

Energy Bagua Journal

Overcoming Challenges for a Happy Menopause

My name is Zeng Wenjing. I am a quiet person. I am 52 years old. I entered menopause more than 2 years ago. Dysautonomia caused depression, panic and bipolar disorder. I slept only 2 hours per night. I couldn't sit still and would feel dizzy while walking. I would end up falling backward.

I was given antidepressants. The medications only suppressed my symptoms. I became reliant on them, and had to up the dosages. I developed menopause-related heart issues. I was uncomfortable with taking Western medicine. My family was upset by my suffering. My 2 kids had no idea what was happening to me. They were afraid of me. One day, they told me they were scared. My heart ached when I sensed their fear.

Some people advised me to seek TCM treatment. The doctor suggested acupuncture. I had treatments for 3 months, but nothing changed. Then, I stopped working and stayed home. I stared out a window, day in, day out; it was truly painful.

Introduction to *Energy Bagua*

I visited Bodhi Meditation Taipei Center in June last year and started practicing *Energy Bagua*. Since then, I have slept very well at night. That boosted my confidence. Before, I would feel dizzy once every 2 or 3 days. After walking *Energy Bagua* for just a month, the dizziness stopped. I was really happy.

(Husband: Her autonomic nerve disorder seems to have been resolved. She couldn't walk in a straight line before. After a year of recovery, she can walk and jog no problem.)

I am happy when I go to the park every morning. I am surrounded by happiness every day.

(Husband: She tells me all the time how remarkable Grandmaster JinBodhi is. Grandmaster JinBodhi helped our family a great deal.)

(Through Walking *Energy Bagua*:

Excellent Sleep Quality

Dizziness Gone

Autonomic Nerve Disorder Gone)

(*Energy Bagua* is an easy-to-learn meditation practice suitable for all genders and ages.

Grandmaster JinBodhi)

(Learn and experience Energy Bagua online now! www.energy-bagua.com)