

# Tong Ren Healing & Guinea Pig Class

## What is Tong Ren energy healing?

Tong Ren energy healing was developed by Tom Tam as a therapy for internally healing a patient's energy system by using the *collective unconscious*, as defined by Dr. Carl Jung, for internally accessing that energy system.

Tom has found that Tong Ren energy healing is an effective method for healing people with cancer and other serious illnesses. In the winter of 2001, Tom successfully healed a client with lung cancer by using energy healing exclusively. After that, Tom set up a healing class for cancer patients and, at the same time, took the opportunity to train his students in this healing technique. By February 2002, the first healing class began. During the next five years, more than 7,000 people have attended Tom's Guinea Pig healing classes. As of late, the class has drawn people with diseases such as Multiple Sclerosis, A.L.S., Parkinson Disease, Rheumatoid Arthritis, Lyme Disease, RSD, and HIV/AIDS – to name a few. People regularly come from other states and other countries to attend the healing class.

## Why do we call it “Guinea Pig” healing class?

Chinese custom believes that when you have found a lucky name you never change it. In the beginning, when practicing Tong Ren healing, new methods were tried for healing the most difficult cases. Patients were told that they would be part of a “Guinea Pig” class. After the patients in the class received the “Chi” energy healing, many success stories began to surface and we saw dramatic results week by week. The name “Guinea Pig” class became a lucky symbol to Tom, his students and the patients. So it remains “Guinea Pig class” to this day!

## What are Guinea Pig Healing Classes?

Guinea Pig classes are group-healing sessions using Tong Ren therapy. Currently, besides Massachusetts, the guinea pig classes are held worldwide to aid patient access. The classes typically serve sixty or more patients. There are also separate classes for healing animals. Each session takes an average of one minute per patient. The patients are seated facing Tom or

other Tong Ren therapists and a group of assistants. Tom has an interactive dialog with each patient to determine the patient's diagnosis and condition. Tom then determines the treatment points to be addressed for the patient and Tom and his assistants direct their activity to accessing the *collective unconscious* and applying energy to the treatment points. Patient contact and even close proximity to the patient are not required. During each patient's therapy, Tom typically asks the patient for his or her current condition and any sensations he or she may feel. Tom determines the length of time that treatment is directed to each patient, and then moves on to the next patient.

The Guinea Pig classes utilize *Tom Tam's Healing System*. The basis of energy healing is that energy removes blockages in the body that cause illness. Removal of these blockages restores the natural flow of 'Chi' energy so that the body naturally corrects itself and therefore functions properly and heals.

In the “Guinea Pig” class, Tong Ren energy healing does not come from Tom alone. Tom believes that “Chi is energy, which is created in the universe and can be used to create healing.” This universal Chi is accessed through the *collective unconscious*, and Tom's experience shows that the practitioner's belief in the effectiveness of Tong Ren healing is a key element enabling access by the practitioner to the *collective unconscious*.

Based on the people who have attended class during the last three years, more than 90 percent of these people are alive and remain hopeful. Many of the patients that were considered seriously ill and hopeless have returned to living a normal life, and many patients have been able to resume their employment.

## What is Chi?

Chi is a very well understood concept that has been empirically documented in China for approximately 5,000 years. In Western culture, Chi is probably best understood by university researchers working on non-local effects in sub-atomic physics. These studies validate the concept that Chi is the fundamental magneto-electric field in the universe. In our bodies, Chi is equivalent to bioelectricity, which is essential for maintaining healthy nerve impulses that are required for nourishing cells so they can self-repair. In the Guinea Pig class, we focus this energy via the *collective unconscious* to release blockages that cause illness. Simply said, when Chi flows freely then the body heals.

Many cultures have their own energy healing methods and theories. In China, the most popular energy healing method is called Chi Gong healing. The Chi Gong master uses his Chi to heal others. To become a Chi Gong healing master usually requires many years of study and practice.

### **How does Tong Ren healing use Chi?**

As mentioned, universal Chi is accessed through the *collective unconscious*. In the Guinea Pig class, the energy used is not from Chi Gong practice. It is based on belief being a power unto itself. As a collective belief it creates the *collective unconsciousness* that is the source of healing energy.

It is believed that as our awareness of and research on the positive results of Chi energy healing grows, not only from the healing class but also through the results seen in participants from previous classes, Chi energy will build and become more powerful and effective. Based on his clinical experience and practice over the past twenty years, Tom believes that the increasing number of people healed using Chi energy methods, will further ingrain Chi healing in our collective unconscious and thereby further improve treatment results. Thus, confidence grows—through observing the positive results seen in hundreds of people as they heal from serious illnesses by practicing the *Tom Tam Healing System*.

Tom is studying how the growth of the *collective unconscious* impacts the confidence of the healing practice and how the results intensify the power (the bioelectricity) of the Chi to release blockages more effectively.

### **Can the Guinea Pig class really cure my problem?**

Results of any healing modality are never guaranteed. However, we often see symptomatic improvement with patients during the healing class. They report feeling better and being less symptomatic. They feel a “release” and say they feel that they are “getting better.”

Over time, the vast majority of patients have reported significant improvements.

There are patients who have been diagnosed with cancer, yet they do not feel any discomfort and generally enjoy their life. Many people report that after they attend the Guinea Pig class the cancer is gone according to medical tests. However, the doctor will often want the patient to continue chemotherapy or radiation.

### **How can I know the class is healing my illness?**

A patient’s medical tests determine the standard for diagnosis and for healing. Most of the people who join the class have a serious medical problem. They have seen several doctors or healers, yet their problems are still the same or worse. During the class, many people can feel their pain or symptoms abate, but this does not mean their problem has healed.

