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New Case Studies and Testimonials

Updates: 2011 EIGHT UNEXPLAINABLE MYSTERIES

1. “It’s a Miracle: I Flushed My Colon Cancer Away!”

Name: Pat Prince (name permission granted) Age: 64 Diagnosed with Colon Cancer, Stage 4 on Nov.9, 2010. Doctors predicted 6 months to live. Pat never had surgery, chemo, or radiation. Instead, he joined Grandmaster Hong’s natural healing program with two sessions of energy work. Two months after he began the program, he surprised everyone—he passed his 2-inch long colon tumor as a bowel movement. Later stool testing for colon cancer came out negative. Still living as of Dec. 2012!

Please go to www.qimaster.com/consult/testimonial/d_cancer.html for complete testimonial and medical reports.

2. Remote healing: Brain Tumor Gone—a Miracle!

Male, Age: 70 Family email: “Please give Master the great news that my uncle had an MRI this week and his brain tumor is completely gone!!! My family cannot thank Master, you, Lynn and the rest of the staff enough for all you have done. You are the best!...I have referred you a lady who has lung cancer.”

Analysis: This is a good case, but remote energy sessions are not 100% successful.

Why was the uncle successful?

1. Especially when his Western treatment was not successful, maybe he put his trust even more in God, in the Universe’s energy, and in himself.
2. During the remote healing times, he relaxed his whole body and concentrated.
3. He followed through with the program I developed for him.

3. Prostate Case #1: PSA (prostate cancer marker) went from 10 to 2.3

49 years old, Bank Vice President: “One year ago my doctors told me that my PSA was at a 10. My wife and I were extremely concerned because there is a history of prostate cancer in my family and my job requires me to sit in an office for at least 10-12 hours a day. I’ve been practicing Body Pyramid exercises for the past two months and my PSA is now normal and down to 2.3.”

4. Prostate Case #2: PSA (prostate cancer marker) went from 7.3 to 2.6

72 years old, Retired Psychiatrist: "8 months ago I found out that my PSA level was 7.3. My doctor told me that I would most likely need a biopsy and that I may have cancer. I began practicing the Body Pyramid exercises a week after I got my results. Two months after practicing, I saw my doctor to get my PSA checked again. My PSA went down to 4.8, so I continued to practice. Sure enough, after practicing for 4 months total, my PSA is now down to 2.6."

5. Infertility Case #1: Moon Exercise Helped Me Have a Baby

A 42 yr old married woman had tried to get pregnant at great expense for over 2 years. She tried Clomid, artificial insemination, and in vitro fertilization. She had one appointment with Grandmaster Hong, followed his recommendations on a daily basis, and in about 3 months was pregnant, later delivering a healthy baby boy.

"I first heard about Master Hong from a good friend of mine who, like me, was struggling to conceive. After hearing how Master Hong was able to help her succeed in getting pregnant, I knew that I wanted to try Qi Gong myself.

Prior to seeing Master Hong, my husband & I tried for two plus years to conceive. My blood tests showed normal results and the only thing that could have been preventing pregnancy was a partial blockage in my right fallopian tube. But even with that, most women who have a full blockage are still able to conceive. My doctor suggested that I take Clomid, a fertility drug that helps with egg production & to induce ovulation. I tried this drug a few months here and there for the first two years and during those same months I had the IUI (artificial insemination) process done. After this method failed my husband & I decided, in June 2010 to try IVF (In Vitro Fertilization). I was 40 years old at that time, and due to my age my egg production was low. At the time of the egg transfer I had only three embryos to implant. It was my only chance, all or nothing. Unfortunately, it wasn't to be and the IVF failed. Another try with IVF would have cost us \$20,000 +.

About two weeks later in July 2010, I scheduled an appointment to see Master Hong. He did a quick assessment of my body. He noted that there was blockage in the areas where egg production, fertilization, & conception takes place within the body. Using his energy he "unblocked" the areas that were preventing pregnancy and also set me on a program to follow. I was told to take herbs twice a day for several weeks. Along with the herbs I did daily exercises to help strengthen my body, create a balance and prepare it for pregnancy...

The exercises allowed the energy to flow freely throughout my body to clear blockages and bring balance to all the internal organs. I followed this routine faithfully and (finally, after only three months!) in October 2010, I found out that I was pregnant! Once I found out I was pregnant I was told to just continue doing the Moon Exercise. I gave birth to a healthy baby boy!

I truly believe that with Master Hong's amazing ability, I was able to conceive naturally and experience a healthy pregnancy. I saw Master Hong recently for a follow up appointment with great hopes of another pregnancy and the birth of another healthy child. He placed me on the same program/exercises that worked for me the first time. I will follow it faithfully, because I KNOW that with the Qi energy & a strong body my dreams will once again come true!"

6. Infertility Case #2: Pregnant Despite Fallopian Tubes Supposedly Too Narrow

32 year old woman, trying to have a baby for two years: "My husband and I have tried to have a baby for two years. Unsuccessful and frustrated, I had a laparoscopy and began fertility treatments a year and a half ago. After no success, I had a hysteroscopy wherein doctors found that my tubes were too narrow for my eggs to move down. My husband and I decided to go through with two in vitro treatments in hopes to become pregnant, but they failed. I decided to try a natural approach. After seeing Master Hong, I started practicing Body Pyramid exercises along with a "yin exercise" on the Body Pyramid for 30-45 minutes each day. My husband and I are overjoyed that I am now 15 weeks pregnant! I am due in February and feel great."

