

SUPER
LIFE
Secret Codes

A PROMISE *of* A THOUSAND YEARS

TRUE STORIES FROM SUPER LIFE SECRET CODES READERS



TED SUN

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A PROMISE OF A THOUSAND YEARS

It has been said that a person's current life is a continuation of their past life.

Gradually, as we encounter people in life and the wonderful feelings associated with them, we have a sense of Deja vu and cannot help but to step back and ponder how the affinity between everything has reconnected.

Since the publication of “Super Life Secret Codes” in the winter of 2010, I have encountered tens of thousands of readers during this period. From these meetings, I felt an affinity towards each person that was not only from a previous life, but even as far back as thousands of years ago.

I could not help but notice this affinity is an attraction that brings people together. My affinity with many of these people were formed in the past during their spiritual cultivation. My conclusion is that when the time is right, fate shall bring us together again.

I am grateful that through the book “Super Life Secret Codes”,

I am able to reconnect my affinity with everyone. And with the daily implementation of the teachings in the book, tens of thousands of testimonials have been generated describing how peoples' lives have changed. People now can attain abundance and finally grasp the essence of success! Because of the pouring in of testimonials, we had to develop multiple platforms to be able to share them all, so we created an online platform.

On the second run of “Super Life Secret Codes”, the original plan was to include the testimonials at the end of the book, but there were too many, and each one was so moving that I wanted to share them all and had no choice but to compile them all into this book.

I hope that you will cherish these stories and your life will be enriched so that you will be able to resolve all the problems in your life. From here on out, you and I are on the stage of life together and will be applauding and encouraging each other bravely changing the idea of “waiting” to “achieving” many accomplishments in life!

At this point, as I think about the Super Life Secret Codes volunteer editors and illustrators, that worked on the book “A Promise of a Thousand Years”, day and night and I feel very touched. The purpose of their hard work and contributions were to reach out to more people and help them receive the incredible

love from the Universe, just like they have. And through the Super Life Secret Codes methods each person can perfect their life and achieve success and happiness.

In this way, unconsciously, we connect the affinity of a thousand years. If there is an afterlife, then the gathering of everyone at this moment will add brighter colors to the next stage of life. As soon as this book is ready to be published, I sincerely hope that everyone from all over the world will work together, whether it is on the internet or in the real world, to share, and circulate this book as soon as possible, to help more people avoid suffering.

Whether you believe in merits or not, if you encounter issues or emergencies, you can, in the morning, face the eastern Sun, local Gods, temple or church, and sincerely communicate with the Universe and pledge-make to circulate this book. In doing so, your problems can go from big to small, small to nothing, becoming a miracle in life.

—Master Ted Sun

NEVER FORGET THE SOURCE GETS ENDLESS AFFINITY

After listening to the song “A Promise of a Thousand Years” written and composed by Master Ted Sun, the gripping lyrics conveys the affinity and promises between the Master and students for thousands of years. The graceful music leads people into an ethereal state. I have listened again and again and am always moved, having a different understanding every time.

Gradually, I realized that Master had clearly interpreted the past, present, and future in the artistic conception of lyrics and music, and have clearly guided readers and students to not worry about the past and the future, to build dreams bravely and steadily at this moment, and unite the body, mind, and spirit into one, together with the Universe.

Master's compassion, unselfishly unveiled the visualization mediation to the world, and his heart is as vast as the sky and the mother Earth. He hoped that his students would not be limited by the difficult scriptures and he did everything possible to use the most simple and understandable way to explain the truth of the Universe. His goal was for students to quickly understand the truth and receive abundance. After learning and practicing, to enjoy the sweetness that followed happiness, and become the next

new favorite of the Universe.

Master emphasizes on scientific evidence and logic, finding the source of the problem, and teach us not to regret the past. Instead repenting to the past, and do not worry about the present and implement the learnings. As to the future, you don't want to be afraid, instead we must accumulate merits every second. Under the instructive teachings of Master, everyone needs to embrace the present, elevate, learn hard, and follow Master's teaching to achieve the goal of spiritual enlightenment to firmly move forward.

Each of the students do their best to learn, review, practice, and lastly turn in to a habit of implementation of “love and gratitude” every second in daily life. Everyone needs to become a luminous individual and a self-generator to enrich their life and the lives of others and activate true happiness in life in order to achieve the state of completion.

With the love and blessings from Master, as students, we need to “never forget the source”, be grateful, embrace and cherish the blessings, and continue to generate bliss. Furthermore, to share the life transformation stories with people, to inspire and help people find their way to happiness, repay our gratitude and respect to Master.

My gratitude to Master for his hard work and dedication to all beings. I hope that the students will not forget the promises made by the students to Master over the millennia. A promise of a thousand years has brought us here, let's spread the truth of the Universe - Love and Gratitude.

—Shi Mei Hua



PART ONE

The Sailing of Happiness

When you are for the Universe, the sky and the Earth,
and the people of the world and put the concern of
others first and your own happiness second, you will
then have your merits, and your own light will appear.

—Ted Sun—



YOU MUST TRY THIS REMEDY —Rose

It is not a religion or philosophy. It has no complicated literary words and it uses the cosmic Sun as its energy, two codes (love and gratitude) as a medicinal citation, and nine visualization meditations as a prescription. The severe problems that cannot be cured for a long time, may be cured and solved easily with identifying the underlying cause and the correct solutions.

The method is unbelievably simple, but the effect is incredible. The point is whether you believe it or not, whether you want it, do it or not (the so-called believe, wish, and action).

This book is more than just a book, it is more like a collection or a martial arts secrets and it has no difficult theories, no difficult language, and it can be practiced by anyone. The key lies in whether we are sincere, and whether we take action.

People's personality and habits are accumulated over a long period of time, even from life to life. There is no shortcut to the road to liberation. If you want to change your life, you must first cultivate virtue. Health, peace, and happiness are everyone's desire, but it depends on the balance of body, mind, and spirit.

Many people spend a lot of money on physical maintenance, but how many people pay attention to their own minds and their spiritual improvement? As everyone knows, the three levels of body, mind, and spirit influence each other and are interlinked.

There are many complicated problems in life. The root of a lot of these problems comes from the mind and soul. When everything entangles, if we can understand the concept and peel away the layers, the problem is actually quite simple and can be solved without spending a lot of money and effort.

In the three months I have been in contact with “Super Life Secret Codes”, I have observed many changes. Before I was just a pawn at the mercy of fate, now I find that I can also be the director of the stage of life, and I can change the script of life. In the past, when I had a problem, I often felt that it was someone else's problem; now, I can look at the problem from the other's perspective. In the past, small things were often turned into big things due to improper handling, now through wisdom and observation, big things are often turned into small things. In the past, my mood fluctuated with the external forces, making me worry easily, now I am more calm and mindful, and I can see things more clearly and make correct judgments when facing things. I was also surprised to find that my learning ability is stronger than before, maybe it is wisdom.

