

Tong Ren Healing



Tong Ren Healing Classes

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The research and educational arm of Tong Ren Healing



Tong Ren Healing class in Quincy, MA



Tong Ren Healing class in Beijing, China



Tong Ren Healing class in British Columbia, Canada

INTRODUCTION

Tong Ren Energy Healing

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi", the subtle bioelectricity we need to maintain the health of every cell and organ in our body. Tong Ren seeks to release these blockages, restoring the body's natural ability to heal itself, even when illnesses are chronic, debilitating or otherwise untreatable. Combining Western medical science with ancient Eastern insights into life force or chi energy, Tong Ren employs the human body's natural tendency toward harmony with its original healthy universal synchronistic energy patterns.

Background

Tong Ren was developed in the 1990s by acupuncturist, Chi Gong teacher and healer Tom Tam when one of his Tui Na students suddenly developed sciatic nerve pain. He did not have any available sterile acupuncture needles to treat her, so he took two new ones that had not yet been sterilized, drew a picture of the human body and put the needles in the points on the picture used to treat sciatic pain. Within a minute her pain started to disappear. This gave him the idea to incorporate this method of directing energy into his distance healing practice and research. He has modified the technique so that it may be used by anyone. He has since used this type of healing on thousands of patients in the US and abroad who present with a wide range of ailments - from cancers to MS, and from arthritis to weight loss - with excitingly positive results. He has taught many classes sharing this healing technique with others, and has seen the spread of Tong Ren practitioners globally. This rapid growth is driven by the satisfaction of the many Tong Ren patients who have experienced healing or improvements in their health.

Tong Ren Methodology

Tong Ren methodology is based on the idea that all bodies have a natural ability to heal as long as energy flows without resistance. It combines important elements of Western medical anatomy and physiology with an understanding of Chinese energy medicine. The Tong Ren practitioner sends healing energy to the blockage points in patients, guided by an understanding of Western medicine's map of the human nervous system pathways plus Chinese acupuncture points and meridians. The healing energy itself comes from an unconscious universal commonality, frequently referred to by Carl Jung and others as the collective unconscious. No touching or

physical contact is required to transmit the energy. Ongoing discoveries in quantum mechanics and particle physics offer a promising approach toward a better scientific understanding of this phenomenon, in which the patient heals by resynchronizing with collective human healthy information patterns.

Tong Ren practitioners depend on the patient's doctor to diagnose the illness, and rely on the doctor's medical tests for objective evidence of progress. Tong Ren provides an additional, complementary pathway to health. Tong Ren practitioners do not diagnose, prescribe, promise cures or interfere with traditional medical advice.

A Tong Ren Healing Session

In a typical healing session, the Tong Ren practitioner rhythmically taps a lightweight magnetic hammer on an acupuncture figurine, selecting points where the patient has bioelectric blockages common to their specific ailment(s). The use of the acupuncture doll focuses the practitioner's intention and creates a link between the subconscious mind of the practitioner and the blockage points on the patient's body. This connection then enables the diseased cells and organs to heal by restoring the original flow of "chi energy", and allowing them to re-harmonize with the universal healthy information patterns in the larger collective unconscious. Tong Ren practitioners work with patients many ways: in group class settings, one on one, or by live classes via the Internet. In serious cases, working with Tong Ren more frequently speeds its impact.

Positive Results

Tong Ren patients are seeing wonderful results as they incorporate Tong Ren into their healing regimen. For instance, patients with painful arthritis or diabetic neuropathy find their symptoms lessened; people with MS or stroke have been seen to regain strength and range of motion. People with stage 3 and 4 cancers are experiencing remarkable reversals. Hundreds of different health conditions are responsive to the healing energy delivered by the Tong Ren approach. *(Please see testimonials beginning on p. 24)*

This Brochure

In this brochure you will find more information to help you understand Tong Ren Healing, including Questions and Answers, an overview by Dr. William Daly, Western Medicine Advisor to the OCIFRF Board, and testimonials from people who experienced the healing benefits. Please visit www.tongrenstation.com or www.tomtam.com for class schedules and online classes.

QUESTIONS AND ANSWERS

What are Tong Ren Healing classes?

Tong Ren Healing classes are group healing sessions using Tong Ren therapy. These classes currently are held in more than 100 locations worldwide, and range in size from a few people to more than 100 people. The patients are seated facing a Tong Ren therapist or group of therapists. There is an interactive dialog with each patient to learn about the patient's diagnosis and condition. The lead therapist then determines the treatment points to be addressed for the patient, and the focused energy of the group accesses the collective unconscious, directing energy to the treatment points. Patient contact and close proximity to the patient are not required. During each patient's therapy, the patient will be asked for his or her current condition and any sensations he/she may feel. The length of time that treatment is directed to each patient is determined by the lead therapist. Most group classes are an hour in duration.

In Tong Ren Healing classes, the healing energy does not come from the therapist alone. The core premise of Tong Ren Healing is that chi energy exists in the universe and can be used to attain healing. This universal chi is accessed through the collective unconscious. (Please see Dr. William Daly's overview beginning on page 17 for more information on the collective unconscious and psychologist Carl Jung). The practitioner's belief in the effectiveness of Tong Ren methodology is a key element enabling the practitioner to function as a conduit for the collective unconscious energy. Many practitioners have had personal experience with the successful use of Tong Ren as a part of their own healing regimen (or that of a family member).

Tong Ren Healing classes were originally started to treat cancer patients; now anyone with any ailment/disease can attend these classes. Of the seriously ill people who have attended classes during the last three years, more than 90 percent are alive and remain hopeful. Many of the patients who 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 the difference between Tong Ren and other forms of 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 illness. Each physical or psychological problem is related to a blockage. There is no mystery and no religion associated with Tong Ren. 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. Opening the blockage differs from other energy healing, in both Western and Eastern systems. Tong Ren methodology seeks the neurological, vascular, hormonal, chemical and electrical roots of various problems (causes) in addition to treating the problem where it occurs (effects), creating an intricate and powerful method of healing.

What is Chi?