7. Infertility Case #3: "We got pregnant within a couple weeks!"

Jamie Yogi, 31 yrs: "I came to Master Hong to help my husband and I with having a baby. After seeing him and practicing the Body Pyramid exercises, just one month later my husband and I conceived."

8. Brain Trauma Case -- "Returning to Life"

Background: 5 years ago this client had suffered sunstroke that resulted in paralysis from the neck down for 18 hours. Whereas the paralysis disappeared, the brain trauma remained. He was seen by 32 specialists to no avail. He had seizures, Parkinson-like symptoms, low functioning, suicidal ideation, hospitalizations for mental instability, electroshock, **depression, anxiety**, multiple medications, dropped out of life, and was terrified of leaving the house.

Two weeks after the session with Grandmaster Hong, the client's wife reported, "BEFORE HIS SESSION, he shuffled his feet, poor eye contact, cloudy look in his eyes, rounded shoulders, slow to speak and put his words together, anxiety-plus on getting into the car for a 2 hour drive to our [vacation] home, did not laugh. He used to be a professional photographer but now would not walk outside to look at the world, let alone take pictures –

especially when he had no memory of how to work his camera....He had lost 7 businesses, with \$83,000 out of pocket medical expenses, paid after insurance and grants paid for some of it....

AFTER SESSION: Posture much improved, picking up his feet and walking brisker, clear dark eyes, looks at me when we talk, wants to talk, this past weekend we went to the [vacation] home. _____ wanted to take the longer way so we could enjoy the fall colors. He had me drop him off at the park so he could walk the dog when I went into the grocery store. (before he would have been frightened to be alone like he might be left) _____ asked for my point-and-shoot camera so he could walk outside by himself and take pictures of the beautiful [tree] colors. We walked, talked, laughed, read, cooked outside and, Grandmaster, WE DANCED...the very first time since we have been together. He is making jokes... We had fun for the first time since he experienced the trauma to his brain, 2006....Bless you, you have made such a difference in our lives....”

Eight weeks later, the wife reported, “He is now on his own, showering and putting clean clothes on every day! This week I noticed he is laughing at things we are watching on television. He is turning on the news now, by himself, and listening to what is happening in the world and sharing things with me when I return from work. Before, he could not tolerate hearing about the outside world....

I had my grandsons overnight last weekend. _____ did incredible for hanging in there with the commotion, noise, level of activity that they brought.

The memory is challenged and to tell the same story over a couple times a day and it not stick is common.

He is so trying! Bless his heart, he is a joy and to see there is a part of him returning to participate in life is exciting.”

CANCER-RELATED

9. “I have no side effects from chemotherapy.”

Breast cancer survivor for 7 yrs: “I was diagnosed with breast cancer 7 years ago and did radiation & chemo. One year ago, the cancer came back; I did chemo a second time. I’ve practiced the Body Pyramid exercises since and have no side effects. I kept my hair, my blood sugar was regulated throughout, and I didn’t have any nausea.”

10. Cancer stabilized, regaining use of right leg and toes

Breast Cancer survivor, 52 yrs. old: “1½ yrs. ago I had a reoccurrence of breast cancer that spread to my spine and bones, which caused nerve damage in my right hip, leg and foot. I was basically bed ridden for months and then gradually was in a wheelchair and could walk with the help of a cane, but it was a struggle and exhausting.

I saw Master Hong on November 4, 2008 and after his session and then doing my daily qi gong exercises, I immediately found I could walk better and felt more confident in my recovery.

I had a PET Scan on Nov. 11, 2008 and it came back with the cancer stable, no new growth, and they mentioned that where they did see cancer in my hips, femur and other areas before, that now it looked like it could be arthritis.

I saw Master Hong again on Dec 7th. The transformation in my emotional health as well as my physical health has again been very noticeable. **I am now walking on my treadmill at 3.5 MPH for 15 min. a day (as well as walking about without my cane)**, doing Pilates, plus going about my day with much more energy and confidence. **I am also able to move my toes and have built strength in the whole right side of my body...**Every day gets better and better and I look forward to my next visit with Master Hong.”

11. “Lymphedema improved, lost 10 lbs., sleep is better!”

Female CPA, age 54, breast cancer survivor: “I was diagnosed with stage III breast cancer in 2002, wherein some lymph nodes by my underarm were removed, and I’ve suffered with mild lymphedema on both arms ever since, in addition to being overweight (125 lbs. on 4 ft. 10 in. frame). The oncologist wanted me to lose weight to control estrogen in body, but I was unsuccessful. Saw Master in April 2009, and started practicing the prescribed Body Pyramid exercises-- however, did not practice regularly. Four months later, I took the Body Pyramid workshop and practiced regularly. Results: I lost 10 lbs., my mild lymphedema on arms improved significantly. Both arms look a lot better, I do not look puffy with fluid retention anymore, my skin tone looks better and I sleep better at night. I’m even more motivated to practice and attend more workshops.”

12. Doctors amazed at low side effects from Radiation and Chemotherapy

58 yrs. breast cancer survivor, recurrence 19 years later, had radiation and chemotherapy: “I have been doing the Rejuvenation exercises throughout, and I think it's been a big help. My doctors are amazed at how well I've done through it all. You have helped me - a lot!”

