

### My Health, I Manage!

- Life and health is the cornerstone of everything. Do you have a LONG-TERM health management plan?
- Some people care for their health ONLY when a major illness strikes. Without proper daily care, isn't that too late?
- You can do self-help *PaidaLajin* or help each other, for health preservation, relieving or curing health problems, acute or chronic, physical or mental. When helping others with *PaidaLajin*, ask for their permission BEFORE you do it.
- Paida and Lajin are promoted as self-healing methods, and are not meant for or to substitute medical treatment. This is for your reference only. Decide whether to apply these methods at your own discretion.

1



### Contents

Huang Di Nei Jing on Healthy Living	4
PaidaLajin Self-Healing	7
PaidaLajin Embraced by Self-Healers Worldwide	8
Why <i>PaidaLajin</i> , with medical advances, numerous hospitals and drugstores, health clubs, therapies and health products available?	23
Six Features of <i>PaidaLajin</i>	25
Guidelines for <i>PaidaLajin</i>	26
How does <i>Paida</i> work?	26
How to Paida	27
Why does <i>Paida</i> hurt so much?	27
How to reduce the pain of <i>Paida</i> ?	28
Diagnosis by Colour of <i>Sha</i>	28
What should I do when <i>Sha</i> emerges?	32
Are blood vessels broken when <i>Sha</i> appears?	32
Is <i>Sha</i> the same as the bruises one gets in a fight?	33
Must I continue slapping until the <i>Sha</i> disappears?	33
Paida the Universal Regions (Elbows, Knees, Hands and Feet) Regularly	34
Paida the Head and Face Regularly	36
Paida the Back and the Back of Legs (All Along the Urinary Bladder Meridian)	38
Can I slap anywhere on the body? Which body parts are best NOT to Paida?	39
It's my first time to <i>Paida</i> . Why isn't there <i>Sha</i> ?	39
Can a frail person <i>Paida</i> in winter? Anything in particular to take note?	40
Duration and Frequency of <i>Paida</i>	40
Where should I <i>Paida</i> ?	41
A few things to note about <i>Paida</i>	44
Prohibitions	47
The Benefits of <i>Lajin</i> (Stretching)	48
Does <i>Lajin</i> have side effects?	51
Will Laiin cause damage to tendons and muscles?	51



I have severe bone loss, can I practice <i>Lajin</i> ? I have delicate bones, will <i>Lajin</i> damage my bones?5	
I am hunched, and have spine dislocations, do I need to do bone-setting prior to Lajin? 5	2
Why is <i>Lajin</i> a kind of bone-setting?5	2
How does <i>Lajin</i> differ from yoga, traction, dance, leg pressing, splits and other stretching exercises?5	_
A few things to note about <i>Lajin</i> 5	4
Why do I feel weary and drowsy after <i>PaidaLajin</i> ?5	5
Can I do PaidaLajin while doing other things, such as watching TV, reading books, etc.?5	5
Phenomena of Healing Reactions and "diseases"5	6
Three Stages of a Healing Reaction6	0
Clearing Clouds about the Healing Reaction6	i1
Using <i>PaidaLajin</i> for Urgent Symptoms6	3
Duration6	53
Specific emergencies6	53
Contact Us	S



### Huang Di Nei Jing on Healthy Living

#### Huang Di Nei Jing (Yellow Emperor's Canon of Internal Medicine)

A Chinese medical classic compiled over two millennia ago

Provides the most treasured guidelines to doctors in Chinese history

Provides common sense knowledge of healthy living for average readers

### How long can a person possibly live?

Theoretically, EVERYONE can live to the "natural span of life", i.e. up to 120 years of age. According to Sun Simiao, "King of Chinese medicine" in Tang dynasty who lived over 100, "Human life is of paramount importance, more precious than a thousand pieces of gold."

# ♦ What roles does the Meridians system (a network of energy channels) play in the human body?

"The Meridians system is the cradle of vitality, the origin of the onset of illnesses, the nest of the progress of the illnesses, and the key to curing a patient."

### **♦** Why shouldn't I overuse my body?

"Prolonged exertion of the eye hurts the blood; prolonged lying hurts the *Qi* (vital life energy that drives blood flow, according to Chinese medicine); prolonged sitting hurts the muscle; prolonged standing hurts the bone; prolonged walking hurts the *Jin* (tendons and ligaments)."



# ♦ Why shouldn't I be angry? Why should I keep a good mood?

"Anger hurts the liver-related circulation, fear hurts the kidney-related circulation, sadness hurts the lung-related circulation, over-thinking hurts the spleen-related circulation, overjoy hurts the heart-related circulation."

"All diseases are originated from the disturbance of *Qi*, anger hastens the *Qi*, overjoy slowing it down, sadness fades it, anxiety lowers it, coldness diminishes it, hotness disperses it, fear disorients it, hardworking exhausts it, overthinking freezes it."

### **♦** What is healthy living?

"In ancient times, people who knew the *Tao* (the Way of how the universe, nature and things work) followed the law of *Yin-Yang* (positive and negative energies) interactions, applied health preservation techniques, restrained themselves in diet and drinking, kept regular hours and avoided exhaustion. Thus they were physically and spiritually healthy, lived to the end of their natural lifespan, and passed away at over 100 years of age."

### What is unhealthy living?

"By contrast, today's people drink liquor like water, proceed to have intercourse when drunk, go after desires as normal pursuits, burn themselves out seeking satisfaction and pleasures, and disrupt the body's normal functioning. Thus they deplete their vital energy, dry up their essence, and age at a mere 50."

### What should I do when I get sick?

"First priority is to treat the internal thoughts and feelings, then by the principal use of external maneuvers, supplemented by diet modifications, last resort being the use of medicine."

#### **♦** What kind of doctor is the best?

"A superior ranking healer is able to treat the patient with a future illness; a middle ranking healer is able to treat the impending illness of the patient; an inferior ranking healer treats only the patient who is ill already."

★ The best doctor clears away possible problems long BEFORE their onset; While those who treat grave or fatal illnesses are the least capable ones.

★ Now, you can practice *PaidaLajin* and be your own best doctor.

### **♦** How can I stay healthy?

"Positive *Qi* inside our bodies will protect us from all kinds of external damaging forces."

"Clear yourself of greed and excessive thinking, then the Positive *Qi* will be kept in, and the spirit will remain inside, how can diseases possibly strike?"





Helping a Doctor Quickly
Relieve Lumbar Disc Protrusion:

When the lower back pain hurt so much that his back was hunched, even a doctor had no better choice but to do *PaidaLajin* (slapping and stretching).

- ◆ The curled legs are a sign of degenerated tendons, indicating that apart from lower back pain, he had other health problems that he himself, doctors, or medical appliances did not detect.
- ◆ Many doctors of Chinese and western medicine, naturopaths, beauty salons and health clubs worldwide are applying and promoting *PaidaLajin*.



### PaidaLajin Embraced by Self-Healers Worldwide



**Tibetans doing** *Paida* in the sun: Many people living in frigid places suffer from lower back and leg pains. Boxes of painkillers don't help, they even induce other diseases.

♦ Nowadays, most people have too much coldness and dampness in the body — negative feelings, too much freezing air-con, cold showers, ice beers and other cold drinks, foods cold or cool in nature, a thin layer of clothing in strong wind or cold weather, etc. As a result, they unknowingly "invite" or "create" pains and diseases, even cancers and tumors in severe cases!



**PaidaLajin** at a health club: Effective on various pains, diabetes, cerebral hemorrhage, heart and other problems

## \*\* PaidaLajin Self-Healing



A lecture on *PaidaLajin* normally has scores, or hundreds of attendees. Several English lectures attracted 1,000-2,000 audiences.



People of different nationalities clapping knees together

Tens of millions of people in over 60 countries on major continents are practicing and benefiting from *PaidaLajin*.



**PaidaLajin** starts from every single family and kid: A kid can grow taller and get healthier with persistent *Lajin*.

★ Attentively and softly clap at a kid's elbows, wrists, knees, ankles, hands, feet,

back, and buttocks, with confidence, love and patience: It relieves or cures pediatric diseases such as cold, fever, coughing, tonsillitis, pneumonia, asthma, vomiting, diarrhea, retention of food in stomach, etc. Patting on these body areas daily can help enhance a child's physique and immunity, and make him/her smarter. Children LOVE gentle patting, and you can do it even when your child is asleep. Actually, it contributes to better sleep!



95-year-old granny doing Lajin

The granny, now at 95 (in 2015), does standard *Lajin* for 30 minutes per leg every day. She self healed her many problems (dizziness, pains, walking difficulty, poor appetite, etc.), now eats more than young people, sleeps soundly and takes good care of herself. She has even created her own dance!