Chi or “Qi” is also known as the life force, or the energy inherent in all things. Chi 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 bio-electricity, which is essential for maintaining healthy nerve impulses that are required for nourishing cells so they can self-repair. In Tong Ren Healing classes, 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. Tong Ren is not Chi Gong healing. The Tong Ren practitioner is not using his/her personal chi, but rather the chi of the collective unconscious.

How does Tong Ren Healing use chi?

Universal chi is accessed through the collective unconscious. Tong Ren practitioners act as conduits to guide the healing chi energy of the collective unconscious past the blockages in the patient, so the chi can produce healing by nurturing the body back to its healthy homeostasis state.

Based on Tom Tam’s twenty plus years of clinical experience and practice, we believe that as the number of practitioners around the world has increased, the capacity or “width” of this conduit has also increased, because the healing power seems to be growing all the time.

Our confidence grows through observing the positive results seen in hundreds of people as they heal from serious illnesses by practicing Tong Ren.

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 bio-electricity) of the chi to release blockages more effectively.

Can Tong Ren Healing classes really cure my problem?

Results of any healing modality are never guaranteed. However, we often see symptomatic improvement with patients during healing classes. They feel a “release” and say they feel that they are “getting better.” Medical tests frequently show healing and over time, the vast majority of patients have reported significant improvements.

There are patients who have been diagnosed with cancer yet do not feel any discomfort and generally enjoy their life. Many people report that after they attend Tong Ren Healing classes, the cancer is gone according to medical tests, but the doctor will often want the patient to continue chemotherapy or radiation. That decision should be made by the patient and doctor.

How do patients know that Tong Ren healing is helping?

In some cases, patients can feel their physical or psychological symptoms improve during the class, particularly lower back pain, arthritis, or a stiff neck. Illnesses such as diabetes, infertility, hepatitis, leukemia, anemia, and H.I.V. require blood tests to demonstrate the benefit of Tong Ren healing. Other conditions - tumors, broken bones, kidney stones, and cirrhoses - need an x-ray, CT scan or MRI to show internal changes. Patients who need proof of the benefits or healing results of Tong Ren treatments should see their medical doctor, not the Tong Ren healer.

Some patients can tell themselves when their condition has improved, especially with weight loss and weight gain, insomnia, shortness of breath, depression, asthma, diarrhea. In some cases the symptoms may come from the side affect of drugs, in which case the patient should to talk to the doctor who described the drug for possible adjustment of the medication.

Patients who want to evaluate Tong Ren’s effect on their condition should see their doctor who has the professional knowledge and modern equipment for the necessary tests.

Should I tell my doctor that I am in a Tong Ren Healing 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 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 at this time 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.

You are welcome to use our "Dear Doctor Letter" to introduce Tong Ren to your physicians. You may download this letter from www.ocihealingresearchfoundation.org.

Should I keep taking my medication after I join a 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 their 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. They are advised to 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 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. While it is not a support group, many people like to share their stories. Many people arrive early to talk with others, or stay afterward 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 decline the energy treatment. Many 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. Sometimes people cry in an emotional release, and afterwards most can feel how much has been released.

Some breast cancer patients in the classes have felt their tumors shrink, soften or disappear.

Is 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 feel tired. In fact, this fatigue is a result of relaxation and the healing response. 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 and the practitioners are not susceptible to 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.

Some cases cannot be diagnosed by medical doctors; should these people still come to a class?

Anyone can come to a Tong Ren class. Very often diseases cannot be diagnosed by doctors. They are idiopathic, i.e. there is no known cause for a patient's symptoms. In some cases it is because

modern medicine is still limited in its techniques and ability and knowledge for diagnosing. With Tong Ren healing, for this type of case we treat for the blockage or “ouch point” which can release the symptoms or open the blockage. But treating such cases does not mean that a patient can get a diagnosis from the Tong Ren practitioner. Diagnosing is done by medical doctors. Tong Ren healing is only a technique for healing; it is never a way to diagnose.

Many alternative medicine healers, including TCM practitioners, diagnose using their own techniques and then integrate Tong Ren into their healing system. Other energy healers, including Chi Gong healers, dowsing healers, Reiki healers and psychic healers, also follow their own system of diagnosis, but use Tong Ren as a complementary method for healing.

Tong Ren healing only follows the western medical diagnosis. Sometimes we have patients in our classes who have never seen a doctor for their problem. In such cases, we ask the patient to describe the symptoms or syndrome and we work from that. However, a diagnosis from a medical doctor may make Tong Ren healing more effective.

Is Tong Ren Healing of interest for any medical studies?

We look forward to collaborating with research partners to undertake studies in Tong Ren healing. But it is still new to the world's media and they hardly know that we exist or what we are doing. A pilot investigation survey study on Tong Ren Healing was undertaken by researchers at the University of Virginia, Dana Farber Cancer Institute and Harvard Medical School. They collected 265 cases of Tong Ren Healing and studied the results. The first research report was published in a medical journal in December, 2008. Fox News reported on this research project in July of 2007. Future research projects under consideration include cancer, sleep apnea, HIV/AIDS and neurological problems. We welcome and invite discussion with potential research partners.

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

Anyone can participate in the class. Chinese healing theory believes that the best healer heals the disease before it presents itself. In the Tong Ren Healing class, the basic theory is to draw the healing power from the collective unconscious. When people sit in the class, they become part of the energy field of the collective unconscious of Tong Ren healing. During the class, everyone benefits from the energy.

When the patient is healed, should the patient continue to come to classes?

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. With cancer for instance, 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 Ton Ren Healing classes, even if the patient comes only once in a while.

Often in a healing class, patients are healed according to the doctor's test results and don't come back to class until there is a reoccurrence. Other patients come back to learn Tong Ren and to participate in the healing class as practitioners.

How much do you charge for Tong Ren Healing classes?

It is a strange phenomenon. So far, no societal group supports our healing class spiritually or financially. However, our classes continue to expand, growing stronger and larger. Now we are known internationally. None of our Tong Ren Healing classes are commercially run for income. Most Tong Ren healers and helpers who run the classes do not earn money or receive a salary; they volunteer for the pleasure of using a healing art that saves lives. In fact, most Tong Ren practitioners and helpers in the class donate their time and pay their own travel expenses.

