

靈
氣



Reiki Introduction with Theory (and Overview of Energy Healing and Tong Ren Therapy)

Edward A. Fox (Professor, CS – since 1983)

RMT (Reiki “Master/Teacher”)

Tong Ren Practitioner

MPRUE Great-Grandmaster and Teacher

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Experience with “Energy Work”



- Acupressure since 1979 (“Touch for Health”)
 - Originally for family (married, 4 sons, 3 grandsons)
- Reiki since 2002: 100s of attunements (i.e., teaching others), 1000s of hours practice
- Practiced/taught/collaborated in a number of countries:
 - **Australia, Austria, Brazil, Canada, China**
 - **Croatia England, Germany, Greece**
 - **Hungary, India, Italy, Malaysia**
 - **Netherlands, Russia, Sweden**
 - **USA, Vietnam**





Energy

- Big Bang (very high energy)
- $E = mc^2$
- Quantum and observer effects
- Energy system leads to matter.
- Energy activates matter.
- Energy flows: energy moving, balanced
- Energy, thought, information

Demonstrations, Activities



- **Energy ball**
- Gassho (*Namaste*)
- Hand positions
- Kenyoku-ho (*dry bathing*)
- Jyoshin Koki-ho (*breathing with hara*)
- Reiji-ho (*finding imbalances*)
- Nentatsu-ho (*deprogramming*)



Why Reiki?

- Reiki is very easy to learn; anyone can do it.
- Those trained can help themselves and others (including animals and humans).
- It can promote health, healing, and emotional/mental/spiritual development.
- It can lead to benefits of acupuncture, hatha and kundalini yoga, homeopathy, qigong, and other types of “energy medicine”.
- Safe tapping into an infinite source

Terminology



- Reiki = “universal life energy” (rei + ki)
- Mikao Usui = founder of Reiki, associate / contemporary of those who founded karate and aikido
- RMT = Reiki “Master/Teacher”
- Levels = 1, 2, 3 (at which point can teach)
- Attunement = process of learning Reiki (tuning in, so you can channel energy)

Terms related to “Energy”



- Aura
- Biological energy (Wilhelm Reich)
- Chi, Ki, Qi (China, Japan)
- EMF (electromagnetic force)
- HEF (human energy field)
- Huna (Hawaii)
- Prana (India)
- Spirit (Jesuit translation of Chinese “Qi”)
- Vital force (homeopathy)

Measurement of “Energy”



- Electrocardiogram, electroencephalogram
- Magnetoencephalograph, SQUID
- Galvanic skin response (acupoints)
- Kirlian photography
- Gaseous Discharge Visualization (GSV)

- Or by skilled human practitioners:
 - Reiki, Traditional Chinese Medicine (e.g., pulse check), Therapeutic Touch



