

Paida and Lajin Self-Healing

(Abridged Version)

By Hongchi Xiao



* This is an abridged version of *Paida and Lajin Self-Healing* (English edition), which came out in Singapore in October, 2012.

My Health, I Manage!
E-Tao Paida & Lajin Self-Healing

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About the Author



Mr. Hongchi Xiao, *E-Tao* founder

Born in Songzi, Hubei Province, China

E-Tao founder devoted to promoting *Paida* and *Lajin* self-healing methods worldwide

IN 1990, Xiao got his MBA and subsequently worked as an investment banker in the U.S. and Hong Kong for over a decade.

At forty, Xiao began to write [Sex and Stocks](#), the first book of fiction in China that describes investment bankers. It soon became a bestseller in the Chinese community.

In 2006, he worked on concept proposal for the opening ceremony of Beijing 2008 Olympic Games, and his team's creative presentation was chosen. The entire world watched their work of art, which was all about showcasing Chinese culture.

Then, a series of events led him to embark on an unprecedented quest to rediscover Chinese culture and to learn from masters of Classical Chinese Medicine (CCM). With the wisdom of a scientist and the spirit of an explorer, Xiao has travelled to all possible corners of the world, and has found and learned from scores of them.

He has mastered many methods and techniques previously thought lost, including rare acupuncture, acupressure, bone-setting, needle-knife techniques, *Paida* and *Lajin*. Since then, Xiao has devoted to promoting these treasures, particularly the simplest ones — *Paida* and *Lajin*. The other therapies do work wonders, they are nonetheless quite complex and are still passive means of “healing by others”, not safe, simple and effective methods of “healing by oneself” freely accessible to all.

Xiao believes that “we are masters of our own health”. To promote these simple methods and to enable people to self heal, Xiao has authored such best-sellers as [Journey to Cure](#), and [Paida and Lajin Self-Healing](#). Now he is travelling the world giving speeches and lectures, organizing workshops, and demonstrating on various occasions to promote *Paida* and *Lajin*. The places he has been include scores of Chinese cities, Singapore, Malaysia, India, Germany, France, Switzerland, the U.S., etc. New calls will take him to places, big or small, when conditions are “ripe”.

“Have you actually tried *Paida* and *Lajin*?” Xiao would demand doubters and theorists. For Xiao and millions who have benefited, the sole test of the efficacy of *Paida* and *Lajin* is through Action, Action and ACTION!

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Chapter I My “Journey to Cure”

Excerpt from [*Journey to Cure*](#)

Like yesterday, I put out low tables at the corridor outside for the queuing Tibetans to do *Lajin*. The number of tables had increased from three to six, on top of each lay a patient, who had one leg straight up against the pole, while someone next to him helped to press his legs. If I noticed that some did not seem to benefit from the practice, I would make them repeat it, with me pressing the leg, and showing those around how painful the facial expression would be when it was done properly. In the end, they realized that their symptoms had gone with the painful exercise.



Helping to press legs of the one doing *Lajin*

It really made my day when I witnessed the immediate effects of *Lajin* — it not only cured the pain in the torso and limbs, but also eased headaches and pains in internal organs. A woman who had pain in her knees and legs had it eliminated after *Lajin*, but the pain in her back, chest and stomach remained. There were clicking sounds in her thoracic and lumbar vertebrae when I performed bone-setting on her, after that all her remaining pain disappeared; in another case, I used bone-setting on a middle-aged man with acute stomach pain that radiated from his abdomen to the back. After four popping sounds on his thoracic vertebrae, the pain went away completely. By now I was convinced that pain in the organs such as stomach and liver must be closely related to the corresponding spots on the vertebrae.

It occurred to me that since *Lajin* could easily be practiced at home or in the office, it should be introduced to the world so that more people could benefit from it, especially the increasing number of office workers who suffer from neck and back pains. Companies could consider installing “*Lajin* benches” in the office, as part of employee benefits package.

I also discovered some sad truths today. I saw that some Tibetans had spent the night sleeping along the corridor of the monastery, in order to get treated the next day. From this I guessed that the reason why so many Tibetans suffer from diseases such as arthritis might be because a majority of them are nomads used to sleeping out in the fields at night where damp and cold air gets into the body. Since there are hardly any medical services available at remote places in Tibet,

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people could not get treated when sick; instead, they have to rely on such drugs as painkillers or hormone pills, which they could buy without prescription. Monasteries with many lamas usually purchase boxes of painkillers so as to alleviate various pains. The overdose and/or misuse of these medicines induce a lot of diseases, such as distortion of bones. Deafness, which is a common illness here, is caused by misuse of hormone drugs to treat colds. To make things worse, a lot of drugs sold to the locals here are either counterfeit or of poor quality, which nobody elsewhere would take.

Many illnesses can actually get treated without any medication, including the many eye problems I found among my patients, such as cataract, far-sightedness, inflamed or tearing eyes, because they could all be cured with acupuncture. However, due to poverty and lack of acupuncturists in the area, people either let it worsen, or travel afar to a hospital to get infusions. They seemed to be always getting infusions in hospital, and hardly receiving any other treatments. Sadly, they seemed to always get sicker after the infusions.

Excerpt from Journey to Qinghai

Paida and Lajin in the Sun

After lunch, we went back to the kitchen. Again, it was overcrowded. I had to invite those waiting their turns out. I laid out a few more tables and encouraged them to do *Lajin*. The first two men about to receive treatment both had lower back pain and hip pain, and were limping. I asked, "Have you done *Lajin*?" They both answered, "Yes." "Have you done *Paida*?" I asked. "Yes." "Have you patted your hip?" I asked again. "No." was their answer. As they were men (hence would not be embarrassed to expose the hip), I asked them to take off their pants to have the hip patted.

One of them, while loosening his pants, pointed to his ass and asked, "It was patted yesterday. Doesn't that count?" I took a look — there was a large area of purple *Sha* (poisoned blood). I asked, "Is your pain relieved?" "Yes." He answered. I took the opportunity to explain to him, "The purplish dark *Sha* shows that *Paida* is effective on you, and the cold-dampness (chills in the body that induce various diseases) is being cleared. You need to continue receive heavy *Paida*." I asked another man to pat his hip. But his *Paida* was way too gentle. I showed him how to pat vigorously. Everyone laughed. The one helping to *Paida* took the hint and began to use heavy slaps. The one receiving *Paida* immediately showed painful expressions.

The other sturdy Kangba man had to follow suit, and took off his pants to receive *Paida*. Very soon a large area of *Sha* appeared on his hip. I said to them, "It's best to pat yourself, as you'll be both the giver and receiver of this 'gift.'" In the beginning, they were reluctant to pat themselves. I explained them why and they began to use genuine slaps. Over time, they got slack, with arms rising and falling slowly and the intensity falling, just like the lazy kowtow machine in an oilfield. From time to time, I had to ask others to give them a few hard slaps. It went on like this for half an

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hour, and indeed their hip pain was greatly eased. I asked them to walk again, and they could basically do it normally. They couldn't help but feel amazed at the healing method and its wonderful efficacy.



Giving and receiving the "gift" of *Paida*



Helping each other do *Lajin*



Paida in a group

Taken from Mr. Xiao's blog:

http://blog.sina.com.cn/s/blog_5dc946a60100h3e5.html

English version posted at E-Tao website:

http://www.Paidalajin.com/en/home/m_post.asp?id=213795518149

Editor's Note:

Visit our website at <http://www.paidalajin.com/en/home/> to read more of Mr. Hongchi Xiao's "Journey to Cure" stories. You can also get free downloads, watch videos, read FAQs and self-healing stories from around the world.

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Chapter II Five Criteria of “E-Tao Self-Healing Methods”

WE are certain that *E-Tao* self-healing methods will help resolve the dilemma of inaccessibility and jaw-dropping cost of health care worldwide. The most prominent features of these methods are derived from » [Huang Di Nei Jing](#) (*Yellow Emperor’s Canon of Internal Medicine*), “Bible” of Chinese medicine for millennia. It advocates “regulating the heart foremost, followed by external treatment and dietary therapies, and using medication as the last resort”. We believe that by following these principles, EVERYONE will be able to self heal.

But then comes the question of “HOW”, how to regulate the heart, and how to apply external treatment measures? A healing method that is too complex or much restricted in its application scope, has obvious side effects, or does not deliver desired efficacy, will not be widely received among the public.

My search for traditional healing methods took me on many journeys in the past few years. Through learning and repeated practice, not only have I found some simple yet effective methods, I have also summed up five criteria, where only by fulfilling these criteria can a healing method be readily embraced by and benefit the vast majority of people.

The five criteria are as follows:

Effective: Its effectiveness should be beyond doubt superior than that of modern medical practices.

Simple: It should be simple enough to be mastered by most people in just ONE or a few minutes.

Safe: It should be safer and more reliable than existing healing practices, and it should be a “green” method with NO risk of poisoning or side effects.

Universally applicable: It should be effective on almost all diseases.

DIY: It should be a self-help exercise readily accessible to all, for curing physical and mental disorders and enhancing overall health.

At first glance, finding a healing method that fulfils all five criteria may seem an impossible task. Fortunately, not only have we found such methods, we have also been able to prove their incredible efficacy through substantial records of clinical practices. For instance, by applying these methods, 90% of people with hypertension, diabetes or prostate disorders have made significant improvements or have fully recovered. Conscientious practice enables one to greatly alleviate or even cure almost all illnesses, may it be major or minor, acute or chronic, physical or mental, by himself or for others.

One day, when the efficacy and application scope of these self-healing methods far exceed that of modern medicine, they will inevitably transform the commonly accepted mode of medical practices that dates back over millennia, as well as the more recently established medical and drug industries. Eventually it will freshen up man’s perceptions, consequently helping to advance human civilization.

Once, on an Air Canada flight, I used just three silver needles (acupuncture tools) to save a dying passenger; on another occasion, I sent a paralysed patient walking only by pressing his acupoints (acupuncture points along the body’s meridians, i.e. channels through which vital life energy “Qi” runs and drives blood flow. They are the focus of external treatments including acupuncture, acupressure, massage, etc.) with my fingers (acupressure treatment); many people with lower back and leg pains have their agonies relieved by bone-setting. It may sound as if these methods could work wonders, indeed they can, yet, acupuncture, acupressure and bone-setting are still

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passive means of “being healed by others”, not proactive means of “healing by oneself”. They do not regulate the heart or the mind of the recipient, thus will not be practices of our choice, to be promoted worldwide. Treating people using these methods may also entail the risk of being accused of illegal medical practice. Hence I began exploring ways to best tap into man’s self-healing power and promoting the notion of “**My Health, I Manage!**” My dream is that eventually EVERYONE becomes his or her own healer.

I believe that **the right path to healing should be most direct, simple and accessible**. Bound by deep-rooted perceptions of being cared for by professionals and health care system, people may have long turned a blind eye to the obvious “right path” — to enable their innate self-healing power to do its job. I nonetheless believe that it is meant to be manifested through the “simplest healing methods” — *Paida* (patting and slapping the skin to draw out toxic waste in the body) and *Lajin* (stretching to make the body flexible, to cure diseases and to enhance overall health).

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Chapter III Overview of *E-Tao* Self-Healing Methods

“*E-TAO* self-healing methods” are derived from Classical Chinese Medicine (CCM) and they differ from therapies of modern Chinese medicine. For better comprehension, I’ll use plain language to explain the relationship between CCM and “*E-Tao* self-healing methods”, where the understanding of several specific terms is of utmost importance.