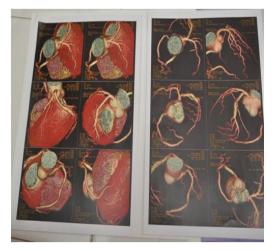




*PaidaLajin* lecture and one-day workshop in Seremban, Malaysia: Nearly 100 people attended the workshop.



# Malaysians' Journey to Cure (I) - 39 years of hypertension self healed



Mr. Wong self healed over a dozen problems with *PaidaLajin*: 39 years of hypertension, high cholesterol, neck and shoulder pains, radiating heel pain, high uric acid, gastric disorders and countless other complex diseases. After stopping all medications, he proved to be quite healthy in a medical checkup.



Mr. Wong, now a "miracle healer", is actively promoting *PaidaLajin*. Together with his family and volunteers, Mr. Wong helps people self heal with *PaidaLajin*, proving the methods effective on various pains, hypertension, diabetes, heart problems, stroke, constipation, insomnia, skin diseases, neck, ear and eye problems, arthritis, uterine fibroids, prostate disorders, liver problems, etc.





Left: Son clapping his mom

**Right:** A stroke patient sharing her healing experience

The woman in red had a stroke, was hospitalized for over a month, could not speak and had to rely on walkers or others' support.

After *PaidaLajin* practice at Mr. Wong's self-help centre, she was able to walk on her own, speak and even sing songs!



All employees stand to benefit when the boss does *Lajin*: Employees of a company clapping together







**Left:** Mr. Zhu, GM of Evergreen, slapping his employee

**Middle:** Mr. Lin bought over 700 *Lajin* benches and sent them to relatives, friends and business partners worldwide.

Right: Boss and employees enjoying clapping for one another

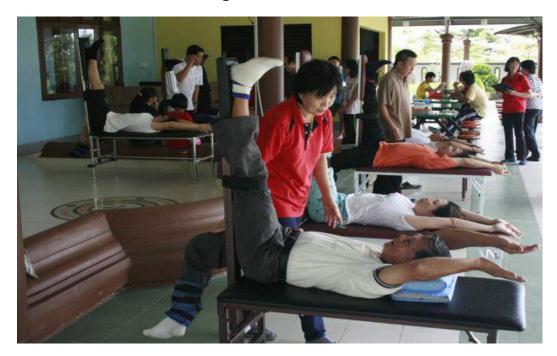
◆ Mr. Zhu used to suffer from a number of diseases including gout and hypertension, and had been on medication for years. After *Lajin*, he stopped all medications, his blood pressure went back to normal, and he self healed gout. Now, however busy he is, he does TWO hours of *Lajin* each morning (one hour per leg, with 10kg of sandbags on each leg).





An Indian doctor enjoys being slapped.

He doesn't evade the pain of *Paida*, but actually looks forward to it, for he is clear about the significance of the "**Pain Medicine**".



Malaysian sisters promoting PaidaLajin for free

The Tay sisters (in red) renovated a venue planned for a special school into a *PaidaLajin* centre.

## \*\* PaidaLajin Self-Healing







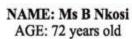


PaidaLajin at Soweto Old Age Home, South Africa: After four months of gentle PaidaLajin, many old people sitting in wheelchairs, suffering from stroke or other critical illnesses

saw their health much improved. They could take better care of themselves and are expected to fully recover with continued practice.







Testimonial

I think coming to the Soweto Old Age Home was a blessing in disguise for me as otherwise I would have never met Tshidi and Axel who introduced me to Paida and La Jin.

I have diabetes and had a stroke. My left side was completely dead and I could not speak. But now I am a different person. I can speak and join in when others sing in church. I am regaining feeling.

It is a bit painful but at least I feel something and am confident that soon I will be out of my wheel chair. I am truly grateful that Master Hong-Chi Xiao developed this life saving technique and to Tshidi for devoting her time to help us. May the Good Lord bless all of you.



NAME: Ms M Mohai AGE: 87 years old

Testimonial

My body was aching so much that the pain killers were not helping anymore. This arthritis had stolen the joy of life from me. I had become partially blind and that meant I had to rely on other people to help me with every little thing in life. To me that was frustrating as I did not want to spend my golden years as a burden to others.

I was about to give up when Tshidi and Axel came into my life with Master Hong-Chi Xiao's magical Paida and La Jin. I am telling you I am a brand new person now. I am back to going to Church by myself every Sunday, go for a walk in the sun and also do a little work in my vegetable garden. I could not have done this without Paida and La Jin.

Thank you all so much.



NAME: Ms A Skati AGE: 83 years old

Testimonial

I have been a diabetic and suffered from hyper tension ever since I can remember. My health has never been good. My legs and feet suddenly turned black and get painful at times. But ever since I started Paida and La Jin with Tshidi in September 2012 my health has improved.

My blood pressure is now normal when I go for check-ups. As for my diabetes I cannot even remember the last time I took insulin. I am grateful to Tshidi, Axel and Master Hong-Chi Xiao for giving me my life back.



NAME: Ms A Lesupi AGE: 69 years old

Testimonial

I have been suffering from hyper tension, diabetes and had a stroke. Then Tshidi came to my rescue. I was confined to a wheelchair, used to wear nappies as I could not do anything by myself, even going to the bathroom.

Today I am learning to walk again using a walker and my life has changed since I am clapping and stretching. I am back at home with my children thanks to Master Hong-Chi Xiao's Paida and La Jin.

### \*\* PaidaLajin Self-Healing



*PaidaLajin* helped a man lose weight and self heal gout, hypertension, heart disease, prostatitis, stomach problem and migraine: A lot of people have lost weight by practicing *PaidaLajin* (from several to dozens of kilos).

★ *PaidaLajin* activate man's innate self-healing power, which automatically regulates the body toward a healthy state — making the obese people slimmer and the overly skinny people gain a bit of weight; lowering high blood pressure and raising low blood pressure...

# Men's prostate disorders (kidney deficiency, prostatitis, frequent nighttime toilet visits, etc.):

Slap all over the body, and focus on the Universal Regions (elbows, knees, hands and feet), head, back, buttocks, armpits, groins, inner sides of both legs, inner sides of ankles, etc.





The most beautiful side effect — weight reduced and getting slimmer

• Losing weight with *PaidaLajin*: Use persistent, relatively high energy *Paida* on the body, particularly on obese areas; doing *Lajin* helps build a better figure and makes the legs slimmer!



Save your breasts! My Health, I Manage!





**Paida** on breasts: Slap directly on the breasts (preferably for up to one hour each). After several rounds of *Paida*, breast swelling and pain, hyperplasia of mammary glands and even breast tumor can be alleviated or cured.

Women's gynaecological disorders (irregular menstruation, period pain, hyperplasia of mammary glands, uterine fibroids, ovarian cysts, etc.:

- Focus primarily on slapping at inner elbows, armpits, breasts, lower abdomen, groins, buttocks, and inner sides of both legs. Prolonged, thorough and repeated *Paida* can help relieve or cure various gynaecological disorders.
- Women can do *PaidaLajin* during the menstrual period more toxins and wastes will be expelled.
- Do *Lajin* before/when period pain is felt, and the effect can be immediate.

Every woman can have a try! You may be shocked by how many toxic wastes (and negative feelings) are stored in you. When you are cleared of toxic wastes accumulated in the body, you naturally feel light, relaxed and joyful.







Bending further down after PaidaLajin



Mario (right), Consul General of the Italian Consulate in Zurich, had tennis elbow. After being slapped on both elbows for a total of 20 minutes, he no longer felt pain and could lift a bag (which he had difficulty doing prior to the *Paida*). His wife,

who had low blood pressure, saw the *Sha* (colourful patches of toxic waste) on his arms and fainted. After *Paida* on her *Neiguan* acupoint, she soon regained consciousness.



Why *PaidaLajin*, with medical advances, numerous hospitals and drugstores, health clubs, therapies and health products available?

- ◆ There is a potential danger of over-diagnosis and over-treatment in modern medicine.
- ◆ Many diseases are undetectable, or are already at a critical stage when detected. Over 50% of those who died of sudden heart attacks had not experienced noticeable warning signs, or had been assumed to have no heart problem in previous medical checkups.
- ♦ The many medical tests, drugs, injections, infusions, surgeries, radiotherapy, chemotherapy, etc. can be very harmful to the human body.
- Many treatments follow the philosophy of "treatment according to divisions of medicine" and "suppressing symptoms", without identifying the root causes, not to mention eliminating them, ignoring the negative effects of these treatments on other organs and cells.

For instance, patients with hypertension have to take antihypertensive drugs for the rest of their lives; likewise, a diabetic patient has to take hypoglycemic agents or get insulin injections EVERY DAY for the rest of his/her life.