Each of our healing locations needs money for maintenance so we ask for a small voluntary donation. People wonder how our classes continue to run, but we never doubt, and confidently believe that the collective unconscious is an unlimited source. Patients' donations will keep these classes expanding throughout the world.

If someone cannot come to a class, what can you do to help?

There are many ways to heal when the patient is ready for our Tong Ren treatment. Tong Ren Healing is not limited by distance. We offer long-distance healing as well as Internet healing in several languages for people who find it difficult to attend classes. Information about webcasts and long-distance conference calls can be found on the inside back cover of this brochure.

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. We only receive that to which we are open.

In Tong Ren Healing classes, patients and Tong Ren practitioners are not required to practice Chi Gong or Tai Chi. However if anyone chooses to, these practices may provide additional benefits.

Does Tong Ren benefit late stage cancer patients?

In Tong Ren 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 Tong Ren Healing class, most cancer patients are at stage 3 or 4. When cancer patients are in the early stages, they tend to seek traditional therapies. Most early stage cancer patients only seek traditional Western healing. When medical doctors give up and tell their patient their case is hopeless, a patient is more likely to seek a nontraditional method of healing.

Any illness discovered early is easier to heal. But no matter what the stage, after a Tong Ren Healing class a patient 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 that body functions improve. During some of our classes, some patients become symptom-free. We have seen many difficult cases in our Tong Ren Healing classes where the patients become symptom-free or tumor-free. It looks like 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 extended 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 each individual must answer. Every patient in our class has free will.

Is Tong Ren therapy the same as Chi Gong healing?

Tong Ren Healing 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 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 Dantien, which is located in the lower abdomen. Chi Gong healers need to build up their chi to fill up their Dantien before the healing. If the healer's Dantien 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 Dantien 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, the chi still comes only from the practitioner's Dantien. 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 Dantien, but rather from the strong power of belief that has been stored in the collective unconscious. The strong power of belief is established from thousands of cases of amazing healings, not by brainwashing or blind following.

During Chi Gong healing or practice, the healer's mind needs intense focusing, which is from their consciousness. A Tong Ren therapist's mind never needs focusing from the conscious mind. The focus is already established in the subconscious mind of the Tong Ren practitioner.

The chi of Tong Ren is from the collective unconscious, which is multi-dimensional. This collective unconscious energy is the merger of many individual's unconscious energy field. 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 conscious.

How can I get the most out of a Tong Ren Healing class?

Patients are advised to attend class weekly, or if that is not possible, at least once a month, even if their disease has gone into remission or disappeared. Initially, very sick people sometimes attend two or three classes weekly. Getting "recharged" with chi regularly keeps the "engine" of your body tuned-up. Other ways to keep up with Tong Ren Healing are:

1. Use the acupuncture model/doll daily, if only for five minutes.

2. Speak with others in Tong Ren Healing classes; support 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 Tong Ren Healing classes. 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?

No, in fact several energy healing modalities, including Tong Ren, have been used to alleviate the negative side effects of chemo and radiation. There is no need to be afraid that Tong Ren Healing interferes with other therapies. A report from Harvard Medical School shows 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 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. (Newsletter from M. D. Anderson Cancer Center 03/08/04)

In China, the most popular way to treat cancer is with 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 methods. 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.

How often can I use Tong Ren for healing?

Our Tong Ren Healing classes are held 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 classes, if you want more treatments with Tong Ren Healing, you can talk to the students or instructor in the class; they are willing to help all those who want our help.

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 often as you like, even daily.

Besides cancer, what other diseases can Tong Ren heal?

The original idea for Tong Ren Healing classes was to heal cancer and help people who suffer from chemotherapy and radiation. However, many people now come to classes to heal many other types of difficult diseases. Of course, we do not refuse any patient suffering from an illness who wants to join a healing class. The majority of patients who come to classes have challenging health problems, such as Parkinson's disease, Lyme disease, Multiple Sclerosis, Rheumatoid Arthritis, Retinitis Pigmentosa, Emphysema, Diabetes, IBS, HIV/AIDS, heart palpitations, as well as many different types of cancer. These patients have tried many ways of healing without success before they attended Tong Ren Healing classes. So far it is unusual for people to try Tong Ren Healing classes 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 307 difficult conditions. In practice, the healing range is much wider and not limited to these conditions. According to the Tom Tam Healing System, understanding the root cause of the disease is the key to healing, and the biggest difference between this and 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 Tong Ren Healing?

Anyone can learn Tong Ren Healing with or without any prior knowledge and it is very easy to learn. Most students learned Tong Ren Healing from being patients. If you are interested in learning, 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 medical science?

Tong Ren Healing needs to be studied by scientists to verify our healing success. Tong Ren Healing theory is based on medical and scientific information. The study of science requires hefty financial support. This is not in our practitioner's area of expertise.

According to modern medicine, each organ has three functions: the mechanical function, chemical function and electrical function. In terms of healing, people 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 bioelectrical 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 pay attention only 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 almost always are 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 pills, or liquid. In fact, in the entire history of the west and east, people put most of their 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 for sickness. To heal the disease, we need to open the blockage which caused the impulse or bioelectricity to be out of balance.

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 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.

This subconscious connection allows entrainment of the diseased organ back to the healthy bioelectrical signals and the vast healing energy of the larger collective unconscious. This occurs with no physical contact, and even works with patients at a distance. Health is usually restored, if the conscious mind does not interfere. The identity of the individual practitioner is immaterial, because the healing power does not come from that practitioner, but rather from the collectively evolving milieu.

Does Tong Ren heal by the power of suggestion?

Tong Ren Healing is absolutely not based on the power of suggestion, as demonstrated by healing babies, autistic children and patients who are unconscious. We also have treated animals successfully. It is tempting to call some healing the result of the power of suggestion when people cannot explain the healing method. Also, Tong Ren Healing rates seem much higher than could possibly be expected from the power of suggestion alone.