Forget the disease name

This is the primary term we use to interpret “*E-Tao* self-healing methods”, and it is also one of the secrets to the success of self-healing we advocate.

Regardless of what disease one has, he/she must first forget its name. Please note that it is the name that should be forgotten, not the disease itself. A disease name is just the tip of an iceberg; there are likely other, more severe underlying diseases that even doctors and patients themselves are unaware of. Disease names are only labels affixed by doctors and drug producers based on known pathological indicators and statistics, yet these labels do not necessarily identify the actual diseases. A set of symptoms, or a disease with a particular name, may have different contributing causes. Dispensing prescriptions based solely on a disease name with no regard to its causes may worsen the condition.

Disease names can be very misleading. Here, I’ll use two very common ones — hypertension and diabetes — to exemplify my point.

To doctors and patients of hypertension, it is natural that antihypertensive drugs should be taken to control blood pressure. The relationship between blood pressure and the heart, liver, spleen and other organs are simply overlooked. As a result, the body’s internal organs are often damaged by drugs taken.

Almost all antihypertensive drugs are diuretics that could do damage to the functions of the kidney. This will firstly lead to lowered libido, declined sexual function, prostate disorders and a variety of urinary system disorders such as frequent or involuntary urination, etc.; Secondly, it will lead to insomnia, bone loss, Alzheimer’s disease, hair loss, tinnitus, hearing loss, and shortened lifespan; in addition, Western medicine is considered acidic from the perspective of Chinese medicine, and the acidity will destroy the tissues of blood vessel walls, causing blood vessel ruptures that could lead to stroke and heart diseases.

The cause and effect mentioned above could be hard to grasp with only knowledge of Western medicine; however, it is clearly stated in the theory of Chinese medicine that “the kidney governs the bones, its health is shown in the hair, it opens at the ears, and it controls memory, the urinary and defecating functions, and governs natural lifespan.” Hence, without intake of antihypertensive drugs, as long as the Kidney, Heart, Spleen and Liver Meridians (energy channels in the body that are connected to their respective organs) are cleansed, blood pressure will naturally return to

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normal.

In effect, there is no definitive standard for “normal” blood pressure; it relates to one’s age, physique, mood, and many other factors. It also changes from day to day, and fluctuates with one’s mood and activities. Doctors and drug producers set standards and label diseases to establish benchmarks for reference and to boost drug sales. Taking antihypertensive drugs inevitably induces more disorders, such as liver, kidney, stomach and eye problems, and even more drugs will be needed to treat those new diseases. Many hypertensive patients die after years of medication, yet it is found that their deaths are not caused by high blood pressure. In this sense, the name “hypertension” is quite misleading.

Another good example is diabetes, whose name is also misleading due to the use of blood sugar indicators. Your doctor tells you that you are diabetic and should take hypoglycemic drugs, and then tells you if your blood sugar is not under control, it will easily lead to heart problems, even glaucoma (an eye disease) in severe cases. This is the kind of knowledge taught in medical schools all along. Without knowing it, doctors are brainwashed by drug producers to act as salespersons for their drugs.



Unfortunately, this has turned the causality upside down. By practicing *Paida* and *Lajin*, we’ve learned that in all diabetics, *Sha* (toxic waste that comes out during *Paida*) will appear when the Pericardium and Heart Meridians on the inner elbows are slapped. This signals that they already have heart problems but are unaware.

When these people practice *Lajin*, they will feel pain at the back of the knees and also the root of thighs, which indicates that the Urinary Bladder, Liver, Kidney, and Spleen Meridians are all blocked, i.e. these organs all have problems. Problems with these organs are the real cause of high blood sugar levels. Further investigation reveals that all diabetics suffer from emotional problems, to varying degrees, such as tension, anxiety, depression and other mental disorders; such emotional turmoil can lead to endocrine disorders. Let alone adults, most teenage students are stressed out before sitting a major exam, thus suffering endocrine disorders or abnormal blood sugar levels.

In short, diabetes is caused by endocrine disorders, which is related to the heart, i.e. a condition due to emotional problems. Some people are overly obsessed with money, power, social status or their children, and these obsessions make them tense and anxious all the time. Naturally, the endocrine system will not function properly. Some people find relaxation and pleasure solely in dining, and they end up eating and drinking too well, too much, burdening the endocrine system. If hypoglycemic drugs are taken without taking into account the causes, it will only further damage the functions of the heart, kidney, liver, spleen and pancreas.

As a matter of fact, doctors and patients themselves are aware of the negative effects of medication. Drug descriptions clearly state that they are damaging to the kidney, liver, spleen, heart and other internal organs. Once the internal organs are damaged, the sensory organs and limbs will also be damaged. In effect, the term “diabetes” implies that there is an underlying group of other diseases,

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and this phenomenon is referred to as “complex disease”. According to Chinese medicine, the liver opens at the eyes. Thus, as long as the liver is functioning normally, the eyes will be healthy as well. This has nothing to do with blood sugar levels. Taking drugs or injecting insulin will damage the liver and lead to such eye problems as glaucoma and retinal detachment. Many diabetics take medicine as prescribed and end up with internal organ and eye problems. When the condition worsens, their feet will ulcerate and they could even end up being amputated. Therefore, to cure diabetes, one must not be misled by its name, but should instead identify the actual causes. Diabetics should first be happy and self-assured, and learn to let go; and practice *Paida* and *Lajin* to cleanse the Heart, Liver, Kidney, Spleen and Urinary Bladder Meridians. When the internal organs are functioning properly, the blood sugar levels will naturally return to normal.

This is why in Classical Chinese Medicine, “regulating the heart” is the foremost, external treatment measures are used primarily, and medicine is taken as the last resort. “Forget the disease name” reminds us that there are many diseases behind one particularly labeled disease. “All diseases are complex diseases”, i.e. a complex of many diseases. Diseases indicate the blockage of many meridians, and their causes are also varied, hence, we should be cautious not to leave out any, or be misled by particular disease names or indicators; instead, we should focus on holistic health enhancement. We should try to cleanse all blocked meridians and not just one of them. Therefore, *Paida* and *Lajin* should be practiced on all parts of the body in a “carpet bombing” manner, so as to activate our internal “anti-virus software”, i.e. self-healing power, to clear away all diseases in the body.

In view of this, everyone should learn up some common sense knowledge of Chinese medicine. For instance, tinnitus, deafness, hair loss, backache, leg pain, declined sexual function, etc. are all associated with the kidney; failing vision, floaters, cataracts, *Jin-Suo* (contraction of tendons), etc. signal problems with the liver; in the same manner of deduction, if one gets too fat or too thin, the problem is related to the spleen which governs our muscles.

Complex diseases

This term relates to “forget-the-disease-name” concept. People seldom have only a single disease; there are always a number of other diseases behind a known one. Moreover, these diseases are interrelated; they are the causes and effects of other diseases, and are thus called “complex diseases”. In effect, all diseases are complex diseases.

All diseases with known names are so labelled according to identification and classification of modern medicine based on known standards, using known measures. However, no matter how accurate the diagnosis of Chinese medicine, Western medicine or medical appliances is, there are still realms of the complex human body where their diagnosis and treatments are yet to cover holistically. Thus, the key to curing a disease is not in knowing the name, but rather in locating the root causes.

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“Complex diseases” imply that there are still many unseen, undetected or undetectable pathological changes. That is to say, behind a known illness, there could be many more known and unknown ones, and the best way to tackle it is to have a thorough search, diagnosis and treatment in a manner similar to “carpet bombing” in military operations. This will trigger the body’s internal “precision bombing” to cleanse the meridians, similar to when an “anti-virus software” (i.e. the body’s self-healing power) is activated. Thus, “carpet bombing” and “precision bombing” work hand in hand to holistically cleanse meridians and expel toxic waste.

Out of the numerous practices of Chinese medicine, I have specially chosen *Paida* and *Lajin* to promote worldwide not only because they are simple to practice and produce quick effects, but also because they are universally applicable, i.e. when one practices *Paida* and *Lajin*, almost all “complex diseases” are targeted and treated. This is because from diagnosis to treatment, *Paida* and *Lajin* act holistically and not partially. People may find it quite a challenge to directly and accurately locate meridians and acupoints — that is why many tend to give up on self-healing. *Paida* and *Lajin* may appear simple, yet they are more effective on complex diseases compared to mainstream medical practices. Many diseases that doctors find hard to treat are cured by ordinary folks using these two unbelievably simple methods. Treating complex diseases with simple methods is as people always put it, **“The truest way (Tao) is the simplest.”** This is indeed an accurate and concrete interpretation of the “way (Tao)”.

On top of that, through self-diagnosis and treatment of complex diseases, people will gain fresh insights into health and life. They will naturally go on to explore the lasting truths of Classical Chinese Medicine (CCM), hence changing their lives through health improvement. They will move from physical healing to spiritual healing, and from health management to life management. Persistent *Paida* and *Lajin* makes people healthier, more joyous and at ease.

Unfortunately, some only pay attention to their health when they are seriously ill. They are very concerned with maintenance and care of their cars and pets, but do not care much about preservation of their own health. They are only interested in “overhauls” or treatment of critical illnesses. Maybe this is the so-called “fate”.

“Carpet bombing” and “anti-virus software”

Huang Di Nei Jing states that all diseases are caused by blocked meridians, thus cleansing meridians cures diseases.

However, when one gets sick, the primary concern could be to find out exactly which meridians are blocked. Here, I will let you in on a big secret: There are 12 standard meridians in the body, and together with the *Ren* and *Du* Meridians along the middle of the front and back torso, these 14 meridians, when blocked, become the root causes of all diseases. That is to say, from minute inflammations of mosquito bites to tumor growth, whether insomnia or constipation, all diseases occur due to one, often several, of these 14 meridians being blocked. Therefore, no matter what

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diseases one suffers from, cleansing these 14 meridians will invariably cure all of them. The four general parts (elbows, hands, knees and feet) are specially chosen for *Paida* to clear the 14 said meridians.

“Carpet bombing” is originally a military term, which means thorough bombing of each and every inch of land. Using *Paida* and *Lajin* in a “carpet bombing” manner cleanses the body’s 14 meridians from all directions. This eliminates all known and unknown diseases holistically, instead of treating them according to divisions of medicine. *Paida* and *Lajin* act as both diagnosis and treatment of diseases: *Sha* (toxic waste) appearing during *Paida* indicates that meridians corresponding to the slapped areas are blocked, and the appearance of *Sha* means detoxification has begun; in *Lajin*, the pain felt during stretching indicates body parts where *Jin-Suo* occurs, and restoring flexibility of the *Jin* through further stretching will cure the diseases.

To enable people of the modern age familiar with computers to grasp the concept of “self-healing power”, I’ll use the term “anti-virus software”. Our body has an innate “anti-virus software” as part of our self-healing power, and its wisdom, sensitivity and sophistication go beyond human comprehension and imagination. It runs in the body’s meridians in the form of invisible “*Qi* (vital life energy)”. Once this “anti-virus software” is activated through *Paida* and/or *Lajin*, it will start to scan the entire body. When *Qi* finds a blockage or a problem area, it will lock-in the target and clear it, diseases or pain are thus alleviated or thoroughly cured. This process is as if launching missiles in “precision bombing” and the “anti-virus software” is the device that sets off this process.

