Paid and Lajin Self-Healing

My Health, I Manage!

- Life and health is the cornerstone of everything. Do YOU have a long-term health management plan?
- Some people care for their health ONLY when a major sickness strikes. Without proper daily care, isn't that too late?
- You can do self-help Paida and/or Lajin or help others (for routine health maintenance, relieving or curing health problems, acute or chronic, physical or mental). When helping others with Paida and/or Lajin, ask for their permission BEFORE you do it.
- This is for your reference only. Decide whether to apply these methods at your own discretion.
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Huang Di Nei Jing (Yellow Emperor’s Canon of Internal Medicine) on Healthy Living

Huang Di Nei Jing
Chinese medical classic compiled over two millennia ago
Providing the most treasured guidelines to doctors in Chinese history
A book on the common sense knowledge of healthy living for the average readers

◆ How long can a person possibly live?
Theoretically, EVERYONE can live to the “natural span of life”, i.e. up to 120 years of age. According to Sun Simiao, “King of Chinese Medicine” in Tang Dynasty who lived over 100, “Human life is of paramount importance, more precious than a thousand pieces of gold.”

◆ How important is the network of meridians (energy channels) running through the human body?
“The vital energy (Qi and blood) flowing in the body’s meridian system determines a man’s life and death, and severity, curability and root cause(s) of a disease.”

◆ How can I stay healthy?
“When zhengqi (right Qi, positive energy) is kept in, evils shall not enter.”
“Clear yourself of greed and excessive thinking, then the right Qi will be kept in, and the spirit will remain inside, how can diseases possibly strike?”

◆ What is healthy living?

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

◆ What is unhealthy living?

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

◆ Why shouldn’t I overuse my body?

“Prolonged exertion of the eye hurts the blood; prolonged lying hurts the Qi; prolonged sitting hurts the muscle; prolonged standing hurts the bone; prolonged walking hurts the Jin (tendons).”
◆ Why shouldn't I get angry? Why should I maintain a good mood?

“I know that abnormal movements of the Qi are the root causes of all diseases. Rage induces the Qi to ascend; excessive joy induces the Qi to slug; excessive sorrow induces the Qi to lose; fear induces the Qi to sink; coldness induces the Qi to constrict; overheat induces the Qi to leak; fright induces the Qi to jumble, overexertion induces the Qi to deplete; pensiveness induces the Qi to stagnate.”

◆ What should I do when I get sick?

“Regulate the heart first, followed by external treatment and dietary therapies, and use medication as the last resort.”

◆ What kind of doctor is the best?

“The most capable doctor eliminates root causes of lurking diseases; the less capable doctor wards off diseases prior to the onset; the least capable doctor treats diseases after the outbreak.”

★ The best doctor clears away possible problems long BEFORE the onset; While those who treat grave or fatal illnesses are the least capable ones.  
★ Now, you can practice Paida and Lajin and be your own best doctor.
**Paida and Lajin Self-Healing**

*Helping a Doctor Quickly Relieve Lumbar Disc Protrusion:* When the lower back pain hurt so much that his back was hunched, even a doctor had no better choice but to do *Paida* and *Lajin*.

◆ The curled legs are a sign of degenerated tendons, indicating that apart from lower back pain, he had other problems that he himself, doctors, or medical appliances did not know or detect.

◆ Many doctors of Chinese and western medicine, naturopaths, beauty salons and health clubs worldwide are applying and promoting *Paida* and *Lajin*.

**Elderly Wang Xiufen Self Healed with Persistent Paida**

**83-Year-Old Zhao Yufang Self Healed Chronic Pains with Persistent Lajin**

★ Both videos are shown on CCTV-4 Chinese Medicine, a program aired globally (in Mandarin, with Chinese and English subtitles).
Paida & Lajin Embraced by Self-healers Worldwide

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

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

Paida and Lajin at a health club: Effective on various pains, diabetes, cerebral hemorrhage, heart and other problems
A lecture on *Paida* and *Lajin* normally has scores, or hundreds of attendees. Several English lectures attracted 1,000-2,000 audiences.

People of different nationalities patting the knees together

Millions of people in dozens of countries are practicing and benefiting from *Paida* and *Lajin*. 
Paid and Lajin Starts from Every Single Family and Kid: A kid can grow taller and get healthier with persistent Lajin.

◆ You can pat a baby or a kid (from several months to several years old) using attentive, patient, soft and loving Paid. It helps digestive problems, colds, fever, coughing and other pediatric diseases.

★ Babies and kids love gentle patting!