13. With Qi Gong exercise, no side effects from radiation and chemotherapy

75 yrs European woman diagnosed with lung cancer 2 years prior: “I was diagnosed with LUL 3,4x2,3cm. After operation I had Radiation...chemotherapie...immediately after the operation I started qigong exercises (Mastering Miracles) about 1 hour/day...I never felt all these side effects, which occur very often...instead I had breathing-improvements every day..feeling fine... The book "Mastering Miracles" helped me a lot..I am practicing the "8 golden exercises" every day with great joy.”

14. AUTOIMMUNE DISORDER—Lupus--stabilized

65 yr woman, 8 months after 2nd session with Grandmaster Hong: “I am very grateful for my visit to Master Hong. I am the most stable I have been since my lupus flareup [5 years ago]. I continue to practice my exercises twice a day (tho briefly some evenings!) as well as drinking the [Healing Food] drink. I am sleeping better and for longer stretches of time... Thank you very much.”

MENOPAUSE

15. Case #1: Menopausal woman begins menstruating again

45 yr woman, started perimenopause 5 yrs ago: “I've had two menstrual cycles in conjunction with the full moon these past months. So we decided with this next cycle that we will try IVF again before my menstrual cycle disappears again. I've been going to yoga twice a week and walking everyday. Can I come see Master Hong soon so he can help get me healthy for an all or nothing third attempt?”

16. Case #2: “My period started again.”

55 yr woman: My period stopped 1 year ago, my menopausal symptoms are occasional hot flashes, heart palpitations, and unexpected emotional changes. I was wondering what was wrong with my body and whether or not I could have cancer. After I practiced this exercise for 2 weeks, my period returned with a vengeance and I was elated! This blood flow was not because of tumor or reproductive problems because 2 weeks before I had done my annual OB/GYN check-up, so I know right away when this started, that this was the start of my period again. The rebirth of my eggs represents the return of my youth. I am so encouraged that I want to continue to practice.

After one week of practicing on the Body Pyramid and since then, I no longer experience vaginal dryness like before. Instead of always feeling like my mood was unpredictable, I only feel like that 2x/month or less, and my hot flashes are reduced by 90%. I'm really grateful because not only do I no longer experience these symptoms of menopause, but I feel like my youth, vitality, and womanhood is extended.”

SEXUAL ENERGY

17. Case #1: “My erection is stronger, lasts longer.”

Business owner, 58 years old: “I started practicing the Body Pyramid exercises a month ago for my posture and back pain that I was experiencing. To my surprise however, my wife and I have been very happy with the positive side effects. We both notice that my erection is significantly harder and my endurance is phenomenal! Needless to say, we are both VERY happy and I am definitely encouraged to keep practicing!”

18. Case #2: “My sexual energy and functions improved!”

48 yr office worker and father of 3: “Practicing body pyramid, my sexual energy and functions improved! Overall, I have so much more energy.”

Analysis: One Western medicine treatment for the improvement of sexual abilities is through pharmaceutical drugs which increase blood circulation in one localized area, but there are side effects. Training the inner thighs, buttocks, and abdominals are attempts to train the muscles which increase sexual energy. When looking at the anatomy of sexual organs, in order to attain orgasm, the muscles that need to be activated are: lower back and lumbar region muscles, hip flexors & lower abdominals, pelvic floor muscles, pubococcygeus muscle, and inner thigh muscles. People unable to attain orgasm lack power and strength in these muscles. During sexual intercourse, the activation of these muscles can allow for increased blood flow and activation of these muscles. Therefore, the training and activation of these muscles can improve sexual activities. From the perspective of medical anatomy of sexual organs, when a man and woman ejaculate during the moment of orgasm, aside from the stimulation of these muscles, it will affect the entire body, including the brain, which is what causes this level of pleasure. This is therefore a whole body exercise, wherein all internal organs are affected. People who have never been trained in this way before will eventually feel that the pulling up on the perineum trains the smaller muscles from the inside out, in turn affecting the larger muscles. The Body Pyramid is used as a magnifying tool to achieve greater, more obvious results in a shorter period of time.

According to Chinese medicine & natural healing, kidney energy controls sexual energy (nerves connecting to L1 & L2 regulate kidney function). For males, if they are unable to achieve erection, this is due to insufficient yang energy. For women, their uterus becomes “cold,” insufficient kidney yin energy. Standing on the Body Pyramid & contracting the perineum can increase the blood circulation and power of the muscles in the reproductive organ area. Most importantly, the smaller, deeper muscles are worked, strengthened, and stimulated first (from within to outside). In acupuncture, when these problems are treated, needles are inserted into the acupoints which balance and strengthen kidney energy in the lumbar and sacral regions.

According to Taoism, sexual qi gong practice starts from contracting the perineum first. According to medical qi gong literature, this concept and importance of tightening/contracting the perineum was first discussed 3000 years ago. This not only improves sexual functions quickly, but it can also treat hemorrhoids, anal prolapse, internal organ prolapse, testicular problems, improve prostate health, intestinal disease, including colon cancer, female menstrual and infertility problems. Contracting the perineum is an important method. It dates back to several thousand-year-old Chinese medical classics. This method of contracting and training the perineum came to America several decades ago. Gynecologists set up programs for 2-3 weeks before their due dates, wherein women were given instructions on how to strengthen their perineum in order to help to minimize labor pain and improve the recuperation after the birthing process. Body Pyramid exercises allow for everyday training, rather than waiting until it's too late. This, in turn, creates a rehabilitative effect for many of the above-listed conditions. The result of this type of training will first be shown in improved sexual energy and functions.