The number of meridians cleansed through *Paida* and *Lajin* is not one but many; the effect is not only localized but in all known and unknown systems of the body. The activated *Qi* and blood flow will act as the “anti-virus software”; not only does it locate the “viruses”, it automatically stimulates the body to produce antibodies against them. More specifically, this refers to the automatic endocrine secretions of insulin, stem cells, enkephalin, adrenaline, etc., needed to fight different diseases. Practicing *Paida* and *Lajin* is like an all-round mobilization of software and hardware systems in the entire body, and that is why it is described as “carpet bombing” and “complete virus removal”.



Of all *Lajin* positions, stretching in “reclining position” delivers the most thorough effects: all the meridians are being cleared, though at varying degrees.

Paida works by radiating out from specific points: *Paida* the hands and elbows cleanses the six meridians along the arms and hands; *Paida* both knees and feet cleanses the six meridians along the legs and feet; the *Ren* and *Du* Meridians are also cleansed at relevant joints. Hands are holographic reflex zones of all the organs in the body; hence, when the hands are used for *Paida*, they are being slapped as well. This creates a new round of “carpet bombing”.

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“Anti-virus software” and the meridian system

“Can *Lajin* cure tinnitus?” “Can it cure headaches?” “Diabetes?” “What about hypertension?” All these questions have one thing in common — they are asked in terms of “disease names”. Yet what I want to emphasize is that people should first ignore the “disease names”. When you are trying only to suppress symptoms, problems will arise. For instance, “hypertensive” patients try all they can merely to reduce blood pressure to standard levels; and “diabetic” patients try every possible means just to lower blood sugar levels.

People should realize that according to Chinese medicine, all diseases are complex diseases, i.e. diseases are all interrelated. Do not look at a “disease” as an isolated phenomenon; instead, treat related diseases altogether. I call it “carpet bombing”. And, whether there are diseases or not, just drop the bombs first, as there could be various potential diseases lurking in your body that you might not even be aware of. Diseases that are detectable by modern medicine are just tip of the iceberg, there are many more yet to be detected. Often times, medication against one disease leads to onset of other diseases. However, what frequently happens with *Paida* and *Lajin* is that: when one disease is targeted, other diseases are cured as well. I encountered this when I cured some gynaecological disorders by chance while treating people with other diseases. I have thus become a “gynaecological expert” without realizing it. It is indeed quite amusing.

The human body has an innate “self-healing system” that cannot be seen or touched; it is known in Chinese medicine as the meridian system (system of energy channels). In Western medicine, it might be described as the “nervous system” or the “urinary system”. Chinese medicine holds that “where ‘*Qi*’ flows smoothly, there will be natural blood flow”, and the actual work of driving blood flow is done by “*Qi*”. Furthermore, “*Qi*” is not visible to the naked eye, but cutting-edge scientific instruments can now detect the existence of “*Qi*”. I have a physicist friend named Zhang Changlin, whose book *Invisible Rainbow* elaborates on scientific proof of the existence of “*Qi*”.

When practicing *Paida* and *Lajin*, we are actually activating the “anti-virus software” in our body, i.e. the self-healing power. Once activated, it scans the entire body to cleanse all stagnant or blocked meridians. That is why one feels such sensations as soreness, numbness, swelling, pain, itchiness, cold, heat, etc. during the process. One feels pain where meridians are blocked. Where there is a minor obstruction (like a narrowed water pipe), when the “anti-virus software” is activated through *Paida* and/or *Lajin*, “*Qi*” will move faster and you will feel some numbing and swelling sensations; sometimes, all the sensations of soreness, numbness, swelling, and itchiness will sweep over you; sometimes, you will feel a warm sensation after the meridians are cleared; sometimes, you can even feel the cold being expelled from your body.

People are accustomed to treating a disease as an isolated phenomenon, and are prone to being misled by the disease name; they only want to get rid of the disease without being otherwise bothered. Unfortunately, this is not the way to treat diseases.

Then, what should be done? Remember the analogy of “anti-virus software” I just mentioned?

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Whenever I am asked if this or that disease can be cured, my answer would be, "Please remember 'anti-virus'! 'anti-virus'!" By that, I mean in treatment of diseases, we should target the entire body, as a holistic system. Try to recall which meridian hurts most when doing *Lajin*, the Urinary Bladder Meridian, right? That's the one located behind the knees. It runs from head to toe, and is the largest detoxification channel in our body. Cleansing this meridian cures numerous diseases, such as lower back and leg pain, liver problems, kidney disorders, gynaecological disorders, prostate disorders and so on. This is because the Urinary Bladder Meridian is linked to the lower back and legs, and is connected to the Spleen, Liver and Kidney Meridians. Some people can neither straighten the raised leg on the *Lajin* bench, nor can they have the lowered leg touch the ground. This indicates problems with the Urinary Bladder, Liver, Spleen, and Kidney Meridians. There are three "yin" meridians (the Spleen, Liver, and Kidney Meridians) along the inner side of the legs, and once cleared, diabetes, hypertension, gynaecological and prostate disorders will all be cured. Some people like to slap the Gall Bladder Meridian on the outer side of the legs; actually, it is more crucial to *Paida* the inner side of the thighs, which will deliver benefits that you may have never expected.

I recently discovered an additional type of diseases that can be treated with *Lajin*. Guess what can be most effectively treated among males, especially in older men? The answer is prostate disorders. A leader with the Department of Retired Officials told me that over 90% of the retired officials have prostate problems. They would travel great distances looking for all sorts of remedies, but the effects were only temporary. However, by practicing *Paida* and *Lajin*, the efficacy is almost immediate, and the effective rate is above 90%.

Why does *Huang Di Nei Jing* place so much emphasis on meridians? Because by cleansing meridians, health problems can be solved once and for all. But how come some people give up on meridian therapies shortly after applying knowledge of the meridian system in treatment of diseases? The answer is that the meridian system is quite complex, and that the number of acupoints along the meridians makes it an even greater challenge. Thus people find it hard to even start. This is the reason why I have chosen *Lajin*, because in *Lajin*, once the key principle is grasped, the rest will fall in place. The truest path is the simplest. The *Lajin* method may appear simple, but it stretches and clears all the meridians. Stretch as much as you can, and the pain will target blockages along the meridians. The moment you activate this "anti-virus software", it starts to scan your entire body, carrying out diagnosis and treatment at the same time. Self-healing is that simple!

Phenomena of healing crises and "diseases"

Various reactions occur during *Paida* and *Lajin*, 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 crises", or recovery responses. They are basically the same as the reactions of medication, acupuncture, moxibustion, or *Qi Gong*.

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When healing crises 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 crises” 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, *Paida* and/or *Lajin* can immediately complete diagnosis, whereby *yang-qi* (right *qi*) activated through the practice is colliding with *yin-qi* (evil *qi*/latent diseases), resulting in various discomforting symptoms.

Secondly, healing crises 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 *Paida* and/or *Lajin*, some people may have his/her condition improved directly; however, it is more likely that one needs to go through this phase of “healing crises” 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 crises” 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 *Paida* and *Lajin* 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 *Paida* and *Lajin*.

Thirdly, by experiencing “healing crises”, 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

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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 crises” 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 crises” 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, *Paida* and *Lajin* 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 *Paida* and *Lajin* 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* (right *qi*) in the body. *Paida* and *Lajin* can be continued after the *Qi* and strength are replenished. This is very helpful in improving the effect of *Paida* and *Lajin* in those who are weak in *Qi*, seriously ill, elderly or frail.

Paida and *Lajin* 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 *Paida* and *Lajin* daily is just like having regular meals. If, no matter how intense *Paida* and *Lajin* 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 *Paida* and *Lajin* 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.

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Three stages of a healing crisis

Generally, a healing crisis 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 cleansed. The *Paida* and *Lajin* 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 *Paida* and *Lajin* 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 *Paida* and *Lajin*, 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 crisis

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, *Paida* and *Lajin* 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 *Paida* and *Lajin*. In actual fact, such revelations are the desired effects of *Paida* and *Lajin*, 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.

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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 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 that are 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 crises occur.

To conclude, for those who want to achieve their personal health goal through *Paida* and *Lajin*, experiencing healing crises 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.

The “pain medicine”

Nobody likes pain, but it is actually a super-medicine. Like diseases, it is a gift from nature. The “pain” here does not refer to the kind caused in accidents or fights, but the sensation felt when proactively practicing *Paida* and/or *Lajin*. Of the various recovery responses, pain is the most commonly experienced. Some may refuse to do *Paida* and *Lajin* because of the pain. Actually, it is precisely the reason that they should be practiced.

Pain is the secret weapon of their miraculous healing effects. The reasons are as follows:

Firstly, pain is a tool of precise diagnosis, just as an old saying goes, “where there are no blockages in the meridians, no pain will be felt.” Pain indicates the part of the body where an illness lies; and the intensity of pain indicates the severity of a disease. Patients with heart diseases or emotional problems are more afraid of pain than the average person. Heart diseases refer to disorders in the

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physical organ, the heart; whereas emotional problems refer to disorders of the intangible psyche, spirit, or mind. Heart diseases and emotional problems are interrelated and mutually influential; they are both manifestations of blockages in the Heart and Pericardium Meridians. If a part of the body where a meridian runs through is hurting, it signals that the corresponding organ is having problems.

“Pain” directly stimulates and opens up the heart, triggers willpower, and mobilizes *yang-qi* (right *qi*); it is a “medicine for the heart”. The heart, as sovereign of bodily organs, governs the spirit. It stimulates secretion of bio-chemicals that the body needs, i.e. “endogenous medicine”. Without pain, our self-healing power will not be activated, thus the endogenous medicine will not be produced. Our self-healing ability acts like a compound medicine, and pain is the catalyst that triggers generation of this endogenous medicine. Hence, pain is part of the process of producing endogenous medicine; it may even be an integral part of the medicine itself, i.e. the “pain medicine”. Moreover, pain is also the process of pinpointing the location of diseases so that further treatment can be carried out; it reveals its targets very clearly, i.e. at the area where the pain is felt. Hence, the “pain medicine” is a “precision medicine”; persistent pain means continuous treatment with precision medicine. Moreover, this pain is bearable; it can be self-regulated according to one’s condition and tolerance.

As the “pain medicine” is an “endogenous medicine” manifested as self-healing power, it is more accurate, symptomatic, eco-friendly and direct compared to medication. In Chinese medicine, self-healing power is referred to as *yang-qi*, or “right *qi*”; in Western medicine, it is referred to as immunity, repairing ability, hormones, insulin, stem cells, adrenaline, or enkephalin. With the advancement of medical science, new terms will be continually added to the list.

The degree of “pain” is proportionate to the efficacy of this “medicine”, i.e. the more hurting it is, the better the self-healing efficacy. During *Paida* and *Lajin*, when more pain is felt, *yang-qi* rises faster and the entire body immediately warms up and even starts to sweat. The time when most pain is felt is the time when *yang-qi* is conjured up the fastest; hence the best efficacy is gained. The *Qi* of diseases is *yin-qi* (evil *qi*); when it accumulates, more diseases will break out and life is shortened; on the contrary, when *yang-qi* is abundant, fewer diseases will break out and life is prolonged. When *yang* rises, *yin* will decline. *Yang-qi* is *zheng-qi* (or “right *qi*”), as described in *Huang Di Nei Jing*, “when *zheng-qi* is kept in, evils shall not enter”. This sentence sums up the true essence of Chinese medicine.

