



***Chuyên khoa về bệnh nhiệt đới (Paris - Pháp).***

- ***Sinh ngày 21 tháng 11 năm 1956 tại Sài Gòn.***
- ***Tú tài Pháp và Việt, 1974.***
- ***Du học sang Pháp cuối năm 1974.***
- ***Bác sĩ y khoa năm 1983, chuyên khoa về bệnh nhiệt đới và điều hành y-tế công cộng.***

- ***Mở phòng mạch đa khoa chuyên về châm cứu từ 1984, đặc biệt làm tan mỡ bụng và "đùi ngựa" bằng phương pháp chạy điện "Electrocellulolipolyse"***

- ***Khám phá ra phương pháp chữa trị các bệnh nan y và căng da mặt bằng chỉ vàng 24 karats từ năm 1990 (xem Trọng Minh, Vẽ Vàng Dân Việt, 1995, quyển 3).***

***Tác phẩm:***

- ***Biển Nhớ, 1984, hồi ký công tác 2 tháng cứu vớt thuyền nhân trên Biển Đông năm 1982:***

***<http://compassion-vietnam.monsite-orange.fr/page-5757b403c8ec6.html>***

***Xem video:***

***[www.ina.fr/video/CAB8201303801/medecins-du-monde-video.html](http://www.ina.fr/video/CAB8201303801/medecins-du-monde-video.html)***

- ***Nước Mắt Chiến Khu, 1985 (tiểu-thuyết):***

***<http://perso.wanadoo.fr/compassion-edition/doc/nuoc-mat-chien-khu.doc>***

- **Tuyển tập thơ Đạo Phật, 1986, gồm 30 bài**

- **Từ năm 1994 -2000, viết thường xuyên báo Médecins du Vietnam tại Paris và cố vấn cho nhiều ký giả Pháp để tìm hiểu tình hình V.N.**

- **"Những Mãnh Đồi Rách Nát" (Nguyễn-Văn-Huy & Phan Minh-Hiến) nói về thảm trạng của Thương Phế Binh VNCH và cô nhi quả phụ sau khi Cộng sản chiếm miền Nam 1975:**

**[www.dactrung.com/Bai-bv-1255-Nhung\\_Manh\\_doi\\_Rach\\_Nat.aspx](http://www.dactrung.com/Bai-bv-1255-Nhung_Manh_doi_Rach_Nat.aspx)**

- **"Loques de vie " nhà xuất bản L'Harmattan (2000): bản dịch của sách "Những Mãnh Đồi Rách Nát" để Tây-Phương hiểu rõ hơn thảm trạng của người lính VNCH tật nguyên thua trận.**

- **" Autisme et Karma " nhà xuất bản L'harmattan (2001): Tìm hiểu bệnh "Tự kỷ" qua nợ tiền kiếp:**

- **"Maîtrisez votre Destin grâce à la Numérologie chinoise et le Feng-Shui (2002): Hãy chủ động đời mình nhờ boí quẻ của ngài Khổng-Minh : và Phong-Thủy:**

**[acupuncture-magnets.monsite-orange.fr/fengshui/index.html](http://acupuncture-magnets.monsite-orange.fr/fengshui/index.html)**

-**"Autisme et Karma 2" 2004 (tiếp cuốn 1):**

**[http://perso.wanadoo.fr/compassion-edition/doc/la\\_delivrance.doc](http://perso.wanadoo.fr/compassion-edition/doc/la_delivrance.doc)**

**Công tác nhân đạo:**

- **Hoạt động cùng với bác sĩ Bernard Kouchner trong Médecins du Monde (1980-1982) cứu người vượt biên trên tàu Goélo và chiến hạm Le Balny năm 1982.**

- **Cùng với Nguyễn Văn Huy và vài bạn hữu khác (Vũ Dương Tự ...) thành lập hội Đường Mới năm 1984, giúp người tị nạn xây trại chăn nuôi tại Troyes, tỉnh Aube.**

