

Let's get spanked... in this scenario, however, it is not what you think it is. Stretching of tendons- and "slapping" of certain body areas is part of yet another popular Eastern teaching. Paidalajin is a collection of ancient and easy Daoist practices. These natural methods, developed millennia ago, are reviving today thanks to Master Hongchi Xiao and his students. Among them is the kinesiotherapist Kamen Filipov, who conducts Paidalajin seminars in Bulgaria and is convinced that with this technique we could easily help ourselves and the people around us.

Fight Fire with Fire

The popular Paidalajin Method suggests overcoming imbalances in the body by slapping and stretching.

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This is the oldest pose from the Lajin practice. The Daoists call it a "baby hug" because of the similarity with a baby in the womb.



Diana Vangelova with Master Hongchi Xiao, who recently visited Sofia.

Paidalajin positively influences various ailments in our body - stomach pain, insomnia, headache.

It is effective for psycho-emotional problems such as depression and stress, diabetes, low and high blood pressure, Alzheimer's, Parkinson's, diseases of the locomotory system, nervous and respiratory system and internal organs. "The method even works for autism because all diseases originate from imbalance in the body.

When we recover this balance, we feel that our body also recovers," says Kamen.

This practice gathers in itself the passive technique of Lajing - stretching, and the active Paidal - tapping or slapping. Both are used with different intensity depending on the patient's condition. The common thing between the two techniques is that they are applied upto the threshold of tolerable pain, thus activating and unclogging meridians in the organism.

Stretchable Lajin

The first character in the couple is the second in name: Lajin is an easy way to actively maintain your health. If the body is elastic, the energy chi circulates well in it, but when stiffness occurs, it is a signal of energy blockages and a problem.

In order to be healthy, one of our main tasks is to make the tendons soft and as flexible as possible. The passive stretching - Lajin, carried out from different starting positions is exactly what can help us.

Lajin is effective in solving psycho-emotional problems, diabetes, low and high blood pressure, Alzheimer's, Parkinson's disease.

It affects the spine and the entire bone system and it makes the body flexible and elastic; it stretches the tendons and removes energy blockages. It allows the smooth flow of chi and better blood circulation. It improves acute and chronic conditions such as hypertension, diabetes, gynecological problems, prostate disorders, sprains. "When we stretch the body, we also stretch the meridians. That's how we activate the flow of energy through them and harmonize the organism - we restore it in a passive way," explains Kamen.

8 for Lajin

f you have any of the following eight symptoms, it means you suffer from hardening and shrinking tendons and it is a good idea to try out Lajin:

- Pain and stiffness in the lumbar region
- Inability to bend
- Back pain and stiffness
- Leg pain
- Inability to squat
- Pain in the heels spreading sideways
- The tendons in your hip joints are subject to severe stress
- Inability to lift your thighs up or move them sideways

Pain without pain

In order to have a better effect in performing the techniques, it is advisable to do it gradually with increasing intensity. You can ask someone to press your feet, using sandbags or bags with sea salt. When the exercise requires the arms to be stretched back, you can hold weights. This will probably increase the pain, but it will certainly be more effective. During Lajin, it is good to wear a long-sleeved blouse and long-legged trousers to keep you warm. Air Conditioners should be turned off or reduced because the pores are open during exercise. If a person experiences pain while practicing Lajin, this is usually a sign of illness. During the procedure itself, the pain should also be within tolerable limits. That is why each person needs to adjust the intensity and duration of the procedures according to their own needs and endurance.

► Kamen Filipov shows the Lajin technique. This position has the most significant effects. You have to coordinate your breathing, while your arms are stretched out as much as possible. A particularly effective method for lifting saggy breasts and losing weight.

For instance, if your muscles are stiff as soon as you start, this is the body's alert signal for reduced liver function. When the exercises no longer cause pain, stiffness and sensitivity, even with increasing intensity and duration - everything is okay. You have reached balance, a free chi flow, and good blood circulation. The idea is to gradually increase the intensity and duration, but it is important to be on your guard. "In the case of severe illnesses, Paidalajin must be applied by competent rehabilitator, a kinesiotherapist or a doctor who has the knowledge of the particular illness," advises Kamen.

A pat on the shoulder

Paida originates from the ancient Taoist healers who used it to treat hard-to-recover injuries. Through it we activate the whole energy in the body - the meridians in the treated areas are unclogged. The body is slapped area by area until the entire body is covered. This way, the toxins are gradually extracted to the skin and the excretory system. In addition, the self-regeneration of the internal organs is triggered by the reflection process.