In case the pain becomes almost unbearable at the early stage of *Paida* and *Lajin*, the intensity can be reduced and the duration lengthened.

“Pain” makes us focused. We can experience the state of the body and soul becoming one, the state where giving and receiving is occurring in ourselves. Thus, pain is also a meditation method. During meditation, one may find it hard to concentrate. When you feel pain during *Paida* and/or *Lajin*, your mind is unprecedentedly focused; it is impossible at that moment to think about your children, the stock market or other matters. Your thoughts will focus on the part that hurts most,

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and that is almost invariably where the problems are. The ability to endure pain varies with changing state of mind, and it will be enhanced through continued *Paida* and *Lajin*. The ability to endure greater pain is a sign of better health.

“Pain” is our natural protection system that enables us to avoid danger; as such, the “pain medicine” is safer than medication. When the pain exceeds one’s endurance, one will instinctively stop using the “pain medicine”. Beginners, the seriously ill, and the elderly need not start *Paida* and/or *Lajin* with high intensity, they also should not anxiously try to gain significant efficacy at one go, but should instead take it one step at a time.

Our ability to endure pain will gradually improve with the increase in intensity and duration of *Paida* and *Lajin*. When the tolerance levels for the “pain medicine” and medication are compared, it is found that their effects on the human body are exactly opposite. Greater tolerance of the “pain medicine” indicates alleviation or curing of diseases, whereas greater tolerance of medication implies that the drug has become ineffective, or has even caused side effects.

The “pain medicine” is essentially a “medicine for the mind”; it is the result of interaction between the mind and the body. A person’s attitude towards pain is constantly changing; once you change your mindset and start to view pain as a proactive and positive therapy, you can instantly endure greater pain. Then, pain will no longer be an enemy or a devil, but instead a friend or an angel.

As smooth flowing meridians are considered a nourishing tonic to the body, and pain is the process of clearing meridians, thus the “pain medicine” is considered a tonic as well.

Are *Paida* and *Lajin* suitable for those weak in *Qi*?

Diseases and aging are caused by declined *yang-qi* (right *qi*) in the body. The way to replenish *yang-qi* is to clear our meridians, as “smooth flowing meridians are the best tonic”. However, many people, including experienced doctors of Chinese medicine, are not able to grasp this point. From a scientific perspective, *Paida* and *Lajin* can induce generation of “endogenous medicine” in the body. It has been proven in front-line scientific research (Please refer to Prof. Gerard Karsenty’s findings published in *Cell Journal*, August 2007 Issue) that joints, skin, muscles, tendons and bones are not only kinematic systems; they are the largest human endocrine system. As such, when *Paida* and *Lajin* work on them, meridians, tendons, blood vessels, lymphatic vessels, nerves and other systems will be gradually cleansed; organs, blood and even body cells will be re-optimized. This not only enhances the immune system, biochemical substances needed by the individual, or “endogenous medicines”, such as hormones, stem cells, insulin, adrenaline, enkephalin, etc. will also be automatically generated.

This is clearly explained in Chinese medicine: *Paida* and *Lajin* replenish *yang-qi* (right *qi*), which enhances the circulation. When aided with food therapy (e.g. ginger and date soup), the body will have sufficient *yang-qi*, and diseases are kept at bay. Smooth flowing meridians can enhance *yang-qi*, which acts as an anti-virus software in the body that automatically removes viruses,

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swellings, tumors and other diseases. Therefore, replenishing weak *Qi* should be done on the premise of smooth flowing *Qi* in meridians. Otherwise, nourishments entering the body may spur the growth of diseases instead of replenishing the body.

Hence, as long as one is alive, *Paida* and *Lajin* can be practiced; however, it should be noted that the intensity should be increased gradually from light to heavy; and the duration be lengthened gradually according to one's condition and tolerance.

“Treating diseases” and “treating fate”

Paida and *Lajin* are effective in relieving or curing joint pains, acute or chronic, especially in the lower back, hips, legs, knees and shoulders. With persistent practice, one can make significant improvements in such chronic diseases as hypertension, heart diseases, diabetes, kidney disorders, liver problems and insomnia; normally significant improvements are gained in seven days' intensive practice (as have been repeatedly proven in our workshops worldwide), and one's condition can be expected to return to normal in a month.

Some may wonder if *Paida* and *Lajin* can cure all diseases, including cancer. The answer is: they can cure an extremely wide variety of diseases; however, this does not mean that it can thoroughly cure just anyone. No treatment in this world carries that promise. A person's life (and its quality) is in his/her own hands, and the key lies in his/her thinking. That is why doctors often say, “we treat diseases, but not fate”. For people who disbelieve or sneer at the self-healing methods that we promote, and for those who practice them only when terminally ill, it is just “fate”.

Nonetheless, people's lives can be transformed by changing their thinking and perceptions. Those who can conscientiously practice *Paida* and *Lajin* first have their perceptions changed. Confidence, determination, patience, doubt, fear and contradiction are manifestations of the state and changes of the heart or the mind. Efficacy differs from one to another, as people's hearts or states of mind are different. Fluctuations in one's condition and factors like *Paida* and *Lajin* intensity and duration are all related to the heart or the mind. Therefore, when diseases are being treated, it is primarily the heart or the mind that is receiving the treatment. Taking charge of your health by self healing your diseases, is taking your fate into your own hands. And this is why we advocate **“My Health, I Manage!”**

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Chapter IV *Paida* Self-Healing Method

Pai: To pat

Da: To slap

Paida: To pat and slap body parts to draw out and expel poisonous waste in the body and to restore health by facilitating smooth *Qi* flow in the body's energy channels (meridians).

Sha: "poisoned blood" in the body. It is a word unique to the Chinese language, and is used as an indicator for diagnosis and treatment of health problems.

Qi: Invisible vital energy that flows in the body.



Participants at a workshop doing *Paida* together



Sha at the back of the knees

Paida was first practiced by ancient *Taoists* to "treat old injuries". It activates the body's inherent self-healing power to clear vital energy channels (meridians), thus removing stagnant energy and toxins, curing pains and diseases, and improving health.

***Paida* = Elimination of Poisonous Waste in the Body**

Paida is a unique self-healing method which combines *Taoist* and *Buddhist* practices and methods of Classical Chinese Medicine (CCM). The key to its success lies in one's positivity and concentration when practicing *Paida* by oneself or for others, and the intensity and duration of such practice.

Sequence of *Paida*

Generally speaking, you can *Paida* in the following top-down sequence:

Step 1: *Paida* the head



Paida the top of the head with one hand



Paida the sides of the head with both hands



Paida the back of the head with both hands



Paida the back of the neck with one hand

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Step 2: *Paida* the shoulders



Paida the right side with left hand, and vice versa. Remember to pat all around the shoulders.

Step 3: *Paida* both armpits



Those with heart, lung and breast problems should pat the armpits more often.



Step 4



Step 5



Step 6

Step 4: *Paida* the inner sides of the elbow joints

This covers all the energy channels (meridians) on the inner sides of the elbow joints, i.e. Heart Meridian on the innermost side, Lung Meridian and Large Intestine Meridian at the rim of the outer side, as well as the Pericardium Meridian in the middle.

Step 5: *Paida* the knees

Paida the front of the knees with both hands and make sure that the knee is covered by the entire palm. Then *Paida* the inner sides, outer sides and the back of the knees. This improves all foot and leg problems, including pain, numbness and swelling. When combined with *Lajin*, it will bring better efficacies.

Step 6: *Paida* the feet

Paida the arches, insteps, ankles and surrounding areas heavily. This not only helps cure foot diseases, but also brings good curative effects for all diseases of internal organs.

Step 7: *Paida* any body parts where needed

After going through all the six steps, you may *Paida* any body parts according to your particular condition.

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How to *Paida* properly?

- 1. *Paida* attentively:** Concentration and faith will activate the vital energy in the body. You should firmly believe that you are your own best doctor and that you can self heal. While doing *Paida*, you can imagine that you are injecting fresh *Qi* into the body and bringing out the dirty *Qi*. Distracting, negative thoughts could bring negative effects.

- 2. *Paida* with solid slaps:** If you feel the pain of *Paida*, it means you are on the right path. Your health problems will gradually go away with persistent *Paida*.

- 3. Make good use of your palm and fingers:** When *Paida* a large area such as the front of the knees, use both palm and fingers. If the area is relatively small, such as the back of the knees, you could mainly use the fingers with agile movement of the wrist.

- 4. *Paida* with force, as long as you can stand the pain:** *Paida* can be very painful in the beginning, but the pain usually subsides after a few minutes.

- 5. Better recite or chant scriptures during *Paida*:** Reciting scriptures will bring better result. You may choose your favourite ones.

- 6. Use your fists to avoid too much noise of *Paida*.**

Basic Principles of *Paida*

High intensity + long duration + high frequency = speedy improvement

Lower intensity + shorter duration + lower frequency = slower improvement

No *Paida* = no improvement

Principle of *Sha* Treatment

Sha, i.e. poisoned blood in the body, is the colourful thing under the skin that appears during *Paida*. When *Sha* appears, the body's self-healing power is at work. So, continue *Paida* until it goes away.

Duration and Frequency of *Paida*

1. *Paida* can be done at any time of a day. You can make it your lifelong habit, and *Paida* in the mornings and evenings, or in the mornings, afternoons and evenings.

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2. Due to different *Paida* intensity and people's particular physical conditions, there is no fixed time length for when the *Sha* appears and disappears. Therefore, as with *Lajin*, the duration and frequency of *Paida* vary from person to person. Children, the elderly, the frail, and the severely sick are advised to *Paida* in the top-down sequence.

3. For overall health improvement, you can *Paida* from head to foot for 15-20 minutes at a time, at least once or twice a day (particularly the head, shoulders, armpits, elbows and knees for 1-5 minutes each).

Those in "sub-health" conditions can *Paida* the "problem areas" for a longer time besides *Paida* the parts mentioned above. Generally, the duration should be between 5-30 minutes, and you can do it once, twice, or more times a day.

For those with severe health problems, *Paida* duration should be extended to no less than one hour. After *Sha* appears, *Paida* should be continued. The body will finish the elimination of toxicants and waste as *Sha* disappears. That's the secret of the magic efficacies of *Paida*.

4. Those who feel "under the weather" or have obvious symptoms are advised to *Paida* the "problem areas" for at least half an hour each time. For example, those with knee pains, frozen shoulder, neck problems, headache or sleeping disorders can *Paida* the knees and elbows at least once or twice a day.

5. Those with severe health problems, such as inability to lift the shoulders or walk, or those diagnosed with psoriasis, heart problems, high blood pressure, diabetes or cancer are advised to *Paida* top-down with the focus on the elbows, hands, knees, feet and the "problem areas". Do it for at least one hour and at least three times a day. Duration of each *Paida* session can be reduced when the symptoms are relieved.

6. One *Paida* session can be divided into several, with each session focusing on one particular part of the body.

7. After several rounds of *Paida*, it is not as easy to have *Sha* as before. Whether *Sha* appears or not, *Paida* can be a daily exercise for both the sick and the healthy. Persistent *Paida* helps enhance circulation of blood, keep you fit and even cure pains and diseases.

A Few Things to Note about *Paida*

1. Avoid directing an electric fan or air conditioner at yourself during *Paida*, so as not to catch cold and chills via your open pores.