I am grateful to have such a great opportunity, to encounter such good ideology and methods, and my path of life is completely different. My heart is full of gratitude, grateful for the blessing of the Universe, and grateful for Master's teaching. I also vowed to be a gear that drives the surrounding gears to rotate together, hoping that more destined people can join this bright road together.

SWITCHING MINDSET —Jean

I was introduced to “Super Life Secret Codes” in January, at a Business Conference and Exhibition. After I bought the book and read it, I did not really practice the methods because I was busy at work. It was not until September that I saw the short video on the computer and realized how to really change my mind and be grateful every single second.

After that, when encountering unreasonable things and characters, I started to use my thoughts and learn to think from the standpoint of a third party, so that the atmosphere of speaking gradually becomes better with less opposing opinions, and things become easier to handle. The working environment has not changed, the boss is still prone to get angry and blame loudly. But I am less hurt and sad, and my life is better.

Thinking about it carefully, all the conditions are the same, but the days seem to have improved, because the mood is different, the biggest difference is that I switch my mind, which is really beneficial.

CHANGING YOUR MIND, CHANGES THE OUTCOME —Qian

Today's dinner taught me how to change my mind. The waitress had a bad attitude when bringing me the salad dressing. Before,

I would sulk and vow to never come to this restaurant again after eating the meal. Now through the practice of “Super Life Secret Codes” and the sincere implementation and sharing of many readers, I have learned to practice the visualization meditation and switching my mindset.

Maybe I cannot control her, but I can change myself. The waitress may have her own difficulties and choose to treat customers with this attitude. That is the homework she needs to do. Why should I use her homework to punish myself and have an unhappy dinner? I cannot change her, but at least I can change myself and choose what mentality I use to face the problem. So, I smiled, looked at the food, and thought, “I am very blessed to have such a fresh and delicious dinner.” Therefore, I am grateful to enjoy this meal with my children.

Miraculously, I did not feel angry anymore but treated the waitress with a forgiving heart. At the checkout, I told her, “So thankful for your salad dressing, that stimulates my appetite.” She happily responded, “Salad is very nutritious!” Before leaving, the waitress kindly said goodbye to us. Later, my children and my appetite continued to spread, so we bought some dessert and tea, adding to our wonderful dinner. However, earlier that day, I had a very bad afternoon, so bad that I did not even have an appetite for dinner, so how could I still encounter such situation when I brought my children to dinner?

Fortunately, I switched my mindset in time, otherwise I might

never be able to eat such delicious food again, and I would be exposed to more negative energy, making myself even more unhappy. I hope that this experience will be shared with friends who are willing to change their minds and be grateful!

YES I DO —*Julie Chen*

Yes or no? Should or should not? Good or bad? Want it or not? Do you feel the hesitation and helplessness of life when you are making important decisions? In these thirty-two years, I experienced countless decision-making moments like everyone else. I think I am extremely lucky. I always choose a good card. I have the care of my family, academic success, love, and career. Even if there is a little wind and rain, it will not hurt me.

Until the beginning of 2011, just like the movie “2012”, my body began to face the apocalyptic test. For a whole year I have experienced a whirlwind life from dysmenorrhea, pregnancy, miscarriage, intensive Chinese acupuncture treatment, surgery, depression, physical and mental torture, and many hormone injections. As a result, nothing worked, and I needed surgery again.

Because of this, I went from a very happy girl to a woman who went through many challenges in a short period of time. Looking back over the past years, why did I make so many wrong choices to my physical body? In addition to physical discomfort, what

other problems have not been noticed? I consciously started the road of life exploration. I told myself to stand up again from the frustration. Even if the doctor said it would be “impossible”, I will turn the impossible into possible.

Firstly, I started with regular exercise and yoga, which did not work. Then through a correct and healthy diet, I researched foods that cause allergies and that did not work either! In desperation, I began to ask my heart if there are any “clogged water pipes” in my body, or are they locked tightly and not opened? Finally, I found the answer!

At the end of September of the same year, I discovered the book “Super Life Secret Codes”, and the key to my life, was presented to me, just in time. It opened the locked door in my heart, answered my questions about life, and cleared the clog in my mind. The energy of love from nature led me to the door of wisdom step by step, and the discomfort of the body began to get better. The daily scenes of quarrels with family members also disappeared.

Despite being educated in the United States and surrounded with technology and science, and seeking the truth from facts, I still could not explain the mystery of this book. Yet the purpose of the book, “love and gratitude” has attracted me deeply. Now let me explain the reason.

On the first day, when my mother put the book in the living room, I picked it up and looked at the cover. I thought, “Is this

not another book that teaches life scripture, philosophy, and ethics?” Everyone understands the truth. Everyone can write, but it is another matter if you can do it. Many people rummaged through the great principles, which talks about more or less the same point, but the back of the book said there was “the antidote to life,” so I read it. After I opened the first page, I could not put it down. I read it from morning to evening, from evening to the next day, and it followed me to Britain while I continued to read it carefully.

While reading, treat yourself as an intern, and say hello whenever you see the Sun. Regardless of how the Universe and the Sun and “love and gratitude” are connected to truth, what makes this book unique is that it teaches you how to use “love and gratitude” to purify yourself and move others. Yes, the biggest feature of “Super Life Secret Codes” is that it does not talk about wars on paper, nor does it talk about fantasy. It really teaches people to pay attention to all aspects of life and solve worries through simple visualization meditations.

My first antidote, through the “love and gratitude” meditation, the slight pain I felt in my body everyday had disappeared. The second antidote, I turned on the light one night and did the “repentance and pledge making” meditation. When I woke up the next day, I received an email “sincere words” from my husband from Shanghai, China. In the letter he told me that he wanted to correct his bad habits such as not being generous, too controlling, too subjective, etc. Wow! My husband, he finally got it. The third

antidote, my little brother has always been very ignorant, and he always spoke badly to our family. I felt uncomfortable every time I heard it and it always led to conflicts directly with him. This time, the day before he returned to the United States, I closed my eyes and thought about his goodness, and wished that he would become more sensible. As a result, we have respected each other ever since that day.

Through the grace of “Super Life Secret Codes”, I know very well that my future path is clear and fearless. Now when choosing A and B, my mind can decide clearly, which is good for everyone. This “love and gratitude” is extending from me to family and friends. It not only brings me health and wealth, but also positively affects the lives of people around me. So, what are you waiting for? Remember as long as you are willing, the world will turn for you, and your luminous colors will drive a beautiful light. Bless you!

FINDING THE KEY TO AN ELEVATED LIFE

—Ming Ling

At 6 o'clock in the morning, the sky was covered with dark clouds and raindrops kept falling. From the thirteenth floor of the residence, you can see the vast Guandu Plain. The majestic mountains surround the Keelung River with little boats, the towering pure white cantilever bridge and the winding road. The Zhoumei Expressway is all covered in fog. I saw the sky

not far away, a row of unknown birds, defying the bad weather, neatly fluttering their wings and flying with their heads upright. Suddenly, I felt touched.