- **Cùng với một số bác sĩ Việt Nam thành lập hội Médecins du Vietnam năm 1986 giúp thuyền nhân ở các trại tỵ nạn và qua Pháp định cư.**

- **Từ năm 1992 hoạt động nhân đạo trong nước (miền Trung và miền Nam), mở chẩn y viện từ thiện, lớp học tình thương, lớp dạy nghề và cấp học bổng cho trẻ em mồ côi, gia đình nghèo khổ.**

- **Năm 1993 giúp đỡ thương phế binh Việt Nam Cộng Hòa và người tàn tật, mở chiến dịch "Tặng 100 xe lăn cho TPB-VNCH".**

- **Thành lập hội Aide aux mutilés du guerre du Vietnam năm 1993, và vận động chuyển thành một phong trào rộng lớn qua các hội đoàn nhân đạo trong cộng đồng người Việt hải ngoại từ năm 1995. Hơn 20 Hội đoàn và 50 báo đài đã tham gia và cứu trợ 6000 TPB-VNCH từ 20 năm nay. Đặc biệt được Hội Thương binh Pháp "Les Gueules-Cassées" tài trợ cho 1 triệu quan pháp 1999-2000, 120 ngàn euros 2002 và 90 ngàn euros 2003.**

-**2003: thành lập Hội "Association-Compassion-Vietnam" có chi nhánh hoạt động ở Mỹ, Canada.**

**-Tâm Niệm :**

**"Nếu ở thế gian này, mình lấy niềm vui của người làm niềm vui riêng, hay lấy nỗi đau của người làm nỗi khổ của chính mình, thì thế gian này là niết bàn tại thế".**

**Phan Minh-Hiến**

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**Chào BS Hiến,**

**Đây là bài thơ soi căn cho BS từ Phật Thầy Tây An.**

**Thân chào,**

**VL**

**Jan/19/2013: PTTA cho BS Hiến thơ:**

**Thượng** căn tâm đạo thoát luân hồi  
**Ngươn** cuối cuộc đời lằm nổi trôi  
**Thánh** Nhơn hỗ trợ Trời Phật giúp  
**Đức** độ lo tu trở về Trời.  
Muốn về cõi phải tâm chơn lý  
**Phan** cao tài cái ý Phật Trời  
**Minh** tâm kiến tánh chọn nơi  
**Hiến** tâm tu luyện cha Trời ban ân.  
**Tâm** chơn lý phải cần suy nghĩ  
**Pháp** mình tâm coi kỹ đã hay?  
**Lý** luận Thầy Tổ chỉ ngay  
**Vô** sanh vô diệt pháp Thầy dành cho.  
**Sanh** trở lại làm trò học đạo  
Bác Sĩ rồi thông thạo đã chưa?  
Hay còn dãi nắng dầm mưa  
Để tâm chịu khổ nghiệp đưa đẩy hoài.  
Tâm không ổn hướng ngoài chơn lý  
Đạo huyền vi chẳng bớt chẳng thêm  
Trong không mà có chuyển lên  
Điểm quang sáng lạng lập nên thanh đài.  
Chuyện kiếp trước dong dài ngàn dặm  
Kể từ đâu vô thủy vô chung?  
Một kiếp ở tại Ngọc Cung  
Chung lo công việc với cùng Quán Âm.  
Đời hạ trước lo tâm chơn pháp  
Để rồi sau xây tháp về Trời  
Uống cho một kiếp một đời  
Mai đây mai đó một thời vàng son.

Điểm Đức PTTA (bs). ngọ giờ ngày 1/19/2013

**AIDES :** <http://phanminhhien.monsite-orange.fr/page-5658ab2c1e437.html>





***Biographie dans le Who's who de PHAN MINH HIÊN***

***This biography has been published in 1995 in the «Vietnamese Who's who», "The Pride of the Vietnamese". The updates, in italic or between brackets, are of July 27, 2003.***