2. Drink warm water before and after *Paida*. Warm ginger and date soup is recommended. (Boil

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ginger slices and red dates for 15-20 minutes. You may add some brown sugar.) In addition to helping you stay hydrated, this will also prevent dizziness, fatigue and boost metabolism.

3. Avoid showers or baths within one hour after *Paida*. After one hour, be sure to shower or bathe with warm water and not cold water. On a cold day, it is best to avoid showering after *Paida*.

4. Those with skin diseases (such as psoriasis) are advised to do prolonged, heavy *Paida* for best effect. Secretion of liquid(s) is a sign of its effectiveness, so it is important to continue *Paida*. Do not *Paida* open wounds.

5. People with diabetes are less tolerant of the pain of *Paida*, so *Paida* lightly in the beginning and gradually increase intensity. Those with varicose veins and edema in the legs are advised to *Paida* in an upward direction to improve blood circulation.

6. When *Sha* appears, it is important to continue *Paida* to speed up the elimination of toxins from the body. Reactions such as rashes usually go away in a few days — this is normally so for those with good physical conditions such as children, young and healthy people. The elderly and the severely sick usually experience recovery reactions for a longer period of time.

I have a health problem, which body parts should I *Paida*?

Whatever your health problem is, you are advised to start with these body parts: elbows, hands, knees and feet. Then you can *Paida* your head, shoulders, arms, legs, armpits and the base of your thighs. Be sure to *Paida* all around these parts for 15 minutes or more each.

After *Paida* these parts, find your “problem areas”:

1. Conditions of the head and diseases of the five senses such as facial paralysis, headaches, dizziness, cold, stroke, insomnia, etc.: *Paida* the head and face.

2. Neck, shoulder and various joint problems such as neck and shoulder stiffness, inflammation of the joints, arthritis, and neck pain: *Paida* shoulders, elbows, wrists, hips, knees, ankles, etc. Those who do not have the necessary strength for *Paida* can ask others for help, as these areas are far from vital organs and require heavy *Paida* for best effects.

3. Conditions of the heart, lungs, mammary and thyroid glands: *Paida* inner wrist joints, armpits, and areas below and around the collarbone.

4. Various gynaecological conditions such as ovarian cysts, cervical tumours, fibroids, endometriosis; men's conditions such as prostate problems, impotence, early ejaculation; conditions of the reproductive and urinary systems, etc.: *Paida* the base of your thighs where there is a concentration of toxins as well as vital energy, veins, nerves and lymph glands. Please

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also *Paida* the inner sides of the legs and the abdomen.

5. Old injuries like sprains, twists and sports injuries, etc.: *Paida* the afflicted areas, scarred areas and surgery incision areas. Take special care and ensure longer duration. Slap for 20 minutes or more for best effects.

6. Various itches: *Paida* afflicted areas, inner wrist joints and knees. Stand up and slap both sides of thighs.

7. Those with piles, constipation, water retention, gastro-intestinal problems: *Paida* the abdomen, all around knees, inner thighs, base of thighs and overweight areas heavily for a long time. You can also use your fists in these areas. Using hands to chop the base of thighs is another recommended method, as it is strong in intensity, yet does not produce much noise.

8. Acute problems can be treated by *Paida* vital acupoints, as per acupoints used in acupuncture: For example, acute heart problems, dizziness, fainting and drunkenness can be treated by *Paida* the inner sides of the elbows and the *Neiguan* acupoint heavily for 5-15 minutes; acute stomach pain can be alleviated by *Paida* the *Zusanli* acupoint heavily for 10-30 minutes.



Neiguan acupoint



Zusanli acupoint

9. All *Paida* methods can be practiced in combination with *Lajin* for better effects.

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Chapter V Lajin Self-Healing Method

La: To stretch.

Jin: A Chinese medical term similar to tendons and ligaments.

Lajin: To stretch and to restore functions of the *Jin* where *Jin-Suo* has occurred, so as to self heal, restore health and prevent aging.

Jin-Suo: Contraction or degeneration of the functions of the *Jin*, which is the major contributor to aging and most disorders.



Participants at a workshop doing *Paida* and *Lajin*



Signs of *Jin-Suo*

Lajin is a simple and effective self-healing method. It is both an accurate "physical check-up" and precise self-healing in action. When practiced correctly, it can help enhance overall health and promote longevity by cleansing vital energy channels (meridians) in the body, thus enabling smooth *Qi* and blood flow. This in turn improves various conditions, acute or chronic such as high blood pressure, diabetes, gynaecological and prostate disorders, dislocations as well as pains caused by *Jin-Suo*.

How do I detect the occurrence of *Jin-Suo*?

If your body manifests one or several of the following eight symptoms, then you are suffering from *Jin-Suo*:



[Test 1] Ability to squat
Do you find it increasingly difficult?
One way to tell is to try using a squat toilet.



[Test 2] Can you lift your legs with ease?
Remember climbing stairs in strides?
Do you find it increasingly difficult?



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[Test 3] Can you bend from the waist effortlessly?
Each time, bending becomes increasingly difficult for you and you might easily end up with twists and sprains.



[Test 5] Is your one leg longer or shorter than the other?
“How come I never realized it?”



[Test 7] Can you stretch your legs in a seated position (assuming a horse stance)?
“Why can't I stretch out as wide as others?”

[Test 4] Can you walk or run in long strides?
If you can only take small steps, then it's time to take note.



[Test 6] Can you stretch and bend the arms?
Try holding the rings on a bus or train.

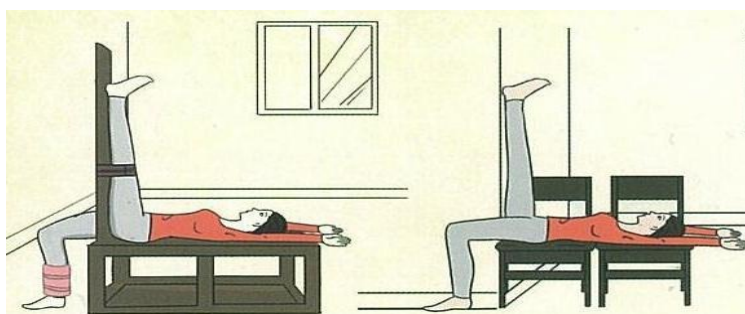


[Test 8] Can you turn your body easily?
“Ah, it is not because I am fat, but because I've got *Jin-Suo*?”

Learn *Lajin* in One Minute — Safe and Effective DIY *Lajin* Methods

1. *Lajin* in reclining position

This position is by far the safest and provides the most comprehensive efficacies. A customized *Lajin* bench is recommended, but chairs can be used as an alternative. You are advised to coordinate your breathing and stretch your arms as much as you can. This is particularly effective for sagging breasts and overweight females.



(Using a *Lajin* bench)

(Using chairs as an alternative)

[*Lajin* Method]

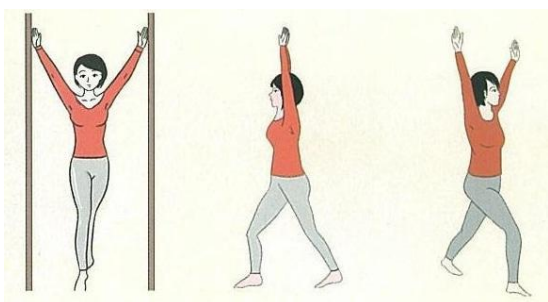
- ◆ If you are using chairs, place two side by side with the side of one chair against the wall.
- ◆ Lie down on your back, put the arms straight behind your head and keep them flat on the bench.

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- ◆ Place the right leg up against the pole, while the left leg bends down as much as possible to touch the ground.
- ◆ Press your buttock against the pole and keep the raised leg flat against the pole.
- ◆ Avoid legs moving outward. Move the inner thighs closer together to increase intensity.
- ◆ Maintain this position for 10-40 minutes, and then switch your legs.
- ☆ For best efficacy, practice it daily.

2. *Lajin* in standing position

This can be easily done at home or in the office. It is known to greatly alleviate frozen shoulder and chronic neck and shoulder pain for those who spend long hours deskbound and hunched.

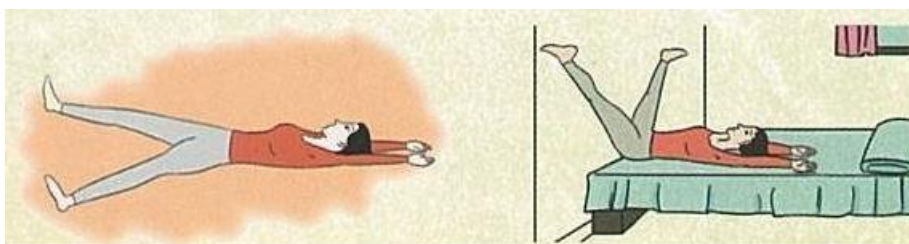


[Lajin Method]

- ◆ Stand in a doorway, raise both arms to hold the doorway on both sides, and stretch your arms as much as possible.
- ◆ Place one foot forward to do a bow step, and place the other foot behind to straighten it as much as possible.
- ◆ Keep your upper body parallel to the doorway, raise your head and keep your eyes looking straight ahead.
- ◆ Maintain this position for 5-8 minutes, and then switch your legs.
- ☆ For best efficacy, practice it daily.

3. *Lajin* in horizontal position

This is a supplementary method to *Lajin* in reclining position. You can either do it on your own, or, for greater intensity and efficacy, ask someone to press one leg and move the other sideways till you can no longer tolerate the pain. Stay for some time, and then switch your legs.



(On the ground)

(On a bed)

[Lajin Methods]

1. Lie in a bed or on the ground, and stretch both legs sideways in opposite directions. Maintain this position for 10 minutes or more.
 2. Or, place a bed against a wall and lie in the bed. Raise and press both legs against the wall. Place the buttocks against the wall and stretch both legs sideways in opposite directions, like a “Y”.
- ☆ For best efficacy, practice it daily.

4. Neck *Lajin* position

This method is suitable for self healing neck, shoulder and back pains.

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(On chairs or a *Lajin* bench)

(On a bed)

[*Lajin* Methods]

1. Lie face up on a bed, a *Lajin* bench or chairs, move your head off the edge and let it hang down naturally, put your arms behind your head and stretch as much as possible. Maintain this position for three minutes or more.

2. Remove pillow when you sleep, whether you sleep on your back or on your side. Initially it may make you feel uncomfortable, keep it for a few days and you will get more accustomed to it.

☆ For best efficacy, practice it daily.

5. *Lajin* in squatting position

This is by far the oldest *Lajin* method. Simply squat down in a posture similar to when you're using a squat toilet.

For some people, this could be quite a challenge in the beginning. Regular practice will eventually help these people squat down with their feet firmly on the ground.

[*Lajin* Method]

◆ Squat down, and keep the soles of your feet flat on the ground. If you are unable to squat all the way down, go as far down as possible.

◆ Keep your legs together, hug your legs with your arms, and lower your head (*Taoists* call it "baby hugging", a posture resembling a baby in the womb).

☆ For best efficacy, practice it daily.



A Few Things to Note about *Lajin*

1. *Lajin* is based on natural movements of the body, hence any pain, numbness, soreness or swelling felt during *Lajin* are signs of poor blood flow, which can be gradually improved with *Lajin*.

2. *Lajin* is a DIY method, thus its intensity and duration is fully within your control. Know your limits to avoid injuries.

3. Aches and pains experienced after *Lajin* can be signs of improvement. However, they should be within your tolerable range. Adjust the intensity and duration of *Lajin* to suit your needs and tolerance.