Over time, patients often report that their improvements have been proven by medical tests. Some results have been so dramatic that patients report that their doctors credit it to a miracle or blame faulty medical tests and even misdiagnosis.

### **Should I tell my doctor that I joined the Guinea Pig class?**

Nothing about how a patient is healing should be hidden from a doctor or any healer. It is important that the doctor knows what a patient has been doing to heal. Most of the patients share their experience in the healing class with their doctor. It doesn’t matter if the doctor believes or not; the doctor should know the truth.

With cancer, it is very important to tell the doctor that energy healing was used to heal. Some doctors believe in energy healing for cancer, but most do not. However, as more and more physicians see the results of the energy healing, their opinions will change and more patients will be helped.

### **Should I keep taking my medication after I join the class?**

It is the responsibility of the patient and his/her physician to determine the necessity for medication and whether or not to continue taking medication. The physician is the expert and, along with input from the patient, this decision should be made between doctor and patient – this is not for anyone else to decide. In some cases, attention must be paid to the type of medicine a patient is taking. For instance, after a healing class a diabetic patient’s blood sugar may drop significantly, even to normal levels. Therefore, the patient must check the levels before using insulin, and diabetic patients are always advised to do so in Tong Ren therapy.

This is also the case for patients with emphysema. It is advised that they check their oxygen levels because Tong Ren therapy can cause an observable change in oxygen levels. The

patient is encouraged to continue to carry an oxygen tank in case of an emergency. They should also advise their own doctor of the changes. This also applies to the asthma patient. Even though their breathing improves or goes back to normal, they should carry their inhaler unless advised differently by their doctor.

### **What will I do in the class?**

Patients are only asked to do nothing in the class - just sit, relax and quietly receive the healing energy. There is no special diet, exercise or religious beliefs required to practice Tong Ren.

During the class, participants are completely free to do what they want as long as they are not interfering with others. This is not a support group, however many people like to share their stories. Many people arrive early to class and talk to others or stay longer to share their experiences.

Some people attend the class to support a friend or family member. They sit in the room, watch and listen. During the class, everyone has the right to receive or refuse the energy treatment. Several family members have taken Tong Ren training so they can continue treatment of their loved ones at home.

### **What should I feel during the healing section of the class?**

Most of the patients report that they feel warmth or heat, first in their face. This warmth or heat is, according to Chinese belief, the Chi moving through the body. The Chi typically moves down from the head to the arm to the palm of the hand. Some may feel tingling in the hands or in their feet. Some people report feeling their body becoming lighter and some may feel their body becoming heavy and cannot move. All of these feelings are the Chi movement. Some times people cry in an emotional release. After they cry, most of these people can feel how much has been released.

In the class, some of the breast cancer patients have felt their tumor shrink, soften or disappear.

### **Is the Tong Ren healing safe?**

When practicing Tong Ren, there is no physical contact between the healer and the patient. It is not transformed into any form of chemical, so it won't cause any chemical side effects or chemically interfere with the medicine patients are taking. Tong Ren is a form of energy healing. Patients may say that they felt tired. In fact, this fatigue is result of relaxation. When the body

is in the healing state, brain waves may slow down to let the body focus on energy to heal the disease.

In China, Chi Gong healing is only dangerous to the healer not the patients. When the Chi Gong healer or Master overuses his Chi, it may cause a side effect called "running fire." To avoid running fire, the Chi Gong practitioner must be well trained. With Tong Ren healing, it is believed that the energy or Chi comes from the *collective unconscious*. As more people practice Tong Ren healing, the stronger the healing force becomes, so that practitioners will not get running fire. Many students feel that the more they practice Tong Ren, the stronger they feel. During the practice, all the people in the class will become part of the *collective unconscious* state and therefore benefit from the healing energy.

### **If I don't have a serious problem, may I still join your class?**

Anyone can participate in the class. Chinese healing theory believes that the best healer heals the disease before it presents itself. In the Guinea Pig class, the basic theory is to create the healing power from the *collective unconscious*. When people sit in the class, they are already part of the *collective consciousness* and the energy field of the *collective unconsciousness*. During the class everyone benefits from the energy.

### **When the patient is healed, should the patient continue to come to the class?**

In some cases, when symptoms are gone, the illness may be gone. In other cases when tests results are normal, it doesn't mean the disease is gone. For instance with cancer, when the MRI shows nothing, it doesn't mean the patient is completely cancer-free. Even if the test "looks" normal, it still takes a few more years to know for sure. To prevent cancer from returning, it is advisable to continue with the class, even if the patient comes only once in a while.

Very often it happens in the healing class that a cancer patient is healed according to doctor's report and the patient never comes back to class until there is a reoccurrence. Patients have also come back to learn Tong Ren and to participate in the healing class as a practitioner.

### **Do I have to believe in Chi or its power to heal?**

No. Just being open to the experience is enough. The results are proof. Infants and pets have been treated with excellent results. Patients do not have to believe in the practice. However, when the patient doesn't believe in energy healing and rejects Tong Ren, it is not beneficial because rejection is also energy.

In the Guinea Pig class, patients and Tong Ren practitioners are not required to practice Chi Gong or Tai Chi. However if any one chooses to, there is no doubt that they will benefit.

### **Does Tong Ren benefit the late stage cancer patients?**

In healing, we never give up on any illness. We treat all sickness, no matter what stage or condition. Where there is life, there is hope. In fact in our Guinea Pig class, most cancer patients are at stage 3 or 4. When cancer patients are in the early stages, it is difficult for them to believe in our methods. Most early stage cancer patients pay full attention to traditional Western healing. When medical doctors give up and tell their patient their case is hopeless, a patient is more likely to seek another method of healing.