The fact that a person has various pains, hypertension, diabetics, heart or other problems indicates that all the meridians in the body are blocked and all organs are affected, to varying degrees. Targeting

a single disease in the manner of "killing the symptoms" undermines the patient's immune functions, making him/her more fragile. Hence, the more drugs a person takes, the more diseases he/she is likely to suffer from.

- Just as the saying goes "any medication is more or less toxic", the toxic side effects of drugs damage the functions of the liver and kidneys, and affect other organs, leading to drug-induced complications.
- When an organ is having serious problems, cutting it off or replacing it will do permanent damage to the energy flow and overall health of the patient.
- ◆ Acupuncture, moxibustion, skin scraping, bone-setting, massage, Ayurveda, homeopathy, reiki and other natural therapies are good in their own ways, but can be too complex for an average person and one has to rely on a professional.
- ◆ People are much obsessed with taking "nourishing foods and supplements". When many toxic wastes and alien substances are accumulated in the body, it only nourishes them, not the body itself.

A free flow Meridians system is the best health promotion in the body.

#### Six Features of PaidaLajin

**Effective:** Millions of people in over 60 countries on major continents are practicing and benefiting from *PaidaLajin*. Thousands of testimonials are posted at our <u>Chinese blog</u> and <u>English website</u>.

**Simple:** They are simple enough to be mastered by most people in just ONE or a few minutes.

**Safe:** They are "green" methods with NO risk of poisoning or side effects.

- It could make a practitioner slimmer, taller and better looking.
- With persistent practice, you may find it hard to fall sick again!

**Universally applicable:** They are proven effective on various diseases in the divisions of modern medicine, whether acute or chronic, physical or mental.

**DIY:** They are self-help exercises readily accessible to all. You can do *PaidaLajin* yourself, with or for others. And you can basically do it anytime anywhere.

**Low/no cost:** For a self-healer of *PaidaLajin*, it takes little or no "financial investment" to harvest good health. It can significantly reduce medical spending of individuals and governments worldwide.

Every kind of illness is due to blockade of the Meridians, to unblock the Meridians and to restore the free flow is to cure the disease.



### Guidelines for PaidaLajin

To heal faster, practice it more, heavier and longer time;

To heal slower, practice it less, softer and shorter time;

To stay where you are, you don't have to practice *PaidaLajin*.

#### How does Paida work?



*Paida* has long been practiced in Chinese history as a way to reveal and cure old injuries, past diseases, etc.

Slapping on the skin = Removing toxins and blockages in the body

By slapping on the skin of different body areas, toxic wastes and



blockages from injuries, external causes of diseases (wind, coldness, dryness, dampness, hotness, etc.), negative feelings, medication and other toxins are surfaced and cleared, hence healing diseases.

#### How to Paida

- ◆ Paida directly on the skin with solid slaps, using palm and fingers. Maintain a positive mindset and stay focused during Paida. Go gradually from soft to heavy, do it persistently to thoroughly detoxify one area before moving on to the next. You can use a tool to slap at areas unreachable by hands.
- ◆ It's best to do self-help *Paida* using relatively heavy slaps; *Paida* for one another benefits all those involved by enhancing health and building closer bonds. Use soft claps on kids, the elderly, frail or severely sick people. The healing effect of long-time soft *Paida* can be as good as high energy *Paida*.
- ◆ Use fists to hit fleshy areas or to reduce the noise of *Paida*.
- ◆ Continue slapping after *Sha* emerges, and the pain of *Paida* should become less intense. When all the toxic wastes at one area are surfaced, continued slapping can make *Sha* dissolve faster.
- ◆ The weak and frail people can gradually build up their strength with more *Paida*.

### Why does Paida hurt so much?

◆ "Blocked meridians induce pain, whereas unblocking meridians dispels pain." The pain of *Paida* shows that the relevant



meridians at the slapped area are (heavily) blocked. With each "painful" slap, the meridians are gradually being unblocked — that is why we say the pain of *PaidaLajin* is the best "Pain Medicine".

- ◆ It hurts more when the toxic wastes are surfacing in colourful patches of *Sha*. The pain will gradually recede with continued *Paida*.
- ♦ When the slapped area is free of blockages, for healthy people and healthy parts of the body, there is no intense pain even with high energy *Paida*; quite on the contrary, one feels greater comfort and would like to enjoy the "torture" of more and heavier slaps.

### How to reduce the pain of Paida?

- ♦ When doing *Paida*, mainly move at the elbow joint(s) and the waist(s), do not move the upper arm(s). This not only reduces the pain of *Paida*, you can also slap for a long time without feeling exhausted.
- ◆ Use soft *Paida* in the beginning, and gradually increase intensity when the slapped area warms up and is better adapted to it.
- ◆ *Paida* in warm weather or when the body is warmed up (after a foot bath, shower, sauna, etc.). The toxic waste (*Sha*) emerges faster and it doesn't hurt much.

### Diagnosis by Colour of Sha

Sha (痧; pinyin: shā): It literally means "toxic sand" and it refers to "poisoned blood or toxic waste" in the body expelled during Paida,

skin scraping, cupping or other external therapies.

#### There are four types of toxins in "Sha":

- ◆ Toxins as a result of external environmental forces such as chills and "warm-dampness".
- ◆ Toxins from diseases.
- ◆ Drug toxins from prolonged medication. Chemical odours expelled during *Paida* are evidences of detoxification.
- ◆ Toxins produced by negative mindset and emotions. These are far more toxic than drug toxins, and are the main causes of diseases.

#### The colour of *Sha* has the following implications:

- Flushed skin: healthy, normal;
- ◆ **Red:** "intangible hotness"; more commonly found in people of "sub-health" conditions;
- Purplish red: "stagnant hotness", prone to soreness;
- ◆ **Cyan:** "intangible phlegm and wetness", prone to fatigue;
- ◆ **Purplish black:** congestion and inflammation, indicating that toxins have accumulated and that the meridians are heavily blocked;
- ◆ **Black:** appears mostly in those with chronic or critical illnesses, or those having prolonged medication.
- **7. Colourful** *Sha* **and reddish swelling skin:** severe blockages. The swelling, similar to the appearance of *Sha*, is a good detoxifying reaction.







So much purplish and black *Sha*, with a layer of white powder on top of it — they pose serious health risks, which you may not be aware of if they remain hidden in the body.

#### Note:

No need to panic, feel disgusted or harbor any other negative feelings about these pictures or shades of *Sha* on yourself or others. Be happy and grateful that toxins and wastes are now out instead of being trapped inside the body.

#### General principles in diagnosis by colour of Sha:

- ◆ *Sha* appears only where diseases are present.
- ◆ The amount of *Sha* surfaced indicates the severity of diseases.
- ◆ The intensity of *Sha* colour indicates the amount of toxic waste in the body.
- ★ Sometimes, *Sha* may appear with lumps. Regardless of the disease name, when pains are relieved and *Sha* is surfaced through *PaidaLajin*, the self-healing power is at work.
- ◆ *Sha* appears only where diseases (or latent diseases) are present, indicating problems with organs corresponding to meridians at those areas, and that detoxification is under way. Hence, *PaidaLajin* are diagnosis and treatment at the same time.
- ◆ The more severely blocked the meridians, the faster *Sha* appears



and the darker its colour. The amount of *Sha* surfaced indicates the amount of toxic waste in the body, i.e. the darker the colour, the more toxins, intangible coldness, hotness and other pathogenic elements are present.

- ♦ Some *Sha* travels in the body. This indicates that *Qi* and blood circulation is well-regulated, and proves the healing effect of *Paida*.
- ◆ Some may have red *Sha* at first, and with continued *Paida*, darker dots, patches or lines will appear, and in severe cases even dark, hard lumps will emerge. In other cases, especially among the seriously ill, *Sha* may not surface easily because the *Qi* is weak and fails to stimulate blood circulation. In such cases, *Paida* is to be repeated several times with higher intensity and longer duration before *Sha* can be gradually drawn out. Finally, there are those with weak *Qi* and blood circulations but rough skin and thick flesh where toxins are buried deep within, hence, they will have a harder time getting *Sha* to appear.
- ◆ *Sha* may not easily emerge after a few *Paida* sessions, but can re-appear after several more attempts. This indicates that the body's condition is constantly changing, and that toxins are moving around in the body.
- ◆ If *Sha* appears only when one is receiving *Paida* by others, but not when one is slapping oneself, then the intensity of self-help *Paida* is too weak and the duration is too short for it to take effect.
- ◆ Those fallen ill will have *Sha* appear where it previously did not, and *Paida* hurts more as well. Others have considerably more *Sha* only after intense *Paida* or when receiving *Paida*. This phenomenon is known as Healing Reaction, where past diseases and injuries are brought to the surface to be thoroughly healed.

### \*\* PaidaLajin Self-Healing

### What should I do when Sha emerges?

Continue slapping, and the *Sha* will dissolve faster; otherwise it will disappear at a slower rate.

