



Beating Top 2 Causes of Death

Happy Tai Chi Day! [April-26-2014]

Unfortunately, I could not be there to tell you how Qigong & meditation helped me. It started back in 1998 when I met my wonderful teacher Master Situ. He taught me that we all have the ability to heal our self. For me, I need both Western Medicine & Eastern Traditional Medicine. At first, I had not been a regular student for some personal reasons.

Ann Esquivel [Posted May-1-2014]

Let me begin on December 15, 1999 when I was released from the hospital to get my priorities in order. Mainly who did I want to leave my son to? Who would raise my son like I would? No one but me; anyway, my teacher said I could live to an old age of 125 years but I have decided to live to 100 years young. The doctor's diagnosis in the medical report with Cardiomyopathy—enlarged heart—and I would not live to see Christmas of that year. I informed them [to] watch me & see me succeed to my 100th year old birthday. Master had given me the tools that I needed to succeed with the Tiger Drill & meditating in the early hours of the morning. I would see my heart getting smaller & smaller to a normal size. I would also sleep in red (the color of the heart). Did you know that there is a color for every organ? There is!!!

In short, before the doctor release me from his care, he was puzzled. Why you ask? Well, the heart is like a rubber band; once it's stretched out, it can never shrink back to its normal size, so he thought. I told him that on my 10th anniversary I would pay him a visit & tell him: "I told you so" & stick out my tongue at him. I have not made it back to his office but this year will be my 15th anniversary when he said to say good-bye. I had a very good teacher who said, "The body will do what the mind says." My mind says I'm young, healthy & I'm going to live to be 100 years young.

Oh, I know you think this is a onetime event. No, I was also "blessed" with Breast Cancer (April-15-2011) & I'm a survivor. I know that might not be out of the norm, but the way I did it was. I used ETM in my chemo treatments. I remember hearing my mom tell the nurses, "Yes, my daughter sleeps with a smile." I was NOT sleeping; I was meditating the cancer away from my body. While everyone in the room would end their treatments throwing up & feeling tired; I would end mine with, "I'm hungry...let's go to eat & feeling I had the greatest rest of all times." The nurses were surprise that I was hungry & feeling great. Why not? I was in my happy place thanking the universe & my teacher for this gift of meditation.

I could go on with smaller events that I have won but the message I want to leave you with is never own it, & always remember ***that the body will do what your mind says.***

Remember to always be thankful & pass it forward.

Thank you.