Aura,
Human
energy field,
Human
energy
system

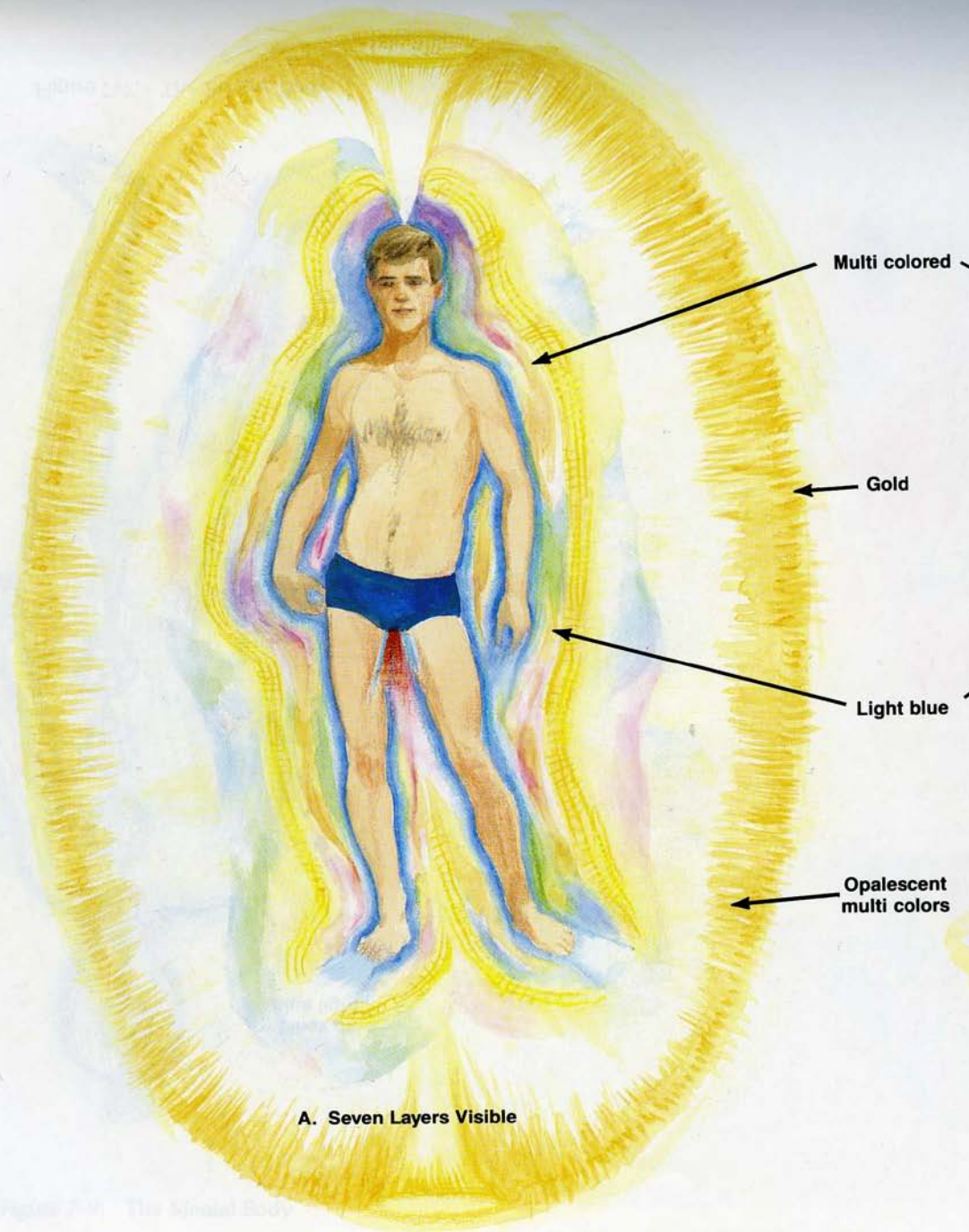
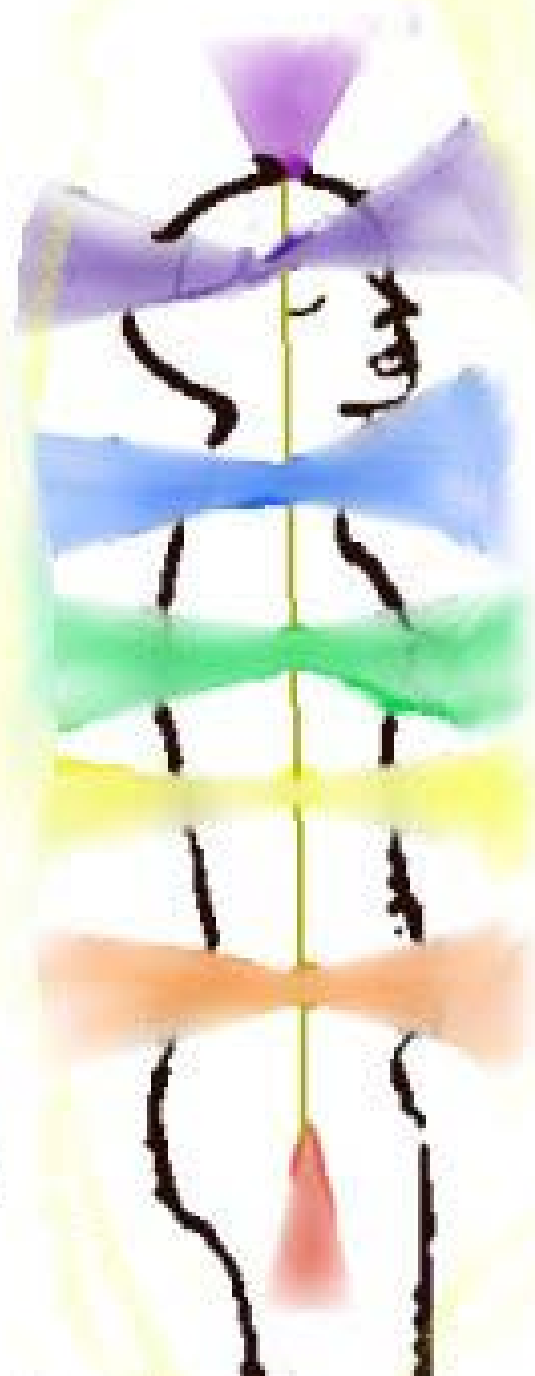
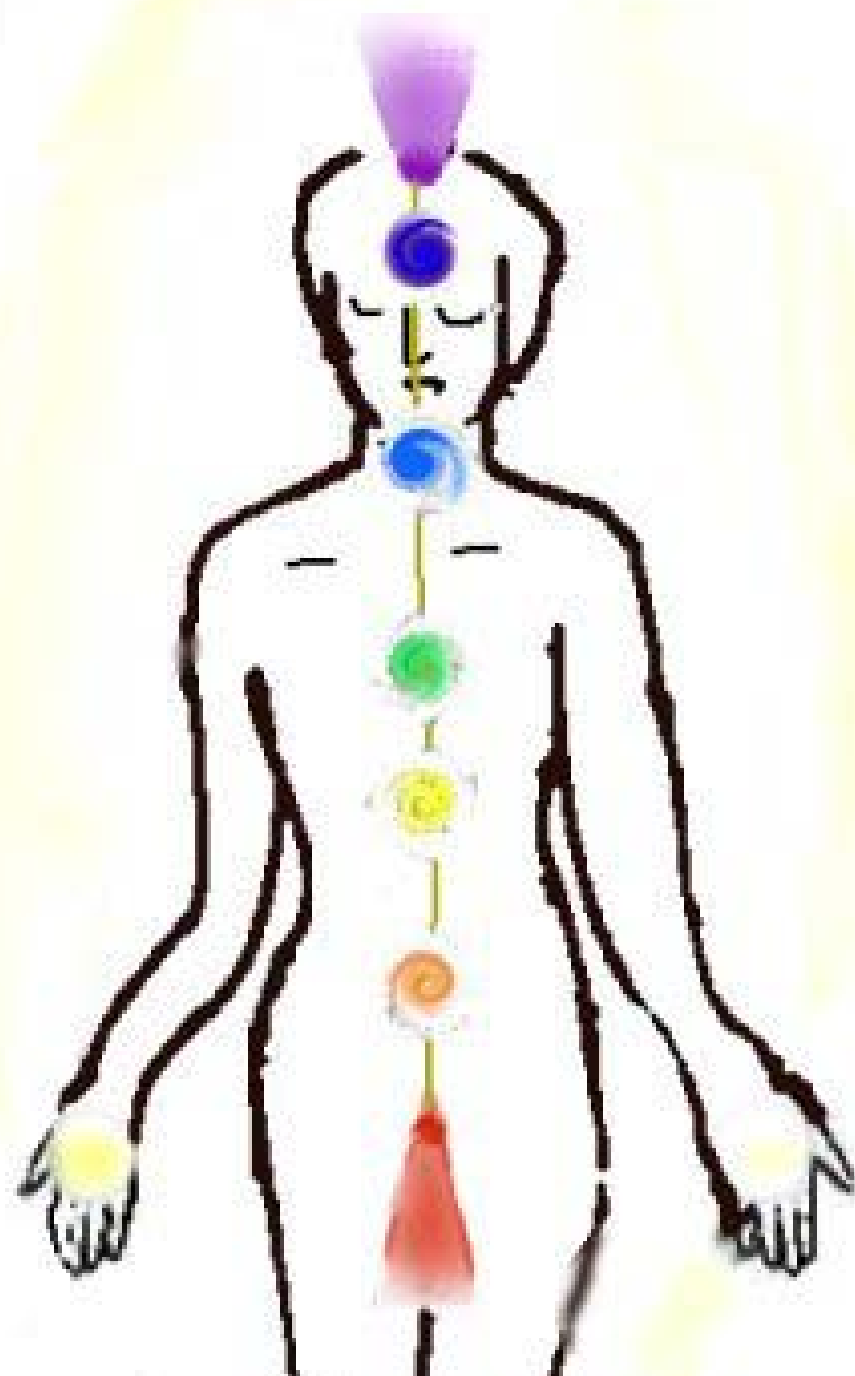
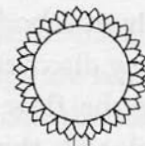


