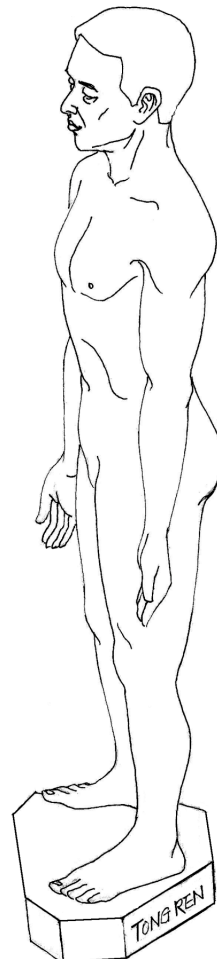




Tong Ren Techniques

Tong Ren healing is becoming increasingly popular and widespread. Worldwide, and on a daily basis, people with serious illnesses are treated by Tong Ren therapists. Countless patients benefit from and are healed by Tong Ren Therapy. Each Tong Ren therapist has his/her own way of healing people. The effectiveness of the healing is high, and the cost is low. Tong Ren Therapy is extremely easy to learn. Basically there are three major techniques – with (1) the hammer, (2) laser beam, and (3) pins. Discing technique is the latest technique developed and applied in Tong Ren practices.

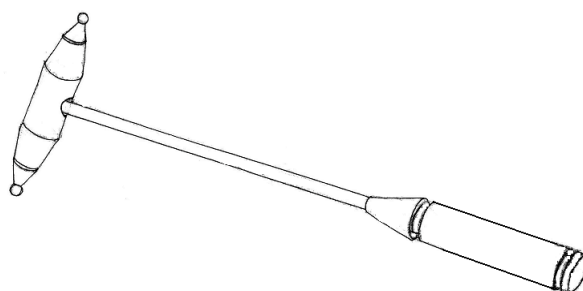


*** Magnetic Hammer ***

The magnetic hammer technique is one way of stimulating blockage points on the doll related to the patient's illness. This method is super easy for anyone to learn and practice; it does not require any serious training or experience. I always say, "Monkey see, monkey do". The hammer technique is the major method used in Tong Ren Guinea Gig Classes for group healing. The points for hammer hitting vary with individual cases.

With the hammer technique, the first step is to locate the points on the doll. The beginner can follow the healing chart in our text book "A Lazy Bum's Healing", then write down the main points and support points on paper, or mark the points on the doll. On the healing chart, the main points indicate where the energy is blocked and where the root of the problem is. The support points enhance the effectiveness of the healing and are not mandatory, whereas the main points are.

When we press on a patient's body following the main points from the chart, the patient will usually experience an uncomfortable or painful feeling at these points. In TCM theory these are called the Ouch Points. We need to pay attention to any Ouch Point, or any area where pain is felt. Pain is a signal from the body, which indicates that there is an imbalance or where the Chi is static. For example, when one has liver cancer, we shall find an Ouch Point at T9 on the right hand side. When a patient has breast cancer, we can easily find an Ouch Point at T4, on the same side as the tumor. Based on many years of practice and experience, I have observed that when a person is diagnosed with a specific condition or disease, they will have an Ouch Point, which corresponds to a certain designated root problem. However, please be careful not to mislead a patient by making a diagnosis according to an Ouch Point. A blockage can sometimes mean just a tight muscle - nothing more, nothing less. Making a diagnosis is the job of medical doctors using specific medical equipment and/or tests. In our healing, we only follow the doctor's diagnosis to find the blockage or reflex points. We never make any diagnosis of a patient's condition.



When we use the hammer technique on the doll for healing, the general order of stimulation is from the top to the bottom, like the natural flow of water. However, when we stimulate the Sky Window area where both the common carotid and vertebral arteries are found, the order of hitting should be from the bottom to the top. This is different from when we are working on the nervous system, because the arteries carry blood upward from the heart to the brain. When we are done with all the points with the hammer technique, we should hit the doll from the top of the head to the bottom of the feet. This allows for the clearing of the Chi in the whole body before we finish the healing session.