"The slapping also causes local activation of blood circulation, biochemical and hormonal changes, and it activates stem cell production. All harmful waste is extracted naturally through the excretory system and the skin. Old and non-functional tissues are destroyed and new ones are formed in their place," Kamen explains. The entire palm and all fingers can be used when the technique is applied on a large surface, such as the knees. If the surface is relatively small, such as the back of the neck, the fingers are used with nimble wrist movements, but the movements should not be too fast.





This method is suitable for recovery in cervical, shoulder and back pain. The position relieves the so-called frozen shoulder syndrome, chronic neck and shoulder pain, especially in people who spend long hours working over a desk. Upcoming Paidalajin seminars: Semkovo: 29.07. - 1.08.2018, Devin: 1.09.-7.09., Velingrad: 23.03. - 29.03.2019 For contact and more information: 0888 572 770.

Slapping must be executed with a force, which creates pain one can endure. At first it may be stronger, but it decreases after the second minute. (According to Kamen there is a bigger effect if you repeat the four main phrases of the Hooponopono technique: "I'm sorry!", "Please forgive me!", "Thank you!" and "I love you!").

At a second glance

Paida is also very useful for joints because it improves bone and cartilage tissue. This way the body produces the necessary nutrients and regeneration and detoxification of the treated area is activated. Cleansing of the blood, lymph, fluid, inner-tissues, intracellular spaces occurs. Pink, red, blue, purple or black colors appear on the skin, and depending on the color we can estimate the degree of pollution of our organism. "No blood-vessel rupture occurs, as these are interwoven toxins and if slapping continues the toxins spread. Sometimes it may seem terribly painful and look like a hematoma, but it is not!" Kamen clarifies.

From head to toes

For good health, he recommends slapping all parts of the body from head to toe for 15-20 minutes once or twice a day. It is good to start from the head, and then move down the body - shoulders, arms, elbows and knees - from 3 to 5 minutes for each section. For specific health problems, it is best to slap the ailing area for a prolonged period of time. In such a case a session can reach 30 minutes.

"Paidalajin can be a wonderful synergy for people who suffer from serious cardiovascular disease and hypertension.

It is also great for people who cannot lift their hands up or have motor problems, psoriasis, diabetes or cancer. In these cases they need to slap themselves from top to bottom, starting from the head and reaching the feet for at least one hour and at least three times a day. Special attention should be paid to the elbows, palms, knees, feet and the outbreak area of the particular disease. The duration may decrease, when the symptoms disappear. Those who do not adopt the method should turn to their personal doctor (GP) for advice, ", Kamen explains.

His advice is when drinking water before and after the practice, the water should be warm. He also recommends a special "hot soup" - hot tea with ginger and dates. Apart from the fact that it is important for people who practice Paidalajin to be hydrated, this drink also strengthens the energy and the metabolism.

All harmful waste is extracted naturally through the excretory system and the skin.

And now it's time to tell you the stories of several people who have achieved an impressive change with the two twin techniques.

Bye-bye, pills!

"Paidalagine gives a 100% objective assessment of the body and of the condition in which a person is at the time of administering the techniques. There are people who think they have no health problems because they have no complaints. But the body does not lie, and this technique shows it". So begins

Slapping on your knees, covering them with your whole palm, helps with any foot problems and diseases, including pain, stiffness and swelling. It is even more effective if combined with the Lajin practice.



the story of Dimitar Dimitrov. He meets Paidalajin in 2015, never before encountering such techniques. His mother had a heart problem and as an attempt to help her, Dimitar enrolled in Master Shao's workshop. He recognized that he had also gone to test himself and check the state of his organism. "The first thing that impressed me in Paidalajin is that I felt the energy - I physically felt every vibration in my body - a powerful energy stream that fills me," Dimitar says. After the seminar he began to practice the technique on his mother. "Things were very bad. The technique was hurting her, her hands swallowed after administering the slapping, her legs swelled and hurt. This, of course,

"Not only does she feel better today, but she even stopped taking the thousands heart medicines prescribed to her."

made her suffer, but it was also a sign that there is a much more serious problem at hand," Dimitar remembers. He continued administering the technique on her for over half a year, starting with procedures for 15-20 minutes a day. Gradually, the pain in her extremities decreased until it completely disappeared. "Not only does she feel better today, but she even stopped taking the thousands heart medicines prescribed to her," the man shares satisfied. At the moment, they are focusing on stretching, practicing together every day for 20 minutes, and both of them feel much better. According to him, many people are scared of the colored spots that appear on the body, others are afraid of the pain. But for him, these are just psychological barriers that need to be passed in order for the positive results to come.