Figure 7-9 The Aural Body

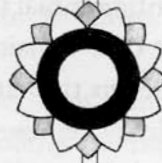




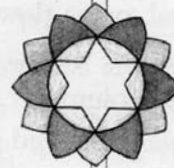
Sahasrara Chakra



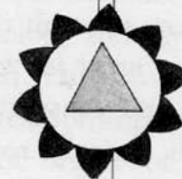
Ajna Chakra



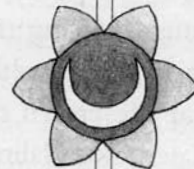
Vishuddha Chakra



Anahata Chakra



Manipura Chakra



Svadhishthana Chakra



Muladhara Chakra

The Seven Major Chakras

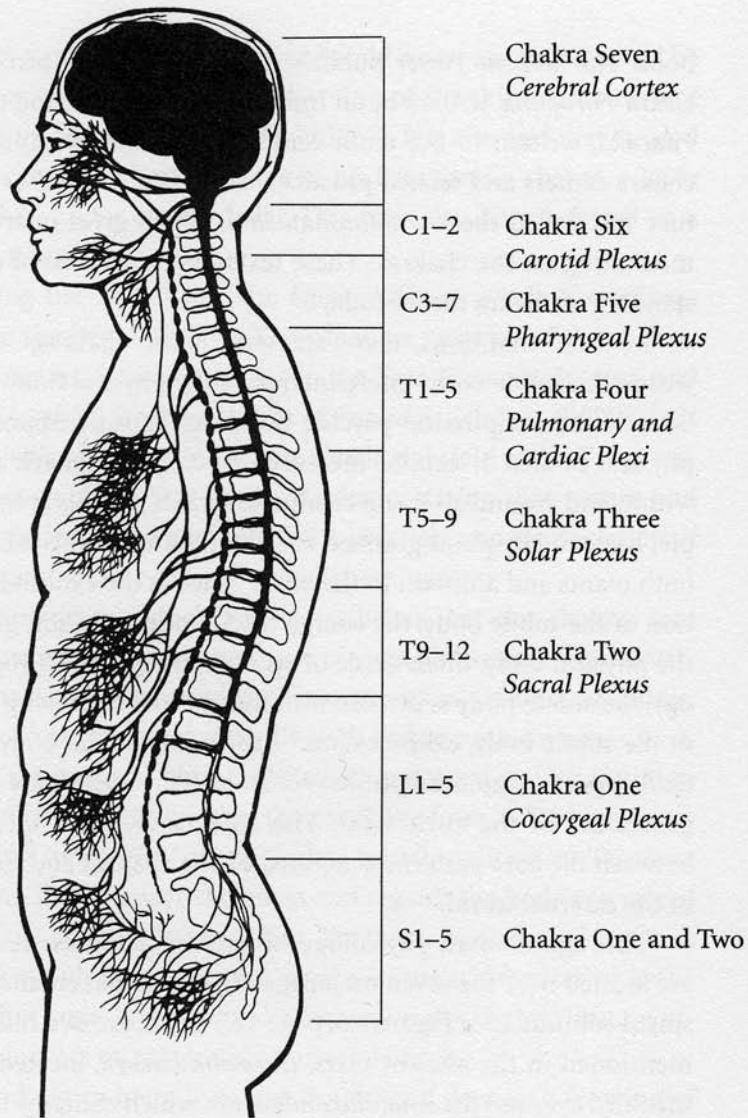


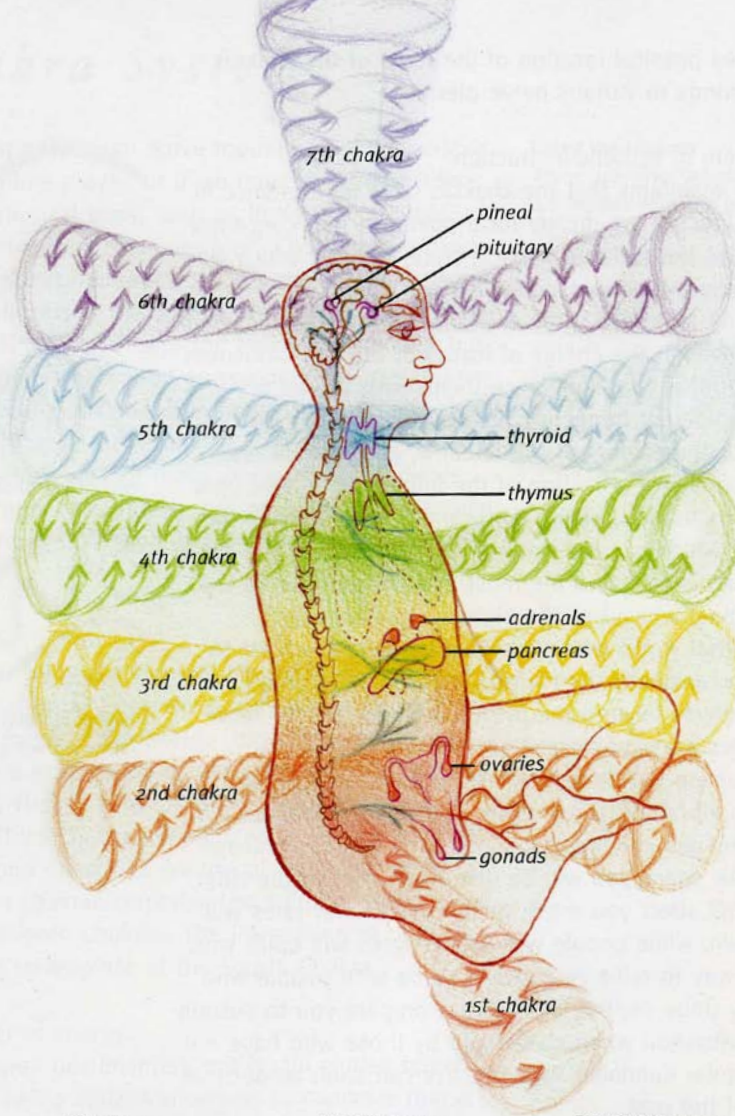
FIGURE 1.3

This diagram shows the vertebrae related to the different chakras based on the spinal nerves which innervate the ganglia and various organs. If these vertebrae are damaged in a way that affects the spinal nerves, the related chakras may be subsequently affected.

Chakras vs. Nervous System



Number, Gland	Chakra	Nervous System
7 pituitary	Crown	Brain upward
6 pineal	Brow (3 rd eye)	Brain
5 (para)thyroid	Throat	Cervical plexus
4 thymus	Heart	Cardiac plexus
3 pancreas	Solar plexus	Solar plexus
2 gonads	Hara (center)	Pelvic plexus
1 adrenals	Root	Sciatic plexus



CHAKRA	ENDOCRINE GLAND	NERVOUS PLEXUS	PHYSIOLOGICAL SYSTEM
1 • Muladhara	Adrenal	Coccygeal	Excretory
2 • Svadhithana	Gonads/ovaries	Sacral	Reproductive
3 • Manipura	Spleen/ Pancreas	Solar	Digestive
4 • Anahata	Thymus	Heart	Circulatory
5 • Vishuddha	Thyroid/Parathyroid	Pharyngeal	Respiratory
6 • Ajna	Pituitary	Hypothalamus	Autonomic nervous
7 • Sahasrara	Pineal	Cerebral cortex	Central nervous