***Full name: Phan Minh Hiên***

***Date and Place of Birth: November 21, 1956, Saigon, Viet Nam.***

***Highest Degree: Doctor, specialist in tropical diseases.***

***INVENTOR OF THE ACUPUNCTURE METHOD WITH GOLDEN NEEDLES  
(ACUPUNCTURE PERMANENTE AU FIL D'OR & REMAILLAGE AU FIL D'OR)***

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***Family Background: The eldest of two children of Dr Phan Van Tân and Huynh Kim Loan. His brother, Phan Minh Hoan, living in Washington, D.C. USA (is dead in 1995). Hiên is the child of Dr Phan Van Tiêng's son and Dr Huynh Công Chiêu's daughter. His wife, Nguyễn Thị Huynh Liên is a nurse who graduated in the United-States. They have a son, Phan Hiên Dat (born on the first of March 1989).***

***EDUCATION:***

***Due to his poor health – he is an asthmatic – he did not go to school until he was 8 years old. He often lost consciousness unexpectedly, thus had to discontinue his education many times. Lacking the elementary education background, he became a poor student – an ignoramus, we can say – as compared to his class mates at Marie-Curie: Nguyễn Phúc Vinh Khiêm and Phan Tuyết Mai. He barely passed his French baccalaureate and was not qualified to go abroad to study. To help him go abroad, his family planned to "buy" a Vietnamese baccalaureate with highest***

*honors, for 2 million piastres. But head-strong by nature, he dismissed this plan. He studied hard for the Vietnamese baccalaureate examination, section C (major: literature) of the same school year. He passed it with honors. With this second diploma, he was authorized to go to France to study in early 1975. Needless to say, a young gentleman, a rich daddy's boy, who was used to living in style under his parents' protection, felt lost when, for the first time, he lived alone in a foreign country. But for the young student, Phan Minh Hiên, this was not the only problem ; he had many others that required much energy and skill to overcome.*

*Although he had been a French school student, medicine – the discipline he chose (offers about 20 thousand hard-to-"learn" terminologies. In addition to that, the French professors' speeches that he was not accustomed to sounded like the crackling of firecrackers to him.*

*At that time, Vietnamese overseas students, if not wise, could easily be caught in political traps: one of these was the columnist communist cadres or leftist students who came into contact with you and took pictures with you, which they then sent to the Vietnamese Embassy, thus putting vexations on your families in Viet Nam and hindering their sending money to you.*

*To overcome difficulties and avoid traps, Hiên devoted all his endeavour and time to study. He neglected food and sleep, did not read newspapers and magazines, did not watch television. Therefore, he was not aware of the fall of Saigon on April 30, 1975, until ten days later, when a French classmate, seeing Hiên calmly coming to school and thinking that he did so because of his head-strong character, unintentionally asked him "Why do you still continue to go to school while all the other Vietnamese students have left school because of their sorrow for the fall of the South Viet Nam?". Hiên did not believe him, thinking that the French student tried to discourage him and making him to give up his study in order to have one competitor less in the examination.*

*After the fall of Saigon, most South Vietnamese students in France were pessimistic and tired of living. Some jumped from bridges onto highways to be crushed to death by cars while the majority of them quitted school. Although in the same bad plight, Hiên did not have the same attitude. He knew that the study of medicine was very costly and took much time, at least seven years. So he firmly believes in our forefathers' teaching: "Perseverance is the mother of success". He resolved to be self supporting and did not give up the race. The scholarship covered only food and room; to afford books and necessities, Hiên had to dish-washing at night, worked as a porter over the weekends in a diary firm and as a gatherer of corn and apples in the summer.*

*Upset both materially and morally, the freshman Hiên had to repeat his school year, but he was not discouraged. He tried to reassure himself and devoted all his ability in his education in order to meet his family's and his own expectations. In the three following years, Hiên made steady progress.*

*From the fourth year on, he practiced Zen and his spirit became stable, his mind clear-sighted. He learned his lessons as soon as they were taught, and at the end of the fifth year, he had completed his 7-year medical program. But French education regulations did not allow medical students to submit theses before the prescribed time. Hiên spent these two awaiting years to learn a speciality in tropical diseases and he graduated doctorate in medicine with this speciality. It is worth noting that according to the French system of education, fifth-year medical students are allowed to be on duty at night with pay. The work was not*