PROSTATE/URINARY BLADDER

19. “My nightly urination decreased.”

60 yr woman: “Every night I would wake up to go to the bathroom 3-4 times. Sometimes I was fast asleep and ended up wetting the bed. I also suffered from intense leg cramp and took calcium injections and pills to try to help, but I still had nightly visits to the bathroom.”

Theory/analysis: Cramps in the calves' area corresponds to the urinary bladder muscle region, showing that urinary bladder energy is weak. This is why the bladder muscle regions weaken or become loose. In Chinese medicine diagnosis, incontinence is related to kidney and urinary bladder energy. Standing on the Body Pyramid opens the urinary bladder meridian, helping kidney energy so this problem is resolved/improved.

20. Nighttime urination ¼ what it was

Man, 62 years old: “I used to get up 3-4x/night to go to the bathroom. After practicing for 1 month, I would only get up 2x/night, now, after 3 months, I only get up 1x/night to go to the bathroom. My quality of sleep has improved as a result. I get about 4 extra hours of quality sleep thanks to Body Pyramid Qi Gong.”

21. “My enlarged prostate became smaller.”

“I had frequent night urination and also experienced difficulty in urinating. The doctors told me that I was not fully emptying my bladder. My urine flow is weak and I had a lot of leakage, often times wetting myself. After I practiced all four exercises, especially the last one, I found that my urine flow is stronger and more accurate. My time spent standing to urinate is shorter and I no longer have to concentrate so hard on urinating, it just happens naturally, and I no longer have the urge to urinate after I am done. Now I stand there for less time. I know that when I go to the doctor next time that I expect that my enlarged prostate has shrunk and my PSA number has gone down.”

Theory/analysis: The Body Pyramid Exercises 1-4, together, form a system wherein each is unique in its own way in how they affect different internal organs, in terms of how they affect localized areas and the whole body and form an integral system where each complements each other. So, the overall biological functions of the body improve, kidney energy is strengthened, the urinary bladder meridian is unblocked. Males, as they age, 95% will experience prostate problems. This has to do with the weakening of the internal organs and the shortening of the intervertebral space between L4, L5, and the sacrum.

Exercises 1-4 also stretch the intervertebral space of the lumbar region to allow the muscles of the lumbar region to relax. This is one reason why male and female reproductive problems can be helped or resolved.

The symmetry of the skeletal system can be compared to hanging a shirt or dress on a hanger. When it is hung properly, the fabric smoothly falls so that there are no wrinkles. This analogy is similar to the theory of the 4th exercise. When you maintain a natural, balanced skeletal system, the muscles, nerves, and vessels, lymph system naturally relax and can function efficiently.

22. Uncontrollable urination and poor memory dramatically improved

“At 82 years old doctors told me that I would have to wear a diaper all of the time. I would get up several times throughout the night to urinate and figured it was just a natural part of my life now that I am older. My memory was getting worse every day and I started to have a hard time walking. My daughter brought me the Body Pyramid one day and told me to just stand on it 10 minutes a day. Since then I only get up to go to the bathroom 1x/night and no longer need to wear diapers during the day. My memory has improved so much that it makes me feel like I’m 30 again.”

DIABETES

23. “My diabetes improved. I find that I am better able to control my blood sugar.”

Male, 30-year-old acupuncturist: This man found out he was diabetic at 17 years old and has been on medicine ever since. “After practicing the Body Pyramid exercises for three weeks, I noticed that I could rely less on my medication, and found that my blood sugar levels felt normal. After going to the doctor to check, my medication was lessened and I find that I am slowly relying on it less and less.”

Analysis: Regarding diabetes, Western medicine looks at the pancreas, wherein the pancreas is unable to generate/produce/secrete insulin, so external sources of insulin are prescribed (pill or injection). As a result, individuals often suffer chronic, long-term illness of the kidneys, lungs, heart, and eyes.

From a natural healing/Chinese Medicine perspective, this condition is primarily due to blockage of the triple heater. Blockage in the upper heater will be reflected in constant thirst, a sweet/bitter/dry sensation or feeling. At the same time, breathing becomes shallow and short, and the heart rate changes. Blockage in the middle heater region will be indicated by digestive problems, the body’s inability to convert carbohydrates/sugars, tightness in the sides of the abdomen, bloating. This has to do with the inability or diminished capacity of the liver, gallbladder and spleen to detoxify. When there is blockage in the lower heater region, this is reflected in increased urination and elevated levels of creatine in the urine. The prevalence of diabetic patients is currently rising, even with the advancement of medical science. Diabetics need to be especially diligent with their exercise regime and dietary intake. A diabetic patient may be underweight or overweight. Diabetics do not sweat easily and they also develop aches and pains easier. This makes it more difficult for them to implement an exercise routine. The Body Pyramid exercise #3 is simple and easy, wherein stretching on the Body Pyramid will increase circulation and perspiration in the body, opening the pores on the body, and the intercostals muscles (in this area are special acupoints which are used to treat diabetes). This exercise simultaneously opens all of the body’s meridians and increases circulation throughout the entire body. This is why many diabetics can benefit from this exercise.

There is a Chinese proverb, “Smiling adds 10 years to your life.” When the tongue is pulled back during smiling, it is suspended in the middle of the oral cavity, and reflex points in the tongue are affecting corresponding internal organs.

24. “My stomach and digestive problems have improved.”