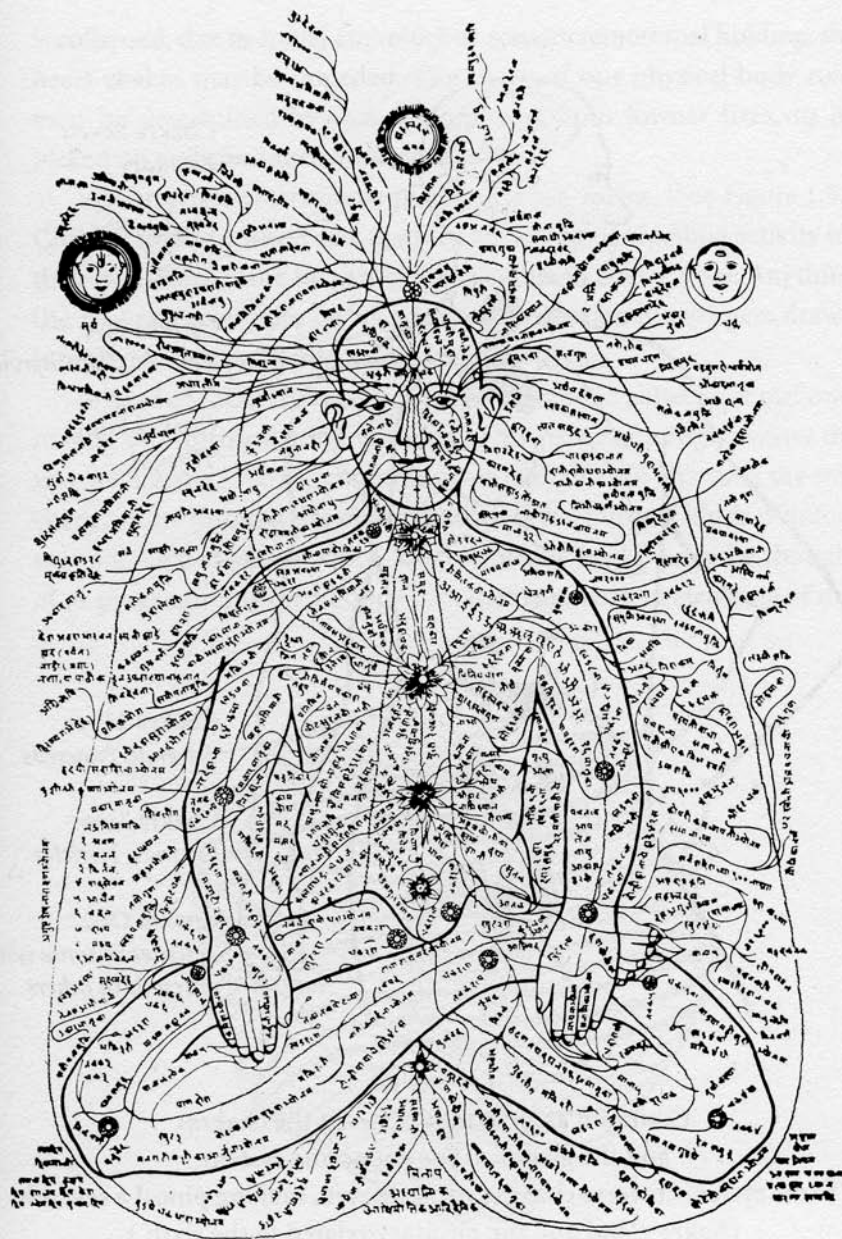


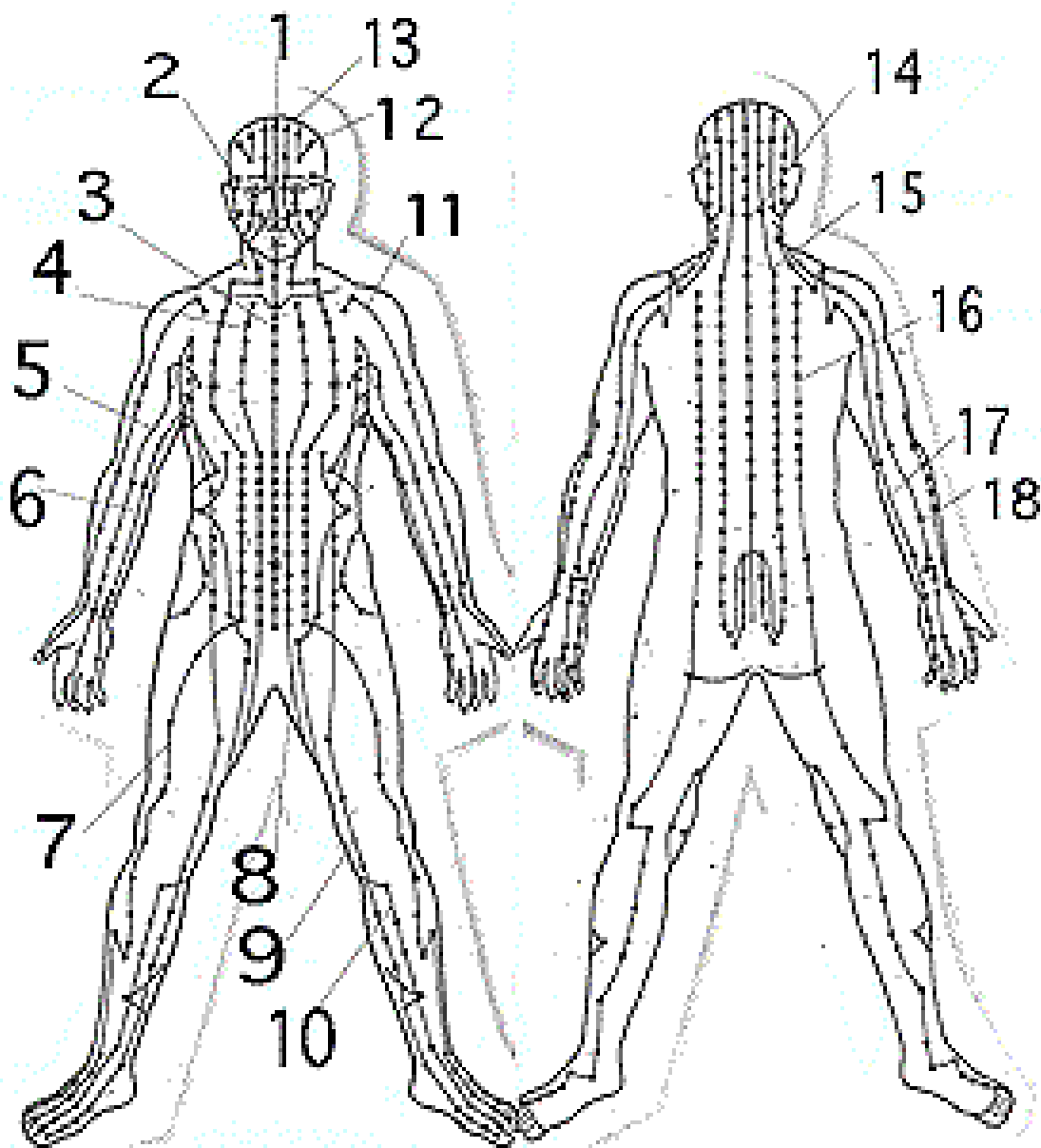
FIGURE 1.7

Ancient Hindu drawing of the nadis and chakras.

(Courtesy of University of the Trees Press)



1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner line)
16. Bladder (outer line)
17. Small Intestine
18. San Jiao



What Can Reiki Help Us Do?



- Sense energy “blockages”
- Clear an acupoint
- Clear a meridian
- Clear a chakra
- Clear the aura
- Speed up healing
- Help calm, relax, reduce pain
- Non-invasive help to body internals
 - Work on an organ or gland

Usui Reiki Principles



Version a:

For today only

- **anger not,**
- **worry not.**

Be humble, and

**With Gratitude work on
yourself.**

Be Compassionate.

Version b:

Just for today

- **do not worry,**
- **do not anger.**

**Treat others with respect
and forgiveness.**

Work with integrity.

Be grateful.



