

Meditation Master JinBodhi's Dharma Teachings

Meditation Master Has Come

Malaysia Kuala Lumpur A Metropolis of An Integration of Eastern and Western Cultures

Meditation Master JinBodhi Has Come Here Again

Thousands of People are Expecting Master's Arrival

Meditation Master JinBodhi

Practicing Energy Bagua Together with Us

Instructing Us Patiently

Demonstrating Energy Bagua Movements

Our arms and legs are arc-shaped while walking. Young man, bend your arm a bit. Your arm is not curved enough. Bend a bit more. Yes, yes, yes. It seems it is easy for you to be straight, but not to bend. You must be upright, but you can only drive if you can turn. Which hand should I stretch if I want to? Correct. It is the hand at the bottom. Stretch your arm. Let me have a look. Correct, you have got an award again. When she stretched, I was afraid that her leg didn't follow, but her leg synced with her hand. That is correct. You try yourself and pretend I am not present.

Try to find the right feeling.

Pay attention and observe!

Transformed into the King of Dance

It's very good. You are relaxed this way.

Try again.

Practice Turning the Body Turn the right foot.

See how far you rotate when you turn right. It must be 180 degrees. Move your left foot forward and turn the right foot. Everyone did well. Basically, these

young people moved correctly. The zebra socks, don't move. What is the Magic Zebra like?

Not bad, not bad. Your movements just need a bit of improvement.

Do we look alike very much?

Your first step wasn't quite right. You ended up like this. So, when we move fast, it is like this. When we walk fast, we may feel dizzy.

Try again. (Turn the right foot and turn the left foot.) Move the left foot forward. Turn the right foot. (Turn the right foot again. The movement is correct. Very good. Let me see: Have you learned dancing? You may have learned it, right? (No. Then why did you learn the movements so easily? Your imitating ability is strong. If you have learned dancing, learning these movements is easy. Next, a prize for you.

A prize! A prize! Everyone, do three push-ups. Surprise! Unexpected!

The girls should be congratulated most. Not many girls can do push-ups. The girls feel very happy! But you all can do it.

Game One - Crab Crawling

Have you learned crab crawling? Yes. Choose four people to demonstrate. Come on, slim crab. Come on, two more crabs. (Master, I'm here.) (Naturally protruding buttocks.) Your buttocks. Do you know why she moved like this? Because of the socks she wears, they are slippery. So, she used the balls of her feet to grip the floor purposely. That is wrong. This movement can cure many illnesses, such as cardiac-cerebral vascular diseases, high blood pressure, glaucoma, and digestive problems. It helps cure all these illnesses. Anyone else want to try? No one knows how to do it? Didn't I teach you? What about you young people? Come on, young girl. Look, how natural and graceful they are! See how our youth are willing to try new things. Walk.

Not enough. Young people, please crawl forward. This is the most difficult. Crawl forward. Ha ha ha! Wonderful!

Do you want to try? It is better to actually practice rather than watch. Move toward the wall or the door.

Look, the seniors move faster. OK, move back. The old "crabs" are even more powerful. Now, crawl forward.

The oldest ginger is the spiciest! (Seniors are the best!)

Wonderful! OK, wonderful! wonderful!

Do you want to try? This is a rare chance. If you learn now, you get it right away. If later, you need three more days to get it. Let's make another row and have two rows. Come back. When you get there, come back. Good. Very good. Move forward. The mopping floor style!

You will be "beaten" if you lag behind. They have their own twisted rhythm.

The most difficult movement for moving forward is your abdomen is on the floor, and don't use your legs. Try it.

The highest energy is ahead!!! A crowd of crabs are coming.

The abdomen flattens on the floor. Move forward with your hands. Right.

Good. Terrific! Terrific!

Game Two: Jumping Over A Box

If you can crawl like this, you can squat and jump. Squat and jump. The box will work. It is a bit low. OK, OK. It is OK now. If you fail, we will use this charcoal to mark your face. One failure, one mark!

Can he jump over it?

Wow! You don't have to jump. I don't know if you will fall down. So, take off your socks. Take care to protect yourself.

Wow, so easy. One jump passed it. Next one.

Wow, so light. Terrific!

120cm, the highest record is born.

Wow, a deer!

Can girls do it?

Success!

Wow, so courageous.

Try next to the box. Don't try over the box.

Can you really succeed?

Failure. You can't. Full of confidence. Wow. Liuxiang buff.

She tried desperately. Wow. Wow. OK.

A Hurdle Goddess!

You don't have to do it.

A piece of cake!

Unhurried and composed!

Horse-Riding Style!

Very wise.

Look at Master's eye expression when he is looking at the box. Is it...? Let me try. Jump personally!

Get ready. Start. Jump over the obstacle. Land on the floor steadily.

Let me jump.

So handsome! I'm old, I'm old.

Who jumped with the most ease just now? It is this guy. Wonderful.

The prize for the lightest jump! The one who jumped the wisest is her. She was smart and jumped over the sides. She won the prize for the highest wisdom. Not bad. Not bad.

This way, we can see the effects right way. You become coordinated after training. Your coordination is stronger. The kung fu of *Energy Bagua* lies in walking and persisting every day. To gain health and longevity, practice at least an hour daily. These are the most primary movements in *Energy Bagua*, but these movements can save our life and allow us to live 100 years. Please practice diligently. May everyone live 100 years. (Got it. OK.) Thank you, all.

Behind the Scenes (Meditation Master Has Come.)

It's not sit-ups. This is for girls.