First Aid at a Funeral, and 93-Year-Old Granny Doing Lajin: The granny, now at 94 (in 2013), does standard Lajin. She self healed her many problems (dizziness, pains, walking difficulty, poor appetite, etc.), now eats more than young people, sleeps soundly and takes good care of herself. She even created her own dance!
*Paida and Lajin Lecture and One-Day Workshop in Seremban, Malaysia:* Nearly 100 people attended the workshop.
Malaysians’ Journey to Cure (I) — 39 Years of Hypertension Self Healed: Mr. Wong self healed over a dozen problems with *Paida* and *Lajin*: 39 years of hypertension, high cholesterol, neck and shoulder pain, radiating heel pain, high uric acid, gastric disorders and countless other complex diseases. After stopping all medications, he proved to be quite healthy in a medical checkup.

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

Click to read [Malaysia Seremban Paida and Lajin Self-help Centre](#)  
**Crowded with Self-Healers**
Malaysians’ Journey to Cure (II) — Paida and Lajin Effective on All 9 Stroke Patients

Left: Son patting his mom
Right: Sharing her healing experience

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

After Paida and Lajin practice at the self-help centre, she was able to walk on her own, speak and even sing a song!

Click to read Malaysians’ Journey to Cure (VI) — Stroke Patient Improved with 6 Sessions of Paida and Lajin
All employees stand to benefit when the boss does Lajin: Employees of a company doing Paida together

Left: Mr. Zhu, GM of Evergreen, patting his employee

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

Right: Boss and employees enjoying Paida for one another

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

He doesn’t evade the pain of *Paida*, but actually looks forward to it, for he knows clear enough the significance of the “*Pain Medicine*.”

**Malaysian sisters promoting *Paida* and *Lajin* for free**: The Tay sisters (in red) renovated a venue planned for a special school into a *Paida* and *Lajin* centre.
**Paida and Lajin at Soweto Old Age Home, South Africa:** After 4 months of gentle Paida and Lajin, many old people sitting in wheelchairs, suffering from stroke or other critical illnesses saw their health much improved. They could take better care of themselves and are expected to fully recover with continued practice.
Losing weight, getting prettier/more handsome and taller with *Paida* and *Lajin*: A lot of people have lost weight by practicing *Paida* and *Lajin* (from several to dozens of kilos).

- **Losing weight with *Paida* and *Lajin***: Use persistent, relatively heavy *Paida* on the body, particularly obese areas; doing *Lajin* helps build a better figure and make the legs slimmer!

  ★ *Paida* and *Lajin* activate man’s innate self-healing power, which automatically regulates the body toward a healthy state — making the obese people slimmer and the overly skinny people gain a bit of weight; reducing high blood pressure and raising low blood pressure...
Save Your breasts!  My Health, I Manage!

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

★ Every woman can have a try! You may be shocked by how much toxic wastes (and negative feelings) are stored in you.
Women’s gynaecological disorders (irregular menstruation, menstrual pain, hyperplasia of mammary glands, uterine fibroids, ovarian cysts, etc.):

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

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

*Paida* all over the body, and focus on the general body parts (elbows, knees, hands and feet), armpits, buttocks, root of thighs, and inner sides of both legs.

★ *Paida* and *Lajin* are great ways to regulate the mood, for when one is cleansed of toxic wastes accumulated in the body, one naturally feels light, relaxed and joyous.
Bending further down from the waist after *Paida* and *Lajin*

**[Journey to Cure] Paida and Lajin Speeches and Parties in Switzerland:** Mario, Consul General of the Italian Consulate in Zurich, had tennis elbow. After receiving *Paida* on both elbows for 20min, he no longer felt pain and could lift a bag (which he had difficulty doing prior to the *Paida*). His wife, who had low blood pressure, saw the *Sha* (coloured toxic waste appearing during *Paida*) on his arms and fainted. After *Paida* on her *Neiguan* acupoint, she soon came back to life.
Using *Paida* & Acupressure in First Aid

In time of an emergency, you can use your hands to slap or press heavily on the sufferer's meridians (energy channels in the body linked to related organs) and corresponding acupoints (important locations along the meridians, used in *Paida*/*slapping*, acupuncture, acupressure and other treatments).

**Inner elbow**  **Neiguan acupoint**  **Renzhong acupoint**  **Yongquan acupoints**

**Zusanli acupoint**  **Hegu acupoint**  **Dazhui acupoint**

◆ **Acute heart attack, dizziness, tight chest, short of breath, fainting or unconsciousness:**

Use your hand(s) to slap heavily on the inner elbows and *Neiguan* acupoints on the arms (left side first if there aren't enough people to help) for several minutes up to 20-30 minutes;
Use your thumb to pinch heavily the Renzhong acupoint (below the nose and above the mouth) for at least several minutes;
Use your both thumbs to pinch heavily the Yongquan acupoints on both soles of the feet for at least several minutes.