As usual, I sat by the window and started to focus on my mind. After finishing the “love and gratitude” meditation, I habitually looked towards the sky. When I wanted to be grateful for the blessings of the Universe, the scene in front of me surprised me, as my tears dripped down instantly.

In the sky full of dark clouds, there appeared to be a small area of blue sky and white clouds, and the clear sunlight emitted golden rays through the blue and white. These golden rays of light contrasted with the thickness and darkness of the surrounding dark clouds. I knew clearly in my heart that this was the blessing given to me by the Universe and the world, and I couldn't help but put my hands together and make a vow, “I will continue to work hard to spread this love!”

With that, I hurriedly closed my eyes and proceeded with the second visualization meditation. When I was finished, the glorious image of the sky had disappeared, and the sky became hazier, but the Sun was shining deep in my heart.

The various experiences in the past made me think of ways to enhance my spiritual level, but on this path of practice, no matter how hard I try, it seems to always stay in front of the pagoda and wander around. I can only look at the inside of the pagoda

through the glass curtain, and sigh at the elevator, “It would be great if it is possible to get on the elevator and go straight up!”

Since I came into contact with “Super Life Secret Codes” in April 2014, I have been with the book 24 hours a day. During this one month plus, I have followed the methods taught in the book, step by step. I shed tears every time I do the visualization meditation.

There is no exception. But after I finish the visualization meditation, the steadfastness and satisfaction in my heart makes me deeply fall in love with the visualization meditation; because I am sure that I have not only found the key to enter the pagoda.

Love and gratitude has already gotten on the cultivation elevator.

Master Ted Sun had said, “It's not that other methods of practices are bad, but just that they often let people practice the first chapter forever.” I really feel sad about this regret. I visualize through the mind and apply the beautiful feelings of “love and gratitude” to the people and things I encounter every minute. In the process of practicing, all my past pains and tortures were accepted, transformed, and relieved in the care of the Universe.

After this astronomical experience, I am convinced that as long as we can truly “believe, wish, and act” and gradually accumulate deep positive energy in the Universe, even if the sky is densely covered with clouds, we can still retrieve the blessing of the light from the haze.

ONCE I LEARNED TO BE GRATEFUL, MY LIFE HAS BECOME HAPPIER —Irene Chen

The study of “Super Life Secret Codes” made my anxiety and tantrums disappear. My husband feels that I am making progress, and my two children have a better relationship with me; especially my eldest daughter, the knot in her heart has untied, which surprised me a lot. Now I can switch my mindset to control my emotions and temper, and my life has become brighter.

Before, I always complained about life every day, and the unknown future changes made me very pessimistic about life. After connecting with “Super Life Secret Codes”, I learned to be grateful to all people and all things. Then, when I practiced the visualization meditation, I received the love and blessings of the Universe and the world and they filled my heart. From then on, I realized that the whole family is healthy, and my husband and I are good. With steady income, I know that I am a person who has no worries about food and clothes, and I have gratitude for the love of the Universe in my heart.

Every day when I drive, I always sing my own remixed version of the chant of the “4 Phrase Gratitude Mantra” taught by Master to remind myself of my gratitude to the world; gratitude to the Universe, gratitude to the future; gratitude to the Universe, gratitude to love, gratitude to the Universe, gratitude to love; gratitude to the Universe, gratitude to all answers accounted for.

I am also very grateful to my family. Thanks for the blessings and love of the world! Thank you, Master Ted Sun for your teaching!

THE MAGIC THAT CANNOT BE HIDDEN, GRATITUDE —Monica Chan

I learned about Master Ted Sun and the Super Life Secret Codes System by chance; then I bought a copy of Master's "Super Life Secret Codes". The content of this book touched me deeply and I almost finished it in one reading. Immediately afterwards, I followed the lessons by Master. I learned a lot and have found a solution to the deep inner problems that have troubled me for a long time. Previously, despite reading a lot of books and looking for help from various masters and organizations, I failed to achieve the positive results. So far, my time with Master Ted Sun and Super Life Secret Codes System has only been a few weeks, but I have already had positive results.

In the process of growing up, some of the things I encountered had a greater impact on me, causing imbalances and emotional distress in my heart, which in turn affected my body and my interpersonal relationships. I have been trying to find a way out for myself. I have visited many masters and have learned from many professional books with little success. My mood is always in a state of "restraint", rather than truly releasing from the inside out. Pain is like a rock, that is always in my heart.

While dreaming, some painful life scenes will appear repeatedly. Finally, after the teaching of Master Ted Sun, I felt that I really put aside some of the pain that was pressing in the depths of my soul, and the big stones that suppressed me in my heart were gone. It is as if I have been reborn again, and things are starting to become smoother.

For so many years, I have gone through depression, experiencing endless searching, disappointment, and finally liberation. I think I have the right to say that Master Ted Sun has the power to turn destruction into magic. Master Ted Sun is very familiar with various religious systems. After years of research, he has been able to see deeper and further, and the skill he humbly displayed has surprised me.

When ordinary people deal with some religious issues and phenomena, it is as if falling into a sea of smoke and having no clue. Master Ted Sun is experienced and knowledgeable and uses rich examples and vivid language to explain the subtleties of them, and thus the readers will have a sudden sense of realization. While various religions are striving to promote their supremacy today, Master Ted Sun is approachable, calling himself a “student of the Universe,” and he doesn't even mind the students' not calling him a “master.”

I have read many books and dabbled in many fields. My experience has taught me that real masters are often more approachable. They talk to people with humility, and in this way, they make

their work more meaningful. In fact, all research should not be superior, let alone use so-called professional jargon to show off or cover up the shortcomings. A truly honest and professional researcher does not need to pretend to be sophisticated, but strives for practicality, understanding, and efficiency as much as possible. Master Ted Sun is such a good teacher with moral integrity.

What moved me most was his feelings. He put most of his energy and time on the students. In class, he makes students feel natural and relaxed, yet teaches skillfully. He patiently removes every “lesion” that you say or cannot say, until the students get a new life. In just three weeks, my negative energy has slowly left, and happiness and joy have returned to me.

Like a bystander, I watched the ice in my heart melt little by little until it disappeared. My mentality and interpersonal relationship have been greatly improved, and even seeing the birds and green trees brings happiness. This is something I did not dare to expect before I met Master in the Super Life Secret Codes System. After experiencing this change personally, I cannot help but marvel at it.

Here, I want to share a little experience with friends who have not started. Before entering the Super Life Secret Codes System, I have also contacted other institutions, hoping to get something for myself, but there is always the embarrassment of “water can’t boil”, so I also hesitated before coming here. After three weeks of study, I found that Master Ted Sun’s method is simple, easy to learn, fast and effective, and it points to the core of the problem.

After the practice, not only did I make amazing changes, but I also found that the students who practiced with me also gained a lot. I often saw students who kept sobbing in class, but the pressure on their faces disappeared by the end of the course, and had a sincere smile full of energy. While communicating with everyone, I learned that they too, felt miracles, as if having divine help. It seems that everyone had got a kind of ease of abandoning the heavy shell of the body, and a rebirth after the soul had been cleaned.

