

Energy Bagua Journal

Energy Bagua Has Eliminated My Diseases

(I am Wang Lingliang. I started practicing *Energy Bagua* at the end of last year. After the practice, I have 3 physical benefits. Let me share them with you: First, my heart condition has improved. Due to a genetic condition, my heart hadn't been good. Every year since childhood, I had heart pains that intensified as I age. Over last October and November, I felt suffocated for an entire month. Lying down, I dared not to lie on the left side. I was afraid of compressing my heart, that I may suffocate to death. I dared not to do strenuous exercise, and I had to take lots of medications and supplements daily. Since then, I simply forgot taking my daily medications. I haven't taken any medication since then.)

You often took medications in the past, right?

(Yes. I did.)

Medications for the heart?

(For the heart.)

Later, you stopped taking them naturally.

(Yes. Not one pill since.)

How do you and your heart feel?

(Now I feel very well. I can lie down on either side. No problem. I feel fine if I do strenuous exercise.)

You didn't feel well in the past when doing strenuous exercise?

(In the past, I dared not to do it.)

You didn't feel well when lying down.

(I dared not lie down on my left side.)

Left side?

(My heart felt compressed. I was afraid that I might compress my heart at night, so I could not wake up again.)

Oh, so severe! Now you're fine.

(Now basically, my heart has no problem. A couple of days ago, I took the online retreat. On the 2nd or 3rd day, I felt a bit of pain. After that, I felt absolutely fine.)

This is already very good. Give him a round of applause. Good. It is really good.

(Secondly, my lumbar disc herniation is cured. I had that problem for 7 to 8 years. Before practicing *Energy Bagua*, I experienced severe lower back pain once or twice every year. During serious lumbar pain attacks, I couldn't even raise my legs. I had to lift my legs with my hands when getting into the car. Same for getting on the bed.)

You don't look very old?

(I am over 50 this year.)

Health issues are serious, once over age 50.

(Yes. After *Energy Bagua* practice, I didn't have any lower back pain for about a year. During this period, I tried to lift some heavy things and I could. In the past, I dared not to move heavy things. When we were out distributing magazines, I helped move 5 or 6 boxes of magazines several times. At the time, I was worried and afraid of getting another lower back

pain attack. But I didn't feel any pain.)

Wow, wonderful.

(My lumbar disc herniation is cured.)

Truly wonderful.

(The final gift is my leg pain is healed. At my age, actually I had lots of health issues. I got my leg pain in the army, when I was 19. I had it for over 30 years. I was lying on my belly in the snow practicing shooting. In North China, often I would lie there a whole morning. This leg got cold.)

It must have been severe cold from the snow.

(I had have this knee pain whenever it was cloudy or rainy. When sleeping, I couldn't find a comfortable position for my leg. It felt like many worms were crawling inside my leg. No matter what, I felt the pain. For 6 months, I have just forgotten about the old leg pain. Now recalling it, what happened to my leg pain? It is gone.)

Oh, this is wonderful.

(Then I joined an *Energy Bagua* retreat either in March or April, I don't remember. I gained one more benefit: Master advised us not to walk duck-footed. I benefited a lot. Master said walking duck-footed makes one unable to collect qi. I know qi is actually the energy of the kidneys. Kidneys control body water that means wealth. Thus, our walking posture shows our energy. In the past, many people told me about it. They said this walking posture looked ugly. But I wasn't able to correct it. After Master's talk, I tried to correct it when walking home. I tried to place my feet straight.)

The toes are inward.

(When practicing *Energy Bagua*, I try walking straight-footed. My

duck-footed posture is corrected now. Thank you, Master.)

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