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4. Beginners, the elderly, and those with severe health problems should get into *Lajin* positions step by step. Intensity and duration can be gradually increased to achieve greater efficacy.

5. Stiff muscles are the body's alarm signaling decreased liver function — affecting muscles, joints, and the *Jin* (tendons and ligaments). It is therefore even more crucial for those with stiff muscles to practice *Lajin*.

6. When *Lajin* with increased intensity and duration no longer gives you pain, numbness or soreness — Congratulations! You now have smooth *Qi* and blood flow, and your body is flexible and well balanced.

What are the common physical responses of *Lajin*?

Type 1:

Pain, numbness, soreness, swelling, itchiness and yawning are some of the natural responses you may experience when you practice *Lajin* and/or *Paida*. These physical responses, according to Chinese medicine, are signs of “healing crises”, i.e. the healthy *Qi* is charging at “problem areas”. To some extent, this is the darkness before dawn breaks. These responses are signs indicating that the obstructed meridians (energy channels) are now being cleared.

Type 2:

Red spots, rashes, blisters, dizziness, belching, headaches, nausea, thick phlegm, running nose, farting, extremely stinky excrement and urine

All these responses are detoxification reactions and signs of “healing crises”. Some old injuries and diseases may re-appear and even aggravate. When such signs appear, you should continue *Lajin* and *Paida*. After the body's self-cleansing and detoxification, you will gradually self heal and enjoy better health.

Continue *Lajin* and *Paida* even after these reactions go away, adjusting to lower intensity and shorter duration should that be your wish.

What is the appropriate duration and intensity of *Lajin*?

Duration of *Lajin*

There is no fixed standard, but 10-40 minutes for each leg in reclining position is recommended. This is, however, dependant on individual tolerance. Hence, it serves only as a reference. But the general rule of thumb is the longer the practice, the better the efficacy and health benefits.

1. When doing *Lajin* in reclining position, most healthy people can straighten the raised leg and

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rest the other foot on the ground. However, for those who are frail or have severe health problems, it can be quite a challenge. Some may feel intense pain the moment they get into *Lajin* position and want to get down at once. For these people, *Lajin* duration and intensity should be increased gradually, starting with one or two minutes of *Lajin*.

2. For people who dance or practice *yoga*, 10 minutes of *Lajin* will not be a challenge. If the duration is extended to 30-40 minutes, all kinds of physical responses will come up, such as leg numbness, pain, sweating, belching, farting, excretion, etc. Chronic diseases such as insomnia, constipation, kidney deficiency, cardiovascular and cerebrovascular diseases will be gradually alleviated.

Intensity of *Lajin*

The intensity of *Lajin* varies from one practice to another and has no fixed standard, but should also be within a tolerable range.

1. You can ask someone to help press your legs, or you may use sandbags or other weights.
2. Hands stretched backward may carry weights such as dumbbells, bags or dictionaries. This may add to your pain, but is definitely more effective in curing many diseases such as frozen shoulder, chest tightness, breast and heart problems.
3. When incorporated with proper breathing, stretching arms backward as far out as possible has obvious efficacies for obese women or those with sagging breasts, because *Lajin* in reclining position changes the direction of gravity on breasts.

Cautions and Suggestions

1. When doing *Lajin*, it is best to wear long-sleeved shirts and long pants to keep warm. Air-conditioning should be turned off or lowered as the pores are opened up during *Lajin*, otherwise the chills may induce more diseases.
2. If, in reclining position, your sole cannot touch the ground, you can slightly move your leg to the side to ease the pain. But once the foot can touch the ground, try to draw back the leg close to the other, to avoid splay feet.
3. The frail and those with high blood pressure, heart problems or weak bones should first consult a doctor before doing *Lajin*. People who have *Jin-Suo* will definitely feel painful during *Lajin*, and experience high blood pressure and rapid heartbeat, in which case it is best to rest the head on a pillow to ease blood rush to the head.
4. The elderly, the frail, those with weak bones or severe health problems might faint away because

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of pain. For such people, *Lajin* duration and intensity should be increased gradually, as there are no fixed standards, and they vary from person to person. But persistent efforts will pay off in the end.

5. If someone doing *Lajin* is found with numb and cold limbs, pale face and cold sweat, this is known in Western medicine as “Hyperventilation Syndrome”. It can be resolved by covering his/her nose and mouth with a paper or plastic bag to form an enclosed breathing system. The symptoms should be gone in five minutes and the condition should return to normal.

6. Women may practice *Lajin* at any point of their “period”. Painful menstruation can be reduced with *Lajin* practice.

7. For better health benefits, practice both *Paida* and *Lajin*. In particular, for those who have problem or pains doing *Lajin*, *Paida* the joints, hands and feet can help relieve the pain.

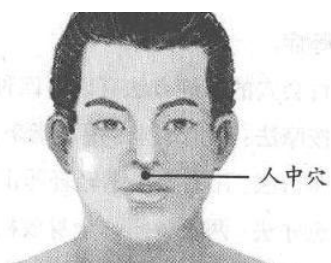
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Chapter VI Successful Cases

I Excerpt from *First Aid at Funeral, and 93-Year-Old Granny Doing Lajin*

In 2010, I specially went back to my hometown in Jiangxi province to teach relatives and friends to *Paida* and *Lajin*. My aunt always laughed off, as if it had nothing to do with her. On August 26, 2012, she came back home to sleep at past 23:00, and never got up again.

Many people assume that since they do not have obvious symptoms, they do not need to pay close attention to their health. This is a huge mistake! Up to now, I have heard of four people dying this way — going to sleep and never waking up again. One of them was a doctor, who had been treating patients on the previous day, and did not go to work the next morning. When his colleague went to see him, he was already dead. So, can you trust your health in the hands of doctors?



My elder cousin could not take the fact of her mother's sudden death, and fainted when she got emotionally out of control. Before I arrived home, she had fainted for a couple of times, and each time her husband and others had to pinch her *Renzhong* acupoint (used in first aid) and her thumbs. She would regain consciousness after a long while, but the areas pinched were bleeding and hurt a lot.

When I heard of it, I asked them to *Paida* her elbows and assured them that she would be alright afterwards. They assigned this task to me, and I did not even have time to attend the burial of my aunt, for her husband and my younger cousin asked me to take care of her and my uncle. Having fainted twice, she looked no better than a dead person, and in less than two minutes' *Paida*, she woke up. With each *Paida* session, she felt better and better; my uncle had been suffering from coronary heart disease, and so he was also my chief target. He had tried *Lajin*, but had seldom practiced *Paida*, and I had to accept his excuses of lack of patience doing *Paida*. This time, he had finished his drugs and had not bought any, so he reluctantly received my *Paida*. As my aunt (his wife) was about to be buried, he was feeling sad, with a gloomy face and a hand pressed against his chest all the time. I patted his left elbow, and Mom patted the right one. After that, his face immediately shone and he felt more spirited. I then patted his head, and he said he was feeling more comfortable and relaxed. The next day, he went uphill (to visit my aunt's tomb) for several times, and he was quite spirited.

I have been promoting *Paida* and *Lajin* for three years. My aunt, a younger relative in the family, did not take my advice and died! Whereas the eldest, my granny accepted it much faster. At 93, she is living a happy life. Each day, she does *Lajin* once, and has been doing it for over two years and four months. Since she started *Lajin* practice, she has created a dance and does it every day. And she rolls in the bed when at sleep, just like a kid. Sometimes, even I myself could not believe it, yet it is true. She eats more than us younger family members,

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sleeps soundly, walks flexibly, washes her own clothes and we do not have to worry about her. It is simply unimaginable in the eyes of those who haven't tried *Paida* and *Lajin*. A friend of mine could not believe that my granny could do the standard posture of *Lajin*, and insisted on her doing it before his very eyes. Granny did it, and it got him dumbfounded. One has to try it himself if he wants to prove whether *Paida* and *Lajin* are effective, otherwise it would be idle talk.



93-year-old granny doing standard *Lajin*

Taken from Mr. Xiao's blog:

http://blog.sina.com.cn/s/blog_5dc946a60102ea8r.html

English version posted at E-Tao website:

http://www.PaidaLajin.com/en/home/m_post.asp?id=211729608022

II Excerpt from Psoriasis – a Cure is in the Making...

...

Noticing his lack of strength to *Paida* himself, I took over and started to *Paida* on him. 20 min or so later, the affected area on his left arm started to bleed and exposed the skin underneath. The blood had a strong smell and was very sticky. As I continued, the affected area visibly “shrank”. By then, everyone was curiously surrounding him, watching in awe and marveling at the healing effect. Needless to say, he was in great pain but he held on to it.

Prior to that, our understanding of self healing psoriasis was merely at “knowledge” or “theory” level. We had read about it in Mr. Xiao's blog and books but had never seen it ourselves. Seeing it firsthand made a huge difference. The hands-on and practical approach was so effective and self-evident. As we watched the healing in action, our understanding deepened.

...

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Back before *Paida*



Leg before *Paida*



Arm during *Paida*



Sha fading away



Growing new skin

My comment:

Psoriasis is generally regarded as a “skin” disease, and is treated by skin doctors. In fact, psoriasis is a typical example of “complex diseases” and the sufferer’s meridians linked to all the internal organs are blocked, particularly the Heart, Lung, Kidney, Spleen and Urinary Bladder Meridians. To thoroughly cure psoriasis, “carpet bombing” *Paida* is the key, i.e. *Paida* every inch of the body. Also, sandbags need to be added while doing *Lajin*.

Such chronic, complex diseases are indeed hard to self heal by doing *Paida* and *Lajin* at home, without attending a workshop.

Taken from Mr. Xiao’s blog:

http://blog.sina.com.cn/s/blog_5dc946a60102echn.html

English version posted at E-Tao website:

http://www.PaidaLajin.com/en/home/m_post.asp?id=216744256721

III *Paida* and *Lajin* at Soweto Old Age Home, South Africa

By Axel (South Africa)

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Dear Hongchi Xiao,

I closed down our *Paida* and *Lajin* classes for the year at the Soweto Old Age Home yesterday (Editor's note: Soweto, near Johannesburg, the largest township in South Africa with more than four million people). We conducted three classes a week there for the last four months.

It was a heart-warming experience. They are so unbelievably grateful.

We will start up again in January although it costs me as we do not charge inmates, most of whom live of government pensions.



Every one of the participants reported how they benefitted from the stretching and clapping (*Lajin* and *Paida*) classes. They can move again and are no longer dependent on others to help them with basic tasks. Others can now walk without walkers and are getting out of their wheelchairs. What is quite remarkable is that participants who suffered strokes are much improved and I expect them to recover fully over the coming months. Also important is that their mood and spirit has much improved.

We are extra careful not to injure participants, as quite a number are in frail care and have fractured spines. So we go slowly on the stretching and clapping. Many can't reach their feet to clap and it is not easy for one instructor to take care of 25 participants.

There are school children who volunteer to work at the old age home. We are now trying to pair them with our participants so that they can clap them.

An old age home is probably the most difficult place to go to, you will agree.



You have most certainly improved their lives through your teachings and will enjoy visiting them. They look forward to meeting you.

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I saw a man, quite strong still, standing in the garden. He was trembling and shaking all over. I asked him what was the matter with him. He told me he had an epileptic fit earlier this year and was given injections at a clinic he was taken to. From that day he was suffering from uncontrollable, constant shaking. Apparently he could only sleep by taking very strong sleeping pills.

