



Discover Inner Harmony

# HE YI DAO

*Moving*

*Meditation*

*Exercise*

# What is Meditation

In a world that moves fast and never stops demanding, meditation is a sacred pause—a return to your true self. Rooted in the ancient wisdom of "Zen," meditation is not just a practice, but a way of life. It offers modern people a path back to inner peace, clarity, and harmony with all that is.

Meditation purifies the mind, sharpens focus, strengthens self-control, and calms the heart. But most of all—it invites us home.

To begin, choose a serene space. Soft light, gentle air, and a quiet environment are ideal. While many find renewal in nature—by a flowing river or in the embrace of a green forest—you can also create a peaceful sanctuary in your home. What matters most is intention: that you're choosing peace.

As you settle in, let your body relax. Close your eyes gently. Breathe slowly and with awareness. Exhale first—let go of what no longer serves you. Then inhale calmly through your nose, and release through your mouth. With each breath, feel your mind soften and your spirit begin to shine.

Smile lightly. A true, gentle smile relaxes your entire being. Let your shoulders drop, place your hands on your lap, and enter a state of effortless stillness. This is the foundation of all deep meditation.

But meditation is more than technique—it is a sacred attitude. It's a quiet discipline that awakens compassion, gratitude, and alignment with the laws of nature and life. Those with a kind heart often find meditation comes easily. And for those who feel restless or impatient, this practice becomes even more essential—a healing balm for the soul.

At The Healing Circle Foundation, we honor meditation as the first gateway to HEYIDAO—a moving meditation that helps unite body, mind, and soul with the universe. As you continue reading, you'll discover stories of healing, hope, and harmony. Each one begins with the same spark: a quiet mind and an open heart.

Let this be your beginning.

# Real Stories, Real Healing

*When the heart opens and energy flows, miracles unfold.*



## **Healing From Liver Disease** **Mr. Song**

In 2008, I suffered from acute liver disease. My serious condition causes lethargy and weakness. I had to give up work and have to take medication and injections everyday. My condition is unstable and I lost confidence towards my health and future.

After Lu Xia knows about my condition, she comforted me and taught me HEYIDAO to help me treat my liver disease. I listened to her instructions to practice every day. I had a firm belief that Lu Xia can help me. I told myself that I have to recover because I still have many things to do and I would like to help more people.

After a period of time, my body slowly recovered. Every time I went for a medical review, the reports show improvement. Slowly, my medication dosage reduces, my body and psyche recovered and I can return to my work again.

I now have a harmonious family and I am motivated at work. I strongly believe that with Lu Xia around, there will be no fear of disease and difficulties anymore.

Besides teaching students on self-cultivation method for health, Lu Xia also focus on improving moral principals. She insist that we should learn to be tolerance towards others and show gratitude to the country. Repay back to the society and spread love.

I have a broader-mind with a sense of justice now. I also know how to honor my parents, and protect my wife and children with love, be more helpful to others and the society with love.

# What is He Yi Dao



HEYIDAO (合一道) is more than a practice. It is a way of life. It is the sacred path that unites heaven, earth, and humanity—guiding us to live in harmony with the rhythm of the cosmos.

Created by Master Lu Xia, HEYIDAO is a powerful energy movement system that awakens the seven chakras, harmonizes the body with universal energy, and unlocks the hidden potential within each of us. Every movement, though gentle and simple on the outside, works deeply to restore inner balance, clear negative energy, and align our lives with love and clarity.

HEYIDAO is rooted in ancient wisdom, yet perfectly suited for modern times. It integrates the body and soul, connects our health, family, and purpose, and bridges the forces of heaven, earth, and humanity into one unified flow. Through the grace of HEYIDAO, we reconnect with our origin. We remember our true nature. We return home to harmony.

