




Lucy Healing The Body and Mind

My name is Lucy. In March of 2008, I underwent surgery and had chemotherapy and radiotherapy for breast cancer. After my operation, I searched for complementary treatments to help with my recovery. My doctor brought up qigong, and I found out about the Persatuan Guolin Qigong Shah Alam through a friend. Thus I began my journey in learning Guolin Qigong.

I started practising Guolin Qigong in January of 2009. I would go to the Shah Alam

park every morning to do my exercises with the other qigong practitioners. I loved the peaceful environment at the park, surrounded by leafy trees and the beautiful lake.

In those early days, I was still very weak. But slowly, I got better. I find Guolin Qigong to be a very special type of exercise - gentle and suitable for those of us who are in ill health. For example, the breathing exercises supplied me with oxygen. I gained more rest as it was part of the exercises.



After a while, I noticed that I did not fall sick easily with common colds or sorethroats. At times that I did, I would recover fairly quickly, without needing antibiotics like I had in the past. I have noticed in those who are undergoing medical treatment that qigong helps with their energy levels, as well as in coping with the side effects of treatment. It also assists with our appetite and sleeping.

I further became aware of how qigong guided me in regulating my body and my mind. The nature of Guolin Qigong is a calm exercise. After a while, I began to adopt that nature in my lifestyle, growing less prone to anger. The peace and calm that I felt during the exercises would stay with me, and I was able to keep that feeling of wellbeing throughout my day.

Four years after I had been practicing qigong, I experienced some personal problems. That period of my life was filled with a lot of stress and anger. When I went for my check-up at the time, the doctor gave me worrying news - there were a few small spots showing up in my liver. To regulate my emotional state of being, I asked my qigong teacher for advice.

From then, I would do meditation every day to release my painful emotions. I realized that I had to forgive the people who were the source of my distress. It took some effort, but when I really forgave them in my heart, I felt the pain loosen its hold. I believe it is important to let go of our anger and negative feelings. Qigong helps with creating a peaceful frame of mind, healing the body and mind.

After several check-ups, the spots in my liver thankfully went away, and I did not have to do chemotherapy like the doctor had suggested. Early on, my check-ups with the doctor were every four

months. As my health improved, it became six months, then a year. Recently, I was told to come every two years.

It has been nearly 8 years now since I started practicing Guolin Qigong. I am 56 years old and dare I say, healthier than I was before the cancer. Now the qigong helps me in preventing a relapse. I can enjoy my time with my four children, with my youngest in Form 4 this year.

I do qigong every day - some days at the park in Shah Alam, and some days at the smaller park around my home in Kota Kemuning. When it rains, I practice under the shade. When I'm travelling away from home, I practice in the hotel room.

I've also made a lot of dear friends with the qigong community at Shah Alam. After we do our walking and learning for the day, we sit around together and chit-chat. We share our experiences, fears and worries. It is group therapy for us, and lets us support each other through our tough times.

To beginners, qigong is not difficult to learn. Just relax, follow and learn the steps, and after a while you will grow used to it, and begin to enjoy it! Be patient if you are uncertain; give it time and I believe you will feel the benefits of qigong for your body and mind.

For those who are in the midst of battling their diseases, of course, it is natural to be frightened and worried. I was devastated when I had cancer. But life has its changes, and after adapting to them, I realize how qigong has been a gift and a blessing to me. Try not to be too sad, or focus too much on the pain. Take a positive outlook and lead a peaceful life, get enough rest, believe in what you do, such as qigong. You can recover.

提灯练功 笑迎人生



太平分会廖志财老师。

- 罗 — 罗松昌
- 燕 — 蔡青燕
- 诗 — 蔡丽诗

群体抗癌所提倡的“自强不息”、“自娱自乐”、“自救互助”的三自抗癌精神，所施行的“以健康的精神为统帅，以自我心理调节为先导，太平郭林气功分会两位资深学员：蔡青燕、蔡丽诗分享群体抗癌的疗愈之旅，积极参与群体抗癌的治疗，成为抗癌战线上的一支劲队。

罗：通过群体抗癌，提高病友们的生命质量，为广大的病癌患者提供心理和情感上的支持，帮助他们在抗癌路上笑着走下去，请两位分享你们在太平郭林气功分会的群体抗癌心得，如何为众多患者找回信心，找回健康？

群体抗癌 力量巨大

燕：我于千禧年（2000年）就加入这太平郭林气功分会大家庭，当医生证实我患上子宫颈癌，我希望从郭林气功找到一个让我恢复元气的方法，当年我的女儿才一岁半，孩子这么小，每天就要一大清早起来，我载着她到公园，让她睡在车里，我与大伙儿提着灯来练功。

当时太平湖公园很暗，蚊子也很多，等天稍微亮了，我就叫醒女儿进来公园，在草地上铺块布带些玩具给她玩，我继续练功三小时，回想起当年练功的点点滴滴，十分艰难，所幸有大伙儿的鼓励、鞭策，时不时帮我看顾孩子，还有教功老师的耐心教导，感

动大家一起学习郭林老师的人生哲学，以奉献及乐观面对人生，带给别人希望与信心，笑迎人生，群体抗癌。

罗：群体抗癌，首选西医，结合中医，坚持抗癌健身法锻炼，讲究饮食疗法，注意生活调理的抗癌理念和抗癌模式，互助抗癌的丰富多彩的活动，群体抗癌的力量是巨大的，这个力量在心理治疗上起的作用远远胜过药物呢！

团结友爱 无私奉献

诗：我妹妹在教会的一位朋友刚好也和我一样患上乳癌，她也是太平郭林气功分会的教功老师，因为她的热诚牵引，让我加入这郭林气功的群体抗癌乐园。

郭林气功并不只限于让癌症患者或康复者练习，想要保健强身的人士一样可以做，我也鼓励我那患上肾病的先生一起来练功，在作化疗期间，我也坚持每天来练功，发现郭林气功对我们作化疗时很有帮助，提升能量。

群体抗癌，让我们走出医院，游入公园，让我们在生命的征程中一路相牵。



罗：珍惜你所拥有的，拥有你所珍惜的，所谓前人种树，后人乘凉，从最早期的提灯练功到现代的优势环境，珍惜群体抗癌的团结友爱，无私奉献，坚忍不拔，乐观向上，自救互助，在和谐、温馨和欢乐中不断走向康复。



癌过天晴 喜悦分享

黄慧明老师

练功场
爱的领悟

癌症加油站

成就别人
即是圆满自己。

爱的领悟（一） 男人生病了 被照顾是福气

60余岁的张生得了肺癌，不久转移至脑部，因病情恶化不得于动了脑部手术。

那天他在太太陪伴下前来练功，我们在练

功场除了练身也练心法，鼓励大家打开心房分享喜怒哀乐，尤其是分享彼此的康复好经验。我们叫这做话疗。

在话疗中我得知张生得病后最难接受的是被照顾。这也是许多男人要学习的一面。传统的