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. Tapping the doll with the hammer, and putting the laser beam on the meridian point or blockage on the doll, are the ways the Tong Ren therapists connect with the healing collective unconscious.

Some patients don't want to try Tong Ren Healing because they assume it is simply the power of suggestion. But many of them want to try this healing when they have lost their hope in other healing techniques. If the treatment has a chance to heal the problem, why not try it? In fact, the hypnotist and psychologist always use the power of suggestion 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 classes?

We are not involved in brainwashing. The mind is free, and belief is an individual choice. We respect everyone's belief. We encourage anyone interested in what we are doing to come and share in our knowledge. The first time people come to a class, most don't believe in what is happening because they do not have any information about it. But after the first class, many new people begin asking questions. The best way to understand the healing method and results is to speak with the patients in the class. They can tell you from personal experience how they have benefitted from Tong Ren, better even than students or practitioners.

Does Tong Ren work on animals?

Tong Ren energy can help any type of animal. It works equally well in long distance and close contact healing. Many long distance callers like to put their phone on speaker and have reported that their dogs, cats, horses and birds get very quiet and pay close attention to the phone. It is not necessary to have a speaker phone. Energy travels directly to the animal just as energy travels through unseen forces in electromagnetic fields.

A person who calls has a connection to their own animals' energy, so it is easy to contact the animal through this channel, and that is how they are accessed for healing.

What kind of animal diseases can Tong Ren help?

Many animals have cancer, and the cancer rate in dogs and cats is particularly high. But other diseases such as arthritis, lameness, Lyme disease, diabetes, Cushing's disease, kidney and urinary problems can be treated. Animals with emotional or behavioral issues can also benefit.

Animals are good patients. They readily absorb the Tong Ren energy because animals never doubt or resist the treatments as humans sometimes do.

Do you have a Tong Ren Healing class for animals?

Yes, we do. Our Tong Ren Healing class for animal healing is becoming more popular. Many of the animals cannot physically be brought to the class location. If this is the case, we can use long distance healing over the phone or use a photograph for the treatment.

We advise people not to bring animals or pets to the human Tong Ren Healing class because some patients may be sensitive to the animal if they have problems with allergies.

How can we know if the animal benefited from the healing?

It is usually obvious from the animal's behavior. Sometimes the opinion of a veterinarian is needed as proof. Yet, in some cases we can be aware of the change simply by observation.

In the practice of Tong Ren, an animal heals more easily and quickly than a human, because its energy and mind are more pure and natural, and it doesn't question what is happening.

Do I need a special doll for the animals?

No, it is not necessary. The points that we use for healing animals are on the regular Tong Ren doll.

Do I use the same formulas for animals as for people?

Animals have many of the same illnesses as people. Arthritis, for example, is very common in dogs and cats, so we would use the same points we use for a person with arthritis. Some illnesses are exclusive to breeds, and there are protocols that we use and modify for these illnesses. For Feline Leukemia, or FIC, we would follow the same protocol we used for AIDS. Eventually we will have a Tong Ren Healing book for animals.

OVERVIEW OF TONG REN ENERGY HEALING

Tong Ren is a highly targeted method of directing healing energy to the body. It can achieve extraordinary results by combining complementary elements of Western and Eastern medicine, and is spreading rapidly throughout the world. Its popularity is driven by success at healing or controlling cancers and other debilitating conditions that have not responded to traditional Western medicine or Eastern therapies.

Western medical science has developed sophisticated understandings of anatomy, physiology, neurology, biochemistry and cell function. We understand that the health of each organ in the body requires a supply of nutrients, which are mostly transported by blood circulation. Many organs require hormonal stimulation to function normally, and other organs become diseased if they stop receiving ongoing electrical and chemical stimulation via the nervous system. We cannot see any of these functions with the naked eye, so in recent years Western science has developed tools to estimate some of these mechanisms. But no one understands the cause of many serious illnesses, including most cancers, degenerative diseases and autoimmune diseases. And most of these have no cure.

Eastern medicine understands that the body requires a continuous supply of an additional form of energy to remain healthy. Each organ needs a natural flow of electrical signals, and blockage of that necessary bioelectric impulse leads to disease. We have not yet developed tools to measure this energy, but many people are able to feel its effects and studies are beginning to show its healing power.

East and West have contradictory but complementary understandings of the body, of the mind and of healing. Neither approach is adequate alone, as evidenced by many incurable diseases. Both are necessary components of a healing system to treat all aspects of the whole person, and allow the body to heal or cure those same illnesses. Tong Ren incorporates Western science with Eastern wisdom, but is not simply the sum of two sciences. Its healing power grows a quantum leap by harnessing another natural tendency we have all observed in nature: Synchronicity. The animal kingdom demonstrates a capacity we share. The perfectly synchronized movements of birds flying in a flock, or fish swimming in a school are not coordinated by the usual senses of sight, sound, smell, feel or taste -- but rather by "brainwave entrainment" with an instinctive commonality. They move in perfect harmony because

each is connected with the brainwave energy and patterns of the group. A natural propensity toward synchronization is even seen in non-biologic systems, such as two pendulum clocks side-by-side on a wall gradually moving into harmony. The human brain has a Frequency Following Response, tending to change its dominant electroencephalogram patterns toward the frequency of external stimuli. Several studies have demonstrated a strong tendency for brainwaves of meditating people to synchronize with each other, with no sensory contact.

Dr. Carl Jung, Pierre Teilhard de Chardin, Ervin Laszlo, Gary Zukav and others have described the evolving development of a subconscious human connectedness, like a global spirit or brain. As an anthropologist, Teilhard traced the natural evolution of life on earth from the development of cells, then plants, through animal and finally human form. This visible biologic evolution then progressed to internal intellectual development, and now finally to globally evolving organization on the level of spirit-energy. We are all part of this upward spiral of organization, regardless of our awareness. In Tong Ren Therapy we tap into this vast reserve of healthy bioelectrical patterns and health-sustaining energy. We then use the natural tendency toward synchronicity to bring diseased organs back into harmony with the healthy bioelectric patterns of Tong Ren practitioners, and even more importantly into entrainment with the more powerful global brain.