*When the sufferer responds with groaning sounds, yelling of pain or body movements, it shows the first aid has worked!

◆ Acute ankle and other sprains:
Directly slap on the affected area(s) for a long time, until the pain of the sprain is gone.

*DO NOT Paida on the neck, or body parts with fractured bones and/or open wounds.

◆ Vomiting, dizziness and other discomforts when travelling on buses, trains, planes or in cars, etc.:
Use your hand(s) to slap heavily on the inner elbows and Neiguan acupoints on the arms (left side first if there aren't enough people to help) for several minutes up to 20-30 minutes;

◆ Drunkenness:
Use your hand(s) to slap heavily on the inner elbows for several minutes up to 20-30 minutes;

◆ Acute/chronic stomach problem:
Use your hand(s) to slap on the Zusanli acupoints on both legs for 10-30 minutes. Go gradually from light to heavy Païda;

◆ Acute toothache:
Use your hand(s) to slap on the Hegu acupoints (on the back of hands), the entire back of both hands, inner elbows and Zusanli acupoints, each for 15-30 minutes, go gradually from light to heavy Païda.

◆ Cold, fever, cough, running nose (including children):
Use your hand(s) to slap on the inner elbows and Dazhui acupoint (at the juncture of the neck and shoulders), each for 30 minutes, go gradually from light to heavy Païda. Use soft, caring Païda on the kids.

Duration of Païda and acupressure in first aid:
Païda one body part for several minutes to 20-30 minutes.
Pinch (heavily) one acupoint for at least several minutes.

In very urgent cases, use heavy Païda. Generally speaking, go gradually from soft to heavy slapping. Mainly use soft, loving Païda and/or acupressure on kids, the elderly, and the frail or very sick patients.
**Paida and Massage on Other Acupoints**

![Acupoints](image)

◆ **Liver problems, poor mood, easily pissed off or seething with anger:** *Paida* the top of the feet, or press the *Taichong* acupoint.

◆ **Lifeless, low-spirited:** *Paida* the entire head (top, sides, front and back) and face for no less than 20min (best for up to one hour) each morning, or massage the *Baihui* acupoint on top of the head. This makes you spirited, clear-headed, prettier or more handsome, and have brighter eyes; you can also unknowingly self heal numerous (lurking) diseases.

◆ **Irregular menstruation (period), gynaecological disorders, poor Qi and blood circulation:** *Paida/massage* the *Sanyinjiao* acupoints on the inner sides of both calves, and the *Xuehai* acupoints on the upper inner sides of both knees.

◆ **Kidney deficiency:** Regular foot baths plus *Paida/massage* the *Taixi* acupoint.
Why *Paida* and *Lajin*, with medical advances, numerous hospitals and drugstores, health clubs, therapies and health products available?

◆ There is the potential danger of **overdiagnosis and overtreatment** in modern medicine.

◆ Many diseases are undetectable, or are already at a critical stage when detected. Over 50% of those who die of sudden heart attacks did not experience warning signs, or were found with no heart problem in previous medical checkup.

◆ **The many medical tests, drugs, injections, infusions, surgeries, radiotherapy, chemotherapy, etc. can be very harmful to the human body.**

  ● Many treatments follow the philosophy of “treatment according to divisions of medicine”, “suppressing symptoms” without identifying root causes (not to mention eliminating them), ignoring the negative effects on other organs and body cells.

  For instance, patients with hypertension have to take antihypertensive drugs for the rest of their lives; likewise, a diabetic patient has to take hypoglycemic agents or get insulin injections EVERY DAY for the rest of his/her life.
The fact that a person has various pains, hypertension, diabetics, heart or other problems indicates that all the meridians in the body are blocked and all organs are affected, though to varying degrees. Targeting a single disease in the manner of “killing the symptoms” undermines the patient’s immune functions, making him/her more vulnerable. Hence, the more drugs one takes, the more diseases he/she is most likely to suffer from.

- Just as the saying goes “any medication is more or less toxic”, the toxic side effects of drugs damage the functions of the liver and kidney, and affect other organs, leading to drug-induced complications.

- When an organ is having serious problems, cutting it off or replacing it will do permanent damage to the body and mind of the patient.

- Acupuncture, bone-setting, massage and other natural therapies are good in their own ways, but can be too complex for the average person and one has to rely on a professional.

- People are much obsessed with taking “nourishing foods and supplements”. When many toxic wastes and alien substances are accumulated in the body, it only nourishes them, not the body itself.

