

February 25, 2005

Sifu Roosevelt Gainey
The Taoist System of Living Arts, Inc.
Brooklyn, New York

Dear Sifu Roosevelt:

This letter is to thank you for all of your efforts, but most of all the gift of your teaching. There are so many words that I can say, but there are none to truly describe how you have touched my life that which one can only say with eyes alight and a smile.

My Personal Progress

Since first attending your classes last September, my health has made a major turnaround for the better. I had suffered from several health issues such as hypoglycemia, which set off a series of conditions such as acne, pain, and swelling of the joints, a hernia from my youth as well as torn ligaments and foot pain from an injury as a youth. My energy was down to say the least. After an eight to ten hour day at the office and/or school, I was wiped. Night school, hobbies and outside activities were slowly growing out of my reach. I became nervous when anticipating a long workday (even long walks from leg and foot pain) as I felt my days growing shorter and shorter in terms of productivity.

The first thing I noticed was clarity. I was calm and my tiredness became more infrequent after learning conscious breathing. The next major step was learning to stand and walk properly again. Improving my posture and walking allowed me greater freedom from leg pain. Typically, after working in the laboratory at the college for an entire day, I would be completely wiped out on Fridays needed to go home and sleep. One Thursday, you introduced the class to circle walking with proper posture, which we practiced for 45 minutes. That night I had so much energy I could not sleep - I was up until 3 AM with no leg pain or swelling. The next morning I thought I would be exhausted having to start work at 8:30 AM, but I did the breathing and tried to be conscious the entire day of my walking and standing. Not only did I not have to go home and sleep after work, but I then went out walking with friends for 4 hours then came home only to go out once again to the movies. I have never been able to do this as a lab technician. I felt I could finally live as I had 10 years earlier.

My sudden bursts of acne became less frequent and my energy level continued to increase as I drank 8 ounces of water every hour or so as you instructed along with the conscious breathing. This wiped out that fuzzy unclear feeling that many suffer from with blood sugar problems.

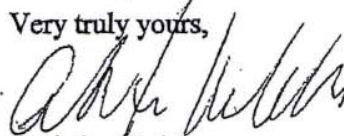
The leg pain continued to dissipate as I did Hindu squats. My feet changed as I continued to do circle walking to the point where they almost never swell. They became more relaxed, stronger and softer as I discovered just how much tension I had held in them. One night after a party, my feet began to hurt from high-heeled shoes that I feared were too small and narrow for my feet. I refused to attempt the walk to the car several blocks away in such pain so I took my shoes off. Barefoot and in hose, I started my walk anticipating old leg swelling and further foot pain.

However, I was determined to make the most of it. I started conscious walking and breathing and found that my feet felt soft against the ground. It was also winter and remarkably, my feet did not feel cold, but cool and comfortable like they were set free from prison. As you well know, the city is ripe with glass and hard-unfinished pavement. My feet had no ill effect, but felt refreshed. After almost a year of circle walking, my feet had changed right under me before my very eyes.

After two to three months of standing, my legs are continuing to become stronger and leaner - swelling is minimal and very infrequent. It seems to slip in during periods or days when I do not take part in "standing exercises" coupled with long days.

Truly, I feel stronger, lighter, steadier, clearer and far more aware than I ever have. Perhaps, I could relive the last 10-15 years of my life free of pain and full of energy.

Very truly yours,



Christine Kulaka