### Are blood vessels broken when Sha appears?

No. Continue slapping at the same area for up to 1-3 hours and the *Sha* will get dissolved and disappear, a perfect case indicating that the *Sha* is not a sign of broken blood vessels.



**Exceptions:** For someone with skin diseases, particularly psoriasis, the healing effect is better when *Paida* is continued until the skin breaks and it bleeds; for patients with hypertension and heart

problems, bleeding reduces blood pressure, cures headache and relieves chest tightness faster.

The best thing to do at this point is to do nothing — it will naturally heal without any treatment. No worry of inflammation. One can thoroughly self heal with prolonged and repeated *Paida*.

★ During *Paida*, the hands are being slapped as well. When *Sha*, cracks, water or blood blisters appear on the hands, it is an EXTRA GIFT! They will subside without any particular treatment.

32

### \*\* PaidaLajin Self-Healing

### Is *Sha* the same as the bruises one gets in a fight?

They are totally different in nature — the bruises one gets in a fight are caused by blood vessel ruptures; whereas in voluntary *Paida*, normally the blood vessels don't get broken.

Moreover, fighting is a malicious act, while *Paida* is well-intentioned. And the effects will naturally differ. *Paida* for one another is beneficial to all parties involved, and it can enhance your bonds as well!

### Must I continue slapping until the Sha disappears?

It's strongly advised, but not a must.

*Sha* produced during *Paida* is poisoned blood removed from the blood vessels; it lies under the skin, in the interstitial spaces outside of the blood vessels. The interstitial blood is identified as an alien substance by lymphocytes and phagocytes, and is thus decomposed and excreted from the body through breathing, sweating, urination and other channels.

When lymphocytes and phagocytes are functioning normally, *Sha* is decomposed quickly; otherwise it will take more time. Regular *Paida* enhances the immune functions of these cells, thus effectively and rapidly removing pathologic substances. Modern medical science has found that the process of removing harmful alien substances can stimulate the functions of the immune system, improve the body's capability to cope with stress and to repair damaged tissues.



#### Paida the Universal Regions (Elbows, Knees, Hands and

### Feet) Regularly

- ◆ The body's main meridians run along these Universal Regions, and many key acupoints of the meridians are located there as well. Hence, slapping at these parts unblocks and activates all meridians of the body.
- ◆ Toxic wastes tend to accumulate at these movable joints, just like what happens with the corners of a river, a water pipe or a road. Slapping at these joints improves the efficiency of unblocking meridians.





**Left:** Whatever the disease is, **ignore the disease name** and start with slapping the elbows.

**Right:** Dark *Sha* on a knee of someone with rheumatism ("old cold legs") and arthritis, indicating too much coldness and dampness at the knee joint. A session of *Paida* (30min-1 hour) can relieve the symptom, and it can be thoroughly healed with repeated *Paida*. For people with lower back and leg pains, *Paida* the back of knees for up to 1 hour. One session works and more sessions cure. It's best to slap all around the knees and do *Lajin* as well.







**Left:** A heavy smoker drew out toxic blood on his hand.

**Right:** Dark *Sha* and white powder on the foot of a self-proclaimed healthy person — indicating too much coldness and wetness.

### **♦** Benefits of slapping hands and feet:

Hands and feet are far away from internal organs, and there are many acupoints. They are also holographic reflex zones of all the organs in the body. Hence, slapping them is safe and highly effective in improving various diseases, including problems with the head, five sense organs, chest, heart and other organs.

★ It is particularly effective on people with cold hands and feet.



### Paida the Head and Face Regularly





**Sequence** of *Paida* the head (preferably in the morning): Top, left and right sides, front and back sides of the head, neck, cheeks, eyes, ears and mouth. You can use hollow palms to very gently pat areas around the eyes.

#### Benefits

- *Paida* the head and face (20min-1 hour): The body will warm up, and the warmth can travel to the heels. It makes you feel refreshed, your cheeks glow, and your eyes bright. This is particularly good for those who have cold hands and feet or a cold body.
- It alleviates problems with the head/brain and five sense organs: headaches, dizziness, cold, cardiovascular and cerebrovascular diseases, stroke sequelae, depression, insomnia, facial paralysis, ear problems, etc.
- It improves or eliminates problems of dark facial colour, wrinkles, pimples, age spots, etc.

★ We strongly advise every man and woman to *Paida* the face for 100-300 slaps each morning. The more, the better!



# Paida the Back and the Back of Legs (All Along the Urinary Bladder Meridian)





**Left:** Slapping the back of knees in groups of three — a great way to detoxify, effective on lower back and leg pains, arthritis, etc.

**Right:** *Sha* on the back

# ♦ Benefits of *Paida* the back and the Urinary Bladder Meridian:

The Urinary Bladder Meridian is the largest detoxification channel in the body. Prolonged, repeated *Paida* can help enhance the body's ability to get rid of toxic wastes.

*Paida* the back of the legs and along the spine, from gentle to heavy, for up to 1-2 hour(s). You can do it in one or more sessions. Repeated *Paida* and persistent *Lajin* create the best healing effect.

**★** DO NOT slap where the kidneys are, or gently do it yourself.

# Can I slap anywhere on the body? Which body parts are

#### best NOT to Paida?

- ◆ You can slap all over your body to thoroughly detoxify. This is what is called "carpet bombing" *Paida*.
- ◆ You can gently clap YOUR OWN neck, eyes, ears, waist (where the kidneys are) and areas where the internal organs are located. DO NOT have others slap these parts for you, and DO NOT offer to help others slap these areas.

# It's my first time to Paida. Why isn't there Sha?

The most probable reason is you are being "way too kind" to yourself, i.e. clapping too softly and not long enough. You can either use heavier slaps, or have someone help you *Paida*. Generally, *Sha* will emerge very soon.

Another possibility is you are in poor health, don't have enough *Qi* and blood, and the toxic wastes lie deep within, hence it can be hard to draw out the *Sha*. Persistent, prolonged practice can help.

- ★ Drawing out *Sha* is NOT the ultimate goal of *Paida*. *Paida* is a direct way to activate our innate self-healing power to do its job to clear away wastes through various channels, including the skin pores, and the orifices of the body.
- ★ For healthy people and parts of the body that don't have *Sha* after rounds of *Paida*, regular practice is still strongly advised.

# Can a frail person *Paida* in winter? Anything in particular to take note?

Yes. Generally speaking, *PaidaLajin* can be practiced anytime, anywhere, every day throughout the year.

Keep warm in winter and go gradual doing *Paida*, or use a tool to *Paida* without removing clothes. It is more convenient to do *Lajin* in cold weather.

## Duration and Frequency of Paida

- ◆ *Paida* can be practiced at any time of the day. It's best to make it a habit and *Paida* in the morning and evening, and at noon.
- ◆ For those with obvious problems, focus on the Universal Regions (elbows, knees, hands and feet) and the illness-related areas for at least 30 minutes each. For instance, those with knee pain, frozen shoulder, neck problem, headaches and insomnia can clap the Universal Regions for as many times as desired.
- ◆ For those with serious illnesses, for instance, inability to lift shoulders or to walk, or those diagnosed with psoriasis, heart diseases, hypertension, diabetes, cancer, etc.: *Paida* each Universal Region and affected area for at least one hour, for 1-3 times a day. The duration may be shortened accordingly when symptoms are relieved.
- ◆ Those with critical illnesses may experience repeated appearance of *Sha*. Normally, *Sha* does not appear easily after a few *Paida* sessions; however, regardless of whether *Sha* appears or not, regular practice should be continued to clear meridians, to gain healing benefits and to maintain good health.



### Where should I Paida?

### 1. Universal Regions (elbows, hands, knees and feet)

Theoretically, all parts of the body can be slapped. However, in order to improve efficacy, people look for key areas related to their illnesses for *Paida*. Hence, the most frequently asked question is, "which part of the body do I need to *Paida* to cure my illness?" Since all illnesses are manifestations of blocked meridians, they will be cured once the meridians are cleared. People will then ask, "which meridians should be cleared in my case?"

**All illnesses originate from meridian blockages.** Therefore, all illnesses can be treated by clearing meridians. Universal Regions are most frequently slapped as they cover all meridians of the body, therefore, *Paida* the Universal Regions is like "carpet bombing" of all meridians. They can be the first parts to *Paida* in treating any illness.

#### Important things to observe:

When slapping elbows or knees, all areas including front, back, left and right sides are to be slapped thoroughly.

The best way to *Paida* the back of a hand is to place one hand on a knee, and *Paida* the back of that hand and fingers with the palm of the other hand.

When *Paida* the feet, it is necessary to *Paida* the inner and outer sides of the ankles, and the tops and soles of the feet.