In addition, I recommend everyone to read the book “Super Life Secret Codes” by Master Ted Sun before going to class, as it will make things more clear and easy to understand. Regardless of whether you have religious beliefs or not, Master Ted Sun’s course will be useful for your life.

THE GRACE OF REMAKING —*Rita Panza*

On November 17th, US time, my brother called from Taiwan to say that our father had suddenly entered the hospital, even though he was in good physical condition a few days before he entered the hospital. His prostate was a little swollen and the tube pressing into the urethra caused some inflammation which caused bleeding, so he was admitted to the hospital.

After being in the hospital for three or four days, the diagnosis were good results, and my father had been able to talk to me

on the phone every day. I was completely unaware for what was coming. On the fifth day, his condition suddenly turned sharply and worsened, resulting in deterioration of oxygen inside the blood.

After further testing by three doctors, they all pointed out that my father may not be able to make it till the end of the day, and asked the family members to be mentally prepared for my father to leave at any time, and even asked my brother to start preparing for the funeral. My father still did not wake up the next day—he was already in a coma.

I was shocked when I learned of this terrible news. I could not believe it. Everything was good originally. How could it suddenly be like this? The news of this sudden turn of events made me wonder what to do, and I was in the United States. What can I do for my father? Is my wish to take my father to live with me in the United States over? My heart was tearing me apart.

My family thought that it would not help for me to rush back to Taiwan at this time, as it maybe too late, so I had to stay put in the United States, anxiously standing by. The next day on the afternoon of November 18th, I had an appointment with Master Ted Sun for a recording, I attended as planned. The Master saw that I looked gloomy and was in a heavy mood. I talked to the Master, but I did not say much because of the mixed feelings in my heart. I just wanted to go home and wait for the news after the recording.

That night, I unexpectedly received news from my younger brother that my father was not only awake, but also wanted to eat. The three doctors felt that it was a miracle. They had never seen it before. Given the situation of my father at the time, it was absolutely impossible for such a turnaround. Listening to my brother's statement, the time when my father woke up was the night of November 18th in the United States, which was the morning of November 19th in Taiwan; at the very moment when Master comforted me, my father woke up like a miracle!

I couldn't wait to call Master to report the great news of the day. When I did, Master told me that because of what I did was in line with the heart of the Universe, I accumulated a solid amount of merits. Therefore, he made some adjustments for my father, and thus there was such a big change in my father's situation, this is the mystery of the Universe! I am very moved, and I am even more grateful to Master for his "remaking" of my father.

My father has passed the dangerous period and was discharged from the hospital a week later. He is now recovering well at home. After this incident, I have strengthened my confidence in the Super Life Secret Codes System, and I admired the incredible ability of Master. The whole family wants to say to Master, from the bottom of their hearts, "thank you, thank you, thank you again!"

Knowing "Super Life Secret Codes" and Master Ted Sun is not only the most precious gift I have received in my life, but also

under Master's indoctrination, I have learned many mysteries in the vast Universe, and received the love and blessings of the Universe. I write this article here to express my inner feelings, and also to express my sincere and infinite gratitude to Master, and to be grateful to the Universe, the world, and the Earth!

WHEN THE DOOR TO MY HEART IS OPEN, GOOD FORTUNE COMES AGAIN AND AGAIN — *Wen Hui*

I once heard a lecture from Master Ted Sun, "A happy life is to be grateful for those countless gratitude opportunities and to turn away from the starting point of grievances. When this formula is steadily operating in our everyday life, over time, we can have the feelings of good luck again and again." This motto, like a slogan, has opened the shackles of my soul that has imprisoned me for many years...

Because of the conflict of interest in the family business, my father suddenly lost his job at the age of 40. At that time, the person in charge of the business was unwilling to pay severance pay. So, we started to use our connections to find lawyers and the labor department to put pressure on the person in charge in an attempt to regain our interests. The result was that we won the case and regained the compensation of the severance.

However, fighting against our relatives for money made us very

unhappy, and made my father much lonelier and older during this period. And I, who has never trusted people, has been filled with resentment due to the family atmosphere; I hate the interest struggles between my relatives, I hate the ruthlessness of my relatives, and I hate the children of my relatives who can live a life of luxury, while I suddenly lost the financial ability to chase my dreams.

I am grateful to the Universe and the Earth for letting this happen, so that I can study hard without admitting defeat, so that I can find a job that can make me a living. To be grateful for Master Ted Sun's teachings, "a happy life is to do your best to be grateful for those countless grateful opportunities, and to turn away from the starting point of grievances. When this formula runs in our everyday life, over time, you can have deep feelings and good luck again and again."

Thanks to grandma for choosing this way to die, letting your granddaughter, through your guidance, decide to accept, face, and let go of the resentment. After letting go of the resentment that had trapped me for many years, I began to feel my body gradually relax with my inner freedom, and my relationship with my loved ones also improved day by day.

The new life, the new beginning of my heart, and the "love and gratitude" in my heart gradually replaced resentment, and I began to feel that good fortune was about to enter my blueprint of life one after another, making it a road to completion. Thank you,

Master Ted Sun, for the blessings of the world and the teaching!

SPIRITUAL JOURNEY —Lilian

Since I connected with Master Ted Sun because of my contact with “Super Life Secret Codes”, I went to the “Mind, Body, and Soul Healing Class” and other seminars. After the class, many feelings emerged, and many thoughts could not be described in words. So, I have been sorting out my thoughts recently.

What has been very strong in these two weeks is that I can communicate with my soul. Now whether it is making decisions or little thing in life, I can hear the dialogue between my soul and my thoughts, such as “What can be done, what can’t be done, how can it be better” and so on.

I began to learn how to control my emotions, instead of being controlled by my emotions, and I often asked myself to judge what is true and what is imaginary with a clear mind, hoping to reduce the impurities in my life. In fact, the feelings I have now makes me very shocked, because I am usually a very sensitive person, and all the turmoil in my life affect my emotions, so it is very difficult for me to control my emotions, but now I have learned how to control my emotions, this kind of change really amazes me!

Due to family reasons, I often feel lonely and hurt, and often feel

that there is no one to rely on. Thinking about it now, especially this week, I found that I have begun to change. I suddenly feel that I am not alone at all!

We live in this world by relying on the energy of the Universe. We have the selfless love of the Universe, as well as the Sun's deep love for us. A flower, a tree, night sky, stars, and all things, these things that we ignore every day around our lives are the love that the Universe gives us.

We always trap ourselves in those people and things that are not available for us. This is paranoia and a disease! We should let go of our paranoia and feel the wind blowing on our face, feel the energy brought to us by the stars in the night sky, feel the love of the Universe, and feel what we should pay attention to. Then, we will find that we are loved by the Universe. We are blessed, and hope that everyone will cherish that.