**Smooth flowing meridians are the best nourishments.**
Five Features of *Paida* and *Lajin*

**Effective:** Millions of people in scores of countries have benefited.

Thousands of self-healing stories are posted at *E-Tao Chinese blog* and *E-Tao website* (more are being translated into English).

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

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

  - The only “side effects” are: making one slimmer, prettier/more handsome and taller.
  - With persistent *Paida* and *Lajin* practice, you may find it hard to fall sick again!

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

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

*All diseases are caused by blocked meridians.*

*Cleansing meridians cures.*
How does *Paida* work?

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

**Patting the skin** =  **Clearing toxins and blockages in the body**

By patting the body parts, toxic wastes and blockages from injuries, external causes of diseases (wind, cold, dryness, wetness, heat, etc.), negative feelings, medication and other toxins are surfaced and expelled out of the body, hence healing diseases.

**How to *Paida***

◆ *Paida* directly on the skin with solid slaps, using palm and fingers.

Maintain a positive state of mind and stay focused during *Paida*. Go
gradually from soft to heavy, do it persistently to thoroughly detoxify one area before moving on to the next. You can use a tool to *Paida* areas unreachable by hand.

◆ It’s best to do self-help *Paida* using relatively heavy slaps; *Paida* for one another benefits all involved by enhancing health and building closer bonds. Use soft patting on kids, the elderly, frail or severely sick people. When practiced for a long time, the healing effect can be as good as heavy *Paida*.

◆ Use fists to hit fleshy areas or to reduce the noise of *Paida*.

◆ Continue patting after *Sha* emerges, and the pain of *Paida* should be lighter then. When all the toxic wastes at one area are surfaced, continued *Paida* can make *Sha* dissolve right away.

◆ The weak and frail people can gradually build up strength with more *Paida*.

**General Principle of *Paida***

To heal faster, *Paida* more, longer, and heavier;

To heal slower, *Paida* less, shorter and softer;

To stay where you are, DO NOT practice *Paida*.

**Why does *Paida* hurt so much?**

◆ “Blocked meridians induce pain, whereas cleansing meridians
dispels pain.” The pain of Paida shows that the relevant meridians at the patted area are (heavily) blocked. With each “painful” slap, the meridians are gradually being cleansed — that is why we say the pain of Paida and Lajin is the “best medicine”.

◆ It hurts more when the toxic wastes are being drawn out in the form of Sha. The pain will gradually recede with continued patting. When the patted area is free of blockages, you will feel greater comfort and want more and heavier slaps.

◆ Healthy people and healthy parts of the body don’t feel intense pain even with heavy Paida; quite on the contrary, one feels greater comfort and want more and heavier slaps.

How to reduce the pain of Paida?

◆ When doing Paida, mainly move at the elbow joint(s), do not move the upper arm(s) and the waist(s). This not only reduces the pain of Paida, you can also Paida for a long time without feeling exhausted.

◆ Use soft patting in the beginning, and gradually increase intensity when the patted area warms up and is better adapted to Paida.

◆ Paida in warm weather or when the body is warmed up (after a foot bath, shower, sauna, etc.). The toxic waste (Sha) emerges faster and it doesn’t hurt much.
Diagnosis by Colour of Sha

Sha (痧; pinyin: shā): “Poisoned blood/toxic waste” in the body expelled during Paida or other external treatments.

There are four types of toxins in “Sha”:

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

The colour of Sha has the following implications:

◆ **Flushed skin**: healthy, normal;
◆ **Red**: “wind-heat”; more commonly found in people of “sub-health” conditions;
◆ **Purplish red**: “stagnant heat”, prone to soreness;
◆ **Cyan**: “phlegm-dampness”, prone to fatigue;
◆ **Purplish black**: congestion and inflammation, indicating that toxins have accumulated in the body and that the meridians are heavily blocked;
◆ **Black:** appears mostly in those with chronic or critical illnesses, or those having prolonged medication.

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

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

◆ *Sha* appears only where diseases are present.

◆ The amount of *Sha* surfaced indicates the severity of diseases.

◆ The intensity of *Sha* colour indicates the amount of toxic waste in the body.

★ Sometimes, *Sha* may appear with lumps. Regardless of the disease name, when agonies are relieved and *Sha* is surfaced through *Paida* and *Lajin*, the self-healing power is at work.

◆ *Sha* appears only where diseases (or potential diseases) are present, indicating problems with organs corresponding to meridians at those areas, and that detoxification is under way. Hence, *Paida* and *Lajin* are diagnosis and treatment at the same time.
◆ The more severely blocked the meridians, the faster Sha appears and the darker its colour. The amount of Sha surfaced indicates the amount of toxic waste in the body, i.e. the darker the colour, the more toxins, coldness, heat and other pathogenic elements are present.