#### 2. Illness-related areas

After *Paida* the Universal Regions, one may go on to *Paida* illness-related areas. Please note: all types of *Paida* will deliver better effects when combined with *Lajin*.

- ◆ Illnesses of the head and related organs, such as deafness, tinnitus, hearing loss, eye problems, facial paralysis, headaches, dizziness, colds, cardiovascular disorders, cerebrovascular diseases, stroke sequelae, depression, insomnia, etc.: *Paida* all over the head and face.
- ◆ Neck, limb and joint pains and other related problems: *Paida* where it hurts, regardless of the disease name as defined in modern medicine. Since these parts are located away from internal organs, high energy *Paida* is safe and beneficial as long as the pain is tolerable. Those who lack strength may get others to do the *Paida*.
- ◆ Cardiovascular disorders, post-stroke paralysis, lung diseases, mammary gland diseases, asthma, and thyroid gland diseases: Focus on *Paida* the inner side of the arms and wrists, armpits, areas around the collar bones, and all over the thighs and calves. Benign mammary lumps may be slapped directly, even if the size is as big as an egg.
- ◆ Gynaecological disorders (such as uterine flesh tumour, ovarian cysts, menstrual pain, etc.), male disorders (such as prostate disorders, impotence, premature ejaculation, etc.), and reproductive and urinary system disorders: Focus more on the root of the thighs (where more toxins accumulate, and where meridians, blood vessels, nerves, lymphoid vessels gather), inner thighs, lower abdomen and both sides of the calves.
- ◆ Old wounds, injuries or fractures from falls, sports or other accidents, etc.: *Paida* directly on the problem areas, e.g. scars or



sutured wounds that have recovered. This is the process of "calling forth the past illness to manifest itself". Take care to adjust the intensity, and preferably you should *Paida* each area for no less than 20 minutes.

- ◆ **Itchiness**: *Paida* directly on the problem area, the inner elbows, upper inner side of the knee joints, outer side of the thighs while standing straight (including the *Fengshi* acupoint, where the middle fingers of the naturally lowered hands touch the thighs).
- ◆ Diabetes, piles, constipation, obesity, gastrointestinal disorders, and almost all chronic diseases of internal organs, such as liver, kidney, spleen, etc.: Heavily *Paida* the lower abdomen, inner and outer sides of the thighs and calves, root of the thighs, and obese areas for a long time. You may also use your fists to hit these areas, or use the sides of your hands to chop at the root of thighs. These methods produce less noise but stronger penetration.
- ◆ All types of acute disorders: Directly *Paida* corresponding acupoints or meridians. (Please refer to the Section **Using PaidaLajin** for **Urgent Symptoms**)

The Universal Regions and illness-related areas mentioned above are not perfect combinations, they are provided for your reference only. As diseases are complex ones, for best effects, *Paida* all over the body, including Universal Regions, the head, limbs, armpits, root of thighs and the torso. This does not mean *Paida* all areas briefly in one session, instead, one area is to be slapped thoroughly before moving on to another.



# A few things to note about Paida

## Avoid wind or chills during Paida

◆ Avoid directing an electric fan or air conditioner at yourself during *Paida*, so as not to let the cold and chills enter the body via open pores, which could induce new illnesses. If air conditioning has to be used, the temperature should be increased to no less than 26 degrees.

## ◆ Remember to drink enough water before and after Paida

It is best to take ginger and date soup before and after *Paida*. Warm water can also be taken to replenish hydration, to prevent dizziness or fatigue, and to enhance metabolism. Drink only when you are thirsty and drink when it is warm.

## Avoid showering or bathing after Paida

In cold weather, when there is little or no sweating, it is better not to take a bath on the day of *Paida*. As the *Qi* and blood flow in the body is automatically enhanced after *Paida*, it is best not to interfere with this process. However, it is alright to dip in hot springs or hot baths, as the skin all over the body is warmed up, this will enhance *Qi* and blood flow, and *Sha* will disappear faster as a result. Showering is not advised.

When it is hot and there is a lot of sweating, do not shower in less than one hour after *Paida*. Never shower with cold water. Shampoo and shower gel containing chemicals should be avoided.

## **♦** *Paida* for those with skin problems

For those with skin diseases such as psoriasis, eczema, rashes and itchiness, and swelling, reddish skin of toxic bites, slap heavily on the affected areas for a longer time for it to take effect. It's better to slap



until the skin is broken, and blood and body fluids are exuded. When scab forms and new skin develops, the disease will be healed.

## **♦** Do not use *Paida* to treat trauma or festering wounds.

*Paida* for those with diabetes, varicose veins and swelling of the lower limbs:

For diabetics, *Paida* should be gentle and slow because their skin and blood vessels are weak and fragile. For those with varicose veins and swelling of the lower limbs, it is better for them to gently *Paida* from the bottom to top, so as to accelerate blood flow. Gently clap at the varicose veins and gradually slap harder for up to half an hour. Normally, varicose veins can be healed with several rounds of *Paida*.

◆ Do not use *Paida* to treat trauma or festering wounds. And do not use heavy *Paida* on eyes, ears, neck, and where internal organs, tumors, etc. are located.

However, as meridians at the Universal Regions (elbows, hands, knees and feet) are linked to internal organs, these places can be patted instead to treat diseases related to internal organs. Persistent, prolonged Paida of the universal regions and the four limbs have helped people self heal various chronic diseases such as hypertension, diabetes and heart diseases.

♦ When *Sha* appears, it's best to continue slapping until it comes out thoroughly and then disappears. This process can take a long time, sometimes for over an hour. Prolonged *Paida* helps the *Sha* fade away faster. The slapped area gathers more *Qi* and blood, and it facilitates their flow and detoxification. Even if you stop *Paida* half way, in several hours or a few days, the *Sha* will naturally



disappear. It only takes a longer time.

If *Sha* disappears fast, it is indicative of good health. Normally, the *Sha* on kids, young and healthy people disappears faster; whereas it recedes more slowly in elderly people and gravely ill patients. After *Sha* appears, the same area can be slapped again the following day, though it can hurt more. You can move on to slap other body parts, and wait until the *Sha* disappears to start a second round of *Paida* on the same areas.

- ◆ The very fact that *Sha* appears and disappears during and after *Paida* shows that it is not blood vessels being broken.

  Rather, the toxic substances in the blood are being dissolved by the enhanced *Qi*, and removed through skin pores, other orifices and detoxification channels. Sweat, tears, runny nose, urine, stool, smells from the skin and other excretions are all telling signs of detoxification.
- ◆ Reddish, swelling skin and dark *Sha* that appear during *Paida* can look horrible. For instance, some people cannot put on their shoes, for their feet are so swollen after *Paida*. These are good healing reactions, and the self-healing system is working to detoxify. Continue *Paida*. Don't panic even if the skin is broken and blood seeps out. *Paida* for a while to get rid of some toxic blood and fluid. Then move on to slap at an adjacent area.

Some regard the appearance of *Sha* as a sign of subcutaneous hemorrhage. This is a misunderstanding. When checked with medical equipment, the major blood vessels at the area with much *Sha* remain intact. And, if you slap on healthy parts of the body, no *Sha* or blood will come out. *Sha* and bleeding during and after *Paida* are part of the self-healing process. "No destruction, no construction".

#### **Prohibitions**

*Paida* is prohibited in the following cases:

- ◆ Those who tend to bleed easily or those with blood disorders, such as bleeder disease, Henoch-Schonlein purpura (HSP), etc.
- ◆ Those with skin trauma, and/or festered skin with bodily fluid on it.
- ◆ Those having acute injuries, severe infections, and fresh bone fractures. It's Okay to clap on areas with muscle and soft tissue damage, but it can hurt more.
- ◆ Those with unknown lumps or malignant tumour.
- ◆ For patients with retinal detachment, avoid patting on the eyes.
- ◆ Those forbidden by doctors to practice *Paida*.
- ◆ Those who reject or disbelieve *Paida*.



## The Benefits of *Lajin* (Stretching)

Chinese medicine has it that "extending the Jin (tendons and ligaments) by one inch will prolong life by 10 years" and that "a good alignment of bones with flexibility in the tendons and ligaments will enhance the free flow of Qi and blood circulations."

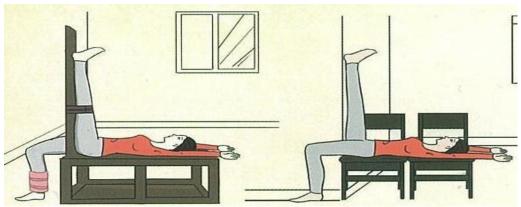


*Lajin* has almost immediate effects of improving lower back and leg pains, menstrual pain, frozen shoulder, lumbar disc protrusion, etc.