## Benefits of HEYIDAO ?

1. **Heal and Prevent Illness** : Strengthens the immune system, balances internal organs, and activates the body's natural healing response.
2. **Awaken the Seven Chakras** : Keeps energy (chi) flowing through each vital energy center, restoring clarity, vitality, and emotional stability.
3. **Enhance Life Potential** : Releases energetic blocks, awakens your inner light, and helps you live with purpose, power, and peace.
4. **Connect with the Universe** : Receive pure cosmic energy to transform your energy field, shift your frequency, and open the door to better luck and new opportunities.
5. **Activate Extra-Sensory Perception (ESP)** : Deepens awareness and sensitivity—allowing you to feel, sense, and understand energies beyond the physical.
6. **Become a Healing Channel** : With practice, you gain the ability to not only heal yourself, but also support the healing of others—spiritually, emotionally, and physically.
7. **Awaken Your Divine Human Potential** : HEYIDAO helps you return to your essence. From that place of clarity, your gifts, joy, and higher path naturally unfold.







## **A Miracle in the Face of Cancer**

Mrs. Shao

In December 2010, my husband show signs of adverse reactions in his body. He loss weight and had bowel movement problems.

On April 2011, I brought him to Hong Kong for a medical check up and found out he had 4th stage colorectal cancer with a cancer index of 4020. He was very thin and in a state of cachexia. Other then surgery and chemotherapy, there is no better way.

Moreover, his condition has come to the final stage. So we chose for a conservative treatment.

So I put down my work at hand and brought my husband to seek help and advice from Lu Xia. My husband had faith in Lu Xia, he followed strictly with Lu Xia's method of receiving energy every day with HEYIDAO.

Three months later, we went for another medical check up and the cancer index has dropped to 151. I witnessed my husband recovering each day and the cancer cells index decreases. I am deeply impressed to see the miracle of Lu Xia's method in the whole process.

Thank you Lu Xia for giving my husband this miracle, I also believe this miracle had also broke the limitations of the modern medical field.

My husband's recovery also brought hope and completeness to my family.

Thanks you Lu Xia for teaching us the cosmic energy receiving method. I hope that more people benefit from Lu Xia's advise and help for a better tomorrow.



## **Reclaiming Life From Rheumatism**

**RMs. Niu Ai Lan**

My name is Niu Ai Lan, age 38, a primary school teacher and also a more rational person. I suffered from rheumatoid disease for ten over years in which I had to bare the pain and suffering, loosing confidence in life.

After attending the "Cosmic Energy Practitioner" program, the miraculous cosmic energy discharged a large amount of negative energy out from my body. I also learned how to receive positive energy of the universe for my own use which I practice every day. A month later, my health actually got better, there is hope back in my life again.

HEYIDAO has become my daily routine ever since till today. My persistence in practicing HEYIDAO has made a change in my health condition. I have been practicing HEYIDAO with meditation every day once in the morning and once in the evening. I feel very relaxed, leg brisk and energetic during the day.

On 7th May, evening after I had finished practicing HEYIDAO and meditation, I felt severe itching on my calf and ankle. I wondered, what happened? Suddenly, I thought it must be a sudden rush of my blood circulation, a recovery reaction, the energy traveling in my body that caused the lesion itch. The itch lasted about 10 minutes and it subsided after that without any discomfort.

Another biggest change that I discovered was my swollen ankle was healed. Beginning of last year, I had swollen hands, face and feet. Two months after attending the course, all the swollen parts are gone, I do not feel the itch anymore and I lost some weights too.

My limbs are now more flexible and can move easier now.

I will continue to practice HEYIDAO and meditation as I believe in teacher Lu Xia teachings.

**Mr. Li – Shandong, China**

“I struggled with drug addiction for eight years. My body was so overwhelmed with toxins that my hands turned black. After learning to cleanse negative energy from Teacher Lu Xia and practicing HEYIDAO, my hands returned to a healthy color. The toxic fog lifted not only from my body — but from my mind. Now, I feel clearer, calmer, and more alive.”



**Ms. Liang Jinxuan, 62 – Singapore**

“In December 2014, I had knee replacement surgery on my right leg.



Recovery took six long months. When I had the same surgery on my left knee in June 2015, I was worried I'd face the same pain and delay. But just a week later, I joined Master Lu Xia's ‘Negative Energy Detox’ course in Singapore. After the session, I practiced HEYIDAO daily at home according to Lu Xia's instructions to continue receiving energy. Miraculously, within just one month, I was walking again — no crutches, no wheelchair. I never imagined healing could happen this way.”

