

Testimonials: Cancer

Metastatic Breast Cancer

Dear Master Hou,

I would like to take this opportunity to thank you for the help you have given me, in the form of treatments for my fight with metastatic breast cancer.

When I was diagnosed with Stage IV metastatic breast cancer in August 1992, I was not expected to live beyond Thanksgiving of the same year. I had many positive forces in my life at that time, among which were the treatments you gave me. I still continue to go to my yoga class and the Coping with Cancer support group and to take Jessica herbal tea twice a day. I remember vividly the first treatment you gave me. I didn't think that I could make it through that first time, due to the extreme pain.

The last time that you treated me was in January 1997, and I remember the look on your face as you told me that you detected no sign of cancer. The last chemotherapy treatment that I received was in March 1997, and as of this date, I am still on a much-appreciated "vacation." I received chemotherapy treatments on a continuous basis for four and one-half years.

I attribute much of my healing process on you, for even though I cannot get to New Jersey regularly, your strength and the remembrance of your treatments stay with me.

Thank you,
Sincerely,
Gail B.

Metastasized Lung Cancer

Pam C.

September 21, 2001

In March, 2000, I was diagnosed with metastasized lung cancer. At that time, doctors explained without treatment (chemotherapy), I would live about three months. Even with treatment, they predicted nine months to one year.

My family doctor suggested, since Western medicine had little to offer me, I should try QiGong. He had explored QiGong when he wife was battling with breast cancer. I felt that if he chose QiGong for his wife, it was certainly worth trying.

I immediately began treatment with both Master Hou and traditional chemotherapy. It is now six months later. I feel and look good. Of course, I have endured many of the effects of chemotherapy; hair loss, numbness, puffiness, and fatigue. I must say, overall, things are going very well. I do feel energized after my treatments with Master Hou. My lung tumor has continued to shrink. My doctors seem to be very pleased as to how well I am doing. I do pray that god will continue to bless me.

Seven treatments, lymph node, 1.2%. Treatment after three months, shrunk 58%.

Pam C.

Breast Cancer Recovery and Joint, Knee, Hip, and Arm Pains

BETWEEN HEAVEN AND EARTH: QIGONG WITH FAXIANG HOU

When I met Master Hou in 1994 I was recovering from a breast cancer diagnosis, lumpectomy and radiation treatment. My anxiety level was very high, my view of my health pessimistic, my energy erratic with an underlying general fatigue. I had periodic mild edema in my arm, joint pain in the same arm, hip pain and knee swelling and pain in my feet. For years I had felt “not at home” in my own body. I had never liked structured exercise programs, gyms or aerobics classes. I had, however, been studying Tai Qi for several years and did enjoy practicing that daily.

Through word of mouth I heard about Master Hou’s QiGong class. I had tried to do some Qi Gong exercises from a book but could not sustain my interest in it. In the first semester of class with Master Hou I began to feel much more vitality, more at home in my body and a slight lessening of my anxiety level. His teaching emphasizes regular practice and strong mental focus. Although the exercises are not complicated and people of any age can do them. The focus required to do them correctly and to experience the Qi makes Qi Gong a challenging and rewarding discipline for body and mind.

In the last three years I have practiced every day and the rewards have been enormous. Not only do I have more energy than I had had since my thirties but I have a sense of well being that I have never experienced before in my life. My body is free of pain, edema and illness. My work as an artist is much more focused and pleasurable and I have a greater sense of perspective about being a human being.

Master Hou has said that he cannot promise that qigong will have us live to a certain old age but he can promise that by practicing faithfully one can live fully and happily the years one lives. His caring attitude towards his students is epitomized in his statement, “If you are my student and you practice and you become seriously ill, I would feel ashamed”.

Master Hou’s teaching truly lets me experience my body and mind at its best: calm, energetic and optimistic. He has given me a great gift that will last a lifetime.

Margaretta G., age 54