

***Energy Bagua* Journal**

Practicing *Energy Bagua*, Walking Steadily

My name is Daijin Xian. I am 74. In April 2017, my nephew recommended *Energy Bagua*.

Since I was in my 60s, my steps had been shaky. The orthopedist said it wasn't a problem with the bones, but a sensory neurodegeneration problem. After my nephew persuaded me, I started practicing *Energy Bagua* daily at Kwuntong. It really helped to stabilize my steps.

Onychomycosis was another problem in my 60s. After practicing *Energy Bagua* for a few months, I found new toe nails were growing. They grew without swelling up like they used to. I was so happy and continued to practice *Energy Bagua* .

My children and grandchildren are all adults. My grandchildren are in their 20s. So I have more time for myself. I am so grateful to Master JinBodhi for *Energy Bagua*. I have never felt happier in my life. I will keep practicing *Energy Bagua* to stay healthy and to live until 99.

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