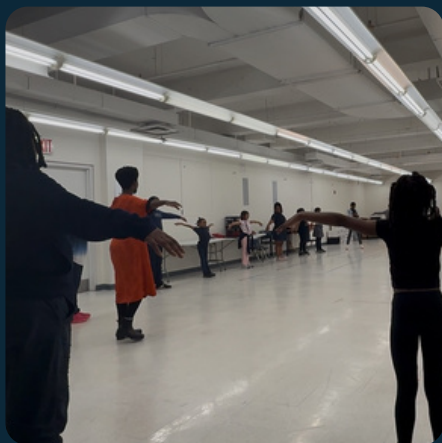


**Ms. Chen, 60 – Singapore**

“Before attending the Senior Wellness Program in Singapore, I often experienced bleeding during bowel movements. After three months of HEYIDAO and energy-cleansing practices, the bleeding completely stopped. My body feels more balanced, and my confidence in natural healing has grown.”



New Visions Charter High School



HVA Elementary

# HEYIDAO in Action

*Serving NYC with Love*



NYU Staff Caring Culture



Self Help Senior Center



## Elderly Homes & Centers

In our Elderly Enrichment Program, we offer gentle HEYIDAO movement, dance, and breath practices that bring peace to seniors' minds and vitality to their bodies. Residents often say it's the most peaceful part of their week. Smiles return, pain softens, and hearts open.

*Carter Burden Network*



## Schools & Youth Centers

Our Mindful Child Development Program brings HEYIDAO and mindfulness practices to students in New York City schools. Children learn how to focus, regulate their emotions, and build confidence with SEL. Educators have noted improvements in behavior, attention, and classroom harmony.

*New Visions Charter High School*



## Wellness Workshops for Communities

We regularly host public wellness workshops where anyone — from busy parents to young adults, caregivers to entrepreneurs — can come experience HEYIDAO firsthand. These workshops open a sacred space for connection, transformation, and rest.

*Good Shepherd Services*



## Staff Wellness Days

We've supported front-line workers, social workers, educators, and medical teams through Staff Wellness Days. Our HEYIDAO sessions help reduce stress, restore balance, and reignite purpose — even in the most demanding careers.

*NYU Staff Caring Culture*



## Community Centers & Nonprofits

We collaborate with fellow nonprofit organizations to bring HEYIDAO to, rehabilitation centers, and mental health programs, offering hope and tools for healing to those most in need.

*"Fostering harmony within individuals, families, and communities —  
creating a more harmonious world."*

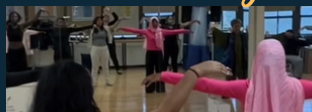






# Testimonials

*Serving NYC with Love*



Community Wellness Events  
Workshops, Residencies &  
Programs

Serving Youths, Teens, Adults  
& The Elderly



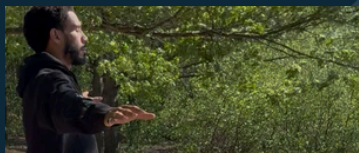
## Keiara M. 11th Grade

“Before coming into class I was filled with negativity. I was feeling down and upset, but I had it with a smile. During the session I felt all my emotions in one ball.. A ball filled with marbles came out one at a time... after the class... I felt at peace.”



## Farley Free R.- Professional Dancer and Creative Artist

“This was unlike any experience I had. I could feel my entire body and the energy healing my injuries as I move. I felt like my body was making adjustments that it needed, versus me telling it what to do. There were moments where I could feel flares of energy shooting out expansively and I fell into a flow state as I followed the breath and being able to let go. Even with my injuries I was able to move in ways that I didn’t know possible as my body was making its own adjustments. I feel completely different at the end with the tension dissolving .”



## Clewert Sylvester, MD, GC-BMH

### Assistant Director

### Health & Wellness Initiatives

### Carter Burden Network

“Our Community loves the HEYIDAO Wellness Program because it is amazingly accessible. From breath work to moving meditation, dance, even singing it is full encompassing. The relaxed and healing joy in the room is beautiful to watch. THEY LOVE IT”



*“Fostering harmony within individuals, families, and communities —  
creating a more harmonious world.”*





Unlock balance, vitality, and inner peace through gentle, flowing movements.

✨ **Connect With Us To**  
**Learn More** ✨



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