Gassho

Gassho is a common practice in many eastern traditions, holding the hands clasped in a “prayer position” at about the level of the chest.

It is called "Namaste" in the Indo-Tibetan traditions.

In Reiki, Gassho is formally practiced by sitting on the floor or on a chair, with the eyes closed.

The hands are in the prayer clasped position with the fingers touching in front of the chest; this completes the meridians that terminate in the hands.

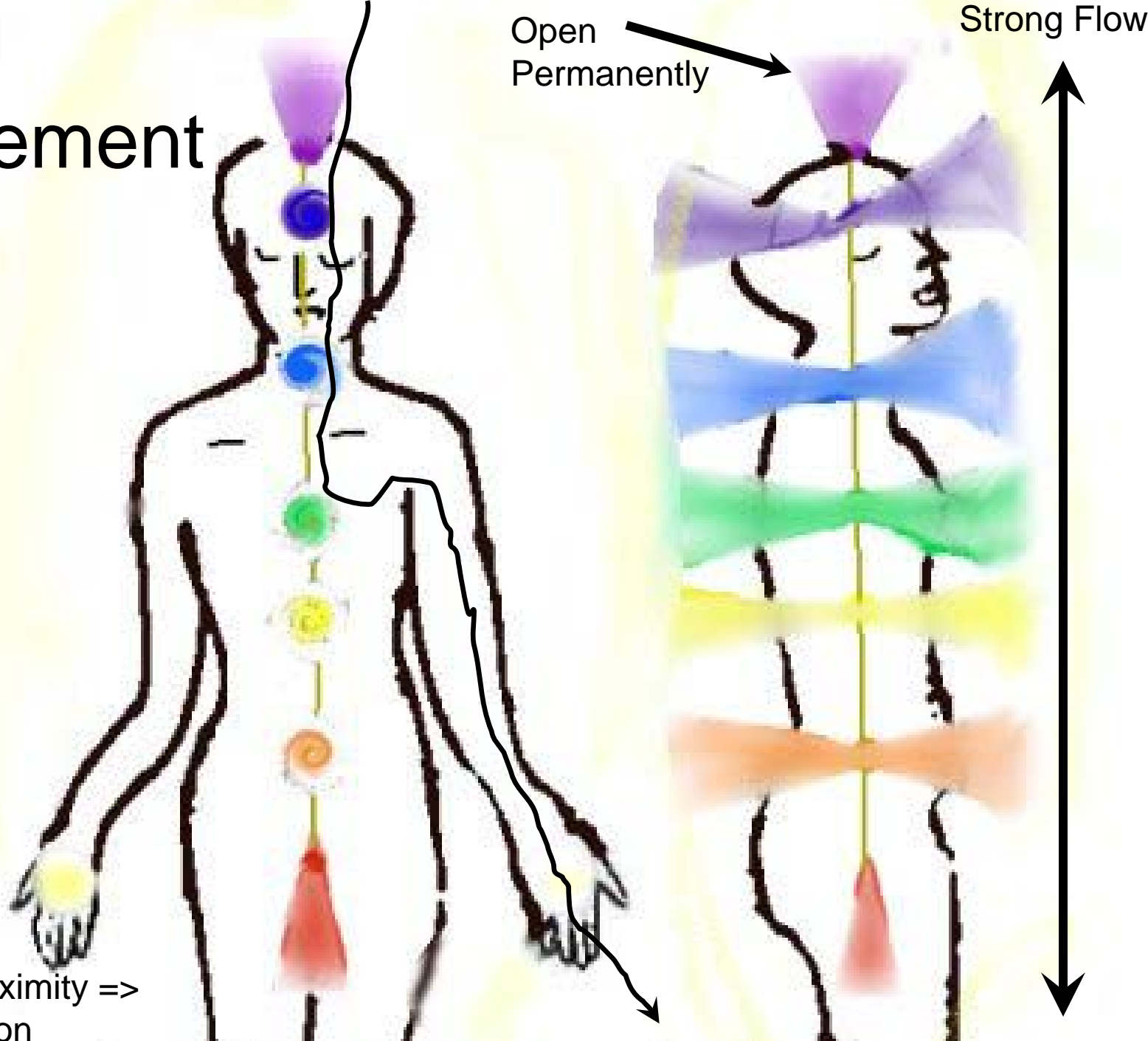
Attunement



Personalized process of learning Reiki (tuning in, aided by a teacher, so you can channel energy):

- Opens Chakras:
 - Crown, Brow, Throat, and Heart Chakras
 - Hand Chakras – to heal self / others
- Teacher:
 - transmits energy so student will “tune in”
 - walks to back and front
 - affirmations that student becomes attuned
 - says “The attunement is complete”
- Student:
 - relax/pray/meditate, enjoy the experience
 - hands in “prayer position”; ignore distractions
 - “return” when ready, drink extra water; share extra energy!