Paidalajin is a philosophy that shows not only whether we have health problems but also teaches us how to maintain good tone and excellent physical shape.

Farewell, obesity!

As an organizer of the 2016 seminars in Bulgaria, Diana Vangelova had the chance to be by the side of Master Shao during his stay. Everyone comes with the same questions for the healer at the events: "They would only talk about diseases! Can he cure this disease, can he cure that disease? Master Shao would simply reply: "Abstain from the name of the disease itself. Depending on what emotions a person is going through, blockings occur in different meridians". Physical manifestation in the form of a disease comes at a later stage," says Diana. For her, Paidalajin is the most efficient method of clearing toxins from the body.

When she went to her first seminar, she had problems with her stomach, she used to hold up liquids and gain weight. During the one-week course she followed a special diet. The first two and the last two days Diana ate a vegetable soup, with a slice of bread with olive oil before the soup. For the rest three days, her body only accepted "hot soup" made of water, ginger and dates. The dish is prepared by boiling the ingredients for 20 minutes, then filtering the soup and drinking it. It can be sweetened with brown sugar or honey. In a period when the body begins to detoxify through the Paidalajin technique, this way of feeding aids the process. Diana had lost 10 kg. by the end of course. "The fact is that my stomach problems ended in seven days. The weight loss came as a bonus. It was visible on my body and the scales. I am over 40 and I have never had such an effect in my life. Even my skin changed, it became smoother and more elastic," says Diana. And one more thing: two years after the seminar, the extra weight has not returned.





Today Vessela Boteva feels great, free of her long-lasting back pain.

Diana told us about miraculous results with other members of her family. Her father was dealing with prostate problems. "At one of the seminars they administered quite the slapping on him. The next day he awoke with the words: "I'm brand new! After a 10-minute slapping on all four sides of my knees I no longer have problems with my prostate! ". Before he tried Paidalajin, he used to take pills," Diana shares.

Her daughter, an active athlete, had a spinal cord distortion. At home she practiced Paidalajin each day for two months and her back problems disappeared.

Adios, Back Pain!

Vessela Boteva translated Master Xiao's book "Self-healing with Paidalajin". That is how she became more familiar with the method, though she had been interested in Chinese medicine before. While translating, a question arose: Is the technique really effective? She started applying it to herself. At that time she had a back problem.

A few months later Master Shao came to Bulgaria and Vessela was at the seminar. There she found out where her problem originated from - accumulated emotional experiences that she had long oppressed in herself. She managed to cry during the seminar - something that had not happened for the past 5 years. "The back pain was trying to tell me I had to let those emotions go. During the "slapping" all accumulated negative emotions left. It killed exactly this emotional part of me, that I had hidden somewhere in the deep places of my soul, " she says emotionally.

The feelings she managed to release were from her childhood years. When she was only one-month old, her father went to work in China. Her mother was with her for 10 months, but then joined her father. They returned to Bulgaria when Vessela was already five years old - during these years she was raised by her grandmother.



Diana Vangelova and Dimitar Dimitrov tell us about the impressive results of the Paidalajin.

Flight Instead of Pain

"Though I was young, the feeling that I was rejected was building in me. It didn't matter that they loved me, and that they did not abandon me. It was just a job, but these emotions subconsciously turned out to have reflected on a physical level, which was quite painful at that," says Vesela. She realized that the main problem to work on was to master and release the negative emotions. After the seven days of the seminar, she felt like she was flying. Feeling relieved of the old trap of emotions, leaving without the old backaches. Before she went to the seminar she made measurement, which calculated the age of her metabolism. Out of curiosity, after practicing Paidalajin for one week, she decided to take the same test.

"The fact is that my stomach problems ended in seven days. The weight loss came as a bonus."

"Guess what? For seven days my body had rejuvenated with ten years! This was the time when the method impressed me the most, I decided to practice and share it, " says Vesela.

A few months later she noticed that she no longer needed the dioptric glasses she had worn since her school years. It turned out that Paidalajin had managed to decrease the severity of this problem. She now only wears glasses when she watches TV or reads. She thinks the most important thing is – people should first try the method before they reject it just because it sounds weird...