THE MAGICAL MERIT —*Ming Ling*

In some of the questions answered by Master Ted Sun, Master often emphasized the importance of “virtue”. However, in an age when people's hearts are not as simple, it is difficult for ordinary people to judge what is “good virtue”. If they are not cautious, it is possible to keep doing some trivial little merits for a long time, or even not doing any merits at all. So, I asked Master for advice, “what is the definition of the so-called “making merits” in the

Universe's system?"

"It can truly benefit all sentient beings and make the world better today than yesterday, and tomorrow better than today. What you do is in line with the heart of the Universe, and you will implement "love and gratitude" every second. Spiritual life will naturally improve. The Universe is currently looking forward to bringing good people together, spreading love and gratitude together, the positive energy generated in this way can move towards the goal of the Universe, which is merit."

Master further explained, "to implement the visualization meditation in "Super Life Secret Codes" and put "love and gratitude" in place every day. The ups and downs of the past, no matter how hard you try, you cannot stop remembering it, but you can receive a better future, because the moment you connect with "Super Life Secret Codes", you are the "complete" person who has the love energy of the Universe..."

When I heard the word "complete" by Master, the throbbing in my heart was beyond words. Perhaps from the inspiration of Master, I already knew that I was a "handicapped person" who suffered from polio since childhood. In order to pursue the feeling of "completeness", I endured hardship, until I came into contact with the dharma, I gradually realized that "The heart is self-sufficient and why does it need to be developed by the leap of the body? The leap of the heart cannot be held by the flesh!"

Master's compassionate teaching made me decide to purchase a

hundred copies of “Super Life Secret Codes” under the name of my elderly parents, and give them to those who are destined.

A while ago, the health of my parents repeatedly failed. As I have always had a desire to benefit my parents, I immediately seized this opportunity to let this life not be blank, hoping to be a communicator of the world. It is easy to purchase books, but it must be promoted to everyone who is predestined, and not let the book just lie there for nothing and prevent it from working. You must spend time and energy to accompany and care, so that the person who receives the book will not only become a beneficiary but will also be willing to take the initiative to share with others.

For this reason, I always pray for the Universe’s blessings when I do the visualization meditation every day! I wish there is strength, so my parents are healthy, and the great changes of my close friends give me the most direct feedback and inspiration.

I then recalled, “Quiet!” My best friend shouted, trying to calm the class down. But the fourth-grade pupils in this hot and humid classroom could not bear the excitement of the upcoming summer vacation. Over the years, at such moments, my best friend had always scolded angrily. But this year, she has changed 180 degrees. She calmly said, “Please be quiet and listen to the teacher, since June I haven’t lost my temper or scolded anyone. Today is the last day of June. Shall we break the record together?”

The children really calmed down, and my best friend began to

explain “Di Zi Gui”. In the past two months, after she joined the teaching of “Di Zi Gui”, she found that the children were more sensible and caring, and the cohesion and sense of honor of the whole class had improved. They also won the championship of the national fitness exercise competition!

I have known this friend for nearly 20 years. She is serious in teaching, firm, and prudent in doing things, but she is stubborn. Interpersonal relationships have always been her biggest problem. Sometimes there were disagreements with colleagues, lawsuits from parents, fights with old friends, and one time she even had an argument with her travel buddy and later broke down and cried hysterically in the hotel... After a trip, she always had a bunch of complaints and grievances and I was always worried for her.

But since she encountered “Super Life Secret Codes”, this book has become this stubborn Taurus's best friend and soul mate. She takes it wherever she goes, even going abroad is no exception. After she returned to China this summer, I found her whole body emitting joy and the negative energy of the past was completely replaced by positive energy. She frequently said to me that, “It is you who recommended “Super Life Secret Codes”, so I can get the blessing of the Universe.

Hearing her statement, I knew in my heart that she was able to make such a big change today because she was able to use the great wisdom in “Super Life Secret Codes” in her daily life,

not only buying books out of her own pocket, but sharing them with colleagues, friends and parents, and knowing how to return everything to the grace of the Universe, while always expressing gratitude. What she has done is in harmony with the heart of the Universe. It is natural that she has benefited the most!

The beneficiaries are numerous. A friend of mine who has studied Buddhism for many years has also resolved her problem with her mother-in-law and her parent-child relationship after connecting with “Super Life Secret Codes”. She also bought many books to give to people and share her experiences. She said, “I have studied Buddhism for so many years, and I have heard about Buddhism every day, but I am slow to improve myself. The negative energy in my heart has not been cleaned out. No matter how good the method is, I could not get in at all. Now with Super Life Secret Codes, there is at least a way to not be at a loss anymore.

Yes! At least there is the visualization meditation to follow. Visualization meditation should be like eating, brushing your teeth, and taking a shower, daily. It is impossible to have a full meal one day and then not be hungry for the rest of the week, and it is not healthy to brush our teeth one day and then we do not brush them for two or three days! It is impossible that we have taken a shower everyday all week, and then decide not to take any showers until next week! The habit we have accumulated over the years is like an empty wine bottle. The wine still exudes a strong smell of wine after it is poured. Therefore, if we can develop a habit every day like eating, brushing teeth, and taking a shower,

then implementing “love and gratitude” every second, will not be an unreachable goal.

In the past, when I said “I did not care about things” it was just a way to suppress things and my frustration, but now the negative energy somehow disappears. When there is sufficient amount of positive energy, everything will be pleasing to the eye; and there is no way to get angry.

People naturally are adorable when they are no longer angry. I unexpectedly received a gift from the Universe one day! Due to using crutches for a long time, the joint on the left upper arm often suffers from slight pain and after all kinds of treatments, there was no improvement. Just one week before the promotion of “Super Life Secret Codes” was to reach a hundred copies, I woke up one morning with severe pain in the joints of my left arm, and I was completely unable to lift my arm. I thought, “This is the end, I can't walk without crutches!”

After I got up, I started to do the repentance meditation for my ignorance, of those I intentionally or unintentionally harmed from this life and those before. I accepted this retribution and made the deepest repentance. I routinely do the “repentance and pledge making” in the morning and evening. A magical thing happened the next day, and the whole feeling of pain suddenly disappeared. After two weeks of observation, I really did not even have the slightest pain again, and all of this happened because I made a sincere repentance.

This time through the promotion of “Super Life Secret Codes”, I deeply realized the importance of building merits, and exclaimed from the bottom of my heart, “The power of merit is really amazing!”

PART TWO

Love and Gratitude

A happy life is to do your best. Be grateful for the countless opportunities, and turn away the starting point of grievances. When this formula works steadily in you every day, over time you will have deep feelings and good luck.

—Ted Sun—



SEEING THE TRUTH FROM A LITTLE THING —Tom

Previously, I wrote a few thoughts and experiences with gratitude and excitement, hoping to help some new friends. When I saw that my article was selected and posted on Facebook, I felt honored.

A recent incident has deepened my understanding of “love and gratitude” and strengthened my confidence in learning from Master Ted Sun.

