

Energy Bagua Journal**Huimei Chen's Story****-- Acid Reflux Disappeared in 2 Months**

I come from Seremban, Malaysia. My name is Huimei Chen. My dharma name is Zeng-guang. My brother-in-law brought me here. Before I started practicing *Energy Bagua*, I didn't believe I would benefit from *Energy Bagua*. Eventually, I started practicing *Energy Bagua*.

I had suffered from severe acid reflux for more than 10 years. It got so severe that I couldn't sleep. I couldn't sleep through the night. I needed medication. I suffered from insomnia. I consulted the doctor; he prescribed medicine. After taking the medicine, I could only sleep for an hour. Then I would wake up again. An hour of sleep is the most I could get. I didn't sleep well at all. Due to insufficient sleep, I got short tempered. This made my acid reflux worse.

I felt terrible when I had an acid reflux attack. The stomach acid rushed to my throat. I felt like my entire body was filled with stomach acid. I felt helpless. I constantly questioned, "Why was my life so dreadful? Why am I always sick? Why can't I sleep, or do anything?" My mind was in a terrible mess. I wanted to end my life. I couldn't control my emotions at all. I had a lot of diet restrictions, such as bananas, sugary snacks, glutinous rice, even bread and biscuits. The doctor prescribed medicine. After taking the medicine, my acid reflux was under control, but when the medicine wore off, I got another attack.

On the first day of *Energy Bagua* practice, I didn't feel different. But after my second day of practice, I noticed I slept better. I slept for 2 to 3 hours. "This is amazing!" I thought. I wanted to continue practicing. After about a month of practice, gradually, I could sleep through the night. I visited the doctor. I asked him, "Since I am able to sleep now, do I still need to take my medication?" The answer was no. So I stopped taking sleeping pills.

A month later, I was able to sleep from 9 pm to 5 or 6 am the next morning. After a month or 2 of *Energy Bagua* practice, I noticed my stomach problems had disappeared. When I visited the doctor before, he always told me to control my diet. I said, "The acid reflux attacks even when I eat nothing." The doctor said, "You will rely on medicine your entire life."

Now, my emotions have improved a lot. I used to scold others frequently. I am no longer like that. When I think of Master's words, "We have to treat people with compassion and tolerance", I remind myself to be compassionate and tolerant. Hence, I don't scold others anymore. Now, my family tells me, "Mum, you have become a different person."

I am very grateful to Master. I want to tell Master that I used to be very selfish. When practicing *Energy Bagua*, I only hoped to attain my own health. Now, I want to be like Master. I also want everyone else to be healthy.

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