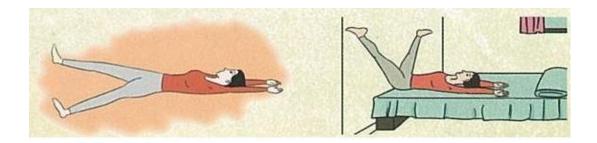
*Lajin* is both diagnosis and treatment. Those with many health problems tend to suffer from severe contraction of tendons.

# RaidaLajin Self-Healing



Doing *Lajin* in reclining posture helps unblock all meridians in the body. In the absence of a proper *Lajin* bench, chairs can be used as a temporary substitute (to do *Lajin* by a corner of a wall or a doorframe).

- ◆ Standard *Lajin* in reclining posture: Lie flat on a *Lajin* bench (or chairs), with both arms stretched straight backward and close to the ears; the raised leg should be parallel to the pole, and the back of the knees should be stretched straight; the foot of the raised leg should be at a 90-degree angle with the pole, and turned slightly inward; the sole of the lowered foot should be on the ground; move the legs closer together; the buttock should be pressed against the pole, with hip joints on both sides flat on the bench (or chairs).
- ◆ Use wrapping on the raised leg, and use sandbags on the lowered leg or both legs. Continue to stretch after painful, swelling, sore and numbing sensations are felt.
- ♦ In the beginning, it is normal not being able to do it in the standard posture. With persistent, daily practice, by gradually extending the time and adding more weights, you can improve or self heal many sicknesses.



Doing regular "Y-style" *Lajin* on the floor or bed for 15-30min each time can help unblock all meridians in the body, particularly the Liver, Spleen and Kidney Meridians along the inner sides of the legs, thus enhancing the functions of the corresponding organs.

★ It can also make the legs slimmer!



**Left:** Relax head, neck and shoulders at the edge of a *Lajin* bench, bed or a line of chairs for 3-5min each time. Regular practice helps relieve neck and shoulder stiffness and pains.

Please note: Those suffering from dizziness, hypertension, heart and brain problems are NOT advised to do it.

**Right:** Sleeping without pillow on a relatively hard bed is a natural, gentle way of stretching and bone-setting!

★ Squatting is a great way of stretching!

# Does Lajin have side effects?

No, not in the usual sense.

There are two desired "side effects": making the practitioner slimmer and better looking.

And indeed, there could be some seemingly "undesirable" side effects, i.e. "Healing Reactions".

★ "Healing Reactions" are signs of recovery. They are a process where past, current and potential problems are surfaced and dissolved.

## Will Lajin cause damage to tendons and muscles?

- ◆ *Lajin* is a natural and rational exercise. Pain, numbness, soreness, swelling sensation and other reactions indicate that *Qi* and blood cannot flow smoothly in the body, so it requires *Lajin* practice to facilitate their smooth flow.
- ◆ *Lajin* is a self-help exercise. You can adjust the intensity and duration so as not to injure yourself from overstretching, i.e. you can never damage the tendons, ligaments or muscles by practicing *Lajin*.
- ◆ When you feel painful during *Lajin* practice, it suggests that something is wrong with your body. You can keep it within a tolerable range by flexibly adjusting the intensity and duration.
- ◆ Beginners, those with critical diseases, and the elderly need not stretch too much in the beginning, but should gradually increase the duration and intensity.
- ◆ Some say that his/her tendons have always been tight ever since childhood. In fact, tight tendons sound an alarm against physical

disorders, which suggests that something is wrong with the liver, since liver governs the *Jin* (tendons). Therefore, such people should practice *Lajin*, more so than others.

igoplus If you do not feel any pain, numbness or swelling sensation however much time or whatever *Lajin* posture is taken, it suggests that your bones are in place and your Jin is flexible, thus *Qi* and blood can flow naturally. In that case, you do not have to practice *Lajin*.

# I have severe bone loss, can I practice *Lajin*? I have delicate bones, will *Lajin* damage my bones?

*Lajin* can be practiced. Pay attention to slowly get into the *Lajin* position, and gradually extend the time and add more weights. You don't have to do the perfect "standard" posture at the first go.

# I am hunched, and have spine dislocations, do I need to do bone-setting prior to *Lajin*?

*Lajin* in itself is a kind of bone-setting. With persistent practice in the standard posture, the tendons will get more flexible, and the bones will naturally get back to their proper places. If you want to do bone-setting, please intensify *Lajin* practice (more time and weights).

# Why is Lajin a kind of bone-setting?

Bones rely on surrounding tendons and muscles to maintain mechanical equilibrium. Contraction of the tendons causes disequilibrium, leading to bone dislocations. When the tendons regain flexibility with persistent *Lajin* practice in the standard



posture, mechanical equilibrium is resumed and the dislocated bones will naturally get back into position.

# How does *Lajin* differ from yoga, traction, dance, leg pressing, splits and other stretching exercises?

- ◆ The biggest difference: *Lajin* is simple, effective and easy to learn, and has almost immediate effect in relieving waist, back and leg pains, etc.
- ◆ *Lajin* can be practiced any time, at home or in the office, by almost anyone, man and woman, young and old, for health-keeping or self healing diseases, physical or mental, acute or chronic.
- ◆ One is in a state of movements doing other stretching exercises and is prone to get injured, whereas when one does *Lajin*, he/she is in a static state (whether *Lajin* in reclining or standing postures), and does not turn the waist or joints, thus avoiding possible injuries.
- ◆ *Lajin* is a self-help exercise, and one can adjust the time and intensity to suit his/her own needs and tolerance.
- ◆ In *Lajin*, the tendons are stretched more thoroughly, including the tendons from the neck to back and waist, at the back of the knees, heels, hip joints and inner sides of both legs, and is thus "carpet bombing" on all the blocked meridians and problem areas of the body; By contrast, other exercises stretch some, not all of the tendons.
- ♦ You can "shoot two birds with one stone", i.e., close your eyes to fully relax, listen to music or meditate during *Lajin*.



## A few things to note about Lajin

- lackAvoid contact with wind and chills from outdoors when practicing Lajin. Avoid being directly blown at by air conditioners or electric fans when practicing indoors; sweating during Lajin is beneficial, it is NOT necessary to cool down deliberately. The knees and waist should never be exposed as the body is relaxed and pores are opened up during Lajin. It is best to wear long-sleeved shirts and long pants to keep warm; otherwise, the chills may affect the joints and induce more diseases.
- ◆ There is no fixed standard as to how intense or how long a *Lajin* session should be, which vary according to one's age and condition. The overall principle is: for better and faster effect, stretch in higher intensity and longer duration. For people who dance or practice yoga, or have very flexible bodies, each leg may be stretched for 30-50 minutes or more.
- ◆ If, in reclining posture, your sole cannot touch the ground, you can slightly move your lowered leg to the side to ease the pain. But once it can touch the ground, draw back to avoid splay feet.
- ◆ People with hypertension, cardiac diseases, the frail or the elderly should take it more slowly, as the pain induced in *Lajin* will increase the pulse and blood pressure. Even though these are normal reactions, which are signs of improvement, it is advisable to gradually increase intensity and duration. A small pillow may be used to prop up the head in order to avoid blood rushing to the brain.
- ◆If numb and cold limbs, paleness in the face, cold sweat and other healing reactions appear during *Lajin*, stop for a while and slap heavily at the inner elbows and *Neiguan* acupoint near the wrists. The more pain is felt, the more necessary it is to *Paida*.

- ◆ Women may practice *Lajin* at any point of the menstrual cycle. Those suffering from menstrual pain may feel better if *Lajin* is practiced during the period. Pregnant women are NOT advised to do *PaidaLajin*.
- ◆ Stay attentive when doing *Lajin*. When pain is felt at different parts of the body during *Lajin*, do some *Paida* as well for greater healing effect. In particular, for those with difficulty performing *Lajin*, *Paida* the joints, hands and feet can help relieve the pain felt during *Lajin*.

# Why do I feel weary and drowsy after PaidaLajin?

When you practice *PaidaLajin*, some of the *Qi* and blood is used to unblock and ensure a free flowing Meridian system. A good sleep helps.

You can drink ginger and date soup before, during and after *PaidaLajin* to replenish energy (boil ginger slices and red dates for up to 30min, you may add some brown sugar when the soup is ready).

# Can I do *PaidaLajin* while doing other things, such as watching TV, reading books, etc.?

*PaidaLajin* self-healing methods may appear simple, but the secret to their miraculous healing effects is attentive, persistent practice. Try your best to focus on the physical and mental changes in you during and after practice. The more attentive and positive you are, the better the effect.

SO, it is best NOT to do other things that can distract your attention.



★ When one is doing *Lajin*, having someone else to clap the armpits, root of the thighs, chest or other areas can have incredible effects!