Eastern medicine understands that the body has a natural tendency to heal, but requires the normal supply of nutrients and stimuli noted above. This suggests that many cancers and other debilitating illnesses occur because a blockage prevents flow of health-sustaining bioelectric signals. Tong Ren practitioners work to remove these blockages, and restore the normal flow of nurturing and healing energy. They use an acupuncture figurine as a tool. They apply energy to particular points on this anatomic model with a lightweight magnetic hammer or other methods, focusing their conscious mind on locations corresponding to the patient's blockages. Their rhythmic and habitual tapping produces a connection between the subconscious of the practitioner and the corresponding locations on the patient's body to open the blockages. This subconscious connection creates a conduit, drawing the diseased organ back into entrainment with the healthy bioelectrical signals and vast healing energy of the global collective unconscious. Health is usually restored, if the conscious mind does not reject or block the process. The identity of the individual practitioner is immaterial, because the healing power does not come from that practitioner, but rather from the collectively evolving milieu.

Imagine the Tong Ren practitioner as a piano tuner. The tuner's hammer strikes piano wires of errant pitch, so they may be adjusted back into harmony with the healthy collective frequencies. The actual retensioning of the cords is accomplished not by the individual tapper, but by the energy in an unseen chorus of experts. The accepting recipient feels energetic change, and then the medical tests usually improve. Most Tong Ren practitioners have themselves been healed, or have healed loved ones in this manner. Such healing is a powerful yet humbling experience. Practitioners happily welcome people with illnesses incurable by traditional Western or Eastern medicine. They simply act as a conduit for the healing frequencies and power of the Collective. They are rewarded by the joy and comfort of the healed.

Energy healing is most effective if we are receptive and accepting of that energy on a core level. Many people desperately want to heal but are not able to relax into such acceptance, because it lies outside of their understanding of reality. Preconceptions may prevent them from benefiting from any form of energy healing, but if we can help them "see" beyond their five senses, they may be able to open their hearts and accept healing energy. Many ancient cultures had that insight, and some contemporary scientists and philosophers are working toward that vision.

Throughout human history "everyone knew" that the sun and stars revolved around the earth -- until about 400 years ago, when we developed tools to see beyond our assumptions. We can never see gravity, other forms of energy or other levels of reality, but we can certainly measure their effects. Discoveries in quantum mechanics and particle physics indicate that the reality we experience in three-dimensional space and time is only one relatively small and transient domain of reality. There are other aspects of reality which we cannot see with our five senses, and these domains underlie and interact with the realm we experience. In this new vision of multiple interconnected domains of reality, our cognitive and spiritual energies interact with an underlying universal energy field, which is inherently organized and naturally healthy. Illness occurs when our body becomes uncoupled or "blocked" from these deeper levels of reality. There is a fundamental coherence in the universe that is enduring in time which we experience as synchronicity. If we provide a conduit for our manifest reality to reconnect and re-synchronize with the original underlying but unobservable energies and domains of reality, we then bring our three-dimensional space-time "diseased reality" back into harmony with original natural "healthy reality". Physicist Dr. William Tiller and others have produced models and replicable scientific evidence that

we can, in fact, change our physical reality through human intention to invoke such coherence.¹ Ervin Laszlo adds historical and global insights into improving ourselves and our world through similarly enhanced understanding and vision of reality.

The practice of Tong Ren is spreading rapidly, and it is now available in at least 24 of the United States, and at least 15 countries. A medical study was published in 2008, evaluating the effect of Tong Ren on 265 patients at 7 different sites in Massachusetts and Connecticut with cancer, autoimmune, endocrine, musculoskeletal and other disorders. 89% of patients responded positively to the Tong Ren Therapy, including healing of numerous cancers and other serious illnesses. Please take a moment to review *The Tong Ren Healing Method: A Survey Study – AM Sullivan, S Bauer-Wu, M Miovic - Complementary Health Practice Review*, 2008, <http://chp.sagepub.com/cgi/content/abstract/14/1/19>.

Traditional Western medicine physicians and researchers are demonstrating increasing interest in Tong Ren, and Healing Classes are now being held in some traditional Western medical facilities. Scientific studies to demonstrate the effectiveness of Tong Ren are in development.

TCM practitioner Tom Tam has been developing Tong Ren Healing for more than 25 years, and he continues its evolution. Tom is a healer, acupuncturist, Chi Gong and Tai Chi expert, writer and poet living in Boston, Massachusetts. Tom has used Tong Ren to heal thousands of patients, and has trained hundreds of practitioners who share this healing method around the world. Tong Ren is a Complementary therapy, rather than an alternative to traditional medical care. Tong Ren practitioners depend on the patient's physician to diagnose the cause of an illness. They do not practice medicine; they do not diagnose, prescribe, interfere with traditional medical advice, or promise a cure. They DO invite each patient to synchrony with healthy universal energy, and thereby restore health by healing or stabilizing an ailment. Tong Ren Therapy opens new horizons for medical professionals and other healers, and for anyone hoping to return to health.

William C. Daly, M.D. November 2010
Western Medicine Advisor to the Board, OCIHRF

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GETTING IN TOUCH WITH A COMPLETE REVOLUTION IN ACUPUNCTURE

My name is Giovanni Cellerini and I am an Italian sports medicine physician with 35 years of experience as a practitioner in the Italian health care sector.

I've had a strong interest in acupuncture since the beginning of my career. I found it an interesting way to respond to health issues without the use of medicines that are often badly tolerated by patients or whose prolonged use can lead to serious side effects. The encouraging results in my family practice inspired me to continue my studies in this field and to search for a type of acupuncture to treat cases in the most effective and rapid way.

I came across the work of Tom Tam in 2008 and found his studies very interesting. Using an acupuncture doll to reproduce the health state of a patient was a revelation that I wanted to study in more depth. In Tong Ren the acupuncture doll is a hologram, i.e. a microsystem which is not located inside but outside the patient, and the relation between it and the patient to be healed is to be found in the collective unconscious.