Of course, any illness discovered early is easier to heal. But no matter what the stage, a patient after a Guinea Pig class will feel more relaxed and energetic. It means the life quality has changed for the better. Even in the late stages of cancer, many people in our class feel that pain eases or the body functions improve. During some of our classes, some patients become symptom - free. If the patient is symptom-free, then the tumor is under control, according to medical science and its healing standards. We have seen many difficult cases in our Guinea Pig classes where the patients become symptom-free or tumor-free. It is a true miracle in this modern time.

When some patients become symptom free and the tumor is under control or gone, they continue to enjoy the class for a longer time of healing. Some return to their doctor for a new chemo clinical trial and suffer the effects of chemo again. During our class, we never advise or counsel people as to what they should choose for treatment, because it is a personal question that an individual must answer. Each patient in our class has free will. We do not want anyone to have the "white lab coat syndrome" in the Guinea Pig class.

### **What is the difference between Tong Ren and other energy healing?**

Every style and method of energy healing has its own theory to support its practice. Of course, Tong Ren also has its own premise for understanding energy. The big difference between Tong Ren healing and other modes of energy healing is the theory of the blockage. According to Tong Ren philosophy, it is the blockage of energy that causes the problem. Each physical or psychological problem is related to a blockage. There is no mystery and no religion associated with Tong Ren, since more often than not, as a physical blockage builds it can be detected and felt physically. Different physical and psychological illnesses have different blockages. When we can find the blockage, the healing rate increases drastically, and the healing range becomes much wider. Finding the blockage differs from other energy healing, in both Western and Eastern systems. Tong Ren finds neurological, vascular, hormonal, chemical and electrical roots to various problems instead of just treating the problem where it occurs. Practitioners and patients alike learn these crucial details and they are stored in the collective unconsciousness, creating an intricate and powerful way of healing.

### **Is the Tong Ren therapy a Chi Gong healing?**

Tong Ren therapy is not the same as Chi Gong healing. The basis for the theory of medical Chi Gong practice is Traditional Chinese Medicine, including yin and yang theory, five elements, meridians, acupuncture points, etc. The basis for Tong Ren healing theory is modern anatomy, physiology, psychology and science. In China, there are so many different styles of Chi Gong practice. Chi Gong healing has a very wide and unclear meaning. Also, any healing using Chi is called Chi Gong healing in China. However, there are more than a thousand different styles of Chi Gong forms in China. Chi Gong healers or Chi Gong masters are required to practice their own Chi Gong form to build up the Chi before the healing. According to Chi Gong theory, a Chi Gong healer's Chi is stored in the Dan Tien, which is located in the abdomen. Chi Gong healers need to build up their Chi to fill up their Dan Tien before the healing. If the healer's Dan Tien is not filled up, it may cause a dangerous side effect to the practitioner, which in China is called "Running Fire." In Chi Gong healing, the Chi stored in the Dan Tien is restricted, limiting the extent and duration of the healing and the number of patients that can be treated. No matter how powerful the Chi Gong masters are, the

Chi is still from their own Dan Tien only. In Tong Ren healing, it does not matter how weak or strong the practitioners are, because the energy is connected to the collective unconscious, which is unlimited.

Tong Ren healers or therapists are never required to practice any form of Chi Gong or internal exercise. Tong Ren healing believes that the source of Chi is not from the Dan Tien, but rather from the strong power of belief that has been stored in the unconsciousness. The strong power of belief is established from thousands of cases of amazing healings, not merely brainwashing or blind following.

During the Chi Gong healing or Chi Gong practice, the Chi Gong healer's mind needs intense focusing, which is from their consciousness. A Tong Ren therapist's mind is from the power of belief, which is from the established collective unconsciousness; it never needs focusing from the consciousness. The collective unconscious is the merger of many individual's unconscious. The Chi of Tong Ren is from the collective unconsciousness, which is multi-dimensional. As more people believe, it will build more powerful healing Chi. Tong Ren's healing Chi is unlimited because the collective unconscious of Tong Ren is connected to the Super consciousness.

### **How can I get the most out of Guinea Pig Class?**

It is advised that patients attend class weekly or, and if that is not possible, at least once a month even, if their disease has gone into remission or disappeared. Getting "recharged" with Chi regularly keeps the "engine" of your body tuned-up. Other ways to keep up with the Tong Ren healing are:

1. Use the acupuncture model/doll daily, even if only for five minutes.
2. Speak with a couple of others in the Guinea Pig class, supporting each other by staying in touch between classes and doing Tong Ren healing on each other over the phone.
3. Accompany each other on medical visits when the visit requires important decisions or further medical intervention. It is important to be "patient-advocates" for each other. It is helpful to question the risks of any medical treatment and to explain the progress of our healing through the use of Tong Ren, the *Tom Tam Healing System* and the Guinea Pig healing class. This is a crucial step for educating doctors about the effectiveness of Tong Ren healing in thousands of cases, for prolonging lives and for improving the quality of those lives.

### **Does Tong Ren healing interfere with chemotherapy or radiation?**

There is no need to be afraid that Tong Ren healing interferes with other therapies. In fact, there is a report from Harvard Medical School that acupuncture lessens the negative side effects of chemotherapy and radiation. Researchers at The University of Texas M. D. Anderson Cancer Center and the Cancer Hospital, at Fudan University in Shanghai, China have received a \$263,000 grant from the National Cancer Institute to establish an international center investigating the benefits of some Traditional Chinese Medicine treatments for cancer patients. (News letter from M. D. Anderson Cancer Center 03/08/04)

In China, the most popular way to treat cancer is Chinese herbs and Chi Gong, but not chemo and radiation. Many Chinese in America heal their cancer by using a combination of Chinese and Western method. In America, some hospitals have begun Chi Gong classes for cancer patients. Many cancer patients use different herbs, mineral diets, prayer or energy healing for healing cancer. No one is afraid of the interference with these other methods.