Male, 38 years old, accountant and father of two: “ I used to get anything from heartburn to a bloated feeling or gas every time after I ate. It is such a relief to no longer suffer.”

25. “I no longer have stomach pain, gas, or bloating”

Female, 42 years old, insurance agent: “I was told that when first starting to practice this exercise, it is natural to feel tightness in the stomach region. When I first started, I felt a tightened sensation in the stomach area and my mid-back felt uncomfortable, I was unsure if this was OK. When I continued to practice this for a longer period of time, I noticed that the muscles and points around my stomach region were no longer sensitive to touch. My symptoms also gradually disappeared and I no longer have stomach pain, gas, or bloating. My “muffin tops” even disappeared. Now I never use “slimming/firming” underwear.“

CARDIOVASCULAR PROBLEMS

26. “My cardiologist said that my heart conditions have improved.”

Male, age 54, School Superintendent: “My cardiologist said that my heart conditions have improved. Because I have heart disease, I feel very concerned and fearful about the possibility that a heart attack can happen at anytime. I heard that the Body Pyramid exercises could be helpful for heart disease. I was skeptical at first, but when I first started to practice, I could take fuller breaths and my chest did not feel as tight. When practicing, I tried keeping my feet together. When my feet are together, I feel my entire body engaged and strengthened, it’s a stronger sensation. I thought I was practicing wrong, but then when I called Master Hong’s office, I was pleased to hear that I was actually practicing in a way that was more beneficial for my body and condition. Master Hong encouraged me that this was a good practice and was creating a stronger foundation for myself.”

Analysis: According to TCM theory, kidney energy, when strengthened will directly affect the circulation of the heart and can prevent and minimize/decrease the incidence of heart attacks and diseases of the heart.

From a Chinese Medicine perspective, because heart disease is directly influenced by kidney energy, doctors will often prescribe diuretics to offset the side effects of heart medication which often cause edema. When the feet are together during certain Body Pyramid exercises, the kidney muscle region is affected, in turn influencing the kidney meridian, which also affects heart energy. Additionally, the back of the legs are tightened, influencing urinary bladder energy which is also important to the kidney energy.

Consider the example of Dick Cheney. He had 2 heart surgeries. Due to his status, Western medicine used him as an example for medical research. The final conclusion was that his heart problem was attributed to the blockage of the veins in the lower limbs/legs because of his extensive traveling for 9 days straight. This blockage in the legs affects the flow of blood up to the heart, and the levels of carbon dioxide in the blood going to the lungs and heart. So a new syndrome was labelled as the economy-class syndrome, because in economy class, people cannot move their legs enough.

So now passengers are encouraged to exercise while on a plane. A person whose kidney muscle region on the inside of the legs is well toned from Body Pyramid exercises would be expected to be less likely to develop lower leg vein blockage.

27. Heart Disease, Overweight, High Blood Pressure Client finds Body Pyramid helps his cardiovascular training

68 yrs male professor: “Please tell Master that today as a result of two-days of training and practice I was able to increase my speed and time on the treadmill, and do so without heavy breathing. This was a major achievement. Please thank him for me.”

28. Blood pressure prescription lowered

Female: “My blood pressure averages last week were 110 and lower/63-74! Hooray as always for master...I was the one with the high bl. pressure. Last week I was able to buy a pill splitter if that tells you anything!!!! Last appointment, it was also a major miracle.

I have been very faithful to the [prototype of the] body pyramid board. I know Master said that after 2 months [on the prototype], if I had no results, there could be a refund etc. Now as the time nears, I'm uninterested! I love the board, am actually getting to crave the slant...I plan on taking this miracle board to [Europe] with me and continuing the program!”

EYE SIGHT, HEARING, NOSE

29. “My hearing improved dramatically.”

Gayatri Carole Rocherolle, author, garden designer, age 63: “I began doing Master Hong's Human Pyramid Exercises two months ago. The first month I did only the Standing Meditation exercise and was able to stay on the slant board for 20 minutes. **I no longer had the occasional leg cramp during the night** within one week of doing the meditation exercises.

The following month I began the program of [3 body pyramid exercises] combined with 15 minutes of Standing Meditation. Within 2-3 weeks of doing this program I noticed that **my hearing had improved dramatically**. I no longer felt that something was wrong with my phone or that I had to turn the television up to understand dialogue. I was astonished by this improvement. It was something I was not aware would change from doing these exercises. My hearing is back to where it was prior to noticing that I had difficulty on the telephone and when two people were speaking at once.

These exercises are amazing! My husband and I do them faithfully every morning and look forward to doing them.”

30. “Hearing improved, sleeping better.”

58 yrs woman, Health food store owner: When I would try to fall asleep at night, I always hear a ringing in my ears which prevents me from being able to fall asleep, and I suffer from chronic insomnia as a result. The more severe the insomnia problem, the worse the ringing in my ears. Even when I take my sleeping pills, the crickets in my ears don’t want to go home. I have found that after practicing this exercise, I can feel the tightness in the muscles right behind my ears and at the base of my head relax and loosen. This feeling increased my confidence and desire to continue to do this exercise. After going to the doctor for my annual physical, my hearing test did indeed show that I had significant improvement in my hearing. My sleeping has been better ever since as well.”