I took him inside and taught him how to stretch and clap. His face lit up and I am sure he will do the exercises. When I went back yesterday, a few days later, for the photo shoot, I could not believe my eyes. He was no longer shaking and was able to attend the class we held for the photo shoot (the only man in the group). He is also sleeping much better. He is highly motivated and ever so grateful.

December 1, 2012

Editor's Note:

Visit our website at <http://www.paidalajin.com/en/home/> to read more self-healing stories from around the world. You can also get free downloads, watch videos, and read FAQs.

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Chapter VII Why Do *Paida* and *Lajin* Workshops Deliver Incredible Healing Effects?

SINCE *Paida* and *Lajin* are so simple and effective, I initially assumed that by referring to my books, blog and videos, everyone will be able to practice them at home and gain significant healing effects. However, most people have a serious disorder that hinders this desired effect — LAZINESS. Few are disciplined enough or have the time to persist in *Paida* and *Lajin*. Therefore, we have resorted to organising “*Paida* and *Lajin* workshops”. Contrary to our expectation, we have been receiving enthusiastic responses from all over. We held the first workshop in Beijing on November 6, 2010. Up to now, we have organized more than 100 workshops in Beijing, Shanghai, Shenzhen, Guangzhou, Chengdu, Hainan, Jinzhou, Yangzhou and other cities in the Chinese mainland, as well as in Taiwan, Singapore, Malaysia, Germany, Switzerland and the U.S. Several thousand people have attended and greatly benefited from the workshops. It is expected that such workshops will be conducted at many other places in the future.

Before the availability of the workshop, although *Paida* and *Lajin* had been effective in resolving a lot of health problems, many people still questioned their healing effects. Since the self-healing stories were scattered all round the world, we were accused of having announced the successful ones only. However, even after we published conclusive evidence obtained at the workshops, there were still voices of doubt. In fact, I have all along requested for medical experts to come to our workshops to take measurements, to perform tests and to record observations. Unfortunately, none has come forward so far.

Even using the most conservative computation, the effective rate of *Paida* and *Lajin* in resolving various health problems during workshops exceeds 80%. The most prominent effect is in relieving lower back pain, knee pain, frozen shoulder, neck stiffness, deafness, hypertension, diabetes, heart diseases, gynaecological disorders, urinary problems and insomnia. Since almost all workshop participants had several illnesses, i.e. “complex diseases (disorders)”, there was hardly anyone who experienced no improvement.

In fact, it has been established that the healing effect gained during a workshop far exceeds that attained by doing *Paida* and *Lajin* at home for more than six months aided with other treatments. Why is it so? My preliminary conclusions are as follows:

Paida and *Lajin* may appear simple, but the core concept of “change from the heart” is of prime importance. Once “change from the heart” happens, the two simple exercises of *Paida* and *Lajin* will help one reap both physical and spiritual benefits. Workshop participants are taught principles of “regulating the heart” by coaches and are encouraged to implement them in *Paida* and *Lajin*. During a workshop, the coaches will assist and guide whenever problems arise. The principles of “regulating the heart” are not just theories; they go beyond words and language, and have to be personally experienced to be truly appreciated. Education in Oriental culture has always been by way of passing down “from master to student”, on a one-to-one basis; and this is precisely the true essence of the workshop.

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The duration and intensity of *Paida* and *Lajin* at home is no comparison with that carried out at the workshop. Workshop activities are conducted in an environment isolated from the outside world, thus enabling participants to fully concentrate. *Paida* and *Lajin* are practiced at least 4-5 hours a day using the “carpet bombing” strategy with no body part spared. This is certainly unachievable in the home environment. The disparity in intensity is even greater. It has been found that the effect obtained by doing a 10-minute *Paida* during a workshop is better than a one-hour *Paida* at home. The same goes for *Lajin*. This is especially true for men, most of whom are very scared of pain and will not use heavy *Paida* on themselves.

Besides making available vegetarian diet and encouraging less food intake, the workshop program also includes fasting, meditative jogging, meditation, experience sharing, etc. Each of these, if practiced following the principles of “regulating the heart”, produces its own unique benefits. When combined with *Paida* and *Lajin*, the healing effect is even more satisfying. Such circumstances, resources and ambience undeniably cannot be offered by any home environment.

The use of *Lajin* benches and the proper way of using them greatly enhance the healing effect. Moreover, *Lajin* is practiced several times a day during a workshop, thus increasing its effectiveness. Doing *Lajin* using chairs put together against the wall or a doorframe is only a temporary measure. In order to achieve genuine healing effect, it is a must to do *Lajin* on a proper *Lajin* bench. This is especially true for those with chronic or critical illnesses. For anyone using a *Lajin* bench, if the raised leg has not been strapped or the lowered leg has not been weighed down, the desired healing effect is also reduced. It puzzles us as to why people are willing to spend large sums on medical checkups, medications and surgeries, which may eventually lead to financial hardships and poorer health, when these two simple methods are available to alleviate their problems with very little to pay.

The positive ambience (dubbed as “*Qi* field”) generated during the workshop is unimaginable to those practicing *Paida* and *Lajin* at home. Practicing *Paida* and *Lajin* in a large group creates a very encouraging resonance effect. Mutual motivation and peer pressure drive participants to let go of self-consciousness and to put in genuine efforts for maximum effect. By witnessing improvements in fellow participants, one is inspired to persevere with higher intensity and longer duration.

Healing crises are better managed at a workshop. Under normal circumstances, the healing effects of *Paida* and *Lajin* may first appear as “healing crises”, i.e. besides all sorts of discomfort such as pain, numbness, soreness and swelling sensation, old injuries and illnesses may surface or worsen, leading to nausea, giddiness, chest tightness, coughing, vomiting, insomnia, itchiness, rashes, and even loud crying. If these reactions occur at home, people may have no idea how to cope and will be discouraged to continue with *Paida* and *Lajin*; by contrast, through observation of management by the coaches and acquiring proper knowledge during the workshop, participants will come to appreciate that such reactions are signs of recovery.

The toxic side effects of drugs are greatly reduced during workshop attendance because the

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participants are encouraged to stop their medication. It is obvious that if medication could rid the health problems, people would not have showed up for the workshop. We do not totally disapprove of medication, but it is undeniable that the toxic side effects of drugs can outweigh their healing effects. In the absence of interference from the toxic side effects of drugs, the efficacy of the self-healing methods becomes more pronounced. As is expected, the practice of *Paida* and *Lajin* with no medication has led to normalization of blood pressure and blood sugar levels, better sleep and pain relief, among other improvements.

Besides the usual self-help *Paida*, there are sessions when participants help one another *Paida*. It is difficult for the elderly and the gravely ill to *Paida* themselves for a long time. Moreover, some body parts such as the armpits, back, shoulders and the back of the knees are difficult to reach and it would be more effective if another person helps to do *Paida*. When immersed in the lively and high-spirited ambience of the reciprocal *Paida* sessions, participants are inspired to be more positive and caring, enabling better physical and spiritual interaction. This is in line with the philosophy of “regulating the heart” and using external measures to clear meridians and to self heal.

Post-Workshop Survey Report

In August 2011, we conducted post-workshop surveys (telephone interviews with participants of previous workshops held in the Chinese mainland) and the results are as follows:

1. Sample size: total number of interviewees

418 participants, taking into account those who attended the workshop more than once, of whom 285 were successfully reached and agreed to participate in the survey. This represents 68% of the participants we included in the survey. Of these interviewees, 97 (34%) were male and 188 (66%) were female.

The remaining 133 participants were not successfully interviewed due to one or several of the following reasons:

Some overseas participants could not be reached by phone.

Contact information given was ineffective.

Calls were not answered.

2. Summary

Continued *Paida* and *Lajin* practice

Amongst the 285 participants successfully interviewed, 243 (85%) of them continued *Paida* and *Lajin*. The remaining 42 participants (15%) did not, due to one or several of the following reasons:

Too busy, lack of time

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Did not feel unwell
Laziness
Intolerant of pain
Switched to other treatments
Objection from family
Insignificant effects

Medication taken by those who continued *Paida* and *Lajin*

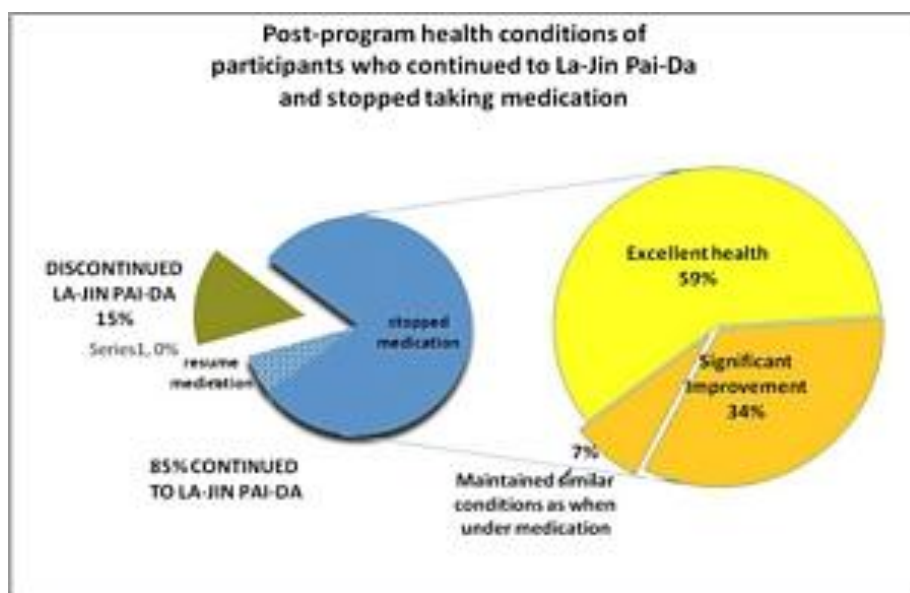
Of those 243 who continued *Paida* and *Lajin*, 226 of them (93%) stopped medication altogether, while 17 continued to take medicine. The reasons cited for continuing with medication are as follows:

“I’m worried that my disease(s) cannot be healed with just *Paida* and *Lajin*.” (By the elderly and those with critical diseases)

“My doctor asked me to continue medication.”

“*Paida* and *Lajin*, combined with medication, can help better improve my condition.”

Health conditions of those who stopped medication and continued *Paida* and *Lajin*



Of those 226 who stopped taking prescription drugs and continued *Paida* and *Lajin*, 134 (59%) reported excellent health; 76 participants (34%) enjoyed better health, while the remaining 16 (7%) reported to have maintained the same health condition as when they were under medication, and that stopping medication caused no adverse effects.