After thoroughly reading Tom's publications I was challenged by a case for which the only solution seemed to be his technique. It was a case of Hashimoto's thyroiditis in which the patient could not tolerate even the smallest doses of regular medicines. So I began to do Tong Ren. As soon as I tapped on the doll, I realized that the patient could perceive a certain stimulus on the point that I was treating. I continued Tong Ren and in 6 months the values of the antiglobulin and thyroid peroxidase antibodies were back to normal levels. My colleagues who had followed the case from the very beginning were astonished since they don't usually decrease, and when they do it happens very slowly, usually over a period of two years from the thyroiditis treatment. The patient's quality of life also improved as she felt much better, and with a stable blood pressure she was able to carry on activities that she could only dream about when we first met.

After this experience I decided that I needed to know more about this revolutionary therapy and I travelled to Boston in March 2010 to get directly in touch with Tom. After I participated in my first Tong Ren healing class I realized that my background in acupuncture and Chinese traditional medicine was only a tiny part of

the big world that I could investigate through Tong Ren. I decided to continue practicing Tong Ren as a preferential healing treatment.

My practice is now becoming one of the most important Italian centers for this kind of healing method. Working with Ms Nadia Giuntini, whose extensive knowledge of Tui Na has been a great complementary therapy, I treat about 150 people per week and promote Tong Ren through seminars I present at some of the most important universities and healing centers in Italy.

I have found Tong Ren to be very effective in healing such heart pathologies as paroxysmal supraventricular tachycardia and fibrillation. Indeed the most astonishing first result was the disappearance of left bundle branch block after only three sessions.

Our success treating infertility has been astonishing. A 37 year-old woman with a 3 year-long case of amenorrhea became pregnant and gave birth to a healthy 4 kg baby boy. Another patient who should have been one of the biggest challenges turned out to be one of the greatest successes. A woman with closed fallopian tubes came to me seeking help in relaxing before a second round artificial insemination. As I treated her I began to think about how to open the fallopian tubes and I started to work on that basis to increase her fertility.

After the fifth session I felt from her pulse that something had changed and although the menstrual cycle was not re-established I asked for a pregnancy test. To my patient's astonishment my diagnosis was confirmed. She is now in her 5th month of pregnancy and all indicators are for a positive outcome. Tong Ren treatment is now becoming very popular nationwide as more infertile women come to me for healing. We are also seeing some success treating endometriosis.

After 5 months treating a 40 year-old stroke victim with Tong Ren, acupuncture and Tui Na, the patient is now able to talk, to read the newspaper, to move the shoulder and walk more easily than he had in the 13 months since he had the stroke.

Another case involved a dyslexic 9 year-old child who got headaches whenever she tried to read even short sentences. After receiving Tong Ren treatments she was able to read a 600-page book. Other important results were achieved in the treatment of gastric ulcers, hiatal hernias, obesity, asthma and allergies.

The results we have collected in this first year of working with Tong Ren healing are so interesting that we are communicating our experience to colleagues in Italy and are taking part in seminars and university classes. We now have 25 physicians and practitioners working with Tong Ren in Italy. I strongly believe that this healing method will become popular nationwide in Italy in a few years.

Tong Ren helps you to improve the quality of life of patients and to resolve many emergencies. In my own experience I can honestly state that Tong Ren is the most powerful healing experience existing today.

TESTIMONIALS FROM TONG REN HEALING CLASSES

Mary Comeau

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 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 continued to see Tom about once a month, and my husband and I also attended the weekly "Tong Ren healing" 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.

Cancer is difficult to treat after a third recurrence so Tom thought that collective energy must be used to heal Mary's cancer the third time. She was the first one in Tom's class to use collective energy and hers was the first successful case of healing. She is now in her tenth 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 experienced a very joyful and active life and is still cancer-free and driving at 85 years of age.

When one is being healed, he or she should help others; this is our moral and purpose in life. Each winter and spring, Mary and her husband drive to Florida and set up a Tong Ren Healing class there to heal the public. She also heals people over the phone for Quincy Tong Ren Healing class patients who need extra help.

Hilary Bender

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 Tong Ren Healing cancer group in Quincy. He agreed: no surgery, no chemo, and I began weekly treatments with him. Now, nine years later and at age 80, 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, Ph.D., Th.D. is professor emeritus at Boston University, and a member of the faculty at the

Massachusetts School of Professional Psychology where he teaches research and existential-humanistic psychology.

More than 10,000 people have participated in Tong Ren healing classes since the first one was held in Quincy in February 2000. Dr. Bender is one of many people who regularly attend the weekly classes. He has observed the successful healing of more than a thousand people and has witnessed the whole progression of the Tong Ren healing class. His personal testimonial is a great example of the healing success of Tong Ren therapy, and demonstrates that the concept and theory of our healing energy does not conflict with his studies and beliefs. He believes that forming a collective unconscious can heal many problems, and create the so-called "miracle."

Faye Orłowski

My story begins in September 2009 with an emergency gynecological biopsy to check for uterine cancer. The gynecologist told me if the test proved positive, she hoped I would be able to be treated *without* surgery, since my weight did not make me a good surgical candidate. When she called six days later to confirm the bad news and to refer me to oncology for surgical staging, I knew I would *not* be going under the knife, not after what she had just said about my weight. Instead, as I searched through my bookcase full of healing books, audiotapes and CD's, the Tong Ren Healing pamphlet popped out.

This pamphlet was given to me two years earlier during an (OA) Overeater's Anonymous weight management class in Quincy. I dropped my cane, which I had been using since 2005 when both osteoarthritic knees were initially diagnosed, and they had progressively deteriorated. Back then I was told that with weight management and proper exercise, I might be able to extend the time prior to that dreaded, inevitable, double-knee replacement surgery. The woman who gave me this brochure told me that her own MS diagnosis had benefited from Tong Ren, and she thought I might also experience some level of success with my knees. It all sounded a bit too "*new age-y.*" I'd studied alternative healing modalities and as a massage therapist was abundantly aware of all the junk therapies out there. Banging a plastic doll with a magnetic hammer seemed like it was right up there. It sounded like fun, but I was not in the mood. Nevertheless, I purposefully stashed the pamphlet away and forgot about it for the next two years.

