

Energy Bagua Journal

Energy Bagua Eliminates Floaters and Cigarette Addiction: Zeng Yuncai's Story

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I am Zeng from Seremban, Malaysia. My health was OK. I was a smoker and had floaters in my eyes. It caused me trouble for more than 40 years. I am 66 now. Floaters started when I was in my 20s.

I smoked for about 50 years. Quitting isn't easy. I spent 500 - 600 MYR on cigarettes. I smoked 20 to 30 cigarettes a day on average. I have grandchildren at home; smoking could harm their health. I couldn't quit even though I really wanted to.

After practicing *Energy Bagua*, I stopped smoking automatically. On the 5th day of my practice, I began coughing and had phlegm in my throat. May 1st was the day I quit smoking. Cigarettes stink so much, I have to walk away. I started practicing on April 20th. It hasn't even been 20 days yet. I haven't smoked from May 1st until now.

I started having floaters when I was 20-something. I couldn't read the newspapers without my glasses. On the 3rd day of my practice, the floaters started slowly disappearing. After a week of practice, I don't have any floaters at all. I no longer need glasses to read my newspapers.

I thank Master JinBodhi from the bottom of my heart.

【Disclaimer: The effects associated with practicing Energy Bagua can vary from person to person.】