



WHY DO WE GET MALIGNANT or CHRONIC DISEASES?

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Nowadays we are having many chronic diseases. These diseases happen not only to the elderly, but also to the middle-aged and even to the young people. They range from extremely painful, incurable cancers to the commonly widespread like high blood pressure, high cholesterol, diabetes and even to the popular ones like cold, flu, allergy, aching, etc.

Why do we have the bodily ache? Our parents often say, “Moving is not aching, aching is caused by not moving”. What do they mean by “moving”? It has many different meanings. Physically, it means moving muscles and joints easily without limitation or pain. Internally, when blood and body fluids are circulated smoothly along the arteries, capillaries, veins, and among the organs or when urination or bowel movements normally eliminate the toxin, we feel fresh and happy. The subtler meaning of moving is the transmitting and balancing signals of the nerves, chemistry and electricity within the network of the nervous system, muscles and cells of human beings. These are the subtlest meanings of moving according to the viewpoint of modern science and medicine. However, stubbornness or emotional attachments are still hard to change. Therefore, a non-attached life with open mind and heart is really the subtlest way of “moving”.

In other words, attachment, selfishness, stubbornness as well as biological, psychological and physiological blockages will eventually lead to painful status. It is the first symptom which alerts us that something is going wrong within ourselves.

Nowadays, in well-developed countries, people have the tendency of overeating and becomes overweight easily. Overweight is one of signals showing the imbalance of our eating habit and body functions. It can also lead to diabetes, arthritis, osteoporosis, spinal cord deterioration, high blood pressure, high cholesterol, constipation, headache and cancerous diseases.

Weight gain resulted from excessive food consumption, lack of exercise or no perspiration. It will cause the stagnancy of nutrients, dregs and toxins in our body. Consequently, our internal organs will be overworked and gradually deteriorated or malfunctioning, which will trouble our hormone releasing, our nervous system as well as our physiological functions and lead to chronic diseases.

Human body composed at least 65-70% of fluids or liquids. If the fluids cannot circulate freely, it will become stagnant or blocked and eventually confuse our system functioning and cause malignant tumors. We can understand this concept more easily by observing the water flow in nature. If the water flows slowly, moss, tadpoles and microorganism develop in the stream. Trapped trash accumulated on the surface attracts mosquitoes and insects. Stagnant mud and dregs down below start releasing

rotten smell and bad odor gases. When the muddy water cannot flow any more, it will be completely stagnant and eventually turns into a mud puddle or a heap of dirty and smelly trash. The same concept applied for the blockade of liquids flowing inside a human circulation system or body fluids, but the consequences are more severe comparing to stagnant water in the open air because muscle, flesh and skin cover the whole circulation system and cells leading to the nutrition, the by-products, the toxins and toxic gases are being trapped inside our system or body.

The vital forces that circulate within the blood stream, throughout the systems of organs and cells in a human body operate the same way as the stagnant fluids. We cannot see or feel these forces but they are very powerful and crucial to our physical and mental well-being. When they are blocked or obstructed, we feel swollen, painful, hard-to-breathe or unbreathable. This blockade may cause cancerous tumor with deadly destruction. The strength of those vital forces can be comparable with the pressed air used in heavy-duty washing and cleaning, lifting or restraining moving wheels. That is also the reason why in Breathing Training and Martial Arts, a piece of soft silk or a skinny person can be turned into an extremely forceful and powerful weapon.

Body and mind purification can help minimizing the accumulation of dregs and toxins in our systems. It will also help reducing excessive food nutrients, losing weight, clearing the channels of operation the vital forces, restoring the functions of our organs, improving the circulation of blood and body fluids as well as reinitiating the internal hormone releasing system. Body and mind purification can also help us to reduce or get rid of bad habits, misconceptions, wrong-view, stubbornness, and selfishness. It will make us feel light and open physically, mentally and spiritually. By earnestly following though the process of body and mind purification, practitioners will be able to live in harmony, peace with themselves, with family, communities, and with the energy of the universe and eventually resolve the imbalance in their mind and body, which causes the “diseases of the era”.