After Attunement



Open
Permanently

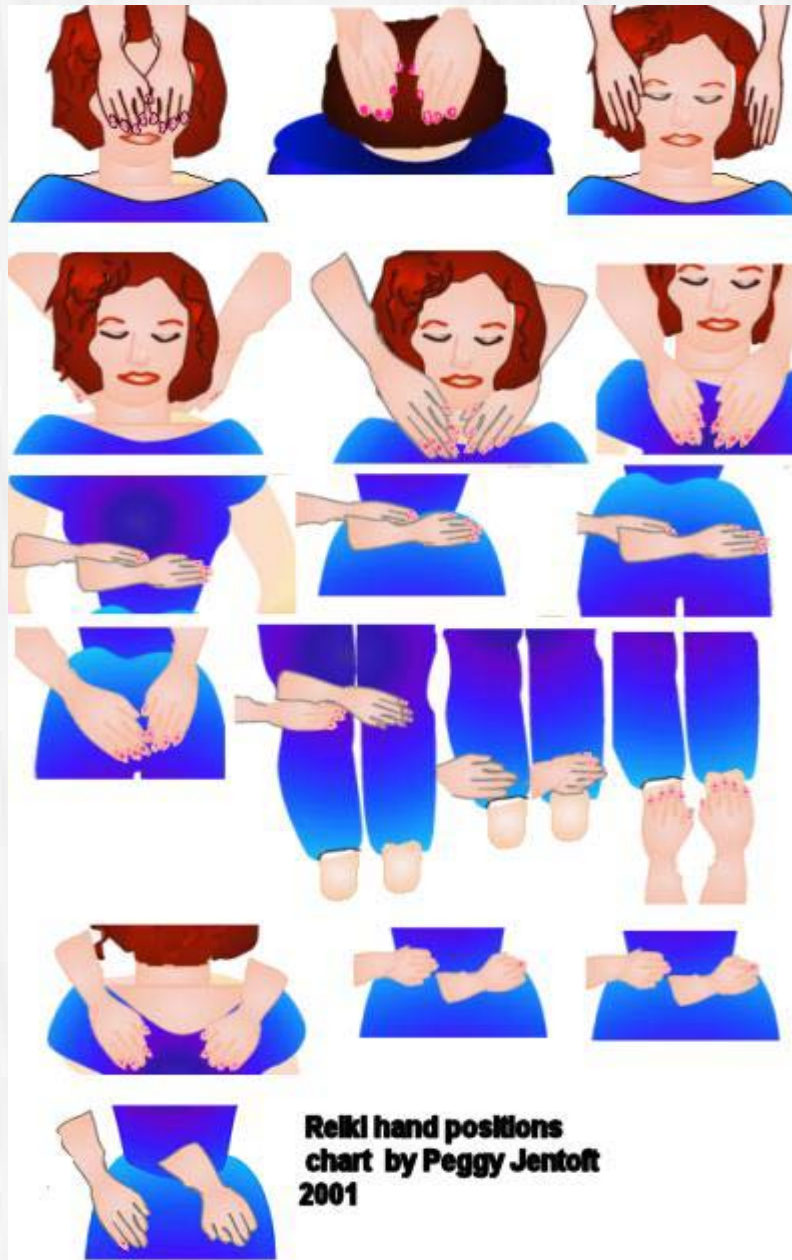
Strong Flow

Intent + Proximity =>
Transmission

Results of Attunements



- Level 1
 - Can “channel” energy through hands
- Level 2
 - More energy flow
 - Help others at a distance
 - More aware of different uses of energy
 - Only for those with serious interest in “spiritual development” and helping others
- Level 3
 - More energy flow
 - Devoted to teaching and serving as mentor



**Reiki hand positions
chart by Peggy Jentoft
2001**

Kenyoku-ho



Kenyoku-ho (*dry bathing*) is a technique to clear and strengthen the energy channels. The technique was common to many martial arts and chi kung schools such as JuJitsu, Aikido and KiKo and was added by Usui. It is likely that this technique comes from the rituals of Shinto priests. The ritual action was to cleanse the body before contacting the deity.

Those familiar with the martial arts will recognize the two parts of this technique as common techniques. The first is a down block across the midsection (this technique is used in a variety of martial arts such as Karate, Kung Fu, Aikido, etc.). This down block is followed by what is commonly called in the martial arts as a "shirk" or technique to remove an opponents hand from your wrist that is done by sliding the knife edge of your hand down the arm.

- A. Place your right hand on the left shoulder so that the right fingertips are on the left shoulder. The hand is open, the fingers held together all point upwards. The hand (palm down) is against the body.
- B. Slide the hand downward toward the right hip. Move the hand, going across the chest and ending up fingers down at the right hip. The hand (palm down) stays in light contact with the body the entire movement. (This is what is called an open handed down block in the martial arts)
- C. Repeat this process starting with the left hand on the right shoulder and going down to the left hip.



Part Two

D. Place the right hand again on the left shoulder. Slide the right hand down the left arm (inside or outside, each will cover different meridians - see below) all the way to the finger tips. (This is what would be called a "shirk" in the martial arts, used to remove an opponents hand that is grabbing your arm.)

E. Repeat this with the left hand on the right arm.

F. Start with the right hand on the inside of the left elbow, and slide the hand down to the fingertips.

G. Repeat this with the left hand on the right inside of the elbow.

Note - Some masters teach the hand should slide to the inside of the arm and others teach it should slide down the outside of the arm. Different meridians are stimulated for each. The inside slide is yin and will effect the lung, heart, and kidney meridians. The outside slide is yang and will effect the triple warmer, colon and small intestine meridians.



Jyoshin Koki-ho

Jyoshin Koki-ho (Joshin Kokyo-ho) is a breathing technique.

You breathe Reiki in through the nose through the crown and into the hara on the in breath. You breath the out breath from the hara.

Jyoshin Kokiho is done to cleanse the spirit, heart and mind.
It is a focused meditative breathing technique.

To do Jyoshin start by placing the hands in Gassho and your eyes closed.
Breathe in through the nose and out through the mouth.

On the in breath, breathe in the light of Reiki through the crown and into the hara. Let the light fill your body completely, transmuting all that is negative and stuck, into light.
On the out breath, breathe out that light and radiate it from you to all the universe.

Reiji-ho



Reiji is the ability to find imbalances in the body. It was necessary to develop this ability prior to being offered level II training. Reiji is not so much taught as it is something that develops as you practice Reiki. Reiji tells you where to put your hands and for how long. Some people question what the difference is between Byosen and Reiji. Byosen is a process, done with coned fingers that helps develop Reiji. Reiji is moving from technique to becoming part of the flow itself, a oneness with the Reiki energy and an automatic thought free movement that happens.

When doing Reiji, sit with your back straight so the energy flows freely up the spine.

Do Gassho and connect to Reiki and then do Jyoshin Koki-ho (breathing).

Focus on the tan tien. Feel that your body is filled at every level with Reiki and that you are part of or one with the energy. Wait a while, perhaps a few minutes, and then bring your hands in the gassho position up to the forehead.

The next part is simple and hard to do. Trust Reiki. Totally detach from outcome. You will find that your hands will simply begin to move where needed. The energy will flow.

It will taper off and then your hands will be guided to the next area.

If there are no more areas needing treatment (or there are no areas that need treatment) then your hands will be guided to your knees or the sides of your body.

Finish by again doing gassho.



Nentatsu-ho

Nentatsu-ho is a Reiki method for sending a thought or wish, also called a "deprogramming" technique. The technique itself is thought to send a thought or wish to yourself (higher self) or that of another with Reiki energy or vibrations.

The technique is simple to do and involves placing your hands on another's head (or your own) and confidently transmitting or sending the message with a pure mind and intent. It is important to understand that this is not healing with mind power, but rather sending a message to the person's sub consciousness with the Reiki energy.

Do not push, strain or try to hard as it can create tension for you and the other person. Like all reiki techniques, this is an effortless practice. It is done from a relaxed, meditative state of mind that is free of selfish intent.

This technique is still seen in the west in some attunement sets.

It is common for the hands to be placed on the forehead and back of the head and to place an affirmation such as "you are perfectly attuned to the Reiki", etc., when doing the attunement.



Nentatsu-ho can be used to share or transmit the five principles of Reiki, to remove bad habits, to reinforce good or positive alternate behaviors when treating bad habits, to reinforce functional or positive affirmations and many other possibilities.

If you are doing this for other people, make sure you understand clearly what the other person wants. Make sure you choose positive affirmations.

- A. Connect to Reiki. One method is to hold your hands up high in the air to feel the Reiki energy and let its light flow into your whole being.
- B. Bring the hands down and place one hand on the forehead (hairline) and the other on the back of the head. The affirmation "I am the Great Universe, Great Life Source and Great Reality" was taught to me to say at this point. You can say, "you are healed, healthy, well" or any other affirmation that you choose. It is an aid to treatment and healing. The important part is to keep the intent clear, pure and confident.
- C. Move the hand on the forehead to the back of the head by placing that hand on top/bottom of the other hand that is already on the back of the head and send the energy there for several minutes.