Analysis: From TCM perspective, ringing in the ears is related to weakened kidney energy and urinary bladder energy. When looking at the muscle regions, this area behind the ears, this is where the urinary bladder region is. When doing this exercise on the Body Pyramid, stretching the bladder muscle region, this automatically opens up the urinary bladder meridian and strengthens kidney energy which partially governs hearing.

31. “My eye sight improved”

“I no longer need my reading glasses to read the morning paper. I work in front of the computer for long periods of time and my vision was getting weaker. After practicing my shoulder rolls, I noticed my far-sightedness improved. I had to change my reading glasses to a weaker prescription.”

Theory behind: According to TCM, when liver energy is weak, the eyes are weak. When lengthening up and rolling back, the liver area in the torso is opened, and the liver muscle region on the side of the neck is stimulated.

32. “My chronic mucus has gone away!”

“I’ve had chronic mucus along with my asthma for over 10-15 years. Finally, it is going away after practicing on the Body Pyramid. During and after my practice I am able to clear the mucus and breath clearer. My asthma has improved as well, I am able to breath deeper.”

BACK PAIN

33. “My back pain is gone! And my legs are firmer!”

Female: “I have had a vertebra out of alignment for about 10 years and my chiropractor has been unable to get it back in after many visits. I have suffered sciatic pain radiating from my butt, thighs, and leg area to the point of tears for about a year. I have been receiving traction, special pillows, etc...and I have not been able to drive for over 1/2 hour without stopping to rest and stretch. After using the Body Pyramid for just a few weeks, my vertebra has gone back into alignment [by the "hanging" pose on the board]. I’m also very happy to report that the sciatic pain has also gone away!! Lastly, I think my legs look better!”

34. L2 vertebra compression fracture recovery

Female in her 50’s: “As we discussed on my last visit, I would give you a report of my last visit with the neurosurgeon for my compression fracture of the L2 vertebra. The x-ray showed that the vertebra is stable now and I do not have to go back for further check-ups and am allowed to do exercises like yoga and light running.

I would like to take the herbals you recommended to strengthen my bones and not take any estrogen.....Thank you for always being there for [] and me. I greatly appreciate your help and for allowing me to be healthy.”

BRAIN, MEMORY, DEPRESSION, SLEEP

35. “My seizures went away after 14 years!”

Female, age 24: “I started having seizures when I was 10 years old and I’ve had 3-4 seizures per month regularly, and have been on western medication ever since. I visited Master Hong in June, 2009 and began the Body Pyramid exercises. Three weeks after practicing, I no longer had any seizures.”

36. “My memory and ability to concentrate significantly improved!”

Female CEO, age 61: “Every day I have to pay attention to hundreds of stock tickers. I work 15-16 hours/day. I feel my ability to focus has diminished and my memory has decreased. I practiced the Body Pyramid exercise for 1 hour per day (1/2 in the a.m., 1/2 in the p.m.). In the beginning I felt I was losing precious time, but the results & benefits from this practice outweigh the loss of this time. Success in my career along with my financial gains has proved that my time has been well spent exercising and utilizing the Body Pyramid.”

Analysis: Ordinary people who suffer from chronic, long-term lack of sleep, and are under excessive pressure and stress, have a higher propensity toward diseases and conditions of the brain. Here is how these exercises can help stressed people as well as those who have diminished mental capacity or ability to concentrate, Alzheimer’s, dementia, Parkinson’s, or stroke:

In Exercise #1, the energy is brought from the lower part of the body to the upper body, thereby energizing and recharging the entire body to increase vitality. This exercise may be compared to different cultural styles of standing at attention. European research has shown that Caucasian females are more prone than males to suffer from memory loss. The reason for this is because wearing high-heeled shoes for a long period of time increases ankle, knee, and spinal pain and blockage, also negatively altering the dopamine levels in the brain. The Body Pyramid reverses the effects of high-heel shoes. With the addition of contractions of the perineum in Exercise #1, the brain can be influenced to improve dopamine secretion. The muscular structure of the neck region, vertebral deformities, and bone spurs can be improved. Additionally, the increase in circulation and oxygenation to the brain can lead to greater memory and intelligence. The ability to handle stress and pressures of everyday living will improve because the cells of the brain are receiving greater nourishment.

37. “I’m full of energy and feel totally refreshed after practicing this exercise!”

Famous Hollywood actress: This famous actress went on a popular talk show and showed the whole audience this exercise. She demonstrated, led, and shared this Happy Buddha practice with everyone, wherein the whole audience felt happy and instantly energized.

Analysis: The arching back movement in this exercise opens the intervertebral spaces in the spinal column and also influences the nerves which governs the function of the internal organs. Due to the aging process, the intervertebral spaces normally become smaller. Together with/in addition to incorrect posture and work habits, many people prematurely develop scoliosis, hunchback, pain in the body and limbs. From a natural healing perspective, the exercise opens the kidney and urinary bladder meridians as well as the triple heater meridian.

All of the internal organs are energized when practicing this exercise, but most importantly, all of the 8 extraordinary vessels are opened (4 running through the arms and 4 through the legs).

The level and intensity of Happy Buddha practice can be modified according to a person's age, ability, and health condition. This Happy Buddha movement dates back several thousand years in the history of qi gong, wherein it was practiced on flat ground. The effects are now magnified when practicing on the Body Pyramid. In traditional Qi gong literature, it is called, "both hands supporting heaven to regulate the triple heater regions of the body." The meaning is: this movement of stretching the arms overhead and reaching can balance every internal organ. This is why this exercise has remained so popular though thousands of years of practice.

