

## **Energy Bagua Journal**

# **Energy Bagua Eliminated Lower Back Pain: Hong Wei's Story**

Sitting at a computer all day causes lower back pain. Most office workers have this problem.

Does your lower back hurt?

### *Energy Bagua Eliminated Lower Back Pain*

I am Hong Wei and I am 46 years old. I have been working in the computer industry for more than 20 years. I am quite active and I love sports. I go hiking on Saturdays. When I am free, I go cycling, skateboarding or play badminton.

My job requires me to sit for long hours at the computer. I would then feel pain and soreness in my lower back. Because of this, I had to stop doing high intensity exercises. Sometimes, I couldn't even go shopping as I couldn't walk for long hours. I could only walk for 15 to 20 minutes at most. Then I would need to sit down. My back hurt.

The MRI scan revealed that the cartilage was wearing down. This came from sitting for long hours. I took the doctor's advice and did some physiotherapy. After a few months of physiotherapy, I didn't feel any difference. The problem continued for 6 years. That is exactly how long I didn't exercise. I gained weight.

Was there a way to relieve my lower back pain?

I asked my colleague, and he recommended *Energy Bagua*. After practicing for 4 months, my lower back pain improved. I took the subway to work; standing for 15 minutes almost killed me. After practicing *Energy*

*Bagua* for 4 months, I felt fine. After practicing for 6 months, I wanted to exercise again. I asked my friends out and we played badminton. My lower back felt good without any pain. I also went hiking and cycling. Thanks to *Energy Bagua*, I was able to exercise like I used to. I used to weight 82.4kg. I lost about 8 kg after practicing for 6 months.

After 6 months of practice *Energy Bagua*, my lower back pain was gone. I also lost 8 kg. After practicing for more than a year, I have become more energetic. I don't get tired at work anymore. My mind and thinking are clearer. This has helped a lot in my work. I am thankful that my colleague recommended *Energy Bagua*. I am grateful to Master JinBodhi for inventing this method. I have been reborn because of *Energy Bagua*.

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