

Testimonials:

Overall Life Changes

Thoughts on how Master Hou's Qigong system has affected my life

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When I started to study with Master Hou I weighed 210 pounds. Now I weigh 165-170 pounds. I was a heavy alcohol user/abuser and now I don't drink. I would be sick at least one month every winter, usually mid January through February, now, maybe I don't feel good, cold symptoms for two days and then they are gone. Before I was filled with much anger, which caused me to make many bad personal decisions that had a negative impact on my life.

Now I don't feel I have to be all things to all people, and if someone is attempting to take advantage of my good nature, I have no problem disassociating with them and it doesn't cause me to over think what I'm doing. The mind is vastly calmer, allowing for thought to be much more focused, not just over thinking many decisions.

Physically, I've been able to get more flexibility in my joints and muscles without being in pain constantly. I've been able to change my diet to one that is much healthier and to not over eat as often, to eat less meat, hardly any beef and reduce sugars by probably 90%. I enjoy the effects of a better diet, as the diet is so closely related to one's mental health and well being I am able to use the exercises and therapy practices taught by Master Hou, to help many people as well as myself. I am able to accept who I am as a person and not being critical or highly subjective to other people. With the mind able to think so much clearer, people who try to have a negative affect on my well being are having less and less of a negative impact on me as I am more accepting of others, instead of acting confrontationally.

My stress level has been greatly reduced and the need for confrontations, which were fueled by an inner anger, is being replaced with a healthy mindset and better diet. I attribute much of this change to Master Hou's treatments and my daily practice of his exercises.