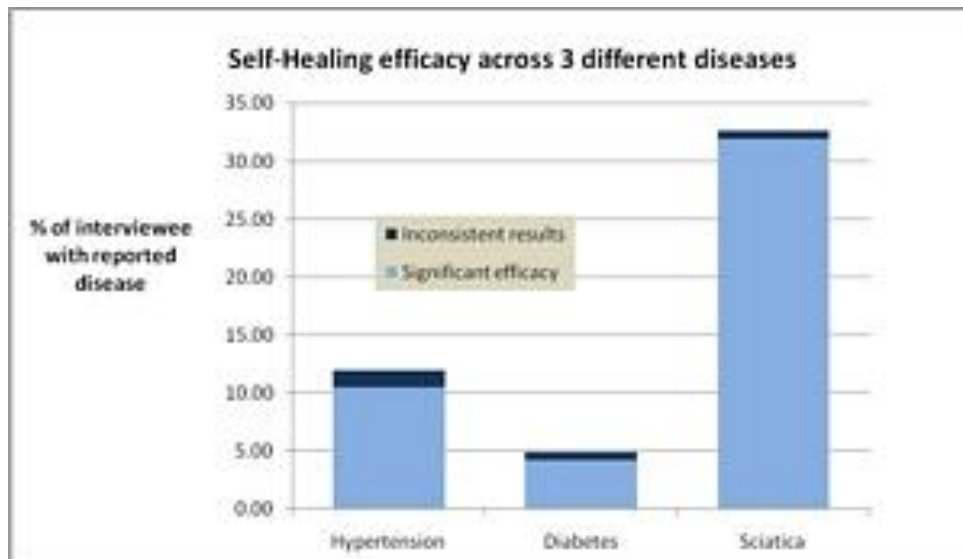
Those 134 who enjoyed excellent health not only practiced *Paida* and *Lajin* nearly every day but also continued to jog; and the more often they practiced, the healthier they are.

Self-healing effect for different diseases

We further analyzed the survey data to look at three diseases that had shown most prominent and

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measurable effects: hypertension, diabetes and Sciatica (lower back and leg pain).



a. Hypertension

Of the 34 participants with hypertension (12% of those interviewed), 30 (88%) reported significant self-healing effect. Four interviewees cited inconsistent results and inconclusive effect. (Note: All four of them practiced *Paida* and *Lajin* only occasionally, and intermittently took medicine as well.)

b. Diabetes

Of the 14 diabetics (5% of those interviewed), 12 (86%) reported significant self-healing effect, and only two cited inconsistent results.

c. Sciatica

93 participants (33% of those interviewed) suffered from Sciatica, and 91 (98%) reported significant self-healing effect, and only two reported inconsistent results.

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Chapter VIII Scientific Revelations of *Paida* and *Lajin*

By Xining Wang, member of Chinese Clinical Research Group on Hongchi Xiao's Paida and Lajin Exercises

***Paida* and *Lajin* produce comprehensive therapeutic effects.**

***Paida* and *Lajin* produce non-specific therapeutic effects — it deals with functions of all the body systems instead of certain diseases.**

Revelation I Medical Theory of *Paida* and *Lajin* Attracts Global Attention: Self-treatment in Vivo

Q1: How can various diseases be treated with the same exercises?

Decline in the functions of the human body is the common cause of most diseases (and even death). Hence, improving functions of all body systems can enhance their resistance to various diseases.

(Editor's Note: According to Chinese medicine, all diseases are resulted from clogged meridians (energy channels), and all are complex diseases. Hence, we should "forget the disease name", use "carpet bombing" strategy of *Paida* and *Lajin* to activate the "anti-virus software" in us, i.e. our innate self-healing power to clear toxins and waste in the body, thereby curing diseases holistically and improving overall health. For details of these concepts, please read **Chapter III Overview of *E-Tao* Self-Healing Methods.**)

Q2: How can diseases be treated without medication?

Paida and *Lajin* can activate self-treatment of body systems through external physical stimulation. Hypoglycemia (low blood pressure) experienced by diabetics after *Paida* and *Lajin* suggests that the exercises affect the synthesis of endogenous insulin. After *Paida* and *Lajin*, the pain threshold of those patients is increased and their clinical symptoms are alleviated. This indicates that *Paida* and *Lajin* also affect the synthesis of glucocorticoid (known as a "wonder drug" for its extensive anti-allergic, anti-inflammatory, anti-viral and anti-shock effects). *Paida* and *Lajin* can reduce blood glucose level like insulin does and increase it like glucocorticoid does. This could help patients effectively improve their body functions.

Q3: How many diseases can be treated through *Paida* and *Lajin*?

A total of 22,542 diseases have been clinically known to us and they can be divided into five categories including infection, injury, tumor, malformation and dysfunction. Theoretically speaking, all other four categories except malformation are related to the (declined) functions of the human body. Thus we can infer that *Paida* and *Lajin* can exert a positive impact on 80% of all the diseases man may suffer from.

Revelation II Clinical Monitoring Results of *Paida* and *Lajin* Challenge Modern Medical System

"Human Anatomy" in western medicine could be more accurately termed as "Corpse Anatomy". In

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addition to the common chemical structure composed of molecules, the human body differs from a corpse in that it has a dissipative structure of electromagnetic field, which could only be observed in living systems. Discovery of the dissipative structure of electromagnetic field is an epoch-making medical revolution. With the use of Physical and Mental State Analyser SAM-2 (German equipment), evident structural changes have been constantly observed in *Paida* and *Lajin* practitioners' dissipative structure of electromagnetic field. *Paida* and *Lajin* can change the body's dissipative structure of electromagnetic field intensely, rapidly and continually, thus improving life quality. Clinical research on *Paida* and *Lajin* shows that fluctuation of the dissipative structure of electromagnetic field can last for two hours after three-minute *Paida* and *Lajin* and that *Paida* and *Lajin* for one week can produce self-treatment effects lasting for three months.

Revelation III Unique Curative Mechanism of *Paida* and *Lajin* Shocks the Medical World

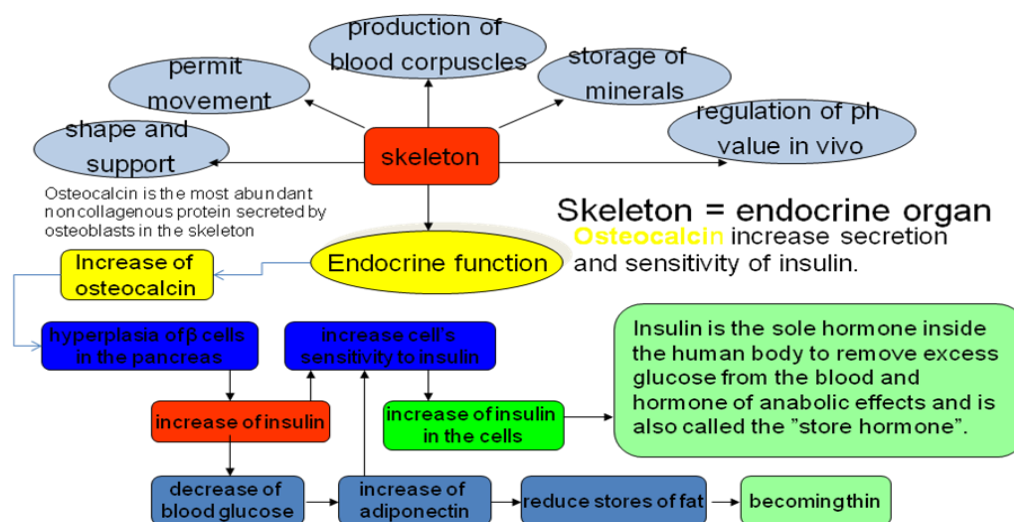
An unprecedented curative mechanism, named as the Xiao's Therapy, has been discovered through clinical study of *Paida* and *Lajin* and proven by its comprehensive and obvious efficacies. Adrenalin is a kind of "emergent" supply for man (harmful). It can be released in large amount into the blood within two seconds of external stimuli to enable man to rescue himself, and its reserve only lasts for half an hour. Glucocorticoid is a kind of "backup" supply (benign). It does not exist in normal conditions and can be produced whenever needed. *Paida* and *Lajin* for up to half an hour can consume all the adrenalin in the blood (to thoroughly expel the toxins), and exert an enduring therapeutic effect by inducing massive production of glucocorticoid to be released into the blood.

Chapter IX Summary of Endocrine Regulation of Energy Metabolism by the Skeleton, by Prof. Gerard Karsenty

Cell, Volume 130, Issue 3, 456-469, 10 August 2007

The regulation of bone remodeling by an adipocyte-derived hormone implies that bone may exert a feedback control of energy homeostasis. To test this hypothesis we looked for genes expressed in osteoblasts, encoding signaling molecules and affecting energy metabolism. We show here that mice lacking the protein tyrosine phosphatase OST-PTP are hypoglycemic and are protected from obesity and glucose intolerance because of an increase in β -cell proliferation, insulin secretion, and insulin sensitivity. In contrast, mice lacking the osteoblasts secreted molecule osteocalcin display decreased β -cell proliferation, glucose intolerance, and insulin resistance. Removing one Osteocalcin allele from OST-PTP-deficient mice corrects their metabolic phenotype. Ex vivo, osteocalcin can stimulate CyclinD1 and Insulin expression in β -cells and Adiponectin, an insulin-sensitizing adipokine, in adipocytes; in vivo osteocalcin can improve glucose tolerance. By revealing that the skeleton exerts an endocrine regulation of sugar homeostasis this study expands the biological importance of this organ and our understanding of energy metabolism.

Skeletons and skeletal muscles are the largest endocrine system of the human body.



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Reminders

1. *E-Tao* team, led by Mr. Hongchi Xiao, is actively promoting *Paida* and *Lajin* self-healing methods worldwide. We operate in a not-for-profit model and we envision a world where EVERYONE is his or her own “miracle healer”. **My Health, I Manage!**

2. Chinese, English, German and Spanish versions of *Paida and Lajin Self-Healing* are available to readers in their respective markets. Other *E-Tao* Chinese books published include *Journey to Cure* (simplified Chinese edition, Taiwan editions I & II), *Paida and Lajin Self-Healing* (Hong Kong and Taiwan editions), and *Sex and Stocks*. We have plans to publish other language versions of these books to make *Paida* and *Lajin* more readily accessible to EVERYONE in the world.

You can also go to our website at <http://www.paidalajin.com/en/home/> to get free downloads, watch videos, read FAQs and stories of self-healing from around the world.



A collection of *E-Tao* books and DVDs

3. You can use chairs to do *Lajin* in reclining position, but it works better on a standard *Lajin* bench. You can have one made, or you can buy one from us.



Doing *Lajin* on chairs



Doing *Lajin* on standard *Lajin* benches

4. To purchase *Lajin* benches and/or *E-Tao* books:

China: <http://paidalajin.taobao.com>; Hotline: 400-0650-970

Tel: (+86 10) 136-6105-8751 (Beijing); (+86 10) 136-9274-0133 (Shenzhen)

European contact, in Germany:

Tel: 0049-175-7697808; Email: a1708032914@yahoo.de

America: 6262979894; Email: lilingi777@gmail.com

Malaysia: +6-012-2062522

Singapore: +65 98527695

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You can purchase physical copies of *Paida and Lajin Self-Healing* (English Edition) at www.ebay.com:
http://www.ebay.com/itm/Paida-And-Lajin-Self-Healing-by-Master-HongChi-Xiao-English-Version-/251209329071?pt=US_Nonfiction_Book&hash=item3a7d3e29af

You can buy Kindle e-book *Paida and Lajin Self-Healing* (English edition) at Amazon Stores:

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E-Tao Paida & Lajin Self-Healing

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English website: <http://www.paidalajin.com/en/home>

German website: <http://www.lajin-paida-deutschland.com>

Mr. Hongchi Xiao's Chinese blog: <http://blog.sina.com.cn/yixingtx>

E-Tao forum (currently in Chinese only): <http://www.paidalajin.net>

Watch videos at our official websites OR:

<http://www.youtube.com/user/selfhealing100>

<http://vimeo.com/user12555761>

<http://i.youku.com/paidalajin>