◆ Some Sha travels in the body. This indicates that Qi (vital life energy that drives blood flow, according to Chinese medicine) and blood circulation is well-regulated, and proves the healing effect of Paida.

◆ Some may have red Sha at first, and with continued Paida, darker spots, patches or lines will appear, and in severe cases even dark, hard lumps will emerge. In other cases, especially among the seriously ill, Sha may not surface easily because the Qi is weak and fails to stimulate blood circulation. In such cases, Paida is to be repeated several times with higher intensity and longer duration before Sha can be gradually drawn out. Finally, there are those with weak Qi and blood circulation but rough skin and thick flesh where toxins are buried deep within, hence, they will have a harder time getting Sha to appear.

◆ Sha may cease to emerge after a few Paida sessions, but can re-appear after several more attempts. This indicates that the body’s condition is constantly changing, and that toxins are moving around in the body.
◆ If Sha appears only when one is receiving Paida by others, but not when one is slapping oneself, then the intensity of self-help Paida is too weak and the duration is too short for it to take effect.

◆ Those fallen ill will have Sha appear where it previously did not, and Paida hurts more as well. Others have considerably more Sha only after intense Paida or when receiving Paida. This phenomenon is known as healing crises, where past diseases and injuries are brought to the surface to be thoroughly healed.

**What should I do when Sha emerges?**

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

**Are blood vessels broken when Sha appears?**

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

Please click to read **Picture Illustration of the Whole Process of Sha Emergence and Dissolution during Prolonged Paida**
Exceptions: For someone with skin diseases, particularly psoriasis, the healing effect is better when *Paidá* is continued until the skin breaks and it bleeds; for patients with hypertension and heart problems, bleeding reduces blood pressure, cures headache and relieves chest tightness faster.

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

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

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

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

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

**Must I continue patting until the *Sha* disappears?**

It’s strongly advised, but not a must. *Sha* produced during *Paida* is poisoned blood removed from the meridians; it lies under the skin, in the interstitial spaces outside of the blood vessels. The interstitial blood is identified as alien substance by lymphocytes and phagocytes, and is thus decomposed and excreted from the body through breathing, sweating, urination and other channels.

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

◆ The body’s main meridians (energy channels linked to the body’s major organs) run through these areas, and some key acupoints of the meridians are located there as well. Hence, patting these parts cleanses and activates all meridians of the body.

◆ Toxic wastes tend to accumulate at these movable joints, just like what happens with the corners of a river, water pipe or road. Patting these joints improves the efficiency of cleansing meridians.

![Left: Whatever the disease is, forget the disease name and start with patting the elbows.](image)

**Right: Dark Sha on someone with rheumatism (“old cold legs”) and arthritis, indicating too much cold and dampness at the knee joint.** A session of *Paida* (30min-1 hour) can relieve the symptom, and it can be thoroughly healed with repeated *Paida*. For people with lower back and leg pains, *Paida* the back of knees for up to 1 hour. One session works and more sessions cure. It’s best to pat all around the knees and do *Lajin* as well.
Left: A heavy smoker drew out toxic blood on his own hand.

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

◆ Benefits of patting hands and feet:

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

★ It is particularly effective on people with cold hands and feet.
Paid the head and face regularly

Sequence of patting the head (preferably in the morning):
Top, sides, front and back of head, forehead and face. You can use hollow palms to very gently pat areas around the eyes.

◆ Benefits

● Paid the head and face (20min-1 hour): The whole body warms up, and the warmth can travel to the heels, making you feel spirited and clear-headed, and have bright eyes and a rosy face. This is particularly good for those who have cold hands and feet or a cold body.

● It alleviates problems with the head/brain and five sense organs: headaches, dizziness, cold, cardiovascular and cerebrovascular diseases, stroke sequelae, depression, insomnia, facial paralysis, ear problems, etc.

● It improves or eliminates problems of dark facial colour, wrinkles, pimples, age spots, etc.

★We strongly advise each woman to Paid the face for 100-300 slaps each morning. The more, the better!
**Paida the Back and the Back of Legs (All Along the Urinary Bladder Meridian)**

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

Right: *Sha* on the back

◆ **Benefits of *Paida* the back and the Urinary Bladder Meridian:**

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

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

★ **DO NOT *Paida* where the kidneys are, or use soft patting on yourself.**
Can I pat anywhere on the body? Which body parts are best NOT to *Paida*?

◆ You can pat anywhere on YOUR OWN body to thoroughly detoxify. This is what is called “carpet bombing” *Paida*.

◆ You can gently pat YOUR OWN neck, eyes, ears, waist (where the kidneys are) and areas where the organs are located. DO NOT have others pat these parts for you, and DO NOT offer to help others pat these areas.

