

## Meditation Journal

### Peixin Liu's story

#### —Retreats Banished Gout Attacks

Hi everyone. My name is Peixin Liu. I am 72 years old. When I was about 35 years old, I started working as a taxi driver. When I turned 60, I started having health issues.

My gout condition surfaced 10 years ago. Five years ago, gout attacks flared up more frequently, twice a month, or once every 2 to 3 weeks. It hurt so much I couldn't walk. I needed medication. When the pain attacked, I couldn't step on the floor. At home, I couldn't walk from my sofa to the main door, which was just 10 steps away. I needed my wife to bring me the pills and water. Only with her help could I take my medicine.

In June 2018, I attended an 8.5-Day Bodhi Meditation Health and Happiness Retreat. Initially, walking was painful. My heel hurt so badly that I couldn't step on the floor. After attending several 8.5-day retreats and practicing *The Meditation of Greater Illumination*, gout attacks flared up less often. Since my last attack in January 2019, it has been 2 months with no pain. I hope the pain won't resurface.

Initially, I wasn't able to sit on a meditation cushion. I needed to sit on a chair. I couldn't sit on a cushion because I couldn't bend forward. My muscles and ligaments were stiff. I felt energized each time I practiced *The Meditation of Greater Illumination*. So I then attempted to sit on the meditation cushion. Initially, I needed 5 cushions. Gradually, I decreased them to 4 cushions, then 3. Eventually, I only needed one cushion; I still do so now.

From then on, I have been meditating at home every day. Initially, I could only sit for half an hour. Later on, that duration increased to 40-45 minutes. Recently, I was able to do sitting meditation for an hour. It felt comfortable as well.

After attending several 8.5-Day Health and Happiness Retreats, my health has greatly improved. Meditation has greatly alleviated my foot pain. I am very grateful to Master JinBodhi.

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