While treating cancer, we should begin by using the hammer on the head of the doll at GV22 and BL6 on both sides. After a couple of minutes, proceed to CR8's which are not on the doll. The two CR8 points are where the ears are. Do this for another couple of minutes, then move on to the points related to the specific cancer(s). When treating multiple cancers, we always start with the primary cancer, even though there may not be any symptoms.

Tong Ren Therapy is based on the power of our mind creating energy for healing. The source of this energy is from the collective unconscious, which is connected to the super conscious. When we practice Tong Ren, the focusing of our mind comes from our subconscious and unconscious - which means, "Just do it". If we make a conscious effort to focus, the focusing comes from our conscious mind, not from the unconscious mind. No one can consciously access one's unconscious mind. The unconscious mind is instinctive and cannot be controlled. Functions of the unconscious mind are automatic reactions. This use of the mind with the hammer technique facilitates the breaking down of blockages, which can then let energy pass within the body freely. With Tong Ren healing, we do not need to think or focus on the breaking down of the blockages, because the thought has already been stored as memory in our subconscious mind.

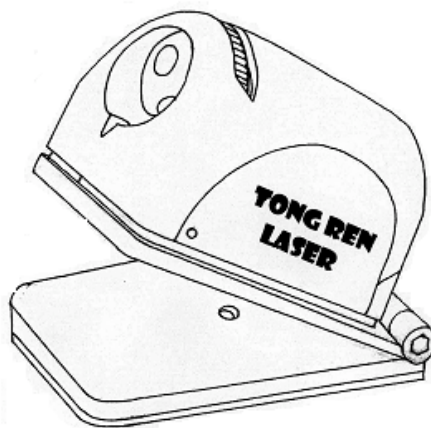
Using the hammer technique, we hit points on the doll for about 10 to 15 minutes. As a rule this is enough. Patients can hit the doll for self-healing, but the best way is to ask someone else to do it because in this way the patient can be totally relaxed in order to receive the healing energy. A child's mind is purer than an adult's and without resistance. That is why children are more effective when using the hammer technique than most adults. With late stage cancer, daily use of Tong Ren healing is required. With cancer at an early stage, we can use Tong Ren two or three times a week. If the patient wants to do it or have it done on him/her more often, it is all right

to do so because there are no side effects with Tong Ren healing. The more you do it, the more you benefit from it.

When we see points on the spine from the Lazy Bum book, e.g. C1, T1, L1, S1, we hit the doll on both side of the points. If C1 Right is specified, for example, then we hit only the right side of C1.

***** Laser Beam *****

Another technique for Tong Ren healing is the use of laser beam on the doll. The laser beam technique represents heat, the building up of Chi to apply radiation onto a tumor, similar to the use of radiation in the hospital. Our concept is that of making the tumor shrink or disappear with heat. When using the laser beam, we point the light to where the tumor is on the doll. The laser beam technique is also helpful for charging one's energy for treating the side effects from radiation and chemotherapy. The method is simple - just put the laser beam onto CV4 or CV6, or in between, where the lower Dantian is located. Basically, the laser beam is used on one spot at a time. However, if the patient or the therapist prefers, more than one laser beam can be pointed at the doll at the same time.



The healing session with the laser beam can be 10 to 20 minutes. Some patients like to have the light on longer. This does not have any side effects. Some cancer patients put the laser on the whole night long, which is fine as long as one does not mind wasting batteries. The use of the laser beam for healing cancer is simple and easy. Just turn the light on and point it onto the tumor area. One can do self-healing and a Tong Ren therapist does not need to be involved. When the light is on, it is best for the patient to be fully relaxed, making the healing more effective. During a healing session, we

suggest that the patient does not read anything or watch TV. When using the laser beam on the doll, a patient may feel heat on the face. At the same time, the heat may go towards the area where the tumor is located. This is called Chi running in the body, which is important for healing. Someone may feel an expanding sensation in the chest and feel deeper and or easier breathing.

For patients with multiple cancer or with advanced cancer, directing the laser onto the lower dantien of the doll for 10 - 15 minutes will charge the patient with Chi.

In Tong Ren healing, we can use the hammer and laser beam simultaneously. We can use one doll with a laser beam on the tumor area, and another doll with the hammer technique to break down the blockages and to stimulate the support points. In this way, the healing could be more effective in a shorter period of time. We can also use the hammer stimulation first, and then use the laser beam afterward. Each session is about 20 minutes with the combination of the two healing techniques.