◆ **DO NOT pat both ears at the same time**, instead, gently pat one ear at a time, i.e., left, right, left, right, left...

It’s my first time to *Paida*. Why isn’t there *Sha*?

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

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

★ Drawing out *Sha* is NOT the ultimate goal of *Paida*. *Paida* is a direct way to activate our innate self-healing power to do its job to clear
away wastes through various channels.

★ For healthy people and parts of the body that don’t have Sha after rounds of Paida, regular practice is still strongly advised.

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

Yes. Generally speaking, Paida and Lajin can be practiced anytime, anywhere, every day throughout the year.

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

Duration and Frequency of Paida

◆ Paida can be practiced at any time of the day. You are advised to make it a habit and Paida in the morning and evening, and at noon.

◆ For those with obvious problems, focus on the general parts (elbows, knees, hands and feet) and the illness-related areas for at least 30 minutes each. For instance, those with knee pain, frozen shoulder, neck problem, headaches and insomnia can pat the general parts for as many times as desired.

◆ For those with serious illnesses, for instance, inability to lift
shoulders or to walk, or those diagnosed with psoriasis, heart diseases, hypertension, diabetes, cancer, etc.: *Paida* each general part and affected area for at least one hour, for 1-3 times a day. The duration may be shortened accordingly when the symptoms are relieved.

◆ Those with critical illnesses may experience repeated appearance of *Sha*. Normally, *Sha* does not appear easily after a few *Paida* sessions; however, regardless of whether *Sha* appears or not, regular practice should be continued to clear meridians, to gain healing benefits and to maintain good health.

**Where should I *Paida*?**

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

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

**Important things to observe:**

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

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

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

**2. Illness-related areas**

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

◆ **Illnesses of the head and related organs, such as deafness, tinnitus, hearing loss, eye problems, facial paralysis, headaches, dizziness, colds, cardiovascular disorders, cerebrovascular diseases, stroke sequelae, depression, insomnia, etc.:** *Païda* all over the head and face.
Neck, limb and joint pains and other related problems: *Paida* where it hurts, regardless of the disease name as defined in modern medicine. Since these parts are located away from internal organs, heavy *Paida* is safe and beneficial as long as the pain is tolerable. Those who lack strength may get others to do the *Paida.*

Cardiovascular disorders, post-stroke paralysis, lung diseases, mammary gland diseases, asthma, and thyroid gland diseases: Focus on *Paida* the inner side of the arms and wrists, armpits, areas around the collar bones, and all over the thighs and calves. Benign mammary lumps may be slapped directly, even if the size is as big as an egg.

Gynaecological disorders (such as uterine flesh tumour, ovarian cysts, menstrual pain, etc.), male disorders (such as prostate disorders, impotence, premature ejaculation, etc.), reproductive and urinary system disorders: Focus more on the root of the thighs (where more toxins accumulate, and where meridians, blood vessels, nerves, lymphoid vessels gather), inner thighs, lower abdomen and both sides of the calves.

Old wounds, injuries or fractures from falls, sports or other accidents, etc.: *Paida* directly on the problem areas, e.g. scars or sutured wounds that have recovered. This is the process of “drawing
out old injuries”. Take care to adjust the intensity, and preferably you should *Paida* each area for no less than 20 minutes.

**◆ Itchiness:** *Paida* directly on the problem area, the inner elbows, upper inner side of the knee joints, outer side of the thighs while standing straight (including the *Fengshi* acupoint, where the middle fingers of the naturally lowered hands touch the thighs).

**◆ Diabetes, piles, constipation, obesity, gastrointestinal disorders, and almost all chronic diseases of internal organs, such as liver, kidney, spleen, etc.:** Heavily *Paida* the lower abdomen, inner and outer sides of the thighs and calves, root of the thighs, and obese areas for a long time. You may also use your fists to hit these areas, or use the sides of your hands to chop at the root of thighs. These methods produce less noise but stronger penetration.

**◆ All types of acute disorders:** Directly *Paida* corresponding acupoints or meridians, making reference to the acupoint selection method. For instance: acute gastritis, bloated stomach: *Paida* the *Zusanli* acupoint; acute heart attack or any disease that may cause fainting: *Paida* the *Neiguan* acupoint and the inner elbows; for cold or fever: *Paida* top of the head, *Dazhui* acupoint, and the inner elbows; for drunkenness: slap on the inner elbows.
The general parts and illness-related areas mentioned above are not perfect combinations, they are provided for your reference only. As diseases are complex ones, for best effects, *Paida* all over the body, including general parts, the head, limbs, armpits, root of thighs and the torso. This does not mean *Paida* all areas briefly in one session, instead, one area is to be slapped thoroughly before moving on to another.