***hard and the earnings were relatively higher than what he got with his previous labor jobs. But as he wanted money to buy medical equipment and print his thesis, he also worked on night duty as a nurse in old people's homes and mental hospitals. Having a natural gift for painting, he used his leisure time during night duty to paint pictures that he sold to the nurses the next morning. Always looking for advancement, after his graduation, Dr Hiên also studied acupuncture, and he went very thoroughly into this subject in order to learn the quintessence of that traditional medicine.***

***While learning, he developed some new practices:***

***1. Hydro-acupuncture: it consists of injecting Western medicine into vital points on human body. The result is much better compared to the injection into buttocks, thigh, shoulder, and also better than plain acupuncture (i.e. without medicine). This practice has no side effects and does not harm to other viscera and internal organs. In the future, this method can help cure cancerous diseases by chemotherapy: instead of introducing saline into blood vessels, it is injected into vital points relating to diseased organs. This method not only requires a small amount of saline but also shortens the patient's pain.***

***2. To puncture and leave golden needles in the vital points of the body: instead of using ordinary needles which must be removed after every half an hour, 24-karat golden needles are used and left on the body. The result is much better, mainly for incurable diseases. This method is suitable for patients who, for some reason, cannot come regularly for the puncture, or who are frightened by the puncture. This result has been confirmed through the cure of 300 patients (more than 500 patients by now in 2003). We also should know that after the discovery of this method, he used his own body to experiment it. Dr Hiên has punctured himself with 100 golden needles to see if there were any adverse effects before practising on this first patient. (Dr Hiên has briefed the International Medical General Meeting on this method at the Palais des Congrès in 1991).***

### ***3. Remaillage au Fil d'Or***

**The method of puncturing with golden needles left in the patient's body helps curing many diseases, including some beyond the Western medicine's power, such as paralysis, pregnancy, impotence, mental tension and insomnia.**

**A living testimony for this method is a famous and prestigious Vietnamese in California, poet Ngoc Hoai Phuong, publisher and editor of the monthly Hong Viet. Dr Hiên cured his insomnia by leaving golden needles in his vital points. (Several other personalities in various fields (medical, artists or journalists) have been cured of various diseases: rheumatism, heart disease, even paralysis if taken at the beginning...)**

**3. Stretch the skin of the face with golden threads: Dr Hiên is the first Vietnamese doctor and among the 10 doctors in the world who can stretch the skin of the face with golden threads. As mentioned earlier, Dr Hiên is always looking for advancement in his art of healing and a number of improvements have been noticed. In this domain too, Dr Hiên has found a method of weaving golden threads without leaving bruises and causing pain.**

**According to Dr Hiên:**

**"Not too long ago, medicine has discovered that 24-karat gold can rejuvenate the skin. It makes the face less rosy and less wrinkled, the skin firmer, without**

cutting off and leaving scars. It spares you the trouble of an anesthetic, and you need to undergo the treatment only once a year.

There are two ways to perform the treatment

1. In Western countries, most doctors who use this method are not acupuncturists, they are not dexterous and they want to save time. So they use a kind of sewing needle (1 mm diameter, 6.6 cm long) and a golden thread (0.1 mm diameter, 1 m long). Because the needle is too big, before puncturing they must use the anesthetic Xylocaine Adrelin 1%, which he may provoke bad reactions, and the needles may brush the arteries and nerves. Thus, the patient cannot go to work for a week because his or her face is covered with bruises.