It is confusing to consider the interference of chemo and radiation. Taking chemo or radiation has a high risk in healing because this healing treatment kills both good and bad cells. We never hear that energy healing kills good cells. In fact, we should be considering or asking whether chemotherapy or radiation interferes with Tong Ren.

### **How often can I use the Tong Ren for healing?**

Our Guinea Pig classes are in various locations. Each location has one or two classes per week. For some patients, once a week is not enough to treat their serious problem. They may need more. In our class, if you want more treatments with Tong Ren healing, you can talk to the students or instructor in the class; we are willing to help all people who need our help.

Some cancers require more frequent treatments. Additional sessions can be arranged to stop cancer cells from spreading. Tong Ren theory believes that cancer cells are formed from blockages that cause a low voltage of bioelectricity. When the bioelectricity is corrected back to normal, the cancer cell can be reversed into a normal cell. To heal cancer cells, a correction in bioelectricity or energy must be made to make it faster than the spreading cancer cells. If the intervals between treatments are too long, the cancer cells may spread faster than the correction.

Tong Ren healing is a form of energy healing. The more you do, the greater the benefit. It is similar to a battery that needs time to finish charging. In China when a patient uses Chi Gong healing for treating a serious problem, they must practice Chi Gong every day. Tong Ren healing is like Chi Gong practice. You can never do too much, only not enough. If you like to use Tong Ren therapy, you can do it as frequently as two to three times a week, or even daily.

### **Besides cancer, what other diseases can Tong Ren heal?**

The original idea for our Guinea Pig class is to heal cancer and help people who suffer from chemotherapy and radiation. Yet, lately many people are considering our class as a hope for healing any type of difficult disease. Of course, we cannot refuse any patient suffering from an illness who wants to join our healing class. So far, the majority of patients who come to our class have challenging health problems, such as Parkinson's disease, Lyme disease, Multiple Sclerosis, Rheumatoid Arthritis, Pigmentosa, Emphysema, Diabetes, IBS, heart palpitations, as well as many different types of cancer. These patients have tried many ways of healing without success before they attend our healing class. It is very rare that people try our healing class before they try other ways to cure themselves. The healing range of Tong Ren therapy is very wide. Tom Tam's book, *A Lazy Bum's Healing* references Tong Ren therapy for 260 difficult conditions. Of course in practice, the healing range is much wider and not limited to these conditions. According to *Tom Tam Healing System*, understanding the root cause of the disease is the key to healing, and the biggest difference between other healing systems. When we can find the root of the problem, then we can treat the condition easily; if not, it becomes known as the so-called difficult disease or an untreatable illness.

### **How can I learn your healing system?**

Any one can learn Tong Ren healing with or without any prior knowledge. Most students learned Tong Ren healing from being patients. If you are interested in learning Tong Ren healing, any student or practitioner will be willing to share his or her knowledge of Tong Ren healing with you. Sharing the knowledge is important for building the *collective unconscious*.

### **Is Tong Ren healing the medical science?**

Science needs to be proven. Our healing theory is based on medical, scientific information, yet so far no scientists or scientific institutions want to prove it, or even want to hear about it. The study of science needs interesting subject matter along with hefty financial support. This is not in our practitioner's area of practice. Tong Ren healing needs to be proven by scientists and is still yet to be done.

According to modern medical studying, each organ has three functions: the mechanical function, chemical function and electrical function. In terms of healing, people mostly pay close attention to the mechanical and chemical functions in the body. They often do not pay attention to the electrical functions in the body. Also, there are three ways for the bio electrical signal to pass: The electric synapse, chemical synapse, and a mixed synapse; which is the electrical and chemical synapse combination. To keep the organ functioning normally, we shouldn't only pay attention to the chemical synapse, we must also pay attention to the function of the electrical synapse.

It is easy to understand the mechanical function of an organ. There are many ways to correct problems of a mechanical nature. Surgery, massage, and physical therapy are common. These modalities are almost always second to the attention paid to the chemical function, which reaps huge profits for many businesses and manufacturers. The chemical function balance includes herbs, diet, chemical pill or liquid. In fact, the whole history in the west or east, people put more attention on the chemical healing function. No attention is given to the electrical function balance. The imbalance of bioelectricity is one of the major reasons or cause of sickness. To heal the sickness, we should open the blockage which caused the impulse or bioelectricity to be out of balance. So far, the most popular method for regulating electrical function in the body for western medicine is through usage of the pacemaker.

The environment (temperature, gravity, air pressure, weather) can affect the brain's impulse. According to Chinese healing theory, this aspect of health is regarded as the human's harmony with nature. In the Tong Ren healing, we believe that Tong Ren therapy can create the energy which can affect the brain impulse. Also, the energy may open the blockage which caused the imbalance. When we balance the impulse from the brain or the bioelectricity in the body, then the sickness can be healed.

### **Is Tong Ren healing a suggestion power?**

Tong Ren healing is absolutely not based on suggestion power for the patient, because we have healed babies, autistic children and patients who are in unconscious conditions. Also we have treated animals with very successful results. It is easy to call some healing as suggestion power when people cannot explain the healing method. Suggestion power is needed only as language is needed to connect with the patient. This language includes talking, light, movement, smell, touch, temperature, or any technique of stimulation to the patient's sensory organ. Also, suggestion power doesn't work for everyone, but Tong Ren healing works for almost everyone who willing to try it.

