

# Tong Ren Knife Technique

## Background

The technique is based on Tom's research into a technique performed by Kenelm Digby from the early 1600s, a natural philosopher and healer. Digby developed a salve known as powder of sympathy and by applying it not to a wound, but instead on the weapon or instrument that had caused it. By doing so, it he was able to heal those that had been injured.

## Experiment

By applying Digby's theory of healing without touch, Tom experimented on a patient with prostate cancer by waving a chef's knife 12 inches from the patient and immediately he was able to feel a sensation in the area. He later reported his symptoms decreased.

## Theory

By waving the knife in front of the person, it can trigger a person's fight or flight response, which increases the hormones and increases the function of the adrenals. While this occurs, waving the knife can direct the increase of energy and circulation to the areas that are weak or injured. This can address the areas where blockages are inhibiting the natural flow of circulation.

## Application

At first we applied this technique with a knife but we then transitioned to the use of a large baking spatula. We use this technique by waving the spatula 6-12 inches away from the body and starting with the head, moving down the front and/or back of the person to stimulate the areas that are affected by the blockages. We can do this for 5-10 minutes.

## Revised Application (March 2017)

We have begun using the edge of the knife and tapping physically on the patient, starting on the side of the neck to the upper back and then down the back. Tapping should be done with a moderate amount of force that creates a sensation that isn't too strong. Avoid tapping on the bones as it may cause temporary discomfort.

## Tapping for weight loss

Tap on the upper back and shoulders for 1-2 minutes, then moving down the side of the ribs and then to the lower back/kidney area. This is a technique that activates the brown fat function in the body. Brown fat can stimulate heat production and increase the metabolism. In many cases, users have noticed and reported an average loss of 1.5-3 inches along the waist when measured before and after tapping with the knife. Tap for a total of 5-10 minutes and measure along the belly button to remain consistent.