

Twenty Years of Walking in Holistic Health

■ Hui Lan

One morning, at end-November 1993, I experienced excruciating pain in the abdomen. When I went to the toilet, I discharged a lot of blood. The next day, I went to see a doctor in the hospital and was diagnosed with malignant rectal cancer. I had to have an operation immediately. When I heard this terrible news, I was stupefied and numbed with terror. Oh my God! Why me? Under the shadow of “*cancer is incurable*”, I was filled with anxieties and struggles.

Perhaps, God was protecting and looking after me. While I was recovering in the hospital from tumour removal, my third younger brother’s wife Qing Ying gave me two cassette tapes of Dr Chiu Nan Lai’s public talks on holistic health of the body, mind and spirit “身心靈整體健康” (*Shen Xin Ling Zheng Ti Jian Kang*). When I started listening to the tapes, I felt the shadow of death moving farther and farther away from me.

Hope breezed into my heart. Just like travellers finding an oasis in the desert, it triggered my courage to live. It turned out that there is a reason for cancer. As long as we treat the source of the disease, we can restore our health.

So I started seriously implementing the instructions in Dr Lai's tape.

For the Body - I changed to a light and organic plant-based diet. I avoided poisoning my body with foods grown from pesticides and fertilisers.

For the Soul - I am always thankful to people and things around me. Through Buddha's blessing, I repented the sins committed from past ignorance and vowed to stop. (If sin unintentionally, repent immediately).

Thus, my life-goal began to change. Before, I lived and pursued the "five goals" (*car, cash, house, wife and son*) to satisfy my materialistic desires.

For the Spirit - I hope to do my best to benefit others and to create a favourable environment for future generations to survive. So, I wholeheartedly engage in natural and organic farming. My family and I stopped spraying chemical fertilisers or pesticides on the land in our home. It became paradise for a lot of sentient beings. After I started implementing these three guidelines, my body gradually recovered.

For 20 years, I was involved in many Lapis Lazuli Light activities including attending a total of seventeen workshops locally and abroad. Due to the ever-changing external environment, Dr Lai constantly collects the latest health information to protect people and she continually conducts experiments. So, there

are always new things to learn in workshops. I practice diligently.

For example, every day, I walk barefoot on the lawn for at least 30 minutes. Modern civilised way of life has caused humans to move away from nature and, thus, unconsciously created many weird health problems.

Dr Lai is a really compassionate, wise and good teacher. She mentioned that: "Every life possesses spirituality. If we treat these lives well, we are able to communicate with them." These words are imprinted deeply in my mind.

Once in my garden, three branches of long bean plants were covered with borers. So, very sincerely I communicated with the borers and told them: "I don't want to chase you away. You are welcome to enjoy these three branches and please leave the others for human consumption. Thank you for your cooperation."





Amazingly, the green leaves of these three branches slowly decreased but the rest were still green and covered with sweet and delicious long beans.

I also had the opportunity to share and generate good relationship with many “families”. During dinner, over 10 years ago, our dog barked fiercely in the backyard with signs of wanting to attack. I went to investigate. To my surprise, I found my dog (tied by a chain) fighting with a long, thick-bodied cobra. The cobra was “growling”.

In the midst of my terror, I remembered Dr Lai’s message to treat all life forms with compassion. So I pulled the dog away and sent my husband off - for his shower - since he might kill the cobra if he saw it.

The cobra stopped “growling”. It was facing me and swaying its terrifying head. I wanted to save him, so I squatted about one metre away, plucking up my courage. With my heart pounding, I told the cobra: “I do not want to harm you. This does not mean that others would not.

So, please hurry and leave this place and go back to your home in nature. To ensure your safety, do not expose yourself easily.” After I finished talking, its hood slowly retracted, hovering.

I opened the backyard door and placed a long piece of wooden board on the ground to let it slither way easily. Then, I left the spot for about 40 minutes. When I returned, it was gone. Given the surroundings of my house, there was no way the cobra could come in. How it managed to enter remains a mystery.

Dr Lai said: “If we have goodness in our hearts, we have no enemies.” This is my life principle.