Tong Ren healing may be a suggestion power for the healer, but not the patient. When the Tong Ren therapist works with the doll, it is a means for allowing a connection to take place with their collective unconscious. As in Pavlov's condition, when the signal appears in the memory, then the unconscious part of the brain is functioning. Hitting the doll with the hammer, and putting the laser beam on the meridian point or putting the Chi on the doll, are the ways for the Tong Ren therapists to connect with the healing collective unconscious.

Some patients don't want to try the Tong Ren healing because they believe it is a stupid means of suggestion power. But many of them want to try the healing when they have lost their hope in other healing techniques. If the treatment has a chance to heal the problem, will you be willing to try it? Or will you laugh and refuse it? In fact, the hypnotist and psychologist always use the suggestion power for their healing, but patients never care if that is their technique, because, in fact they are only looking for a positive result.

### **Should one who doesn't believe come to your class?**

We are not involved in brainwashing. The mind is free, and belief is an individual choice. We respect each one's belief. The door of our class is open; we welcome anyone who is interested in what we are doing, to come and share our knowledge. First time in our class, most of the people don't believe it because they do not have any information about it. But after the first class, most of the new people begin asking questions. In order to know about the healing method and results, the best way is to interview the patients in the class, but not the students or therapists. To gain some knowledge, it is nice and easy to come for observation or healing.

### **Experiencing Chi**

In September 2003, I attended a Tong Ren workshop in Nanaimo given by Tom Tam. Part of the training was to participate and observe Guinea Pig sessions, which are open to the public at no charge. At one of these sessions, about 35 to 40 people turned up, each with their own particular health problem. Myself and the other students stood or sat near Tom as he was talking to and treating each person in turn while we observed and supported his treatment.

When one older man in the audience told Tom about his painful knee, Tom directed Chi energy to him and, as students, we tapped our Tong Ren dolls. At that moment, I felt a rush of warm energy flood my own right knee which is often quite painful. It was a specific and unmistakable experience. It confirmed what Tom had explained to us in the workshop: Chi is intelligent, once the energy starts to move, it will move throughout the room to whomever and wherever it is needed in the body. I was totally won over to the beneficial and real value of Tong Ren therapy.

Dale Chandler  
Errington, B.C. Canada

Dear Tom Tam,

You helped me immeasurably when I learned to relax in your free healing classes. In the first class I attended you enabled me to discontinue my dependence on prescribed oxygen for my emphysema. Also, I have lost thirty-six pounds since September primarily due to your having introduced me to the concepts of Pi Gu; your book was very helpful.

You again helped me when you administered an acupuncture treatment, at your facility in Haverhill, and stopped an episode of horrible head to toe itching which never returned.

Thank you for the above and the many other times you helped me.

Nancy S. Corbett

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## Testimonial

Hello Tom,

Just want to let you know that I have good news about my daughter. When you came to Nanaimo to give the Tong Ren course in May 2005, I mentioned to you that my daughter had problems with kidney stones. She had been in and out of the hospital suffering with pain and trying to pass the kidney stones. I worked on the points for kidney stones on her. Doing Tong Ren on her for three days before her operation which was to take place on Friday morning. She left Nanaimo on Wednesday for Vancouver and I continued to do long distance healing on her. Friday morning she goes to the hospital for this operation.

They prepare her for the operation and Guess what? She was sent home because they found that there were NO kidney stones. My daughter called me and said to me, "Mom what ever you are doing to me please don't stop".

THANK YOU. THANK THANK YOU, TOM!! So Tom, your healing method using the Tong Ren works. Keep on doing your good work Tom and I hope to hear from you soon.

Sincerely,  
Gina Lum

*Not all patients are lucky enough to experience passing a kidney stone with a Tong Ren treatment; in many cases we still need surgery. But before the surgery, can we try the Tong Ren healing first? In our Tong Ren practice, many people's kidney stone(s) can come out before the operation. In fact, in the case of many diseases we can try Tong Ren therapy before the doctor and ambulance arrive in an emergency.*

## Testimonial

Lydia Smith  
July 5, 2004

I was diagnosed with Multiple Myeloma in August 2001. The first oncologist with whom I consulted predicted a 2-3 year life expectancy with "standard treatment." I was told that I would not be able to return to my teaching job in September as I needed to begin preparation for a bone marrow transplant.

A month later, I became a patient at Dana-Farber, and for the next two years was treated with a combination of steroids, Thalidomide, Pamidronate, and a host of "support drugs" to control the pain and side effects of this regimen. I also had several appointments with two different acupuncturists and an herbalist, using their expertise to also help control some of the pain and side effects I was experiencing. Though my cancer was reasonably under control in the spring of 2003, I was beginning to accept the fact that I would need a transplant to improve the quality of my life.

On June 22, 2003, I met with Fr. Edward McDonough, the Catholic priest from Mission Church in Boston who is recognized as a healer. He recommended that I contact his acupuncturist, Tom Tam, who had cured his brother-in-law of Multiple Myeloma in one session. Intrigued, I set up my first appointment, and began a new life-sustaining journey. As Tom transferred Chi, used acupuncture and Tui Na, I experienced a wave of heat that traveled through my body and a healing force that infused me with energy, pain relief and a new sense of hope. Tom also convinced me to come to his Guinea Pig class the next day. Before long, my husband was taking courses to learn Tong Ren, and we were employing Tom's techniques at home also. Within two months, and for the next seven, I was able to forgo Western medicines; and while my cancer was not cured, it did remain at very low levels. I was once again able to fully enjoy my life-working, parenting and traveling. As I now arrive at the date that the first oncologist predicted I would not live to see, I believe that the combination of Tom Tam's techniques of energy healing, Tong Ren, acupuncture, Tui Na, long distance healing and the Western medicine that I employ is what has allowed me to embrace a more hopeful future.