38. "My depression is gone."

Male, age 43: "I had long-term stress from my job and lifestyle and was diagnosed with Chronic Fatigue syndrome. My colleagues all said I was getting more introverted. I used to just sit there in a constant daze. I have been going to my psychiatrist for several years, and told me that I was too much of a negative thinker, and I've been on anti-depressants for the past four years for my symptoms, which helps for my depression, but I know that when I stop the medication, I would just go back to my old symptoms.

After practicing the Relaxation Body Pyramid exercise, my body has been able to relax and my posture has been better. In the past, my hands and feet were cold and I never wanted to open any windows or doors. Each time after I finished practicing the exercise, my whole body felt so relaxed and comfortable, I did not have to take my sleeping pills, and found that I went right to sleep."

Analysis: According to natural healing and the natural law of gravity, overly tightened muscles will distort the structure of the skeletal system. Relaxed muscles can create better symmetry in the skeletal system. When you are on the Body Pyramid in this position, the energy settles downward in the body, causing the body to feel warm (an indication that Yang energy is increased). Chinese medicine considers this the increase of protective energy, comparable to our immune system function. After strengthening immune system functions, internal organs can be balanced.

The symptoms of depression are not necessarily related to just one organ, but rather a combination of several organs being imbalanced.

Anger - liver energy imbalance

Grief & crying - lung energy

Obsessive thinking, over-thinking - spleen energy imbalance

Fear & anxiety - kidney energy imbalance

Worry - kidney & spleen energy imbalance

Standing on the Body Pyramid allows the body's energy to go downward. The exercise requires that an even distribution of weight in the feet be felt. After standing on the board for 20 minutes, the soreness on the various reflex points is because the weight is evenly distributed on the 3 main points in the feet. The imbalance of the internal organs is most obviously reflected through the reflex points on the bottom of the feet. Just as in reflexology massage, the whole body becomes relaxed and the internal organs become balanced, which increases a person's ability to withstand the daily trials and stresses of life, and in turn creating a change in outlook on life.

39. “This Body Pyramid helped me sleep! I no longer have insomnia.”

Young male: “Every day before I go to sleep, no matter how busy I am, I first practice this last exercise. Toward the end of my practice, I find that I am already getting tired and by the time I hit the sack, I immediately pass out.

Theory: When in the Relaxation Body Pyramid position, the flow of oxygen to the brain is more efficient. Because his fatigued body was able to thoroughly relax, the urge to sleep came naturally.

FENG SHUI

40. “Peaceful, calm and very happy”

Breast cancer survivor and business owner: “Thank you a million times in good energy. From the bottom of my heart I want to say Thank you to all! I spent the whole weekend making the changes to my house. Painting, moving fountains, plants, furniture etc. It was a major task that we worked on until 10 pm last night. It was all worth it! I slept like a new baby and woke up feeling amazing! So peaceful, calm and very happy.”

BODY SHAPE/COSMETIC

41. Breasts perkier, butt firmer

Female office worker, age 38: “I practice the Body Pyramid exercise. People perceive me as taller. Since I've been practicing the breasts are larger and firmer perkier, and my butt is more lifted & firmer. People have said I look more attractive.”

Analysis: It is impossible to grow taller at this age. The perception of tallness and firmer and larger breasts is due to a more aligned spine. The lifted buttocks is accurate because the contraction of the perineum helps make the buttocks muscles more firm and defined.

Western physical training/conditioning methods to strengthen buttocks muscles are through running & resistance training with the focus on training one particular muscle group.

The Body Pyramid exercises work on the body's symmetry, balance, and the skeletal system from the inside-out. They train the muscles to help prevent injury and to lessen wear and tear on the joints by supporting with balanced muscles. The definition and strength of the muscles is a mark of obvious improvement. Western muscle training increases hypertrophy, making muscles shorter and inflexible. Isometrics (ex. pulling up on the perineum) is the most effective and quality type of training for creating muscle tone and is the most aesthetically pleasing. The inner, deeper layers of the muscles are utilized and activated.

Isometric training results include increased vitality of the muscle, elasticity of the muscle, and greater muscular endurance. The muscles are less likely to degenerate, more likely to maintain muscle definition and muscle tone at any age. Not only are you toning the outside of the body, but also the internal organs are balanced, which further perpetuates health.

42. “I have less wrinkles!”

47 yrs woman, athlete and small business owner: “I have less wrinkles! I slowly started to feel better after practicing, then one day I felt radiant. Sure enough, after looking at a picture of myself from two months ago, I clearly have fewer wrinkles on my face. I thought it was all downhill from here [because I'm 47], but I'm so happy that this has been a benefit of my practicing regularly!”

Analysis: This woman's results show that her circulation has increased. When there are wrinkles, it shows that there is degeneration and aging of the internal organs. The aging of the internal organs changes the internal structure and integrity of the skin, decreasing collagen. When practicing Happy Buddha, there is a natural improvement of the cervical vertebra nerves, which affects the blood circulation of the facial region. This exercise can slow down the aging and degeneration process of the skin.

From a natural healing/Chinese medicine perspective, lung energy controls the condition of the skin. Through Happy Buddha practice, the lung is efficiently stretched, influencing breathing capacity and the elasticity of the skin.

