

## PHONE CONFERENCE CALL SCHEDULE (AS OF JULY 2020)

*NUMBER: 712 432 3900 CONFERENCE CALL ID: 7501379(#) ALL CALLS LISTED IN EASTERN STANDARD TIME*

Days	Times & Type of Treatment	Practitioner / Team	Contact Info
Monday	9:00 AM - 9:20 AM Emotions	Anubha	<a href="mailto:tongrenny@gmail.com">tongrenny@gmail.com</a>
Tuesday	7AM-8:00 AM General 3PM-4:00 PM General 5:00 PM-6:00 PM General	Sandra or recordings made by Sandra	<a href="http://www.444energyworker.com">www.444energyworker.com</a>
	First and Third Tuesday Evenings 7:00 PM -9:00 PM General	Rick & Millie	<a href="mailto:rickkuethe@mindspring.com">rickkuethe@mindspring.com</a> <a href="mailto:millierpepple@gmail.com">millierpepple@gmail.com</a> pre-call email requests are appreciated
Tues. Late PM	9:30-10:00 PM General	Lynne	<a href="mailto:LynneCenergy@gmail.com">LynneCenergy@gmail.com</a>
Thursday	3:00 PM – 4:00 PM General Healing	Fedele	<a href="mailto:Fedeledb@comcast.net">Fedeledb@comcast.net</a>
	6:30 PM Emotions	Dr. Shaw Sprague	<a href="mailto:Drshaw88@yahoo.com">Drshaw88@yahoo.com</a>
Friday	8PM-8:30 PM Group Metabolism	Sheila	<a href="mailto:GSmith7658@aol.com">GSmith7658@aol.com</a>

*For schedule updates and Tong Ren links, please visit [www.tomtam.com](http://www.tomtam.com) or [www.tongrenstation.com](http://www.tongrenstation.com)*

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### PHONE CONFERENCE CALL PARTICIPATION\*

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#### Simple Steps to Health

1. Dial 712 432 3900
2. Enter the passcode: 7501379 and press #
3. Do not speak until a practitioner asks for names.
4. When called on, give the areas needing treatment. Please be brief. Long descriptions leave less time for treatment. 3 wishes only.
5. After you have checked in, mute your phone by pressing \*1; to unmute press \*1.
6. If you come on late, wait to check-in.

#### During and After the Call

1. Stay in a comfortable position. Relax.
2. Your body is an amazing instrument, and while it may feel as though it has let you down, it has not. The body wants to maintain health, and will help you to keep balanced.
3. Stay on for an hour or more if possible with your phone muted to pick up the chi.
4. These calls will help you learn points, whether for yourself, family or friends. If possible, attend a Tong Ren seminar (see [www.TomTam.com](http://www.TomTam.com) ).
5. Practitioners, family members and friends are encouraged to tap along as points are called.
6. After you hang up, relax a bit before getting up and resuming your normal activities.

It is recommended that each patient becomes their own health advocate. For those with debilitating conditions, your primary caregiver, such as a family member or close friend, can help a lot with this. Suggested steps to promote healing:

- Work one-on-one with a Tong Ren practitioner of your choice, even if only for a few calls. Listening in on the free conference calls and attending a few different Guinea Pig classes are two ways of finding a practitioner that suits you best. This approach gives the practitioner a chance to thoroughly review your issues and keep you updated on the information that Tong Ren practitioners receive from each other's experiences.
- Find local physical practitioners who can perform acupuncture and/or Tui Na (or similar) massages to relieve blockages.
- Become well informed about your condition(s).
- Drink when you're thirsty; eat when you're hungry.
- Be inquisitive about any treatment under consideration; read warning labels.
- Attend Guinea Pig classes where locally available.
- When you're feeling better, get a doll, learn the basic points, and start tapping!

The power, speed and effectiveness of Tong Ren are increasing as more and more people experience their own healing and the healing of others. Result:

***WE NEED MORE PRACTITIONERS!***

Fee-based Conference Call Packages are available for those who wish to receive a consecutive set of shorter treatments within a smaller group. The cost is \$50, and covers several treatments over a two-week period. This form of therapy is most applicable to those who need regular reinforcement from Tong Ren, in between individual treatments, attendance at Guinea Pig classes, or direct sessions with local Tong Ren practitioners. Start bugging your favorite practitioner to provide a series!

**\*These calls are free if you have unlimited long distance phone service.**

**Cheap Long Distance:** Just dial 1010710 before you call. The cost is 99 cents per call on your phone bill for 110 minutes from the US and Canada. [http://www.1010710.com/intro\\_en.html](http://www.1010710.com/intro_en.html)

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