

TRADITIONAL  
CHINESE MEDICINE  
HEALING CENTER

Bill Biao Lu, O.M.D., L.Ac.  
Shiaoting Jing, O.M.D., L.Ac.  
Florence Lim, DAOM, L.Ac.  
Jennifer Canfield, L.Ac., Dipl. O.M.

12304 Santa Monica Blvd.  
Suite 120  
Los Angeles, CA 90025

Phone: (310) 826-5288  
Fax: (310) 826-7178  
contact@tcmhealingcenter.com

tcmhealingcenter.com



Inside this issue:

- Happy New Year! Page 1
- Change your Life, Change your Destiny Page 1
- Welcome to the World! Page 2
- Change your Life, Change your Destiny, cont. Page 3
- Liver Detox! Page 4
- Inspirational Teachings Page 4



Join Us  
On Facebook

# Got Qi?

Winter 2016

## Happy New Year!

### February 8th, 2016 welcomed the Monkey year!

The Monkey is a problem solver, eager and ready to fix situations and make order out of chaos in 2016. Fire Monkey years, in particular, are characterized by major wakeup calls and global shifts. From the increasing acceptance of the reality of climate change, to implementing solutions to delay its progress, 2016 will be the year of finding concrete solutions to our problems. Methods of healing such as acupuncture, Ayurveda, traditional Chinese medicine, homeopathy, and osteopathy will continue to gain in acceptance in 2016, particularly as people are becoming fed up with the pitfalls and side effects of conventional western medicine.

Being that the Monkey's job is also to weed out greed and corruption, 2016 will see a growing number of countries outlawing the use of toxic pesticides, insecticides, and genetically modified organisms (GMO's). Depending on your astrology sign, this may or may not be the ideal year when it comes to love and romance. Nevertheless, be sure to notify your partner if you plan on making any major changes in your personal life, such as starting a new exercise program or working towards a different career. Otherwise, he or she may feel left out... or leave you out!

At a personal level, the Monkey year will fare well for most, as long as you look both ways before crossing the street! Those born in the years of the Dragon or Rat should have an easier time in 2016. For the hard-working Ox and Horse, the Monkey year should also be a cinch! Roosters and Dogs may have a harder time getting by in the scatter-brained Monkey year. While the Monkey year can be a good year for starting new projects, contracts, or jobs, you should take care to thoroughly weigh out all possibilities before rushing into something new because - don't forget - the Fire Monkey year can also be rife with deceit! Research and study each situation well, and you can come out winning in the end. The Fire Monkey year is also a great year for embarking upon a new health regime or exercise program.



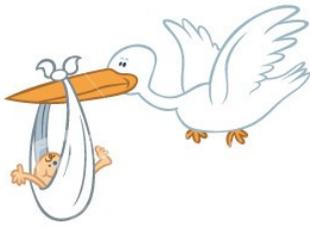
## Change your Destiny, Change your Health

By Shiaoting Jing

During the holiday season, our whole family joined the Pure Land Learning College, 9<sup>th</sup> Morals and Virtues Program in Australia, Tuwoomba. The weather was quite comfortable for summer, blue skies, pure air, and we had beautiful mountain views. We ate only self-grown vegetables, completely vegetarian and organic, and helped daily with the gardening.

There was a strict schedule every day, no phones, no Internet—allowing us to be fully present in the moment. The day-to-day involved meditation, chanting, tai chi, qi gong, and chores, such as cooking, cleaning, gardening, and exercise and meditation classes. One of the primary teachings focused on the book of Liao-Fan's *Four Lessons, Changing One's Destiny*. We were taught that to truly become a good person, we had to "practice below," meaning to be humble, to respect every being as the same. These teachings truly touched my heart.

The ways to change destiny, as taught, include recognizing that good fortune is not luck—it's an accumulation of virtues built up over time. This book is Mr. Yuan Liao Fan's writings to his son on how to become a good person. **The way to change destiny is to give to others, it describes; by doing enough meritorious and virtuous acts, you can change your destiny.** Live as if everything in the past dissolved yesterday and a brand new future begins today. Mr. Yuan told his son we should always prepare for the worst. Therefore, even in times of prosperity, be humble. When things are going your way, be mindful of adversity. When you have enough food and clothing, be mindful of poverty. When you are loved and respected by all, remain apprehensive and conservative. When your family is greatly respected, carry yourself humbly. When your learning is extensive and profound, always feel that the more you learn, the less you know. For the past, we can think of how to advocate the virtues of our ancestors. For the present, we can think of how to forgive the faults of our parents. For the country, we



# Welcome to the World!

## Expecting Mothers:

- Molly S.
- Lee D.
- Ama C.
- Amanda T.
- Jennifer J.
- Leah E.
- Leslie P.
- Meghan O.
- Magdalene D.
- Elizabeth K.

