

## Master JinBodhi's Q&A

### Q&A on Cultivation: *Energy Bagua*

(Hello master, I have been practicing *Energy Bagua* for 2 years. The pain in my knee just keeps coming and disappearing. Why is that?)

We don't know what is the cause. However, if age is the reason, then I suggest going for a medical checkup. This would tell you the cause of your knee pain. Another thing is not rushing a progress in your meditation. If it is *Energy Bagua*, then don't bend your knee too much. The more we bend it, the more we damage our knee joint. The existing records have put many in trouble.

Some books of the Bagua style martial arts mention "more knee-bending, more powerful." As a result, some who practice the Bagua Palm martial art bend their knee as much as they could. This inflicts heavy damages to their knee joints. Some already booked a knee operation in their 20s. Some had to replace their kneecaps once every 5 years. Imagine people practice to obtain health but left handicapped. That is what I call practicing wrongly. Be careful and remind yourselves; pursue health, not capability. Therefore, don't bend your knees too much.

Go for a checkup if the problem still persists. There are many causes for feet pain, rheumatism, knee wear and other external pains. Some even had to be operated on their patellar. After surgery, some exercises do help with your recovery and prevent your condition to worsen. So do some light workout. It helps to recover some of your legs and feet functions. *Energy Bagua* helps because it is a mild, not intense exercise. Just remember not to bend too much. You can circle for 20 minutes and continue after taking a break. Just don't do everything at one go. This should help with your feet pain.

Due to old age and being sick, some soak their feet in warm water with spices before going to bed. Try using a deeper pail so your knees could be soaked, too. Such pails are hard to come by. Try using a huge, thick towel and

wrap your whole leg along with the cover of the pail. The steam should heat up your knees while your calves are being soaked. That is how the healing takes place from your toes to your knees.

However, make sure you do it properly. You will fall sick if you go outdoors right after soaking your feet. That is why it is mostly done at night. Rest for 2 hours after soaking if you are going outdoor. When soaking, the pores on your back and feet are wide open. If you are chilled by the wind when you are outdoor, you could fall sick. That is why it is done at night to keep you healthy.

That is how a healthy, fine person suddenly falls sick. After visiting a massage parlor and their whole body is warm, they get chilled by cold air while going home. Their pores are still wide open from the massage. It is troublesome once the chills get into your feet. Remember, and take note of this.