

## ***Energy Bagua Journal***

# **In a dozen days, I left behind the haze of pain I lived in**

I am Teh Pui Yee. My misaligned spine caused me lots of trouble. An MRI exam showed a tear in the fourth and fifth segments. The doctor gave me a painkiller shot, but it didn't help much. I couldn't stand for long. If I stood for more than an hour, my back would hurt. I felt like my back was going to break. I went to see some specialists in teleology. "There is no cure," they said. Surgery could only suppress the pain for a few years.

I had another problem; I had missed my period for 3 months. My last period was at the beginning of the year. Also, I couldn't sleep well. I woke up in the middle of the night or early morning. When I missed my periods, I was in a bad mood. Due to my sleeping problems, I felt depressed and unstable.

In September 2015, I saw someone distributing magazines in the park. I took one. I asked what they were doing. I told them I wished to learn what they were practicing. They told me that they were willing to teach me. That was how I got into *Energy Bagua*.

On the fourth day of my practice, I felt so tired. I wanted to go to bed at 8:30pm. My son asked, "Seriously? 8:30pm? You are going to wake up and stay awake for the whole night." But I couldn't keep my eyes open. I was so tired. I couldn't wait to go to bed. Since that day, I have been sleeping well. After practicing for a month, my menstrual cycle was back to normal.

Before practicing, I could only stand for a while. If I stood for one hour while cooking, my back would hurt so bad. After practicing *Energy Bagua* for 3 weeks, I didn't feel that much pain, even after standing for long hours. I still feel some back pain, but it is much better now.

**【Disclaimer: The effect of meditation may vary among individuals.】**