# Phenomena of Healing Reactions and "diseases"

Various reactions occur during *PaidaLajin*, for instance, pain, soreness, numbing or swelling sensations, itchiness, drowsiness, nausea, etc. Black or purple *Sha* (poisoned blood/toxic waste), red swellings and greenish bruises (different forms of *Sha*) may appear at the slapped areas. These are signs of "Healing Reactions", or curing curve responses. They are basically the same as the reactions of medication, acupuncture, moxibustion, or *Qi Gong*.

When Healing Reactions occur, various excretions may be expelled from the body, e.g. vomit, sweat, rashes, burps, wind, stool, tears, snorts, and so on. These are all good signs of detoxification in process. Recovery responses may appear unpleasant, but are in effect signs of improvement. Just like darkness before dawn, they are gifts from nature.

♦ First of all, "Healing Reactions" function as an accurate self-diagnosis. It tells us, through various symptoms, which parts of the body are sick. This includes agonies we are suffering from, illnesses or injuries from the past, and also lurking ones that are yet to break out. We may not realise it, but some diseases believed to be thoroughly cured are actually not. In cases where diseases go undetected or are wrongly diagnosed, or when one is in a "sub-health" condition, PaidaLajin can immediately complete diagnosis, whereby yang-qi (the positive Qi) activated through the practice is colliding with yin-qi (the negative Qi/latent diseases), resulting in various discomforting symptoms.



- Secondly, Healing Reactions occur when the body's self-healing power is doing its duty of protecting and adjusting itself, which means that treatment is in progress. In *PaidaLajin*, some people may have his/her condition improved directly; however, it is more likely that one needs to go through this phase of "Healing Reactions" before improvement is gained, i.e. the symptoms will surface, and sometimes worsen, before they get fixed. Apart from reactions like pain, numbness, soreness, swelling sensation and itchiness, there may also be crying, red spots, rashes, blisters, dizziness, headaches, coughing, belching, nausea, vomiting, thick phlegm, runny nose, burping, farting, smelly stool and urine, etc., which are all signs of the body expelling toxic waste. More severe "Healing Reactions" include trembling of the entire body or even fainting, for instance, some may faint when receiving acupuncture treatment. Past diseases may surface and worsen during PaidaLajin processes, for instance, cardiovascular patients may feel more discomfort in the heart; hypertensive patients may have higher blood pressure; diabetics may experience higher blood sugar levels; patients with gastric problems may suffer more stomach discomfort; patients with various pains may feel more agony. These recovery responses are in effect rare blessings, which indicate that the self-healing power is regulating the body, detoxifying, and producing "antibodies". Do not assume such good reactions to be bad; and do not take these rewards for punishments. The best thing to do at this point is to continue and intensify *PaidaLajin*.
- ◆ Thirdly, by experiencing "Healing Reactions", the nature of diseases can be better understood. Diseases and recovery responses are natural warnings from the body, telling us that the agonies are caused by improper thinking, behaviour and habits. These need to be changed, otherwise the condition will worsen. People are wary of diseases, and may even hate or curse them, because the symptoms cause them discomfort or even great suffering. However, whatever is



manifested in us is good, including diseases. For instance, fever is the body's instinctive reaction to expel the cold. Forcing down a fever by taking medicine may temporarily suppress the symptoms, but seeds of future diseases are planted; high blood pressure indicates the presence of blockages in the body's meridians that hinder blood circulation, in response to which the heart instinctively increases the pressure to enable the blood to go through the blockages. If the root causes of diseases are not pinpointed for targeted treatment, and drugs are blindly taken instead to suppress symptoms, not only will the diseases not be cured, more problems will arise later on. People who take antihypertensive drugs are aware of this from their own experience. The nature of recovery responses needs to be understood in order for the nature of diseases to be understood. Now that we know "diseases" and recovery responses are signs of our self-healing instinct to love, protect, and regulate the body, we should be grateful for them, and not disregard or misinterpret the messages.

◆ Fourthly, the occurrence of "Healing Reactions" is a test of one's heart and mind. Although the nature of both "diseases" and "recovery responses" is the same for everyone, whether they are looked upon as something good or bad, depends on one's way of thinking. If you are negative, worried, fearful and prone to complaining, diseases will be perceived as doors leading to death; if you are positive, reflective, grateful and highly adaptable, then diseases will be perceived as great warning signs and doors to longevity. Hence, diseases and recovery responses are tests of our body and even more so, of our mind. They are watersheds in life. Both diseases and recovery responses are instinctive reactions of the body's self-healing power to maintain our well-being. They are different in that diseases are automatic warnings of the self-healing power, whereas "Healing Reactions" are the results of our proactive action to activate and enhance that power.

By understanding diseases and recovery responses, we can further grasp the significance of self-healing power. Diseases originate in the heart, and are cured through heartfelt changes. When discomforts in the body are viewed with negativity and fear, they are perceived as "diseases"; when viewed with positivity and gratitude, they are regarded as "recovery responses".

When recovery responses appear, *PaidaLajin* should be continued, as the efficacy of the treatment at this point is enhanced. Clinical practices continually prove that the more severe the recovery responses, the better the self-healing effects. If one's *Qi* and blood flow is too weak, and the reactions are overly severe, the intensity of *PaidaLajin* can be reduced, but the duration may be lengthened as suited.

At the same time, ginger and date soup ((boil ginger slices and red dates for around 30 minutes) may be taken to replenish energy; moxibustion may be applied to increase the *yang-qi* (the positive *Qi*) in the body. *PaidaLajin* can be continued after the *Qi* and strength are replenished. This is very helpful in improving the effect of *PaidaLajin* in those who are weak in *Qi*, seriously ill, elderly or frail.

PaidaLajin should be continued even after diseases are cured. These exercises could be adopted as life-long habits, so that we can be free from the need of medications, injections and surgeries. Practicing PaidaLajin daily is just like having regular meals. If, no matter how intense PaidaLajin are practiced, no pain, numbness, soreness or swelling sensation is felt, and no recovery responses occur, this indicates that the bones are in place and tendons are flexible, thus PaidaLajin need not be continued. However, even in yoga teachers with very flexible tendons, signs of detoxification reactions like numbness start to appear when a Lajin session is extended beyond 30 minutes.

# Three Stages of a Healing Reaction

Generally, a Healing Reaction has the following three stages:

#### Looking for (potential) illnesses

When *Qi* flow is hindered by greater resistance of blockages in the body and cannot go through a problem area, it will automatically find an alternative route to go around it. Such a process will repeatedly kick in when the *Qi* encounters other blockages at the alternative routes.

These continuous attempts can help the body clear up the less serious problems, while revealing more serious ones which the body has yet to gather enough strength to expel.

#### **Revealing illnesses**

In the first stage, most of the meridians would have been unblocked. The *PaidaLajin* self-healing process will enhance *Qi* flow in either parts of the body or the whole. This will enable the recharged body to focus on and clear the remaining identified problems. As a result, symptoms of various health problems will worsen, after which follows the revelation of all sorts of sicknesses.

This is the stage when the body is fighting against sicknesses, and it is also the most critical one. During this process, the body will get lousy, and the symptoms will aggravate. If you were to do a medical check-up then, the test results would most likely indicate a temporary state of abnormalities. That is why this stage is always dubbed as the "dà sǐ dà huó" (大死大活, death and revival) stage — indeed, to some extent, this is the darkness before dawn breaks. Unfortunately, many fail to understand this healing cycle and give up on *PaidaLajin* half way through. One must understand that without going through this dire state of suffering, it is impossible to embrace new lease of life, let



alone the effects of "body overhaul" and "rejuvenation".

#### **Beating illnesses**

After *Qi*'s repeated attempts to go through the problem areas and with greater intensity of *PaidaLajin*, the body's energy gets continually boosted. Under the constant pressure of stronger *Qi* flow, the problems (appearing in the form of *Sha*) will gradually recede and eventually disappear. At the same time, patients will feel their various sicknesses subsiding and eventually going away.

## **Clearing Clouds about the Healing Reaction**

The *Qi* flow follows a law of its own. And the process does not change course according to an individual's perception or will. As a result, *PaidaLajin* may cause anxiety in those who do not understand how they work. Some may even mistakenly think that the newfound illnesses/symptoms are caused by *PaidaLajin*. In actual fact, such revelations are the desired effects of *PaidaLajin*, which facilitate the *Qi* flow to detect known sicknesses as well as unknown ones in the body. And one cannot just tackle where the problems are, but need to have the body go through a comprehensive healing process. Only then can such a process be considered complete overhaul of the body.

This process will tackle the following three types of sicknesses:

#### 1. Past sicknesses

This refers to past illnesses of which some may have been cured long ago. However, the injuries caused by such illnesses may have not been healed properly as a result of subsequent changes to the body's organic structure (for instance, joints of an operated injury) which are left unnoticed. As a result, the meridian blockages at these

# RaidaLajin Self-Healing

specific spots may not allow the Qi to pass through easily and this normally leads to soreness at the old injuries and other complications related to the past sicknesses.

