

Energy Bagua Journal

Matt's *Energy Bagua* Story (Vancouver)

Hello, I am Matt Henry from Vancouver. I am a business guy in the downtown core.

This pain for me all started in my early 30s. When I was going through the pain in my hip, my body was really sore and achy. I was diagnosed with a small hip labral tear. I was probably at 7 or 8 pain tolerance out of 10. And that was non-stop; it kind of never went away. My business was really starting to pick up, I worked everyday and sacrificed my time. If I drove my car it hurt; if I sat down-- I couldn't sit on the couch like this. I actually bought this couch because sitting in a normal couch would hurt me.

When I saw doctors, the surgeon suggested that I shouldn't do an operation, which was a full hip operation for a labral tear. They sent me to different specialists, and the answers were (similar); I kept getting to a dead end road. So I did physiotherapy, massage and chiropractic massages, but I just wasn't getting better. And so I did some research and found out about a stem cell company in Denver, Colorado. The treatment took stem cells from my back and injected it into my hip. That costed me \$15,000. I did this operation; I came home; (Around) a week to 10 days later, I started to feel

pain again.

I was stuck in a rut and I didn't know where to go when somebody introduced me to Bodhi Meditation, I got introduced to *Energy Bagua*, the tree meditation. I initially thought to myself, "I don't think I am going to do this tree walking thing." A couple of weeks later, I tried it and I got hooked right away. I was doing it 3, 4, 5 days a week. Your physical pain will start to dissipate; you will have a lot less pain in your body. About 3 or 4 months (later), I look back and my pain levels really diminished by a lot. And for it to be offered for free is just incredible.

Since I started the *Energy Bagua* in 2017, I have been able to do so much more. I have stayed almost 5 years at Bodhi Meditation, I am not having any more pain. My fitness level for hiking, yoga and the gym has increased just exponentially. From there, I traveled around the world doing some big hikes. And for me, now, I look back at it and I say, "I am able to do all this fitness?" Which is just amazing.

More opportunities in my life show up; happy people show up in my life. It allows me to just do my job better. I just want to say, "Thank you so much, Grandmaster. You have done so much in my life." I really hope more people are able to learn (*Energy Bagua*) and help their life and their family. Thank you so much.

(After practicing *Energy Bagua*:

Hip labral tear and body pain gone

Energy level increased

Less stressful and full of positive energy

Able to work more peacefully)

This is my friend, Scooter. Hi guys! He is a twelve-and-a-half-year old dog. He was having lots of trouble in his back end. I didn't send him to any doctor. This guy listens to the meditation and healings (with me). I even took him on a 7-hour hike last year. A dog that is active and does amazing stuff with me, and enjoying its life, thank you so much.