

Walking Meditation



I have repeatedly stressed that to attract good fortune, one has to improve upon his overall energy. One of the most recommended methods is to maintain a healthy energy body is meditation.

People often shun meditation because they mistakenly believe that it should be exercised laboriously with long hours of sitting cross-legged, in peaceful environment and free of all mental distractions. However, I would wish to promote a simple form of meditation that takes minimal effort to exercise and it can be effortlessly cultivated into your daily routines.



This simple form of meditation I would wish to recommend is called “Walking Meditation”. It is especially designed for those who wish to improve their grounding and connect to Mother Earth.

The simple exercise begins by putting your best (left) foot forward. Imagine that you leave behind a foot step – better to colour your footsteps red though some more ambitious individuals would imagine golden or silver. So, as you walk you visualize that you are like a Qigong exponent

imprinting footsteps on the ground with your inner Qigong power. Hear your footsteps as well.

The whole idea behind is to train your mind to focus on the feet, and by doing so you are sending energy there. This is in line with the Chinese Qigong/TCM principle that the mind leads the flow of energy in our body.

When this is practised over long period, the walking meditation exercise would help open up/activate one of your body's important "feeder systems" – sole minor chakras (*also known as Yoong Quan acupuncture points*). Through which we are supposed to discharge energy waste as well as receiving the replenishment of clean energy from the ground. Those with illnesses associating with their legs would also find relief in this method.

For those who are suffering from cancer and undergoing chemotherapy treatments would also benefit from this simple walking exercise. As it helps them to replace their whatever energy toxics caused by prolonged exposure to radioactive treatment with the positive nourishing energy from the ground.

Golfers who do a lot of walking during their golfing sessions should find this exercise useful. This exercise tends to improve not only their overall health but also their sense of balance and concentration power when they swing their club and hit the ball forward.



Now the reason why you start with the left foot:

(1) Chinese believe that the left is Yang so it is auspicious to start with the Yang foot. In fact, it is said that if you wish to have a successful day, you step down from your bed with your left foot first. When you leave your house for work you also put your left foot out when you step out of the door.

(2) According to old Egyptian folklore, the left is in alignment with your heart which is the seat of spiritual power. So you start off with your left foot first.

CAUTION – PLEASE DO NOT PRACTISE THIS METHOD WHILE CROSSING THE ROADS.



Master Anthony Leong

I specialize in fine tuning and turbo charging of energy for Health, Healing & Good Luck Energy.

Additional Services:

1. Empowering of talismans, charms, and pendants (including stones and crystals)
2. Cleaning of skin, pores and face to bring back a healthy glow and receive positive and good luck energy.
3. Divination of wealth, health, career, relationship and family matters.

For appointment,

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