**Dylan**



Welcomed by Cassidy and Brian  
 Born: October 13, 2015  
 Weight: 8 pounds, 5 oz  
 Length: 20 inches

**Valentino**



Welcomed by Melissa and Dominic  
 Born: June 1, 2015  
 Weight: 7 pounds, 6.7 oz  
 Length: 21 inches

**Henryk**



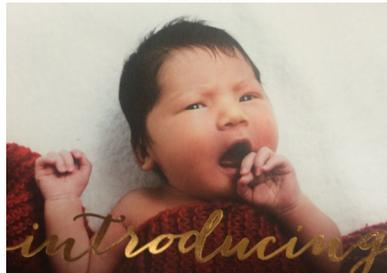
Welcomed by Michelle and Cyrus  
 Born: December 7, 2015  
 Weight: 9 pounds, 3 oz  
 Length: 22 inches

**Sairus**



Welcomed by Katekanok and Saihum  
 Born: June 5, 2015  
 Weight: 6 pounds, 11 oz  
 Length: 19.5 inches

**Malin**



Welcomed by Karen and Eric  
 Born: November 18, 2015, 7:34 pm  
 Weight: 7 pounds, 8 oz

**Jacqueline**



Welcomed by Alexandria and Perin  
 Born: November 24, 2015  
 Weight: 6 pounds, 14 oz  
 Length: 19 inches

**Baylor**



Welcomed by Maryl and Dave  
 Born: September 16, 2015  
 Weight: 7 pounds, 5 oz  
 Length: 18 inches

**Elliana**



Welcomed by two proud parents

## Change Your Destiny, cont.

can think of how we can repay its kindness to us. For our families, we can think of how to bring about good fortune. For other people, think of how to help those in need around us, and from within ourselves, think of how to prevent improper thoughts and actions from arising.

We need to admit our faults daily and correct them immediately. If we are unable to detect our faults, then we will think that everything we do is right. When we are unable to correct our faults, improvement will be impossible. There are many intelligent people in the world that cannot improve in their cultivation of morality and virtues or in their work. Their failures in this life are owed to a single word: laziness.

We also learned from Mr. Yuan Liao Fan that there is a way to reform our faults. **First, we must be able to feel ashamed.** Often, we do many improper things secretly, thinking others will not know about them, and then we are shamelessly proud of ourselves. If we know shame, we will put forth our best efforts into correcting faults and eventually attaining sage hood, or becoming a virtuous person.

**Second, is to know fear.** Mr. Yuan talked about when people are doing an unethical act, the law will punish them. When one's wrongdoing is a small/minor fault, it will still reduce one's current good fortune. How can people not feel fear? Even when we are alone in the room, beings and spirits watch us carefully and record everything. Celestial beings and earthly spirits hover over our heads in observation. There is no way for us to deceive them. Even when our wrongdoings are done in a concealed place, the beings and spirits of heaven and earth are present and see all our faults. If bad deeds are serious, then all kinds of adversities may befall us. If faults are minor, they will still reduce current good fortune.

**The third way to reform is to have a determined and courageous heart.** When we hesitate to reform our faults because we do not really want to change, we are content with what to change, and content with what we think we can get away with. For a reform to take place, we must be resolute and resolve to change immediately. We should not hesitate or postpone until tomorrow or the day after. There are also three methods of practice to help us reform. The first is changing through behavior, the second is change through reasoning, and the third is change from the heart. Trying to force ourselves to suppress our faults is extremely difficult because we have not permanently uprooted our faults—we have merely temporarily curbed them. Therefore, changing through behavior cannot help us to permanently eliminate our faults.

We should always reflect upon ourselves first. In doing so, criticism can become a training ground to refine our character and to strengthen our abilities. We should be very glad to accept someone else's criticism and guidance. What is there to be angry and complain about? Likewise, in the face of slander, we should maintain the mind of stillness. Although slanderous rumors spread like a huge fire, like a torch, they will eventually burn themselves out. If we become angry and try to defend ourselves when slandered, it would be like the spring silkworm spinning its own cocoon and suffocating itself. Becoming angry does not benefit us—it will harm us.

If we understand the principle behind the need for reform, we will more readily try to correct our mistakes. **What does changing from the heart mean?** Although we have thousands of different faults, they all stem from the heart, from the mind. If our heart and mind are still and at peace, then harmful actions will not arise and faults can be avoided.