When the cervical spine and upper thoracic region is opened during arching, the thyroid is stimulated, as well as the lung, heart, spleen, liver, gallbladder are lifted. At the same time the adrenal gland area is stimulated so the endocrine system is further influenced. The endocrine system influences the skin, in particular, wrinkling of the skin. So, when the endocrine system is influenced in this manner, the skin is automatically affected. This exercise stimulates all of the organs of the endocrine system: Pineal, hypothalamus, pituitary, thyroid, parathyroid, thymus, adrenals, pancreas, testes, and ovaries. The improvement of the endocrine system will naturally lead to the overall elasticity and quality of the skin.

WEIGHT LOSS

43. “I lost 50 lbs in 3 months”

Male, 55 years old, furniture factory owner: “I lost 50 lbs in 3 months from 255 to 205. Master asked me to manufacture the wooden Body Pyramids, and taught me these exercises. It has helped my heart disease and high blood pressure. As soon as I first started to practice, I felt good after I finished. I no longer have the symptoms of headaches, dizziness, vertigo, or blurred vision. My friend said to me ‘it looks like you’ve lost weight.’ I weighed myself and was surprised to find that I lost 7 lbs (after practicing for a week and a half), which further improved my confidence. I was encouraged to practice 2x/day, 30 min. each session. **At the end of 3 months, I lost 50 lbs.,** my overall health conditions improved, my blood sugars & cholesterol all lowered.”

Analysis: The inner thigh muscles of overweight people are usually flaccid and flabby, with saggy buttocks muscles. When observing all overweight people, they walk with their feet splayed outward. This is because the laws of physics and anatomy; this way of walking is the only way that the heavy body may be supported. The heavier the person, the wider the feet are splayed out. When a heavy person walks, in order to carry this bodyweight, excessive weight will be placed on the outer side of the foot. This also leads to atrophy/lack of use on the inner muscles of the legs, and the outer muscles of the legs become overdeveloped, leading to asymmetry and imbalance. This will be shown on the wear and tear of their shoes as well.

On the other hand, when models walk down the runway, they walk with their feet along one line, and in doing so they utilize their buttocks, inner thigh, and abdominal muscles because the emphasis is evenly placed on the foot. Therefore, this style of walk creates firm & defined inner legs, buttocks, and abdominal muscles.

According to TCM, the back of the legs and buttocks regions are associated with the urinary/bladder muscle region. The inner part of the leg is the kidney muscle region. All overweight people have weak urinary bladder & kidney muscle regions (for example, sagging, weak and flaccid or large lower abdomen, inner thighs (causing the lower legs and buttocks to become thick & large). Body Pyramid exercises can effectively train these three main regions of the body and improve the firmness.

The strengthening of kidney energy helps to overcome the deficiency of spleen energy and to achieve an overall weight loss effect. (In Chinese medicine, one reason people are overweight is because of deficiency of spleen energy with excessive pathogenic heat and dampness). In TCM, the understanding of obesity is not only focusing on the amount of calories, but rather, more importantly, the internal organ imbalance which also contributes to the uneven distribution of fat in the body. Utilizing the Body Pyramid exercises to lose weight can help one achieve the fastest, most effective results, without having the side effects of shrinking parts of the body that one would rather not be shrunk (i.e. weight loss in the hips without losing the breasts).

Because excess weight accumulates in an area due to internal organ imbalance, by restoring balance, parts of the body can be reduced without compromising the structure and integrity of other parts of the body.

Research in the U.S. has shown that among many weight loss programs, the most effective and fastest results are found through hiking. This is because, when walking uphill, the foot is positioned in the same way as the angled Body Pyramid. The four confluent points in the legs are simultaneously being stimulated, as well as the muscles. The inner leg muscles are being used. However, the Body Pyramid exercises are not as “energy depleting” as hiking and will not cause muscle aches and pains, the time needed is relatively short, and results will be seen.

44. “I successfully lost 12 lbs. and increased my energy in one month.”

Mother of 4, 47 years old: “Due to my thyroid disorder, I had gained several pounds over the past few years after having my last child. My doctor had prescribed me medication which I was told I would potentially have to be on for the rest of my life. After being on this medication, emotionally I felt better, but I started gaining weight and was not able get it off. After practicing this exercise (shoulder rolls), I felt openness in my throat area where I had previously felt constriction and swelling. My energy has improved even more.”

Analysis: From both eastern or western medicine perspectives, endocrine system malfunction can contribute to abnormal weight gain. Endocrine system imbalances cause changes in the metabolic processes. The increase of energy will naturally increase the rate of metabolism in the body. This is one reason why, when practicing this shoulder roll exercise, the opening of the chest cavity and throat area, along with increased perspiration leads to an increase feeling of openness and happiness in the body. This is one of the circumstances leading to natural weight loss.

45. “The tumor on my collarbone shrunk and I lost 10 lbs.!”

62 year old woman: “ I started practicing on the Body Pyramid one month ago. I had a tumor the size of a golfball on my collarbone when I began the Body Pyramid exercises. It’s only one month later and my tumor is now the size of a pea. I’ve also lost 10 lbs. during that month and feel so much more lively and have more energy. My whole body feels more straight and strong.”

FERTILITY

46. After remote healing, follicles grew faster than normal

43 yrs married woman getting remote energy to support the process of in vitro fertilization:

“After the remote healing, my follicles grew so large and so fast, that they took the eggs out 2 days early!! :)

Also, the painful problem that I had last week cleared up by the next day, thanks to Master's help :)

Many blessings to Master and his staff. Thank you from the deepest part of my heart. I am very fortunate to know you.”