On Wednesday, September 16th, 2009 I arrived at the Tom Tam Healing Center at 4pm. Tom took one look at me and said, "You come at 3 o'clock for weight!" The following week I *did* attend

the Monday weight class and came back for the Wednesday class too. I've been attending both classes ever since. (By the way, after that first general healing class of Tom's, and by the time I got to see the oncologist at Dana Faber, I was convinced that my uterine cancer was already gone. Naturally, the surgeon has other ideas about my cancer and is still insistent on surgery, but I am confident that a biopsy will confirm I am fine, especially since all previous symptoms have disappeared).

During the weight class, we were instructed to eat and drink only when hungry or thirsty and to STOP when full. We were also told to give up anything labeled "diet," especially soft drinks and artificially sweetened products. With a hormone-based cancer, this made perfect sense to me and I had no problem quitting. The only other two requirements were NO DIET and NO EXERCISE. Finally, a philosophy I could live with!

The chi exercises conducted by the Ton Ren therapists actually *tightened* and shrunk my stomach to the point where, a quarter of the way through a typical meal, I was unable to eat any more. This had nothing to do with willpower, since it was a well established fact that I was unaffected by any such bothersome trait.

Within the first fifteen days I dropped 34 pounds. For the first time in years I was hopeful that I would actually *have* a future, because when you can't breathe and can't walk, what sort of future can one expect? Within thirty-three days, I was down 55 pounds. Eating only when hungry I was actually beginning to feel better. Then it was 78 pounds gone within sixty-five days. My energy level increased and I was able to breathe more easily and move without pain for the first time in many years.

My primary care doctor was as excited as I with my results. She had begged me for years to consider gastric by-pass surgery. I complained that it was too dangerous. She assured me that with my present (and still rising) weight the prognosis without surgery was grim. Still, I declined. She eventually was so impressed with my successful weight loss that she said she would definitely be referring patients to Tong Ren.

Within eighty-two days, my total weight loss was an astounding 98 pounds. Of course Tom's response was, "Lazy bum, you couldn't lose another two pounds to make one hundred?!"

To date, I've lost 136 pounds in six months, but as Tom says, "We are still not satisfied. We will keep going." I now have full mobility though I still use the cane when outdoors. Six months ago, I couldn't walk across the street without gasping for air and stopping to rest. I felt as if I had just run a mile. Now I find that walking through the wooded trails and up and down hills at the dog parks and along the beaches is once again a pleasurable experience. My

knees are as strong as they were before the debilitating arthritis and crippling weight. I've also thrown away my inhalers and water pills. I've dropped six clothing sizes and feel like my life is finally back on track. I'm not sure what the future holds, but I do know that Tong Ren will remain an integral part of my life for as long as I'm on this planet.

Tom is right. I am a lazy bum. I'm just another grateful crazy, lazy bum – *blessed* with a cancer diagnosis; otherwise, it would have taken - who knows - how much longer for me to discover Tom Tam's healing genius. Tong Ren has saved my life... and like all the other blessed, humbled, honored bums, Tom has enriched my world. Thank you, Tom. I am just one more.

With Abundant Love and Gratitude to Tom and all Tong Ren Healers....

Kim Davison, Colorado

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 words. "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 Tong Ren Healing 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 and I have suffered from allergies since childbirth (59 years). I can happily report that after one Tong Ren treatment, I've been pill free. I've gone months now without any medications 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 Tong Ren Healing classes in Quincy and 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.

Judith Poole

Dear Tom,

I want to thank you for the incredible improvement in my vital energy after being in the new weight loss energy field with the three dolls giving energy to the acupuncture head while a laser is pointed first at the thyroid and then at the adrenal glands. The first time I experienced this weight loss configuration the laser was aimed one by one at the three Dantiens, ending at the abdomen.

I experienced this treatment for the first time two weeks ago in Quincy. I sat at one of the stations by the dolls for 40 minutes, and was reluctant to move from my seat. I could feel the energy moving internally, affecting the areas that need healing. During that session I lost 3 1/2 inches around my hips.

I am dealing with a number of conditions that result in depleted energy. Impaired kidney function creates fatigue because toxins are not easily cleared from the body and also because of related anemia. Since experiencing this latest Tong Ren treatment my creatinine has improved, dropping from 3.6 to 3.0.

I also have chronic fatigue syndrome with reduced cortisol production, and I am hypothyroid. When I came to Quincy two weeks ago I was still recovering from a bout of Salmonella. If I took 5 mg of cortisol when I woke up at 7 AM, I would be depleted and flat out exhausted by 10 AM. After my Tuesday morning weight loss treatment in Quincy my energy lasted until 4 PM, a dramatic difference. Those initial inches did not stay off at first, but my energy has continued to hold and improve.

Since then I have set up a similar "tea party" in the bureau of my bedroom, and have been to the weight loss class in Medford, Allston, and again in Quincy. The last time I measured, I lost an inch and a half under the bust, and 3 pounds have melted away.

For the first time since mid-July I felt like myself, able to concentrate and be productive again. This is truly miraculous. In mid-July my nephrologist was so concerned about my labs that he wanted me to prepare for dialysis and register for a kidney transplant. When I saw him last week he seemed very pleased with my progress, and expressed his new confidence in my resilience by saying there was no hurry to start dialysis.

I am very thankful to have met you Tom, and have the benefit of your inspired healing methods.

Elaine K. Bly, Omaha, NE

In April of 2005, my life-long friend Rick Kuethe called me from Boston 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 since 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.

In April 2005 Rick started treating me weekly, by phone, 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.

Dale Chandler, Errington, B.C. Canada

In September 2003, I attended a Tong Ren Healing workshop in Nanaimo given by Tom Tam. Part of the training was to participate and observe Tong Ren Healing classes, 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. I 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 we students 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.

Nancy Corbett, Maynard, MA

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.