Last week, there was a slight oil leak at the place where I parked. I did not care, but I could not withstand the repeated urging of my family, so I drove the car to get repairs. At that time, it was late, and it was not a major problem, so the mechanic asked me to come back and fix it after getting off work the next day. On the next day, due to various reasons, my work had to be suspended for one day. I drove to the repair shop early in the morning. As soon as I arrived at the repair shop, my car made a strange whine and could hardly move forward.

The mechanic checked it, and not only was the oil leaking, but an important gear and belt were completely damaged. If I drove to another place or drove on the highway, a serious car accident might have happened. The mechanic said I was very lucky. At the time, I felt very surprised. If it had not been for the power to repair the car, I might have been in the local newspaper because

of the car accident.

I know where this power comes from. Since learning the “Super Life Secret Codes”, I have often felt this kind of energy cover me and guide me towards completeness. Master taught me the words and deeds of “love and gratitude”, and I could not help expressing gratitude to everything, and all this turned into beautiful energy that returns to me. I cannot express enough my gratitude to Master Ted Sun and Super Life Secret Codes System, but I am extremely grateful!

I FEEL THE LOVE OF ALL BEINGS IN THE UNIVERSE —*Shi Mei Hua*

Hello Master! Thank you so much for writing the book “Super Life Secret Codes”. Although I connected with it last year, I did not implement the visualization meditation in the book until June of this year, when I shared it with destined people, but it seems to be unpopular. I thought to myself, I must implement the visualization meditation of “love and gratitude”, and as a result I shed tears unconsciously during the visualization meditation. There is so much gratitude in my heart, and the experience is broader with more feelings, that I feel very emotional. The level is very different, my heart is so touched, I do not know how to express these feelings.

The same way of thinking “love and gratitude”, the same tears

again, I believe that if you continue to do it, everything will be endless, and my heart is moved beyond words. I want to repent to Master and the Universe. I was too ignorant in the past, and I have not used it well after being in contact for so long. I am also grateful to Master and all beings in the Universe, and the unconditional love of the Universe. I am so lucky to have so much, and these emotions and gratitude are sincere.

I started from the basics, hoping to let those who are destined to know the richness of the Universe, and making a sincere wish to benefit all living beings. But first of all, I must save myself while believing the Universe will give me energy and wisdom to implement the teachings. Today I did the “love and gratitude” meditation, but I burst into tears. I was really touched and could not control myself for a long time. Gratitude and love are still full, and I feel that I am moving forward step by step. I am really grateful to Master and Sister Shuli. Although I cannot fully express these feelings, I am very grateful for the infinite love of this Universe.

Thank you, Master. When I did the “repentance and pledge making” meditation, I was so moved. After ending the “love and gratitude” meditation, it was easier to do other meditations. Even when I read “Super Life Secret Codes” again, the deeper feelings are really incredible. It is no wonder “love and gratitude” are the most important codes. After I got it, there was no difficulty in following, because my heart was full of love and gratitude. Thank you very much, and I am grateful for the vastness of the world.

Master, I want to confess my repentance to you. Because of time, I do not do the visualization meditation every day. I only started to do it three times this month and did it separately, but as time permits, I will definitely continue doing it. “Love and gratitude” keep appearing in my heart, and my heart is full. I do not know why this is so? I have become easily touched and moved, just like what is written in Master's book. I am really grateful, and I will share with you from the heart. In short, I will promote the love of the Universe to more destined and blessed people.

I am so small, but the Universe gives me infinite love, which constantly nurtures me, and I cry every time. I am grateful that the Sun is selfless, giving me light and love all the time, healing me, and giving me positive energy without asking for anything in return. I would like to ask Master, why do I see different colors of light when I do the visualization meditation? I closed my eyes and saw small blue dots. I opened my eyes and watched the lights appear purple. Then there were lights of different apertures and different colors, and the piping double-color overlapped, sometimes yellow, constantly appearing, I really feel curious.

When I repent, I felt that I was a bad person, and it was really bad. From “love and gratitude” to “repentance and pledge making” and “Sun” meditation, I was moved and kept crying. I did not know what I was crying about. But every time I finished it, my heart was full and, I felt very comfortable and refreshed, and I wanted to sleep, and maybe my magnetic field is like this now. When I first listened to the song “Our Path”, I was touched and wanted to cry.

I am grateful to Master for his hard work, and I am grateful to the Universe and love.

THANKS FOR THE LOVE AND BLESSINGS OF THE WORLD —Irene Chen

“Gratitude to the Universe, gratitude to the future; gratitude to the Universe, gratitude to love, gratitude to the Universe, gratitude to love; gratitude to the Universe, gratitude to all answers accounted for!”

This is the “4 Phrase Gratitude Mantra” from the author of the book “Super Life Secret Codes”, Master Ted Sun. Let yourself face anything, as long as you work hard, you can always be grateful for the love and blessings of the Universe, Let the “answer” be given by the Universe! This is also one of the ways to let yourself face the various realms of life with a normal heart and encourage everyone!

People in the world often say, “Knowing is easy and doing is hard!” As long as you are willing to do the visualization meditations in the book “Super Life Secret Codes”, implement “love and gratitude” in your life, and always be grateful for the selfless love and blessings of the Universe, everything will be like a spectacular movie, making you amazed again and again! Some people think that the content of this book is too easy, but for me, a person who has stayed abroad for a long time, my ability to understand

Chinese is limited. Instead, I feel that the literary is simple, so I quickly understand that I can change my destiny, without going to religious dojos to ask God for blessings or go everywhere to raise donations to build dojos.

Thanks to Master who often enlightened us with the saying “The world is full of dojos, but the temple is in the heart”, and that my heart can return to the original state of “peace.” Here, I’m really grateful to the Master for writing this book in a simple and easy-to-understand tone, allowing me to face my future with confidence in a spiritual practice that transcends the limitations of religion, and I no longer live in a state of anxiety!

The problem of “relationship and money” in my past has always plagued me. Facing the unknowns in the future, I am very pessimistic about my future. For example, my husband and I come from different backgrounds, and we often have different values in our lives, and cannot communicate spiritually, so I am a little disappointed in our marriage. In addition, our finances have been unstable, and I faced pressure every day! Ever since I started to practice the tools of “Super Life Secret Codes” and participated in various courses by Master, my inner observation and feelings are much more delicate than before.

I began to switch my mindset in different situations in my life and blessed my husband and my family. I no longer focused on my husband’s shortcomings. Instead, I learned to cherish this hard-won relationship, and be grateful, tolerant and support each other

for the rest of my life. Later I realized that I had already passed the “relationship and money” barrier! Only then did I know that the love of the Universe had been blessing me, and I have become open-minded!

Now I feel that I am very well-off, and I am grateful for the nurturing of my parents; I am grateful for my health and safety of my family; I am grateful for my stable work income; I am grateful that my husband has a sense of responsibility. At present, his career has been growing and can support the whole family. I am grateful to have a house to live in and a car to drive. I am very moved and grateful for the blessings of the world.

Under the guidance of Master, I learned the importance of the implementation of “love and gratitude”, learned contentment, learned tolerance, and switched my mindset to face the various realms of life, that is, peace of mind and a simple life is also a kind of happiness! Master often says in class that if there are some problems in your life that have been bothering you, it is a topic that you must face, and you cannot escape!