****** Pins ******

Another method of Tong Ren healing involves putting pins onto the doll following the chart in “A Lazy Bum’s Healing”. In the early days of Tong Ren healing, this was the only technique we used. Later, because of the law in Massachusetts and political reasons, we developed the hammer and laser beam techniques to replace the using of pins. At present, the law in some states of the U.S.A. is unclear about the legality of placing pins (including acupuncture needles) into the doll. In some states, one needs to have an acupuncture license even to do Chi Gong healing onto the doll. To avoid political and legal problems, we shall skip the pins and Chi Gong techniques on the doll. By the way, it is interesting to note that it is extremely rare that a licensed acupuncturist would be interested in Tong Ren healing. Most people who are interested in Tong Ren healing are mostly patients or family members of the patients. The more difficult the cases, the more interest they have in our healing system, because they benefit from it.

When we see points on the spine from the Lazy Bum book, e.g. C1, T1, L1, S1, we put the pins on both side of the points, i.e. one pin on the left side and one pin on the right side of C1. If C1 Right is specified, for example, we put the pin only on the right side of C1. When all the pins are in, we leave them there for about 20 - 25 minutes, like in an acupuncture session. The pins should be removed afterwards so they can be placed onto the doll again in the next treatment. Pins being left on the doll

longer than 25 minutes would not cause any side effects, but would not enhance the quality of healing. The pins must be removed and re-inserted into the doll for a fresh healing session.

We generally use pins on the back of the acupuncture model and laser on the front. The hammer technique can be used on both front and back.

***** Discing *****

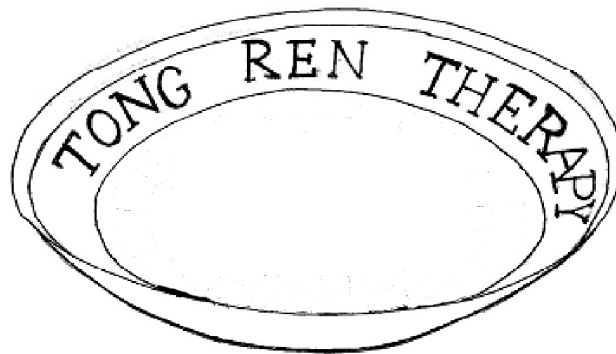
The latest Tong Ren healing technique is called "Discing" or "Disking", which I started to develop in August 2007. The Discing technique requires the participation of at least three people. Three people form the collective conscious and collective unconscious. This method is more powerful and focused than other Tong Ren techniques. However, Discing cannot take the place of the other Tong Ren techniques, because each technique serves a certain purpose. Tong Ren Discing works equally well on cancer and other diseases.

To do Discing, one requires a disc or a dish as a tool. You may use the lid of a sugar jar, a teapot lid, a teacup lid, or a small saucer. Simply set the disc or lid above the Ouch Point on the doll or directly onto the patient. Each practitioner places one or two fingers on the disc or the lid. When we use the doll, we can use the bigger acupuncture model, as it is easier to position a lid on it. If we put the lid directly onto the patient, the patient may sit down in a comfortable position or lie down and relax. When we treat cancer or tumors, we ask the patient where the tumor is located, then let the patient position the lid or disc on top of the tumor.

Before the treatment, we usually ask the patient to do self-examination by pressing on the tumor (Ouch Point) and remembering the size and level of pain. After the treatment, they should press the same area to compare the before and after conditions. Doing Discing on the Ouch Point takes about five minutes. Usually the patient feels sensations such as tingling, heat, warmth, heaviness or body aches as when other Tong Ren healing techniques are being applied. After we are done with treating the tumor or Ouch Point, we apply the same technique on the spinal blockage points.

For example, when we treat breast cancer, we first treat the tumor or lump on the breast area, and then treat T4, where the blockage causing the breast problem is located. After treating T4, the next area we can work on is on the head at BL6 and GV22. In the Tom Tam Healing System. BL6 and GV22 are the pituitary gland and

hormone area. The mammary gland is a hormonal organ, controlled by the pituitary gland. When we put the center of the lid on GV22, it automatically covers BL6; we do not need to separate GV22 and BL6 when we do Discing. Before doing Discing on a patient with a breast tumor, the patient should check the size of the lump first if the lump can be found. After the treatment, the lump should be checked again so we can compare the size. Very often, the lump may be smaller or may even have disappeared after the treatment.



