

THE LIGHT SHINES THROUGH THE DARKNESS

In this article, Dr. Aung shares his experience with the International Peace Pagodas and the Eight Medicine Buddhas.

COVID-19 is a world-wide message to move closer to our inner light and to unite in the search for wellness. When we are most vulnerable, or in the face of anxiety, stress, illness or death, it is time to scale up our ability to understand healing from both the 'inside out' and the 'outside in'.

I'd like to provide a helpful perspective on how loving kindness and spiritual energy can be foundations for our recovery through two benevolent spiritual masters whom I have had the privilege to know.

Sayadaw Gyi U Thila Wunta and Healing Pagodas



The Honourable Sayadaw Gyi U Thila Wunta, my childhood teacher in Myanmar who was a humble and joyous enlightened high monk, believed in energetically active healing sites. His actions in life have left a peaceful and healing legacy. My young mind was always intrigued by his shining plan to encircle the globe with peace monuments. He planted a seed in my heart for world peace, international harmony and universal healing. Years later in Canada, after I had established myself professionally, it was time for me to step in wholeheartedly to support him.

We found common ground again in the International Peace Pagoda Project. Guided by his teacher, the benevolent enlightened Aba Bodaw Aung Ming Gaung, the Honourable Sayadaw Gyi U Thila Wunta and I followed the plan to build pagodas that resonated healing from energetically active sites around the world. Later, I understood that the pagodas were like acupuncture needles to the Earth and creates healing energy. Pagodas will never run out of positive energy as each pagoda contains a selection of highly charged holy relics – crystalized remains of consciousness after cremation from various enlightened, holy beings.

For the next two decades, a dedicated group of my patients, students and eminent monks from the Dat Pon Zon monastery in Yangon and I took time to participate in noble and spiritual jobs on the construction team, travelling to five continents, in countries from South Africa to Brazil to Australia and New Zealand to Canada and the United States, and back to Myanmar with the Burmese monks. Five continents saw 32 pagodas constructed in Sayadaw Gyi U Thila Wunta's 100-year lifetime.

Sayadaw Gyi U Thila Wunta's International Peace Pagodas are all connected with a global, cosmic energy flow and they resonate positive healing energy all over our living Earth. These pagodas are preliminary steps to establishing world peace, international harmony and universal healing for future generations. The energy they radiate, combined with blessings of loving kindness, are what I share with you.

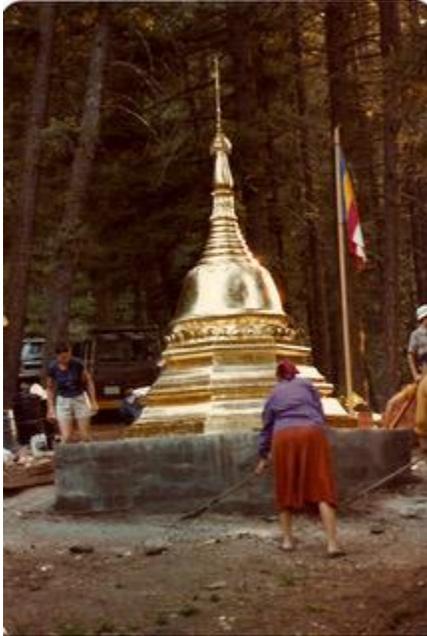
His Holiness the Dalai Lama and The Eight Medicine Buddhas



Another defining moment, was when I received a gift of Eight Medicine Buddhas from His Holiness the Dalai Lama. On Jan 21, 1991, I was blessed with a rare meeting with him in Dharamsala, India. During this meeting, His Holiness shared that the preconditions for healing are happiness, compassion, good intention, and positive energy. He designed and gifted me Eight Medicine Buddhas, saying it would be an excellent idea if I could arrange for the transport of the Eight Medicine Buddha statues to Edmonton to support healing for Canadians and the World. His close associate, The Venerable Amchok Rinpoche, came as our guest to Edmonton in 1995 during the World Congress of Medical Acupuncture and Natural Medicine to consecrate the statues.

I have been committed to sharing the noble and precious healing of the Eight Medicine Buddhas and the 32 healing pagodas during the course of my medical practice, and I credit the success and positive effects of my practice and teachings to this. I'm like a plant growing every day. They are like a water supply and sunshine as I support your wellness. I believe the Eight Medicine Buddhas and the 32 pagodas are a source of impeccable healing energy to help all of you during the COVID-19 pandemic.

The Light Shines through the Darkness of COVID-19



Now is an exciting opportunity to discover our own power to forge the path to our well-being. The energy of the planet shifts if we unite in our actions. The Medicine Buddhas and the pagodas are powerful catalysts working in the background and are simply a slice of what is possible as we begin to discover a new strength together. The new understanding is that we are all united in humanity and, when unity is present, we have the capacity to heal and be well.

Isolation has forced us to stop and focus on self-care and also consider the health of others as a collective unit as we follow World Health Organization, government, medical and professional association guidelines.

Treatments with loving kindness, compassion and good intention have been proven to be more effective. The

Dalai Lama taught me that as we give with the compassion of our hearts and respect, our world becomes healthier. Sayadaw Gyi U Thila Wunta taught me that if you lead with your heart, you will always be successful. I have always followed the advice of His Holiness the Dalai Lama and Sayadaw Gyi U Thila Wunta.

**Without compassion, there is no healing
Without healing, there is no medicine**

My commitment is to be there for you as a world navigates through the COVID-19 virus and it is my privilege to be with you on this new journey of mind, heart and spirit healing.

I would like to share with you my Aung Vital Energy Medical Qi Gong exercises for COVID-19. My commitment is to help as many people as I can with love, compassion, disciplined Qi Gong practice and a belief that a new world of healing has been born.

The world is one and we are meant to be healers together. This is the future of medicine.

SADHU SADHU SADHU AMYA AMYA AMYA

I bless you and your beloved families with all my love and heart,

Dr. Steven K. H. Aung, CM AOE MD PhD FAAFP