Sometimes I feel really ashamed to think about it. Occasionally, my husband has to go on a business trip and my working hours are relatively early, so I must take my little daughter to my friend's house and ask my friend to help send her to class. My daughter often went out slowly, and always made me annoyed so I hurriedly rushed her. This situation continued. Recently, a thought suddenly flashed and it turned out that I was inefficient

and made me very unconfident. During the healing course, I saw my young figure crying, and I was crying in real life. With the guidance of Master Ted Sun, I forgave the elementary school teacher and healed the deepest pain in me.

I am very grateful for the words of encouragement from Master Ted Sun, so that I can start to be the best student again. Here I learned to do my duty, which is to take good care of my father (mother is already in heaven), take care of myself and my family, and do my job properly. At the same time, I also learned what my obligation is to do my best to support Master to promote love and gratitude! I must repost articles on the web to let more people know about the book “Super Life Secret Codes”, to improve spiritual life, and also to know how to make life better. Individuals, families, and society form a cycle of goodness and make the world a better place! This is also the mission of “Super Life Secret Codes”!

Here, once again, I am very grateful for the love and blessings of the Universe and the world, grateful for the diligent teachings of Master Ted Sun, and wish the spiritual life of those destined to have access to “Super Life Secret Codes” can be improved, and life will be perfect! Let the truth of “love and gratitude” spread to all parts of the world.

GRATITUDE AND LOVE SEND AWAY THE ENTANGLEMENT OF NEGATIVE ENERGY —Magritte

A good friend of mine, Sonya, knowing that I have always been interested in the topic of spiritual growth, introduced me to the book “Super Life Secret Codes”!

On the same day, I immediately called Rita of “Super Life Secret Codes” and arranged to get the book the next day. I read the book in one sitting on the day I got it. This is the first time I have read a book from start to finish in one day instead of just reading the cover and back cover. After reading the book, although I had some doubts, I was full of joy and emotion.

I originally thought I was someone who knew “love and gratitude”! At the beginning, I was not really surprised by the content of this book; but the more I read it, the more I felt and I subconsciously felt that the important key points that I had searched for many years were hidden in this book. When I read the entire book, I did the visualization meditation in the book with a dubious attitude. After several times, I began to have an unprecedented experience of “love and gratitude”, and then I felt that my original understanding of “love and gratitude” was very superficial.

If you really do it and feel it, you can realize the unprecedented touch. This feeling is beautiful and wonderful, and people who

do not believe it can try it. I think people who really know how to “love and be grateful” have a tolerant heart; they have a broad mind, just like the light and heat emitted by the Sun, caring for every living body on Earth, no matter how people complain or take it for granted, the Sun still rises every day, nourishing the Earth and everything.

If I always feel that it is someone else’s fault, or it is someone who owes me and feels sorry for me; as long as I have this mentality, it means that I am not grateful enough. There is no reason or excuse. In the book “Super Life Secret Codes”, I received the most profound understanding.

As a child who grew up under verbal and physical abuse, I stumbled all the way, finally growing up. I tried all kinds of methods, but could never get out of the haze of the past. I often felt sorry for myself and fell into sadness. When I was in a crowd or alone, a kind of inexplicable sentiment followed me like a shadow, causing me to fall into the hold of negative energy and I was unable to free myself. In fact, my nature is quite cheerful, but no matter how cheerful I am, I cannot withstand the devastating waves of negative energy.

On the one hand, I resent, and on the other hand, I am restricted by filial piety. The emotions of love and hate are often intertwined with me. In particular, when things are not going well, there is often a feeling helplessness. When the one you love most hurts you the most, is this kind of heart-and-lung injury easy to heal?

Is it easy to let go of the hate accumulated over such a long time?
Can you find a trace of love for you from the person who hurt
you the most?

I learned from the book, “Even if there is only one percent or less left, it is also love! Let us be grateful of the little remaining love seedlings!” At this time, the powerful negative energy in my heart began a tug-of-war with me. “Be grateful! Must repent? Did you make a mistake? I am a victim!” Therefore, when I was doing the visualization meditation, I often rushed and became unwilling, and sometimes I became angry. However, I still do not want to give up and insist on practicing the meditation.

Gradually, I finally feel that it is because I can live in this world safely and healthily today, that it is worthy of my gratitude. Not to mention the opportunity to let me connect to “Super Life Secret Codes” and a group of kind and motivated friends. I began to practice “love and gratitude”, “repentance and pledge making” and “Sun” meditation more diligently. One day, I suddenly discovered that the negative emotions and thoughts that have been tormenting me have decreased. And it then was reduced in a large and then larger scale, so much that it surprised me!

I really cannot believe it. With the mentality of testing, I tried to bring out the old patterns and emotions and observe whether I would return to the previous negative emotions. I tried a few times, but I really cannot get back! I am finally convinced that I have found the antidote I have been searching for, for a long

time! In the process of practicing the visualization meditation, I realized that even if your progress is only a little bit, you must be grateful and joyful, because progress will accumulate, and the more you are grateful, the faster your progress will be.

Thanks to the book “Super Life Secret Codes”, which brought light into my heart and made me feel the power of “love and gratitude” more deeply. I sincerely invite all friends who want to improve themselves, whether it is psychological, spiritual, or any problems in life, to study this book together and practice the visualization meditations provided in the book. I believe you will have something to experience and gain, you will be surprised!

LOVE AND GRATITUDE *Emily*

Love, gratitude, and to be grateful every second are the essence of “Super Life Secret Codes”. Thinking about when I first came into contact with the book “Super Life Secret Codes” two years ago, my interpretation of “love and gratitude” was very one-sided. I interpreted it literally, which is very different from my current feeling.

My new experience with gratitude is the attitude towards life that stems from the heart. From practicing the visualization meditation and following the lessons of Master Ted Sun, I slowly accumulated, and gradually awakened the love in my soul. I began to be grateful for many people, and things in my life. Especially

when it comes to interpersonal relationships, I used to think that it was natural for others to treat me well, so my heart was often hurt because I did not get the results I wanted. My current concept is other people's goodness to me is not taken for granted, so when other people smile to me, be kind to me or serve me, I am very happy and thankful.

Once, I asked a relative to help take care of my child and her attitude was a bit cold. In the past, I would have been very unhappy, but that time I changed my mind and told myself, "Nothing is taken for granted," and then that bad thought disappeared all at once. I used to be upset that some elder relatives did not listen to my advice and bought a lot of unwanted things for me or my children. Now I can gradually adjust myself and tell myself that their contribution towards us is not taken for granted, and they did this because they love us. I often use this method to help myself switch my mindset, turn my previous requests for things into gratitude, and resolve unnecessary troubles.

Thinking about it, everything we get is what others give to us, so why do we deserve this? Therefore, we must "never forget the source" and be grateful. Food, clothing, shelter, entertainment, everything in nature, sunlight, clean water, and fresh air in life are all gifts from the Universe. When I have this concept, I cannot help feeling the blessings of the Universe and my own luck and happiness.