2. The second way that I proposed to improve the previous method was by using acupuncture with 2 cm-golden needles left in the vital points. Although it requires puncturing many times in order to fill in a wrinkle, but anesthetic is not needed because the point of the needle is small. Therefore, the patient does not feel more pain than when he is punctured on the face. The results obtained by Dr Hiên's students in more than 100 patients (over 300 patients by now, in 2003), using this method, showed the following advantages as compared with the method used by Western doctors :

- Inserting 2 cm-golden needles one by one, the physician can wriggle them along the wrinkles on the face to fill them in more thoroughly.
- The golden needle is twice as thick as the golden thread and the result is better.
- The point of the golden needles is five times thinner than that of a sewing needle, it can be used on eyelids without fear of tearing it or bruising the face.
- The golden needle is thin, anesthetic Xylocaine which may have a side effect, is not needed, and only a few bruises are noticed. (When the practitioner is dexterous, the weaving of 1m golden thread leaves only one or two bruises):

Remaillage au Fil d'or en Français:

<http://www.chirurgie-esthetique.com/remailage-visage.html>

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### ***SOCIAL ACTIVITIES.***

-In 1982, after graduation, Dr Hiên was the first Vietnamese physician to take care for boat people in south China Sea, together with Dr Bernard Kouchner (who founded the association of international physicians named Médecins du Monde., and he was later appointed Humane Minister by the Mitterand administration. Actually, Dr. Kouchner is just nominated Minister of The Foreign Affairs by Président Sarkozy 20.5.2007).

-In 1984, he founded Hoi Duong Moi (New path Association), and set up a self-supporting ranch for refugees.

-In 1986, he founded the Vietnamese Doctors' Association, with volunteer Vietnamese physicians, to help boat people. From 1992 on, the Association has operated in Viet-Nam, set up some dispensaries, granted scholarships to poor students, set up some Compassions classes for waifs and strays, provided the handicapped with crutches and wheel chairs.

-In 1994, he founded an association called Aides aux Mutilés de Guerre au Vietnam (Aid to Viet Nam War Disabled Veterans) to call Vietnamese communities' attention to the distressing situation of war invalids who cannot support themselves and their families.

-In 2003, he founded "Association-Compassion", an international association

(Canada, USA and France : <http://monsie.wanadoo.fr/compassion.vietnam> to support his many humanitarian activities in Vietnam.

## **BOOKS**

**In Vietnamese:**

-After his sea-voyage in the South China Sea (1982) to rescue boat people with the association "Médecins du Monde" and Dr. Bernard Kouchner, Dr Hiên wrote a memoir called Bien Nho (The Sea of Remembrance) published by La Boi (Los Angeles, USA, out of stock) to call the Vietnamese communities' attention on the miserable lives of our compatriots, because he then ardently supported the resistance movement.

-After Bien Nho, Dr Hien wrote Nuoc Mat Chien Tranh (Tears of the War) and 30 religious poems.

-Nhưng Manh Doi Rach Nat (Loques de Vie), written with the collaboration of the journalist Nguyễn Văn Huy, Ngay-Nay Publishing, Houston, USA, June 1999. Stories of the desperate life of the South Vietnamese war-handicapped veterans, after the fall of Saigon in 1975 until now.

**In French:**

-He also regularly contributes articles to many French newspapers to help newsmen and readers understand the present Vietnamese political, economic and health situations. His column, Le Caneton Déchaîné (The Unleashed Duckling) in the newspaper Le Médecin du Vietnam (The Vietnamese Physician) is prized by many experienced French newsmen because of its profound satirical character.

-« Loques de Vie », L'Harmattan Publishing, Paris, October 2000. Brief translation by Phan Minh Hien of the quintessence of the previous book (Nhưng Manh Doi Rach Nat).

-« Autisme et Karma », L'Harmattan Publishing, Paris, August 2001. The struggle of a couple to cure their autistic son and make him integrate an educational system not really adapted to the problems of this handicap.

-Creation of a software « Maîtrisez votre destin grâce au Yi-Ming » or « How to control your destiny with Yi-Ming (a derivated method from the Yi-King with 384 illustrated replies) and with Feng Shui (how to accommodate your home to find success in life).

-Other various publications « Nhà Xuất-Ban » can be seen

-The book « Autisme et Karma (2004)

## **ASPIRATION**

Dr Hiên wishes that Viet Nam will become a socialist-humanitarian country. One of the essential conditions for that is the collapse of the communist regime.

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