Among the many methods Dr Lai taught us, I especially like the “colour and sound” visualisation (See Note 1). From Monday through Sunday, there is a specific colour (light) and sound (tone) to be visualised for a given day of a week. For example, red colour (light) represents freedom, entrepreneurship and physical energy, and the sound is (E).

Dr Lai said that for those who are very sick, their bodies lack red colour (light). They can always visualise their bodies being filled with red light, this will accelerate their healing. Clear blue light represents letting go, compassion, patience, creativity and

communication skills, and the sound is (O).

Over ten years ago, I tried to visualise blue light shining into the classroom and all students in the class immersed in the gentle blue light. Incredibly, during the nutritional lunch that day, no one touched the chicken drumsticks. When I asked them why, the answer was that they did not feel like eating the chicken. It seems that the compassionate energy had touched them and they could not bear to harm lives.

Every morning, after waking up and before visualising colours (light), I would first harmonise my *qi* (Note 2). Then I visualise a big sun (green for example) entering through my crown into every part of my body. I immerse myself in green light, and the sound is (A). This represents growth, recovery and wealth. If we can visualise clearly, we can feel the mind being very quiet and that feels comfortable.

Finally, I express deep gratitude to every part of the body, thanking them for their regular operation, enabling me to successfully complete all daily tasks. For these two decades, I was rarely sick. Occasionally, if I catch cold or have food imbalance or discomfort such as pain in the body, I would use the various natural therapies I have learned and I am able to heal myself.

In 1995, I attended the Lapis Lazuli Light Workshop in the United States for the first time. Dr Lai taught the uses of the pendulum in detail. I diligently practiced this method after returning to Taiwan. When I became more familiar with its usage, I began to apply it boldly on both myself and others. The results are incredible.

Once, I had a runny nose for two days followed by severe cough. The cough was so bad that I could not sleep at night and there was pain in the chest (after learning natural therapy, I avoided taking medicine). Since the pendulum can be used as first aid, I placed it flat on the throat chakra (using lapis coloured handkerchief to keep it there). The coughing reduced and I was finally able to sleep through the night. After I woke up, I looked at this seemingly insignificant treasure with respect and appreciation rising from my heart. I did the same for the next few nights and my cough was completely gone without medication.

A few years ago, I took part in a Buddhist retreat. On the first morning, when we were in the main hall waiting for instructions, my roommate was still lying in bed. I was concerned and approached her. She said: "My head is very painful and I am unable to get up". Immediately, I used the pendulum to help balance the *qi* of her chakras (crown and third eye). After some ten minutes, she was



able to enter the main hall and sit down. She was smiling with satisfaction and motioned to me that she was alright. For the next few days, I did the same for her and we were able to finish the retreat. After learning this therapy, I always carry this treasure around, hoping to benefit more people.

Generally, patients undergoing hospital surgery are inevitably given anaesthetics. Dr Lai told us that the anaesthetics will concentrate in the lower abdomen permanently, resulting in a variety of inexplicable pain like lumbar inflammation, persistent indigestion, etc. Special method must be used to clear the anaesthetics. After learning this, I asked a fellow student to help me clear my anaesthetics. I remember in the removal process, I clearly felt a huge movement in my stomach but there was no pain. The stomach felt more and more comfortable. The friend helping me found it very challenging and her hands became very numb. Throughout these 20 years, I seldom fall sick. This must be one of the important reasons. Please give it a try.

During a public talk in Singapore, Dr Lai said: "Falling very sick may not be bad luck. Instead, it might be a huge blessing. If you did not experience this sickness, how can you rewrite your life's future journey? And how can you create a better and more meaningful way of life?"

These words are deeply etched in my mind. It pushed me to completely change my misconceptions. Having the opportunity to learn from have such a wise teacher itself is a great blessing! Sincere thanks to Dr Lai! In meeting her, my life is prolonged. She is also a good mentor who guides my spiritual growth. She teaches me to be thankful and happy every day. From this, I re-live the beauty of life!

Note I: 突破三度空間 [Tu Po San Du Kong Jian (meaning A Breakthrough in the 3 Dimensional Spaces)], 2012, Malaysia, DVD 1.3.5, by Dr Chiu-Nan Lai (available in Chinese only).

Note II: Dr Lai's Health Tips, Dr Chiu Nan Lai, 2003, Lapis Lazuli Light, Singapore.

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