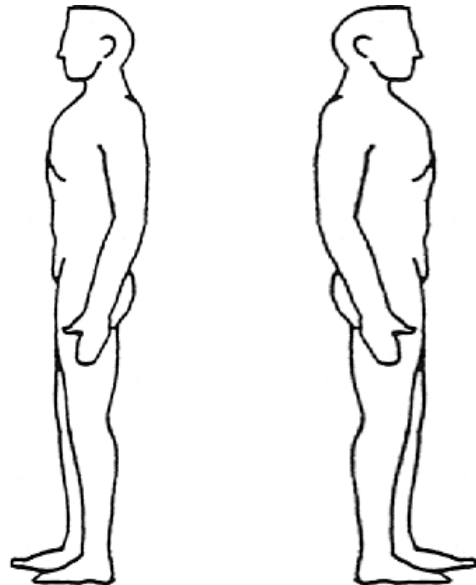
## **Hammer supine lying:**

- at abdominal
- at chest
- at clavicle
- at ribcage
- at elbow
- at arm and palm
- at groin
- at legs internal lower limbs
- at legs external lower limbs
- at knee
- around patella
- at ankles
- at thigh



## **Hammer prone lying**

- along spinal cord
- paravertebral muscles (up and down 10x)
- lumbar area
- coccyx bone
- back thigh
- knee on the back
- foot sole



## **Hammer side lying left side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bone

## **Hammer side lying right side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bon

## **Hammer sitting position:**

- at neck tendons
- shoulder tendons
- at scapula



# TOK SEN SESSION EXPLANATION & PRACTICE WITH STUDENT

**SESSION 3**

**NAME Student:**

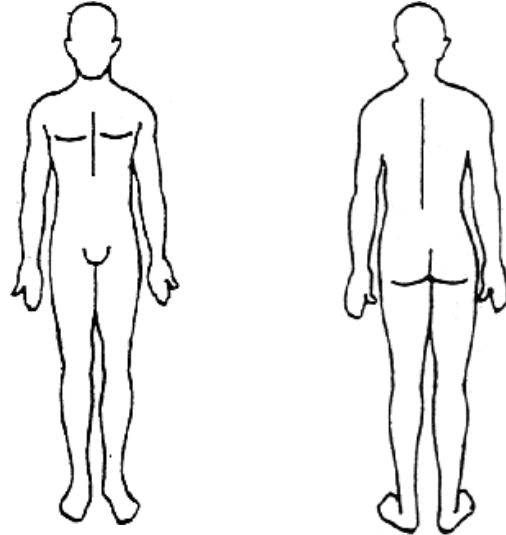
**DATE:**

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

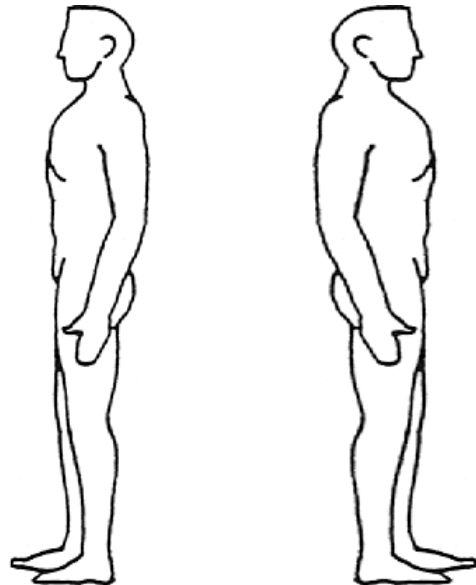
## **Hammer supine lying:**

- at abdominal
- at chest
- at clavicle
- at ribcage
- at elbow
- at arm and palm
- at groin
- at legs internal lower limbs
- at legs external lower limbs
- at knee
- around patella
- at ankles
- at thigh



## **Hammer prone lying**

- along spinal cord
- paravertebral muscles (up and down 10x)
- lumbar area
- coccyx bone
- back thigh
- knee on the back
- foot sole