### 2. Existing sicknesses

This refers to illnesses that you are aware of. When the *Qi* hits right at the problem areas, one has to suffer more severe symptoms.

#### 3. Future sicknesses

Future sicknesses fall into three types:

Existing illnesses left undetected due to lack of obvious symptoms;

Illnesses that do not manifest many symptoms at the early stage (e.g. weakening kidney, pancreas, etc.);

Potential illnesses that might break out in future.

Despite the fact that we might not know of the existence of these sicknesses in the body or that they even cannot be traced, one gets to feel their presence when Healing Reactions occur.

To conclude, for those who want to achieve their personal health goal through *PaidaLajin*, experiencing Healing Reactions is an important step towards regaining health. Only when this stage is gone through, can one get healed from all past and existing sicknesses and be more assured of his/her future health.

## Using PaidaLajin for Urgent Symptoms

The following are recommendations on how to use *PaidaLajin* to relieve acute symptoms and common illnesses. These methods can be used to deal with various healing reactions as well. The only difference is that healing reactions are symptoms manifested through active practice of *PaidaLajin*.

#### **Duration**

**Paida:** Slap on one body part or acupoint for several minutes up to 30 minutes or more, depending on the severity of the problem (see pictures).

*Lajin*: Stretch one leg for several minutes up to 30 minutes or more, depending on the severity of the problem (see pictures).

## **Specific emergencies**

1. Acute heart problem, unconsciousness, acute asthma, chest tightness, shortness of breath, nausea, vomiting, headaches, dizziness, drunkenness, heat stroke, motion sickness, altitude sickness, abnormal sweating, uncontrollable shaking, lips turning purplish black, face turning pale or greenish black, overreaction (excessive joy, rage, anxiety, agitation, depression, contradiction, or other emotions).

Slap heavily on the inner elbows and *Neiguan* acupoint near the wrist (if only one person is on the scene, slap either arm; if there are two people, slap both arms), and go on to slap along the entire inner side of each arm. In more severe cases, slap on the area in between the breasts and the corresponding area along the spine.

## Dizziness coupled with cramps



In addition to slapping on the inner elbows and *Neiguan* acupoint, you can slap on the top of the feet.

#### Note:

If someone is feeling dizzy or is in a coma, whatever his or her disease name is, treat it as an acute heart attack.

Go gradually from soft to heavy *Paida*. In an emergency, you may use heavy slaps.

**2. Cramps on hands:** Slap on the *Neiguan* acupoint, inner elbows, and both sides of hands;

**Cramps along legs and feet:** Slap on the inner elbows, top of feet, all around the knees and the entire calves.

#### 3. Cold, fever, cough, running nose (including in children)

Slap on the inner elbows and *Dazhui* acupoint (at the protruding juncture of the neck and shoulders), each for 30 minutes. Go gradually from soft to heavy *Paida*. Use soft, caring, and attentive patting on a child, and also pat along the child's entire spine for 30 minutes.

## 4. Nose bleeding

Slap on the inner elbows and the back of hands.

## 5. Sore throat, inflammation of the tonsils

Slap on the front and sides of the neck, chest, back, hands and feet.

#### 6. Acute toothache

Slap on the inner elbows and the back of the hands (particularly the *Hegu* acupoint between the thumb and index finger). You can also slap directly on the cheeks and the mouth.

# 7. Diarrhea, food poisoning, acute/chronic stomachache, and bloating

Slap on the Zusanli acupoint, Neiguan acupoint, the back of the hands,



and on the abdomen.

#### 8. Acute constipation, bleeding hemorrhoids

Slap on the back of the hands and the entire buttocks. The healing effect will be better if colorful patches of *Sha* appear. For more severe symptoms, slap for multiple rounds until *Sha* comes out and there is bleeding; this is required to thoroughly heal.

#### 9. Waist sprain, acute/chronic lower back and leg pains

Slap on the back of the knees (including *Weizhong* acupoint), and the back and the outer sides of the legs. You can also slap directly on the affected areas. Go gradually from soft to heavier slaps. And do *Lajin* in a reclining posture.

#### 10. Acute liver pain, gall bladder pain

Slap along the inner and outer sides of both legs. Stretch on a *Lajin* bench or on a *Lajin* stand board.

### 11. Menstrual pain

Do *Lajin* in reclining, squatting or Y-shape posture for 20–30 minutes; Drink ginger and jujube tea, and stay warm; slap along the groin areas, the belly, and the inner sides of thighs and knees.

## 12. Vaginal itchiness in women

Slap on the affected area (perineum), the groin areas, belly, and inner thighs.

# 13. Rashes and other types of itchiness, bites by insects, mosquitoes, or other toxic animals

Slap directly where the bites, rashes, or itchiness are. The healing effect will be better when you slap on the area(s) bitten by toxic animals until toxic blood and fluid come out. For body parts that are not easy to slap with hands, a *Paida* tool can be used.

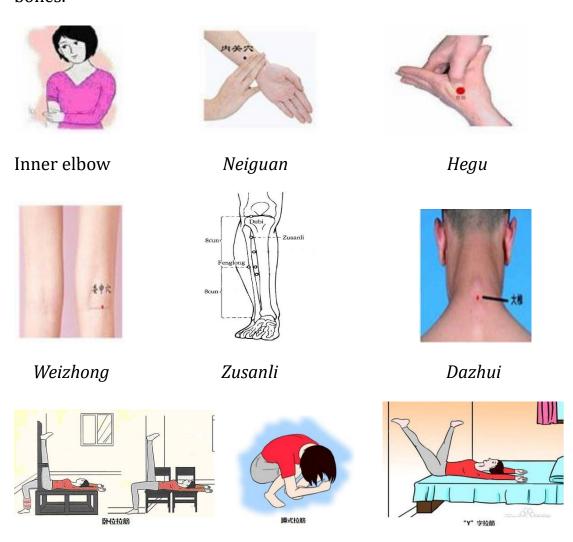
## 14. Acute scalds and sprains

Find the pain spot(s) at the corresponding area across the other side

of the body, and slap there until *Sha* comes out. For instance, when the big toe of the left foot suffers from a scald or a sprain, find the pain spot(s) on the thumb of the right hand and slap there (left elbow – right knee, left wrist – right ankle, left shoulder – right groin, etc.). You can also slap on areas around the scald or sprain, and move on to slap directly on the injured area.

#### Note:

DO NOT slap on body parts with open wounds and/or fractured bones.



*Lajin* in reclining posture Squatting *Lajin* 

### Reminders

- 1. *Paida* and *Lajin* are self-healing methods. You can use *PaidaLajin* on yourself or others. When helping others, please ask for their permission **BEFORE** you do it.
- 2. Generally speaking, for *PaidaLajin*, go gradually from soft to heavy. In a very urgent case, use heavy slaps.
- 3. Hot, cold, sore, numb, itchy, painful, tingling, or swelling sensations can be felt during and after *PaidaLajin*. Patches of red, purple, blue and/or black can appear at the slapped areas. Rashes, burping, flatulence, and dark and stinky urine and feces may result. These are good reactions of the healing process, and there is no need to worry.
- 4. Stay warm, and avoid cold and wind during and after *PaidaLajin*.
- 5. Both laypersons and doctors have personally experienced instant, miraculous effects of *Paida* in relieving acute symptoms. In case of an emergency such as those listed above, you do not have to panic or wait for help; all you need is a pair of hands and a caring heart dedicated to saving yourself or others.
- 6. According to relevant legal provisions in many countries, in an emergency, first aid can be provided without the need for a doctor's license.
- 7. This is for your reference only. Decide whether to apply these self-healing methods at your own discretion, and bear all the consequences arising from it.

### **Contact Us**

Emails: <a href="mailto:paidalajin@gmail.com">paidalajin@gmail.com</a> (English)

2597006392@qq.com (Mandarin)

hongchixiao@gmail.com (Mr. Hongchi Xiao's email)

**Note:** Our list of Worldwide Contacts is constantly being updated at the English website.

## For more on PaidaLajin self-healing, please visit:

Chinese website: <u>www.paidalajin.com</u>

English website: <a href="www.paidalajin.com/en">www.paidalajin.com/en</a>

U.S. website: <u>pailala.org</u>

Deutsche link: <u>www.lajin-paida-deutschland.com</u>

Chinese blog: <u>blog.sina.com.cn/yixingtx</u>

Chinese Facebook: <u>拍打拉筋自愈法</u>

English Facebook: PaidaLajin

Youtube Channel: <u>PaidaLajin Self-Healing</u>

Wechat No.: paidalajin999