VT Reiki Club



- <http://www.reiki.org.vt.edu>
- reiki@vt.edu
- Wed., 5:30-8pm, 1020 Torgersen Hall
- Open to public
- Free Reiki “treatments” and “attunements”
- Tong Ren Therapy training and practice

Reiki References - Getting Started



- Vennells, David F. Beginner's Guide to Reiki. Barnes and Noble, New York, 1999. ISBN 0-7607-3798-3
- Jewell, Penelope. Reiki: A Guide to your Practice of Reiki Energy Healing. Latham, NY: Adirondack Press, 2003, ISBN 0-9664072-0-2
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- Honervogt, Tanmaya. Inner Reiki. New York: Owl Book, Henry Holt & Company, 2001. ISBN 0-8050-6690-X.
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Related References - Science



- Gerber, Richard. Vibrational Medicine, 3rd Edition, 2001. Bear & Company, Rochester, VT ISBN 187918158-4
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Tong Ren Therapy



- Visit by Chad J. Dupuis, L.Ac.
- Presentation of Feb. 3, 2006 for Virginia Tech Reiki Club
- Based on collaboration with Tom Tam
- Supported by acupuncture, qi gong, martial arts theory – further improved upon by western medical understandings of anatomy and physiology, and proven by clinical practice
- Fox visit to Quincy and Boston Jan. 6, 7

Chinese Medicine



- Has been utilized by millions of people over thousands of years to heal disease and promote health.
- The strength of the medicine is in its ability to treat each person as an individual - using a variety of diagnostic factors to fine tune treatments to each person.

Acupuncture



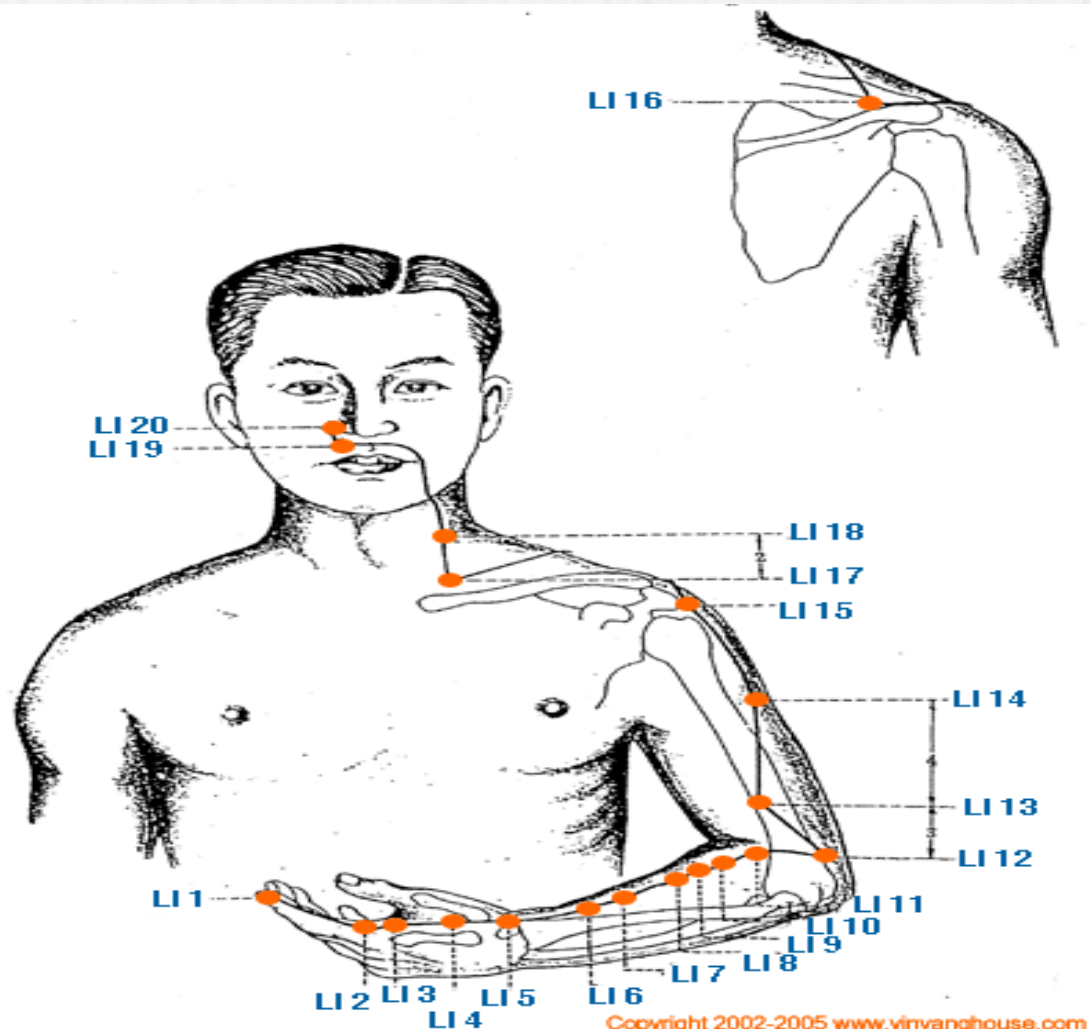
- Acupuncture is but one technique within Chinese Medicine.
- Herbal medicine and adjunctive techniques such as cupping, moxibustion, and tuina are all important aspects of the medicine.

Meridians and Points



- The acupuncture meridians and points have been developed over many years by many masters.
- Imbalances in the meridians signify underlying health problems.
- The stimulation of the points and regulation of the meridians promotes health and heals disease.

Large Intestine Meridian



Qi Gong (Energy Work)



- Qi – is energy. The energy of the meridians and the physical body but it is also related to the energy of emotions and interactions.
- Qi Gong techniques are drawn from the martial arts and buddhist/taoist meditation techniques. Many of which are thousands of years old.
- If we have Qi and this Qi effects the functioning of the body – then we should be able to manipulate that Qi and treat disease.

Western Medicine Aspects



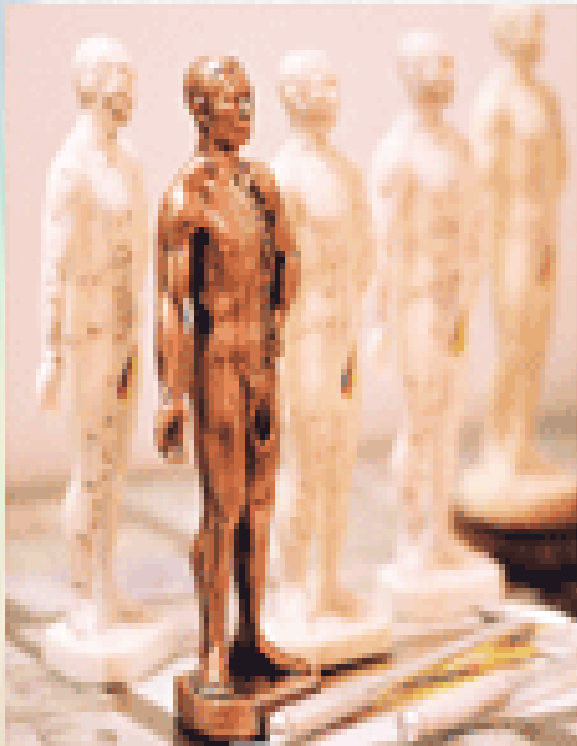
- Using the tools of Chinese Medicine and the sense of energy from Qi Gong practice, one can better utilize western medical understandings for healing.
- A variety of acupuncture points have been proven to directly stimulate physiological functions of the body. Understanding this mechanism better and the result of such changes is behind our theories.