**A few things to note about Paida**

◆ **Avoid wind or chills during Paida**

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

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

It is best to take ginger and date soup before and after *Paida*. Warm water can also be taken to replenish hydration, to prevent dizziness or fatigue, and to enhance metabolism.

◆ **Avoid showering or bathing after Paida**

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

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

◆ **Paida for those with skin problems**

For those with skin diseases such as psoriasis, rashes and itchiness, *Paida* heavily on the affected areas for a longer time for it to take effect. For psoriasis, the affected areas are to be slapped until the skin is broken, and blood and body fluids are exuded. When scab forms and new skin develops, the disease will be healed.

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

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

For diabetics, *Paida* should be gentle and slow because their skin and blood vessels are weak and fragile. For those with varicose veins and swelling of the lower limbs, it is better for them to gently *Paida* from
the bottom to top, so as to accelerate blood flow.

◆ Do not use heavy *Paida* where organs, cancer cells are located.

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

**Prohibitions**

*Paida* is prohibited in the following cases:

◆ Those who tend to bleed easily or those with blood disorders, such as bleeder disease, thrombopenia (too few platelets in the blood), blood cancer, Henoch-Schonlein purpura (HSP), etc.

◆ Women during pregnancy.

◆ Those with severe diabetes or skin trauma, with apparent exudation or ulceration.

◆ Those in coma, or having acute injuries, severe infections, fresh bone fractures and recent sprains.

◆ Those with unknown lumps or malignant tumour.

◆ Those allergic to pains.

◆ Those forbidden by doctors to practice *Paida*.

◆ Those who reject or disbelieve *Paida*.
The Benefits of *Lajin* (Stretching)

Chinese medicine has it that “extending the *jin* (tendons) by one inch will prolong life by 10 years” and “where bones are in place and tendons are flexible, there will naturally be smooth *Qi* and blood flow.”

*Lajin* has almost immediate effects of improving lower back and leg pains, menstrual pain, frozen shoulder, lumbar disc protrusion, etc.
Lajin is both diagnosis and treatment. Those with many health problems tend to suffer from severe contraction of tendons. Doing Lajin in reclining position helps cleanse all meridians in the body. In the absence of a proper Lajin bench, chairs can be used as a temporary substitute (to do Lajin by a corner of a wall or a doorframe).

◆ Standard posture of Lajin in reclining position: Lie flat on the Lajin bench (or chairs), with both arms stretched straight backward and close to the ears; the raised leg should be parallel to the pole, and the back of the knees should be stretched straight; the foot of the
raised leg should be at a 90-degree angle with the pole, and turned slightly inward; the sole of the lowered foot should be on the ground; move the legs closer together; the buttock should be pressed against the pole, with hip joints on both sides flat on the bench (or chairs).

◆ Use wrapping on the raised leg, and use sandbags on lowered leg or both legs. Continue to stretch after painful, swelling, sore and numbing sensations are felt.

◆ In the beginning, it is normal not being able to do it in the standard posture. With persistent, daily practice, by gradually extending the time and adding more weights, you can improve or self heal many sicknesses.

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

★ It can also make the legs slimmer!
Left: Relax head, neck and shoulders at the edge of a Lajin bench, bed or a line of chairs for 3-5 min each time. Regular practice helps relieve neck and shoulder stiffness and pains.

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

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

★Squatting is a great way of stretching!

Does Lajin have side effects?

No, not in the usual sense.

There are two desired “side effects”: making the practitioner slimmer and prettier/more handsome.

And indeed, there could be some seemingly “undesirable” side effects, i.e. “healing crises”.

★“Healing crises” are signs of recovery. They are a process where past, current and potential problems are surfaced and dissolved.
Will *Lajin* cause damage to tendons and muscles?

◆ *Lajin* is a natural and rational exercise. Pain, numbness, soreness, swelling sensation and other reactions indicate that *Qi* and blood cannot flow smoothly in the body, so it requires *Lajin* practice to facilitate their smooth flow.

◆ *Lajin* is a self-help exercise. You can adjust the intensity and duration so as not to injure yourself from overstretching, i.e. you can never damage the tendons, ligaments or muscles by practicing *Lajin*.

◆ When you feel painful during *Lajin* practice, it suggests that something is wrong with your body. You can keep it within a tolerable range by flexibly adjusting the intensity and duration.

◆ Beginners, those with critical diseases, and the elderly need not stretch too much in the beginning, but should gradually increase the duration and intensity.