## **Hammer side lying left side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bone

## **Hammer side lying right side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bon

## **Hammer sitting position:**

- at neck tendons
- shoulder tendons
- at scapula



# TOK SEN SESSION EXPLANATION & PRACTICE WITH STUDENT

**SESSION 4**

**NAME Student:**

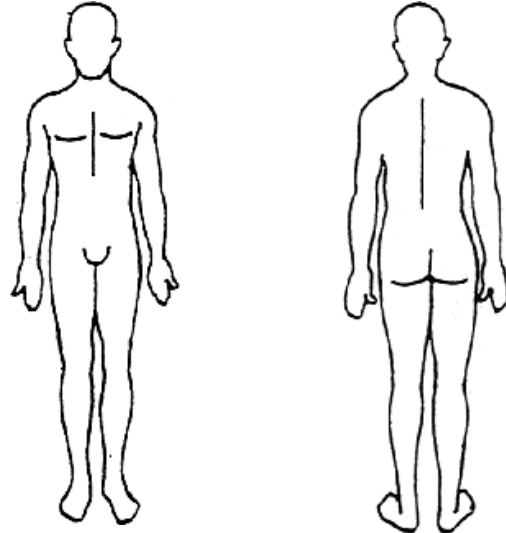
**DATE:**

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

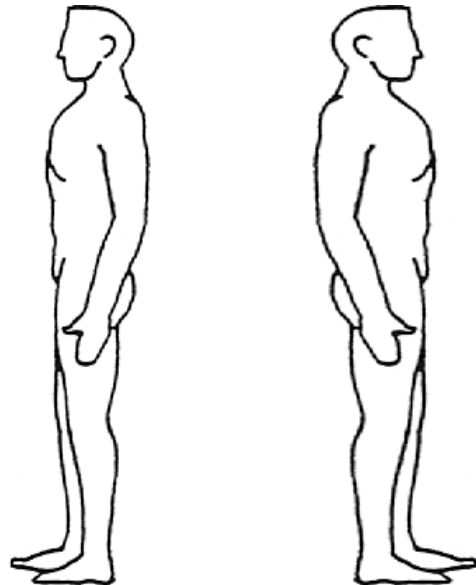
## **Hammer supine lying:**

- at abdominal
- at chest
- at clavicle
- at ribcage
- at elbow
- at arm and palm
- at groin
- at legs internal lower limbs
- at legs external lower limbs
- at knee
- around patella
- at ankles
- at thigh



## **Hammer prone lying**

- along spinal cord
- paravertebral muscles (up and down 10x)
- lumbar area
- coccyx bone
- back thigh
- knee on the back
- foot sole



## **Hammer side lying left side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bone

## **Hammer side lying right side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bon

## **Hammer sitting position:**

- at neck tendons
- shoulder tendons
- at scapula



# TOK SEN SESSION EXPLANATION & PRACTICE WITH STUDENT

**SESSION 5**

**NAME Student:**

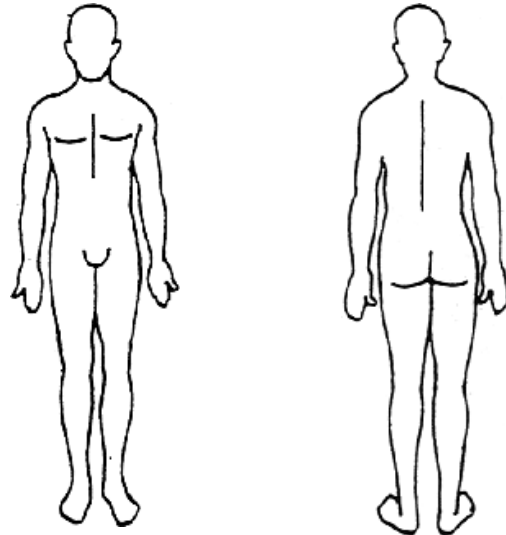
**DATE:**

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student:     no change     better     good     worse

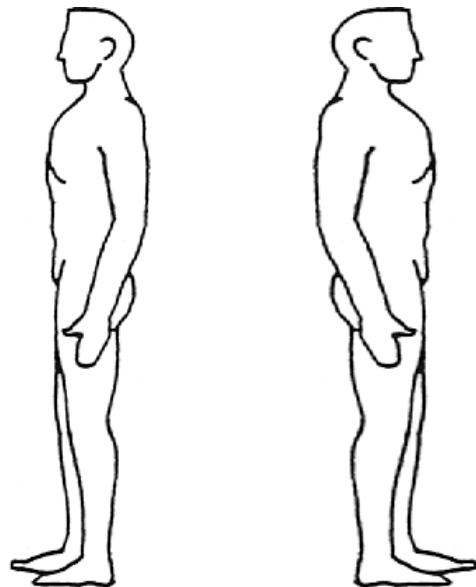
## **Hammer supine lying:**

- at abdominal
- at chest
- at clavicle
- at ribcage
- at elbow
- at arm and palm
- at groin
- at legs internal lower limbs
- at legs external lower limbs
- at knee
- around patella
- at ankles
- at thigh



## **Hammer prone lying**

- along spinal cord
- paravertebral muscles (up and down 10x)
- lumbar area
- coccyx bone
- back thigh
- knee on the back
- foot sole



## **Hammer side lying left side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bone

## **Hammer side lying right side:**

- at neck
- lumbar and hip
- at thigh
- back thigh
- at calf
- around ankle bon

## **Hammer sitting position:**

- at neck tendons
- shoulder tendons
- at scapula