Discing would probably remind some of us of the use of the Ouija board. In fact, in terms of technique they are very similar. However, they are completely different in theory. With variations on the same principle, the Ouija board is used in different countries for fortune telling. An almost identical method has been used in China for fortune telling for a thousand years. In Chinese it is called De Xian. De means Disc; Xian means someone who is immortal or a genius. Xian is also the highest level one can achieve in Taoism, as Buddha is the highest level one can achieve in Buddhism. De Xian is one of the mystical arts of the Taoists. The Ouija board and De Xian, each having their own particular theory as to how and why they work, are still popular today in America and China.

The traditional explanation for the mysterious driving force of the Disc's movement varies: it could be from the psychic power of some spirit, soul, immortal being, angel, or even the devil. The scientific explanation according to Tong Ren is that the movement is caused by the power of the psyche: the unconscious or collective unconscious. In our Discing theory, the healing power of Chi is from the collective conscious and collective unconscious working hand in hand. People tend to forget that humans and all living organisms have the natural and instinctive ability for self-healing and power to heal others. If any life form loses the healing instinct, it will eventually be unable to survive, a process similar to natural selection. When three or more people practice Tong Ren healing together using the Discing technique, a

collective consciousness is being formed. So far there are many people in the world who have already experienced the positive results of Tong Ren healing and believe in this healing modality. This belief constantly reinforces the Tong Ren collective unconscious, which keeps expanding constantly. Its healing power is infinite. The more we practice, the more our collective unconscious builds up. As the healing power grows, the success rate of curing cancer and tumors becomes higher and the time required for healing becomes shorter. Such results have not been found with the use of Chi Gong healing or any other energy healing modality.

Discing is not related to any religion. Nor is it something shrouded in mystery. Our theory is based on Tong Ren healing, which is based on the power of the collective unconscious. When one practices Tong Ren Discing, we do not need to believe in the Tao, God, Buddha or any religious system. There is no need to ask for help from any spirit or angel. We only have to believe that we have natural instinctive healing energy, which everyone is born with. Our instinct to heal is stored in our mind, whereas the healing power of the collective unconsciousness exists in the universe. Psychic healers are not the privileged ones with the special ability to heal – all living organisms are born with this instinctive healing power.

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Tong Ren healing is only one part of the Tom Tam Healing System. The points which we use to treat cancer can be employed while using other methods of stimulation. If a person does not like using Tong Ren, they may apply the same theory and points to acupuncture, Tui Na, Chi Gong healing, Shiatsu, massage, energy healing, etc. Yet, in my own experience, the most powerful and effective technique for healing cancer is Tong Ren rather than using other ways of stimulation onto the same set of points. Other healing modalities can be combined with Tong Ren Therapy to treat cancer. Very often, using Tui Na or acupuncture combined with Tong Ren makes opening of the blockages easier. Most acupuncturists have a hard time believing that Tong Ren is more powerful than the use of acupuncture needles for treating cancer. In fact, Tong Ren Therapy has successfully healed many cancer cases, whereas there has not been any report about cancers having been cured by the exclusive use of acupuncture.

There is no doubt that energy healing without mechanical stimulation can be used to treat cancer. We frequently see reports about people having been cured this way in the

media. In China, many studies have reported that Chi Gong healing has cured some cancers. In the West, we know that faith healing, energy healing or religious healing have cured some cancers.

Tong Ren healing is a form of energy healing. Its power comes from the collective unconscious, which is based on the belief of a group of people. Tong Ren's credibility is built on the experience of countless positive healing results. As a new patient hears more successful healing reports from others, they become more confident and in turn this will lead to better healing results.

It is a personal choice whether a cancer patient decides to choose chemotherapy, radiation, herbs, minerals, energy healing or other alternative therapies. Tong Ren healing does not interfere with other healing modalities. We never advise any cancer patient to stop another healing modality in order to follow ours. A patient has the right to choose any modality or combination of healing modalities.

Tom Tam