We do not have to be controlled by the desire for fame, profit, or anger. All we need is a sincere heart to practice good deeds. As long as our hearts are virtuous and kind, then naturally our mind will not have any improper thoughts. **The best way to reform our faults is through cultivating our hearts for purity, and understanding the reasons behind the need to change.** It is foolish if we ignore the best way—that is to reform from the heart, and confine ourselves to the inferior way of reforming through behavior.

We are all just ordinary people with numerous mistakes. Often, when we look back we do not even see our faults because we are careless and do not know how to reflect on our actions. All these are symptoms of having accumulated too many offenses! Our heart may feel confused and oppressed, lacking of energy. We will become extremely forgetful and filled with worries, even when nothing is happening, feel embarrassed or depressed meeting a virtuous person, or become displeased at hearing proper reasoning. We may have nightmares when everything is upside-down and talk incoherently and behave abnormally. These are all signs of misfortune.

If we have any of these symptoms, we must immediately reinforce our willpower to correct our faults, cultivate virtue and self-reflection in our everyday lives, and return our hearts and minds to a state of clarity and stillness. It is necessary to start anew and not delay.



**TRADITIONAL CHINESE  
MEDICINE HEALING  
CENTER**

**Bill Biao Lu, O.M.D., L.Ac.  
Shiaoting Jing, O.M.D., L.Ac  
Florence Lim, DAOM, L.Ac.  
Jennifer Canfield, L.Ac., Dipl.O.M.**

12304 Santa Monica Blvd.  
Suite 120  
Los Angeles, CA 90025

Phone: (310) 826-5288  
Fax: (310) 826-7178  
contact@tcmhealingcenter.com

**tcmhealingcenter.com**



**The way to cultivate goodness:**

- To support the practice of kindness
- To revere love and respect
- To help others succeed in practicing goodness
- To persuade others to practice kindness
- To help those in desperate need
- To develop public projects for the greater benefit of people
- To practice merits by giving wealth
- To protect and maintain proper teachings
- To respect elders
- To love and cherish all living things

The five days of this trip passed so quickly. I truly felt my heart attach to the beauty of Liao Fan's teachings and the center's surroundings. This was the best vacation we have ever had. To close, I would like to share some words from the day class began:

**Inspirational Clauses**

Morning has broken with golden rays; a beautiful day has just begun. With a new beginning, May I wish to have a new understanding and reward. May I be filled with confidence; may I learn with joy. Regardless of the situations, may I cherish the day fully. I may not be as wise as I should be.

I shall have the resolute confidence in overcoming my clumsiness.

I shall have the relentless energy in getting over all difficulties.

I may not have good abilities as I should be.

I shall persevere when faced up with hardship. I shall self-encourage.

With deep belief, I shall embrace the joy of Improvement.

I may react slowly.  
I shall focus on my learning.  
I shall neither worry, compare nor feel discouraged.

With continued diligence, I shall make up for my lack of natural talents and go beyond myself.

I reckon that I may have many shortcomings. I shall have a positive attitude in learning. I shall have the courage to change and diligence to learn.

May I improve and qualify as a better person. I may be mediocre.

I shall bring a broad smile on my face. I shall speak less; I shall endeavor harder. I shall carry out more good deeds, and see no evil in others.

**Liver Cleanse for Spring!**

TCM Healing Center is excited to announce a return of our **Liver Detox Program** — just in time for Spring! Signs the Liver may need a gentle detox or balancing include:

- Frequent headaches
- Fatigue
- Neck tension and pain
- Changes in digestion, gas and/or bloating
- Hormonal imbalance or PMS
- Acne or changes in the skin
- Mood swings, irritability, and/or depression
- Lack of libido
- Less than optimal sleep quality

Call the front desk today for more information! (310) 826-5288

May my life journey be more enriched.

If I encounter setbacks today, I shall fight like a warrior. I shall find strength in life by putting off my cowardice.

Embracing an open heart, I shall have the courage to press on.

If today does not go well, I shall inject my life with determination. I shall take the storm with joy.

May my life be filled with immense pleasure and hope.

May everyday be a great day. May I take control of my direction in life.

I shall not waste time. I shall live my life to the fullest and have no regrets.

I shall be a joyful and blissful person. So many people quietly cared for me, supporting me through their tears and bloods,

Without them, I will not enjoy the good fortune today. So many people looked forward to my growth and provided me with assistance along the way.

Without them, I will not be who I am today. Be grateful to all those who selflessly dedicated themselves to us.

Be grateful to the Universe for creating a beautiful home for us.

May I cherish a beautiful tomorrow. May this life be lived to the fullest.