## Testimonies from Guinea Pig Class

In 1983, I was diagnosed with cancer on the right lung. I was operated on and had a lobe removed. The recovery was extremely slow and painful. It was quite an ordeal. I had X-rays every six months thereafter.

Years later, I was referred to Tom Tam because of a second diagnosis of lung cancer. This time it was on the left lung. I saw Tom just prior to my scheduled lung operation. I didn't have any idea about energy healing and didn't know what to expect, but I had an open mind and hoped that Tom could help me. I told Tom that I was going to go ahead and have the scheduled operation. I felt like I wanted to get rid of the cancer as soon as possible. Tom assured me that was okay, and that he would do a healing so that I would have a better recovery and that I wouldn't mind the operation as much as I did the first one. I was hoping Tom was right as my memories of the first operation were still with me. As Tom was doing the healing, I felt a flow of warmth and my hands began to tingle. They felt as heavy as lead and it seemed to be difficult to even lift them. I felt strangely relaxed, which was rather different from the nervousness and anxiety that I felt at the start.

After the operation, my family and friends visited me at the hospital and they expressed their complete amazement that I was looking and going so well. Several of them commented that they could not believe that I had just been operated on. There was nobody more surprised than I was. Shortly, thereafter I returned to my surgeon for my checkup. He was more astonished than anyone. He kept commenting on my amazing recovery. Before I left, he said, "I have never told this to another lung cancer patient of mine, but you are doing so well, you do not need to return for another checkup." Again, I returned to the schedule of X-rays every six months.

In the year 2001, the routine chest X-rays showed a new tumor on the left lung, and a CAT scan was ordered. I went to see Tom Tam again and told him of the other cancer

This time, Tom asked the class to join in on the healing. Again I felt the warmth and the tingling hands, but to a much greater degree. I followed up on the requested CAT scan and when I saw the surgeon this time, there was no cancer. He said, it must have been a misdiagnosis, but I knew it was Tom and the class that healed my cancer.

I continue to see Tom about once a month, and my husband and I, also attend the weekly "Guinea Pig" classes. I am feeling very well and continue to work in my garden each day that the weather permits. I feel tremendously blessed to have been afforded the privilege of knowing Tom, Lea, and the class.

Gratefully,

Mary Comeau

June 23, 2004

*After the third time cancer occurs, it is very difficult to treat. Tom thought that it must use the collective energy to heal the third recurring cancer. Mary is the first one in Tom's class to use the collective energy for healing, and the first successful case. So far, Mary is going into the fourth year of survival after her cancer. Surviving is not the only meaning for life; the quality of life is the most important for us all. Mary has enjoyed a very joyful and active life and is still cancer free.*

*When one is getting healed, he or she should help others; this is our moral and purpose in life. Each year in the winter and spring, Mary and her husband drive to Florida and set up a Guinea Pig class there for healing the public. Also, she heals people over the phone for the Quincy Guinea Pig class for patients who need extra help.*

## Testimonial

Carol Asha  
10/2006

In April of 2005, I began experiencing pain and weakness in my left leg. I walked 2-3 miles a day, enjoyed hiking, biking, cross-country skiing, and had just joined a gym to keep fit. I thought I pulled a hamstring muscle during my workout at the gym, and assumed it would eventually get better on its own. When a month went by, and my limp was worse, I went to my doctor. After his examination, he determined the muscle weakness was caused by an unknown neurological problem, so he referred me to a neurologist.

After year of doctor's visits and testing, 5 negative MRIs and 4 positive EMGs, which showed nerve damage affecting my leg, my neurologist told me she suspected ALS (Lou Gherig's disease). The news was shocking, and couldn't believe it. This couldn't happen to me. I wanted a second opinion, so I went to Lahey Clinic's Neurology Dept. in June of 2006. They had ALS specialists there, and I felt certain, after examining me, they would rule out ALS, and I would have my life back.

After 5 hours of testing and a 2 hour EMG, by 3 doctors, I was told they believed I have ALS. They went on to explain the average life expectancy was 2-5 years, but if the progression was slow, I could have 10. I was in shock, and became depressed. How could this happen to ME? My future, as explained by my doctor, consisted of progressive weakness of my arms and legs, until I was confined to a wheelchair, unable to move, swallow, or breathe on my own. Ironically, my mind would remain in tact. I could not imagine a more horrendous existence. Needless to say, the hopes and dreams I still had for my life came crashing down around me, and life became a nightmare, full of fear and anxiety.

Ironically, I am a Reiki Master, and perform energy healing on others, yet I was in a panic over my own health. When I finally got over the initial shock of being diagnosed with ALS, and began receiving the emotional support I needed from my friends and family, my Hope returned, and I decided I would fight back, and not allow the disease take my life away.. I would do whatever I could to reverse my symptoms, and disprove the diagnosis. I began looking into "Alternative" healing methods, beyond Reiki.

I was already wearing a brace on my left leg, due to "Foot Drop", and limping heavily. My other leg felt heavy as well, though it was the stronger of the two. I was tired all the time, just from the effort of walking around. I continued to work part time, and tried to stay as independent as I could. I was an avid walker/hiker, but was not able to walk very far anymore, without getting frustrated and tired. My legs were weak, and I feared having to eventually give in to a wheelchair.