W.R. Bryant, M.D

In January 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 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 Chinese 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.

Carol Asha

In April 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 a 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 Gehrig's disease). The news was shocking, and I 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 intact. 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 was 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 Tong Ren Healing classes during the week for Tong Ren, so I began attending Tommy Tam’s Monday night class, and having regular Tui Na sessions with Adel.

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.

Kenneth Alan Hadden

I was diagnosed with AIDS in January 1999. Being holistically oriented, I tried everything imaginable to heal from the HIV infection including: Colonic Irrigation, Tibetan Medicine, Naturopathic Medicine, Acupuncture, Macrobiotics, Raw Foods, Yoga, Massage, Prayer/Meditation and Reiki. With all these therapies, I got sicker and sicker, losing thirty pounds and acquiring two opportunistic infections. I made the decision to take the HIV cocktail and soon was back to normal health. The HIV meds had some disturbing side effects, however, such as chronic diarrhea, fatigue, and facial wasting. I continued the HIV meds for the next eight years taking a drug holiday every spring to detoxify from the toxic chemicals in the cocktail and hoping the virus would not proliferate. However, the viral load would sky rocket and my T cells would drop each time, so I resumed the drug therapy.

In late March 2007 I was hospitalized with gall stones. The doctors wanted surgery, I wanted natural healing. A few days later I got my first Tong Ren treatment. After only three minutes of the practitioner tapping on the acupuncture model, I ran to the bathroom and started passing "gall sand" which continued off and on for several days. I believe the "gall sand" was partly due to the residue of taking pills including supplements for many years.

I stopped taking the HIV meds at that time until August of 2008. After 6 months off the meds and doing Tong Ren, my blood work showed stabilization of my immune system (T cells staying the same and the viral load reduced by 50%). After approximately 7 months of going to dozens of Tong Ren healing classes in Eastern, Massachusetts, I also expelled a lung tumor which I didn't know I had until it left! I noticed almost immediately how my mood was enhanced and very stable. However, the overwhelming stress of a series of life changing events created enormous stress and affected my health detrimentally. I was arrested for driving under the influence, spent 33 days in jail, lost my house, car, job, and wound up homeless. I eventually resumed the drug therapy for HIV since my immune system was adversely affected by these stressful events.

My blood sugar had also gone abnormally high during the time I was incarcerated. I was taking diabetes medication at the time which didn't seem to work. About a week into my time at the Essex County House of Correction I began to meditate and prayed on my bunk when I knew Tong Ren Healing classes were being held. During the course of one night my blood sugar went from around 300 to near 100-120 and stayed in the normal range for many months after. I was very grateful and also felt fortunate not to get seriously ill during this time. I did need hernia surgery while I was incarcerated but the giving and receiving of Tong Ren allowed me to heal quickly. Some of the side effects of the Tong Ren are the gradual return of my hair on my head, the healing of erectile dysfunction, and an overall enhanced sense of well being.

I have been practicing and teaching Yoga for over 20 years now, and the theory of Prana is well entrenched in the Yogic teachings. In most ancient cultures, the belief in this Universal energy is part of their collective unconscious. In Japan it's called Ki, in the Hawaiian culture it's called Mana, and in China, it's known as Chi. I learned that there are two aspects of this energy: Prana and prana. Prana (with a capital P) is from the Universe and can influence prana (with a small p) which is our vital life force energy. Also, the Yogic belief system teaches us that Pranayama (breath) can build our vital life force energy. My Guru's teacher, Swami Kripalvanandji, ate very little food for many years and was very fit and even a little "chunky". His spiritual disciplines allowed him to be sustained by Prana almost exclusively. I'm one of many people who don't need to know how Tong Ren works; the results are all the proof most of us need. However, I realize that scientific studies are needed to verify the amazing healings that occur, to validate Tong Ren for the skeptics and to allow Tong Ren to be accepted by the mainstream public. As a Tong Ren practitioner who leads several Tong Ren healing classes in the Boston area, I have witnessed dozens of amazing healings. I am truly grateful for the return of optimal health, which we all deserve.

Lynn McCarcy, Old Lyme, CT

We adopted an 85lb, 10-year-old black lab, Ryder. He was about the sweetest boy we had ever met and instantly fell in love.

Noticing right away that he was having some difficulty urinating, we took him to the vet. After many tests and several doctors, it was determined that he had advanced cancer: prostate,

bladder, urethra and possibly one kidney. The prognosis was certain, life expectancy 2 to 4 weeks.

Not wanting to put him through anything painful or limiting the quality of life he had left, we decided to contact Marcia. Although we lived in another state, Marcia connected with Ryder and began her gentle healing work right away. This method of healing transformed our belief systems and opened our hearts and minds to possibilities.

Six months later Ryder was the healthiest he has been since we got him. His coat is shiny, his energy is bursting, his tail wags constantly and he shares his love with complete trust and abandon! This, I believe, is because of Marcia and the beautiful gift she shares of communication, connection and Tong Ren healing.

These websites have useful information about
Tong Ren Healing:

www.ocihealingresearchfoundation.org

www.tomtam.com

www.tongrenstation.com

The results of the first medical study of
Tong Ren Healing can be found at:

www.ocihealingresearchfoundation.org

The Tong Ren Healing Method:
A Survey Study
by

Amy M. Sullivan, Ed.D
Susan Bauer-Wu, PhD, RN
and Michael Miovic, MD

The OCI Healing Research Foundation

is a non-profit organization established for research, education and the promotion of Tong Ren Energy Healing worldwide in order to develop safer and more cost effective healthcare.

Tong Ren is a powerful healing modality intended to complement traditional medical care. It is not intended to replace it. Tong Ren practitioners, unless they are doctors, cannot medically diagnose, prescribe, promise cures, or interfere with advice from the patient's doctors. You should consult a doctor if you need a medical diagnosis or tests to evaluate changes in your medical condition. People seeking Tong Ren treatments should ensure that their Tong Ren practitioner complies with the guidelines that can be found at: www.i-tap.org/membership_guidelines.shtml