

The Meditation Journal

Severe Headaches and Temporary Blindness

I am Lee Shuping from Singapore. I am 24 years old this year. In 2014, I was diagnosed with idiopathic intracranial hypertension. It happens when high pressure develops around the brain. One of the symptoms caused by this is severe headaches. On a scale of 1-10, the pain of my headaches was 10.

The doctors suggested conservative treatment as I was very young. I took 6 pills daily. The pills didn't help much. I still got headaches even while taking the pills. The pressure around my brain affected my optic nerves, so I also experienced temporary blindness. This could happen 2-3 times a week. When it occurred, I became blind for about 2-3 minutes. I was only 16 at that time; so, when it first happened, I was really scared. I worried that I would become blind for the rest of my life.

(Discovering Bodhi Meditation)

In 2017, a Bodhi Meditation practitioner recommended the 8.5-day Health and Happiness meditation retreat to me. Like I said, on a scale of 1-10, my pain was 10. Thanks to the retreat, it was reduced to 2-3 out of 10.

After the 8.5-day meditation retreat, I practiced prostrations on my own every day for 2 months. 2 months later, when I went for my lumbar puncture test, and the doctor told me that the pressure around my brain had reduced to a normal level. My headaches were gone. My temporary blindness was gone too.

I have been practicing prostrations since 2017 until today [2022]. Thanks to this, my brain pressure has remained normal, and I no longer need to visit doctors.

I think I am lucky for being able to come to Bodhi Meditation and learn meditation practices taught by Grandmaster JinBodhi. In 2 months, my problems were healed after they'd troubled me for 3 years.