◆ Some say that his/her tendons have always been tight ever since childhood. In fact, tight tendons sound an alarm against physical disorders, which suggests that something is wrong with the liver, since liver governs the *Jin* (tendons). Therefore, such people should practice *Lajin*, more so than others.

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

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

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

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

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

**Why is Lajin a kind of bone-setting?**

Bones rely on surrounding tendons and muscles to maintain mechanical equilibrium. Contraction of the tendons causes disequilibrium, leading to bone dislocations. When the tendons regain flexibility with persistent *Lajin* practice in the standard
posture, mechanical equilibrium is resumed and the dislocated bones will naturally get back into position.

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

◆ The biggest difference: *Lajin* is simple, effective and easy to learn, and has almost immediate effect in relieving waist, back and leg pains, etc.

◆ *Lajin* can be practiced any time, at home or in the office, by almost anyone, man and woman, young and old, for health-keeping or self healing diseases, physical or mental, acute or chronic.

◆ One is in a state of movements doing other stretching exercises and is prone to get injured, whereas when one does *Lajin*, he/she is in a static state (whether *Lajin* in reclining or standing positions), and does not turn the waist or joints, thus avoiding possible injuries.

◆ *Lajin* is a self-help exercise, and one can adjust the time and intensity to suit his/her own needs and tolerance.

◆ In *Lajin*, the tendons are stretched more thoroughly, including the tendons from the neck to back and waist, at the back of the knees, heels, hip joints and inner sides of both legs, and is thus “carpet bombing” on all the blocked meridians and problem areas of the body; By contrast, other exercises stretch some, not all of the tendons.
◆ You can “shoot two birds with one stone”, i.e., close your eyes to fully relax, listen to music or meditate during Lajin.

**A few things to note about Lajin**

◆ Avoid contact with wind and chills from outdoors when practicing Lajin. Avoid being directly blown at by air conditioners or electric fans when practicing indoors; sweating during Lajin is beneficial, it is NOT necessary to cool down deliberately. The knees and waist should never be exposed as the body is relaxed and pores are opened up during Lajin. It is best to wear long-sleeved shirts and long pants to keep warm; otherwise, the chills may affect the joints and induce more diseases.

◆ There is no fixed standard as to how intense or how long a Lajin session should be, which vary according to one’s age and condition. The overall principle is: for better and faster effect, stretch in higher intensity and longer duration. For people who dance or practice yoga, or have very flexible bodies, each leg may be stretched for 30-50 minutes or more.

◆ If, in reclining position, your sole cannot touch the ground, you can slightly move your lowered leg to the side to ease the pain. But once it can touch the ground, draw back to avoid splay feet.

◆ People with hypertension, cardiac diseases, the frail or the elderly
should take it more slowly, as the pain induced in *Lajin* will increase the pulse and blood pressure. Even though these are normal reactions, which are signs of improvement, it is advisable to gradually increase intensity and duration. A small pillow may be used to prop up the head in order to avoid blood rushing to the brain.

◆ If, in the middle of *Lajin*, one is found with numb and cold limbs, paleness in the face and cold sweat, this is known in Western medicine as “Hyperventilation Syndrome”. It can be resolved by covering the nose and mouth with a paper or plastic bag to form an enclosed breathing system. The symptoms should be relieved in five minutes and the condition should return to normal.

◆ Women may practice *Lajin* at any point of the menstrual cycle. Those suffering from menstrual pain may feel better if *Lajin* is practiced during the period. Pregnant women are NOT advised to do *Paida* and *Lajin*.

◆ *Lajin* is best complemented with *Paida* for greater effect. In particular, for those with difficulty performing *Lajin*, *Paida* the joints, hands and feet can help relieve the pain felt during *Lajin*. 
**Why do I feel weary and drowsy after *Paida* and *Lajin***?

When you practice *Paida* and *Lajin*, some of the *Qi* and blood is used to cleanse the meridians. A good sleep helps.

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

**Can I do *Paida* and/or *Lajin* while doing other things, such as watching TV, reading books, etc.?**

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

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

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

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 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.

**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.

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 Païda 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.
Contact Us

paidalajin@gmail.com (English)

hongchixiao@gmail.com (Mr. Hongchi Xiao’s e-mail)

paidalajin123@gmail.com (Chinese simplified/traditional)

For more on Paida and Lajin self-healing methods, please click to visit the following:


E-Tao Chinese website: http://www.paidalajin.com/cn/home

E-Tao Chinese blog: http://blog.sina.com.cn/yixingtx

E-Tao Chinese forum: http://bbs.paidalajin.com

You can get downloads, watch videos, read FAQs and others’ self-healing stories at these sites.

You can also watch videos on Paida and Lajin at Youtube:

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