Theories Unique To Tong Ren Therapy



- The use of the collective unconscious
- Blockage Theory
 - New Acupuncture Points/Areas
 - Sky windows and scalp points/areas new meanings
 - Circulatory system, nervous system, endocrine system, calcium absorption, ...
- And, of course, the “tong ren”

Tong Ren Therapy



- The “Tong Ren” or “Bronze Man” model serves as a way to focus our intent and to stimulate the collective unconscious.
 - The collective unconscious allows the effect to be present within the patient (and others at the same time).
 - The “blockage theory” provides the focus of the areas treated and removal of the blockages allows the body to heal.
-
- Developed by Tom Tam, supported by acupuncture, qi gong, martial arts theory, western medical understandings of anatomy and physiology, and proven by clinical practice. Credits to: Chad J. Dupuis, L.Ac.

Blockage Theory



- Cancer, as an example:
 - Eastern – yin and yang are out of balance
 - Western – cells have mutated for some reason
 - Tong Ren – a “blockage” causes a disruption in the flow of energy and bioelectricity leading to disease.

Blockage Theory cont.



- The existence of a “blockage” does not indicate disease per se, but a disease will not manifest without exhibiting a blockage.
- Finding these blockages and devising the best mechanisms to resolve them is our goal.
- The blockages can be sensed energetically, but also by palpation and will generally illicit pressure pain.



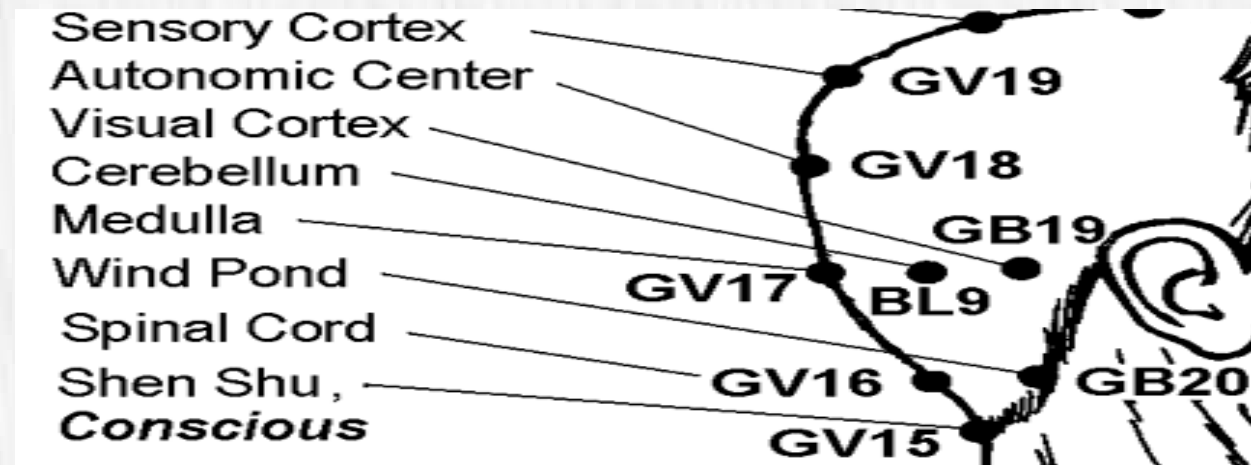
Focus Areas: the Spine



- Use of the huatuo-jiaji points – the areas next to each vertebral segment.
- Improve the flow of bio-electricity by reducing impediments to nerve conduction.

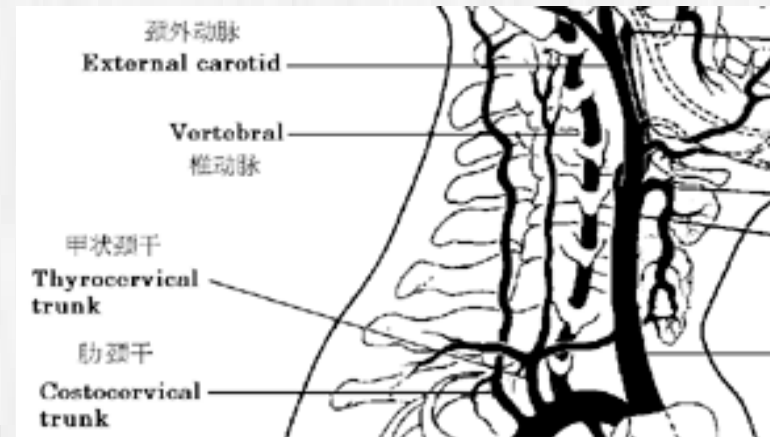


Focus Areas: Scalp



- Use of acupuncture points on the scalp differs somewhat from TCM usage.
- Tong Ren is used to change brain function as well as remove tumors.

Focus Areas: Sky Window



- Improve circulation to and from the brain.
- Stimulate the vertebral artery.
- Stimulate other nerves such as the vagus.
- Area contains acupuncture points that are poorly understood and infrequently used.

Breast Cancer Treatment



- Main Points – T4, ST 12, Ouch Point
- Secondary Points – T3, GV 22, BL 9, CV 17
 - T4 – Breast, Sweat Glands, Hair follicles, PC Shu
 - ST 12 – Open the chest
 - Ouch Point – Qi Gong to dissipate tumor
 - T3 – Often added with T4 – controls lung and skin
 - GV 22 – Open the unconscious, effect frontal lobe
 - UB 9 – Cerebellum, movement, open Qi flow
 - CV 17 – Energize the upper dantian/chest



More Examples

- Anxiety: C2r, GB13r, SI16r – T5l, LV3, HT7, Yiming, LI 18
 - C2 & GB 13 – frontal lobe/emotions (L for ADHD), SI16/LI18/Yiming free body/mind circulation, T5l heart, HT7, effects HT Qi, LV3 descend energy
- Parkinson's: C1, SI16, TH16, Tiandong – C2, Yiming, LI4, GV19, ST36, LV3
 - C1, SI16, TH16, open sky window – brain/body, Tiandong vertebral artery, LI4/LV3 open circulation throughout body (4 gates), ST36 tonify Qi, GV19 sensory cortex



More Examples

- MS: C2, Tiandong, SI16, TH16 – C1, Yiming, BL9, GV17, GB19, ST36
 - Similar to Parkinson's & ALS, any brain problem (stroke, etc.)
- Crohn's: T1, T2, T3, T11 – T12, ST12, CV6, ST36
 - T1/2/3 – autoimmune conditions, T11/T12 open SI/LI, ST12 vagus/esophagus, CV6 tonify lower dantian, ST36 build qi

More TR Information



- <http://www.tomtam.com/>
- <http://www.yinyanghouse.com/>
 - General Chinese Medicine Theory
 - Acupuncture Meridians and Points
 - Tong Ren Therapy Information
 - Tong Ren Books and Supplies
 - Discussion Board with Testimonials



Summary

- Experience, Demonstrations, Terminology
- Energy, Energy Systems, Interconnections
- Reiki, Principles, Attunement, Practice
- Reiki Club, References
- Tong Ren Therapy: Concepts, Focus Areas, Examples of Treatments, Information
- **Discussion**