



# Letting Go with Tong Ren: A Moment by Moment Practice

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# The Art of Letting Go

Inspired by David Bryant



David was a master at letting go!

I have never seen anyone shift so quickly when using a healing modality.

A few things that he knew about shifting:

- Lots of deep practice
- Humility
- Openness to seeing things differently
- Openness to being wrong
- Deeply embodied, centered, grounded
- Trust in the process and himself
- Unafraid of what could come up
- Unattached to his stuff (most of the time)

# Letting Go - But what does it mean?

It's something we're told to do when:

Dealing with loss

Dwelling on the past

Worrying about the future

Dealing with things that no longer serve us:

- Old identity
- Unhealthy habit
- Harmful desires

Letting go is cultivating a sense of **detachment**, it's **removing attachments to anything that makes us suffer or unhappy**. It means not getting involved emotionally, intellectually, and even physically with matters that do not concern us, or that make us suffer.

Simple, right?

Except how do we NOT suffer?

How do we DETACH when we lose someone or something that our heart, our sense of identity, or purpose, our soul was ATTACHED to?

# Letting Go - Moment by moment

*“Life by the yard is hard,  
Life by the inch is a cinch.”*

Letting go of a HUGE chunk of pain is daunting,  
which can stop us in our tracks.

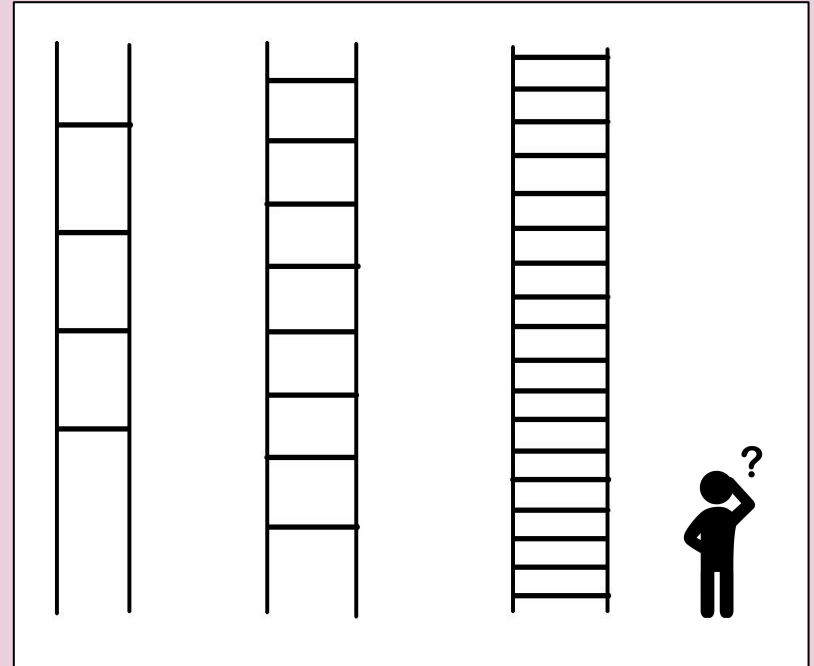
Fortunately,

Life is made of a succession of present  
moments.

And letting go a small chunk of pain in the  
present moment is doable.

With Tong Ren it can be downright easy!

Peace of mind



# What is Tong Ren?

## Like EFT:

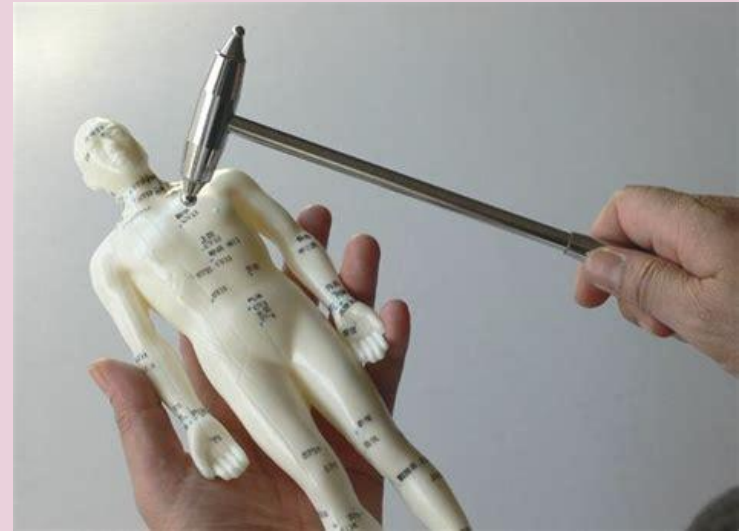
- Tong Ren is based on Traditional Chinese Medicine.
- It involves tapping on the meridians of the body.
- Healing occurs by removing energy blocks and restoring the body's natural ability to heal.

## Unlike EFT:

- Tong Ren works with our intention rather than through physical contact.
- It utilizes a universal energy source - the collective unconscious, the Matrix, a thought field, etc.
- The tapping is done with a hammer on a doll.
- Tong Ren targets physical ailments.
- To each ailment corresponds a specific and unique tapping sequence.
- There are no words used in Tong Ren.

## Another major difference:

- The client doesn't have to do anything.



# Tong Ren Demo

The demo will last 10 to 15 minutes.


It will target points that are involved in common tapping sequences used to relieve the effects of stress and grief on the body.

You can re-listen to this recording and experience the same benefits.



During the demo you can lie down or sit comfortably, keep your eyes closed or open, listen to the hypnotic tapping sounds or your own train of thoughts, pay attention to your body or just zone out. In short, just relax and do nothing!

Are you ready?

懒 汉 的 疗 法  
**A LAZY BUM'S HEALING**  
**Tong Ren Therapy Cross Reference**  
铜 人 疗 法 简 易 取 穴 图 表



Tom Tam 譚 輝



# Resources

Everything I know about Tong Ren I learned from 2 sources:

- Sophie Dangtran who did a Tong Ren demonstration at the Spring Energy Event in 2014 or 2015. Her website is: <https://jolhealing.com/>
- Tom Tam, the founder of Tong Ren and fellow Massachusetts resident. His website is a treasure trove of information and offers many, many online Tong Ren livecasts: <https://tongrenstation.com/>

# Contact Me

If you're interested in either attending, presenting, or volunteering at the upcoming IN PERSON Inspire event on November 6 and 7, 2021 held in Worcester, MA, send me an email at [monroelucie@gmail.com](mailto:monroelucie@gmail.com) or visit my website [lucimonroe.com](http://lucimonroe.com)