Then, one day, my future took a dramatic turn during a routine visit to my chiropractor, Dr. James Barbati, of Randolph, who told me about the Tam Healing Center in Quincy. He said some of his patients were having treatments there, and have had some remarkable healings. I had to look into this! I later discovered, a friend of mine was going for treatments at the Healing Center, and recommended I make an appointment right away.

My first experience at the Center was with Adel, and Tui Na massage. He started the session with Tong Ren, hitting a doll with a hammer. I had no idea what this was all about, and thought it was a bit bizarre, so say the least.. As he was hitting the doll, I suddenly started feeling very warm, and then a "pins and needles" feeling was going across my head and down to my legs. It felt good. Something was happening.

When the Tui Na session was over, I felt even better. Energy was flowing through me, and I felt I was healing. My legs felt "lighter" as I walked out of the Center. Adel suggested I attend the Guinea Pig Classes during the week for Tong Ren, so I began attending Tommy Tam's Monday night class, and having Tui Na sessions with Adele regularly.

After only 4 months of going to the Tam Healing Center, I am able to walk the 2 miles along my favorite Charles River walking path. I danced at two weddings, and can still walk up and down stairs with little problem. I have lots of energy, and feel I have my life back. To me, it's a Miracle. I made steady progress over time, and continue to feel better. I'm thinking of the future again, because I know I have one. I know I will see my grandchildren grow up, and I can look forward to retirement, not disability.

How can I begin to say THANK YOU to all of you at the Tam Healing Center? You have shown me there is no such thing as an Incurable Disease. The Center offers Hope for the hopeless, and Healing for the incurable and I am grateful beyond words.

## Witness of Guinea Pig Class

Christmas, 2000, a biopsy indicated cancer in my prostate in two places. Christmas 2001, another biopsy showed cancer in a tumor in my left breast. Several ultra sounds had already shown continual growth of this tumor. The treatment recommended by my surgeon - removal of both breasts, radiation and chemo - meant the immediate end of my livelihood, teaching and psychotherapy. I declined and decided to continue living my life fully, as short as it might be. Then I heard of Tom who was just beginning his Guinea Pig cancer group in Quincy. He agreed: no surgery, no chemo, and I began weekly treatments with him. Now, three years later and at age 75, my scoliosis is all but gone, the tumor has remained stable and dormant, my prostate PSA remains low and stable, and I have more energy for teaching and therapy than ever before. These are the facts; what can I say -- other than, thank you Tom, thank you, thank you.

*Hilary Bender*

*Dr. Bender, Ph.D., Th.D. is professor emeritus at Boston University, and on the faculty of the Massachusetts School of Professional Psychology teaching research and existential-humanistic psychology.*

*We started our Quincy Guinea Pig class in February 2002, and in the past five years about 7,000 people have joined our healing group. Dr. Bender is one of many people over the past five years who regularly attends our weekly Guinea Pig class. He has observed successful healings of over a thousand people in the class. He has witnessed the whole progression of the Tong Ren healing class. In fact, his personal testimonial is a great example of the healing success from Tong Ren therapy. Also, the concept and theory of our healing energy does not conflict with Dr. Bender's studies and beliefs. Both of us believe that forming a collective unconscious can heal many problems, and create the so-called "miracle."*

## Testimonial

### JUNE 2006

In January of 1998 I consulted a physician because I was tired all the time. I was told that I had myelodysplastic syndrome, a rare condition in which the bone marrow does not make enough blood cells for carrying oxygen, fighting infection, and helping the blood clot when necessary. A few months later, I was diagnosed with large granular lymphocyte leukemia, an even more rare blood disease. Both of these conditions are of unknown cause, and there is no established treatment for either of them. With both conditions there is generally a slowly progressive downhill course. The relationship between the two conditions is unknown, and because of the rarity of this situation, the prognosis was unknown.

For about three years my blood tests showed gradual worsening. In early 2001 I was fortunate enough to learn of Tom Tam of Boston and his healing system, and to be able to see him for a treatment. It was also fortunate that assisting him that day was Gene Kitade of Sacramento, who was one of Tom's students. Within two days of the treatment session I was feeling much more energetic than I had in years, and so I began seeing Gene for treatments once a week in Sacramento, and continue to do so.

During the first year of treatment, my blood situation stabilized, and has shown some signs of slight improvement since then. But more importantly, I have been feeling good, and the quality of my life has greatly improved since I have been receiving treatments. I also pay considerable attention to getting exercise, proper nutrition, and adequate rest, and these factors are also helpful.

But I do believe that my regular treatment, which consists of Tong Ren, Chi Gong, reflexology, and Tui Na (a form of acupuncture type massage) has been the major factor in preventing deterioration of my condition and making me feel so much better and more energetic. There is no doubt in my mind that my quality of life has been very much improved by Tom Tam's healing system, as applied by Tom himself and his student, Gene Kitade.

*W. R. Bryant, M.D.*

## Tong Ren Healing Testimonial from Colorado

August 25, 2005

Dear Tom,

I want to thank you for developing and pioneering the Tong Ren Healing System. The healing it provides to people is truly beyond word's "Simple ~ Easy!" My first contact with Tong Ren happened through very dear and longtime friends, Rick K. and Florri A. Seeking alternative healing treatment for cancer, they found both Tom Tam and Tong Ren healing only a few miles from their home at the Quincy Guinea Pig class. For anyone who lives within a fifty mile radius of the Center in Quincy, you are truly blessed.

Rick treated my allergies, via long distance telephone, I live in Colorado. I have suffered from allergies since childbirth (59 years). I can happily report that after one Tong Ren treatment, I've been pill free. It's been month's now without any medication's and any extra needed relief is only a treatment away. I can now keep up with all the symptoms using the same techniques and a little hammering on my Tong Ren doll. I am now more than able to help my own family members with their myriad of health issues.

Reading Tom's book's, attending Tom's seminar class, listening to Rick and Florri, helping at the Guinea Pig classes (Quincy & Allston) this summer, practicing at home, and asking a lot of questions, have all given me the confidence and the basic knowledge to use Tong Ren daily.

Someday, Colorado will have its own Guinea Pig Classes.

Thank you again Tom.

Best Always,  
Kim Davison

## TONG REN HEALING TESTIMONIAL

November 8, 2005

In April of 2005, my life-long friend Rick Kuethe called me from Boston (I live in Omaha, Ne) to tell me about a new therapy he'd been working with called Tong Ren, developed by a wonderful Chinese healer named Tom Tam. Rick knew that for years I have suffered from fibromyalgia, lumbar stenosis, and most importantly, lung cancer in May of 2003. At that time I was lucky enough to have an operable tumor in the upper lobe of my left lung, and surgery was successful. However, at my quarterly oncology checkups over the last two years, small spots had still appeared. They were too small to biopsy, but never went away.

Rick started treating me weekly, by phone, in April 2005 with the following results: my FMS pain went from a daily 8 to about a 3 (on a pain scale of 1-10 with 10 being the worst), my general energy levels went up, and my blood pressure and weight went down. After three months, in July 2005, at my quarterly oncology checkup, my lung spots were completely gone. In October 2005, my lungs were once again **completely cancer free!**

Last week I had a 6 month check up with my primary care physician, and had no wheezing, my blood pressure was down, my blood oxygen was up, and I'd lost 8 pounds. She couldn't account for the changes, but I know it was the Tong Ren healing.

During these months, I also read Tom's books and learned the basics of the Tom Tam treatment methods and how Tong Ren uses the flow of Chi and the collective unconscious. I have even begun to treat some people here in Omaha!

I honestly believe that Tong Ren healing will revolutionize Western medicine and help make all of us healthier creatures on this planet.

Sincerely,

*Elaine K. Bly*

## Class Schedule

### Massachusetts

#### Quincy

15 Cottage Ave. #502  
Mon. Wed. & Thur. 5 - 6pm

#### Maynard

76 Nason St.  
Wednesday evening  
978-461-2168  
Dr. Ming Wu

#### Allston

Asian Healing Arts Center  
171 Harvard Ave.  
Tue. & Sat. 7-8pm  
617-787-3600  
B.J & Dan Dan Wang

#### Winchester

160 Washington St.  
St. Mary Parish Center  
Thurs. 6:30 – 7:30pm  
617-335-8693  
Aimée De Barbieri

#### Hopkinton (For animals only)

72 West Main St.  
Tuesday 7 – 8 pm  
508-655-6776  
Marcia Zais

#### Cambridge

740 Cambridge St.  
Wed. & Sun 6-7pm  
978-640-3854  
John Choi & Paul Qu

#### Haverhill

85 Essex St.  
Sat. 5:30 – 6:30pm

#### Concord

Emerson Art School  
Sunday 4 – 5 pm  
781-254-2206  
Tamie Taniguchi

#### Swampscott

Spiritual Church  
59 Burrill St.  
Tue. 6:30 – 7:30pm  
617 – 851 - 8217  
Adel Kahil

#### Plymouth

The Loring Center  
386 Court Street  
Tue. 5:30 – 6:30 pm  
617-688-2728  
Anita E. Daniels

#### Medford

478 Fulton St.  
Friday 7-8pm  
617-605-3308  
Mónica Calvo

#### Plainville

6 Wilkins Drive  
Wed. 6 – 7pm  
508-699-0709  
Steve Sarno

## Connecticut

**West Hartford**  
17 S. Highland St.  
Tuesday 7-8 pm  
978-790-2788  
Dr. Ming Wu

## Maine

**Milo**  
Tuesday 5-6pm  
207-943-2220  
Bob Grace

## Florida

**North Fort Myers**  
3000 Carefree Blvd.A34  
Wednesday 5-6pm  
239-731-0731  
Priscilla Spear

**California**  
**Sacramento**  
916-457-0778  
Gene Kitade

**Texas**  
**Austin**  
512-825-0816  
Dawit Assefa

**Tennessee**  
**Chattanooga**  
Yinyanghouse.com  
423-756-8010  
Chad Dupuis

**West Hartford**  
860-833- 4740  
Cass Msola

**Portland**  
9 Ram Island Farm  
207-799-1709  
Dr. Shaw Sprague

**Miami Beach**  
The Sifre Center  
333 Arthur Godfrey Rd.  
305- 672- 4403  
Santiago & Ramon

**Illinois**  
**Naperville**  
630-579-8321  
Sandy Walker

**Arizona**  
**Cottonwood**  
437 S. Main St #5  
928-649-3029  
Cynthia & Curtis

**New Jersey**  
**East Windsor**  
134 G The Orchard  
609-426-9693  
Ruth. Golush, Ph.D.

## Michigan

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2019 E. Michigan Ave.  
Mary Malosh 517-339-3465  
Opal Wong 517 3377593  
Beverly Bates 517 3034849  
Kathy Cadwell 517 3933985

**Detroit**  
Carol Prince M.D.  
248-354-9595

Linda Kent  
248-373-9414

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Carolann Stoll (250) 729-8151  
Lily D-Robertson (250) 951-0882

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Nicola Lomangino

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Maria Rita Berlich

**Novo Hamburgo**  
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3-595-5441

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255-754-515-347  
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苑新茹 8632-5483

周媛 1371-610-5184

冯秀英 6925-7993

刘秀菊 8167-3746

高琳 6929-3529

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