It took so long to stumble and learn the "love and gratitude" of

“Super Life Secret Codes”, and it is really rare to experience the true meaning of happiness. Happiness is only in one thought. I not only felt the preciousness of “love and gratitude”, but also learned how to cherish this preciousness and share it with the people around me. I sincerely share with you and, I hope your every day will be better because of “love and gratitude”!

THE MISSION OF DELIVERING LOVE —Lilian

Everyone in this world probably has a certain mission. Some lucky people realize their destiny early, and some people do not know it at all. More people are constantly inquiring and searching on the long road of life, wanting to gain that true knowledge about themselves.

After reading “Super Life Secret Codes”, I was deeply inspired, and then I learned a lot from Master Ted Sun. Since then, I have sincerely practiced “love and gratitude”, and this action gradually accumulated blessings for me. After joining the Super Life Secret Codes System, I have finally found my mission on this confused road, a mission that has a responsibility to spread “love and gratitude.”

Whenever I act with my mission, my eyes are always red because I am getting closer and closer to those who need help. I want to be a luminous body to shine on those who are suffering because of being lost. The temperature brought by this light and heat also

warms my heart.

I hope to pass “love and gratitude” to everyone. When they have the love of the Universe, they can pass it on to the next person.

If I can let more people know about the teachings and lessons of Master Ted Sun and help more people benefit, for me, it is truly helping others and helping myself, and this mission will continue to be passed on.

LIVING IN A WORLD OF GRATITUDE —Tom

I am a Buddhist disciple. I often encounter the term gratitude in my contact with scriptures and CDs. Many topics of gratitude are mentioned, especially when listening to Master Jingkong’s CDs. Sometimes when encountering natural disasters, the volunteers often say the word “grateful” together when persuading people and soliciting donations.

Sometimes it is right when you think about it. If you are alive, you accept the kindness of the Universe, parent’s nurturing, Master’s teaching, and social influence. If you are not grateful, wouldn’t you be worse than animals? But it only stays at a relatively superficial level, like what people have said, and not really understanding the deep meaning of gratitude, especially the implementation of gratitude into our lives.

Recently, I was fortunate to purchase the book “Super Life Secret

Codes". The book mentions that the two most important codes of human life are love and gratitude. It is recommended that we often apply these two codes in our lives and practice. In the process of reading, I suddenly felt that my understanding of the word gratitude was very different from before.

First of all, we must be grateful for the sky and the Earth or the Universe, all star clusters, galaxies and planets in order to move, develop, and transform, otherwise everything will cease to exist; Then we must be grateful to the Earth, because of the Earth, there are mountains, oceans, fields, and the country can be established, the towns can be established, our home can have a foothold, and we can grow and nurture.

Next, we must be grateful to the Sun. The Sun brings us light, warmth, heat, and power, so that everything can grow, exercise, develop, and be distinguished. If there is no Sun in the sky for a quarter of an hour, everything will immediately be in a state of darkness, chaos,, lifelessness, and powerlessness. We should really be grateful that the Sun illuminates everything and keeps moving. Even in our night, the Sun is still shining, warming, nurturing, and developing the other half of the Earth.

Then we must be grateful for clothes, which bring us warmth, attentiveness and appearance. We must be grateful to the farmers in the cotton fields, the workers in the clothing factory, the designers of the clothes, , the salespersons in fashion stores and supermarkets. Let us also be grateful to the workers and farmers

who make food, factories and farms, food processing plants and supermarkets everywhere. Considering that we have a wide variety of food, there are countless farmers, workers, and service personnel involved. Thanks to their hard work, we can eat three meals a day and have enough energy and strength to work and live.

We further must be grateful for our residence, our house, which protects us from wind and rain, provides us with warmth and shelter, gives us rest and gives us the feeling of “home”. Then the bedroom, kitchen, living room, bathroom, and all kinds of furniture and supplies in the home, the things we must be grateful for are infinite.

We also need to be grateful to the various objects and beings, from socks and shoes to cars, from home corridors to balconies, garages and entrances, residential roads to streets, from main roads to highways, from gas stations and car repair shops to DMV, from shopping centers, sports fields to the beach, we must be grateful for infinite things.

Then we must be grateful for air – how long can we survive without air? Do not take existence for granted, it is a gift from the Universe. We must be grateful for water, which quenches our thirsts, cleanses our bodies, allows us to wash clothes and household utensils. Human beings cannot live without water for three days. 70% of our body is water, and 70% of the Earth's surface is also water. The merits of water are really boundless.

There are too many things to be grateful for, and we cannot count them one by one. No matter when and where, we must be grateful, thankful, admire and love. This is the subject of our life.

INCORPORATE LOVE AND GRATITUDE INTO MY LIFE —*Ling Xun*

Master Ted Sun,

You have worked hard for the sake of all the people. The weather in Taiwan can be warm and cold. Please take care. After the consultation on December 4, I was deeply moved by your compassion. We have never met before, and you took me into consideration when we met for the first time. This great love made me very grateful and reminded me that I should bravely step forward and do meritorious deeds and repay the love of the Universe.

In the past few days, I have been following your instructions, and after continuous practice, I have gained a lot of insights. Every visualization meditation can help me to enter a more peaceful state of mind, and the number of panic attacks has decreased. I am very grateful to you for helping me.

Reading “Super Life Secret Codes” and “Super Health Secret Codes” in the evenings these days, I was moved by your indoctrination. Not only did you lead and guide, but also input

your sincerity on paper. I hope everyone can understand your meaning. I also understand that “love and gratitude” is the highest frequency in the Universe. When gratitude arises in the heart, love is truly implemented.

Thank you! Master, I am willing to pass on love and gratitude!

UNDERSTANDING OF THE VISUALIZATION MEDITATION — *Shi Mei Hua*

Hello, Master Ted Sun! I am sharing with you my experience with the visualization meditation.

During this time, I really gained a lot. There are always people who say that they do not understand how to do the visualization meditation. Personally, I think it depends on whether they are willing to accept and change. You often emphasize, “When there are some slight changes, you must continue to share with the destined.” When a chemical reaction occurs in daily life, just observe it carefully. For example, my husband likes watching TV news or talk shows very much, but I do not like to watch the news, I think it is always repeated, and talk shows are full of criticism, which is a bad magnetic field. I want to advise him not to watch it, but personal preferences should not be forced, rather, we must wait for the opportunity to arise.

One day, my husband took the initiative to tell me that he shut

off the TV and other things altogether. I was secretly happy in my heart, calmly and quietly chanting “gratitude to the Universe, gratitude to love”. The next day, I asked him why he was unwilling to watch TV. He faintly replied, “I’ve been busy recently and I do not have time.” It is an amazing thing. Now he sleeps with books every day! And I only started to do the visualization meditation in May. I did not set anything specifically, but wonderful things kept happening.

I also wish to ask you, Master, after finishing the visualization meditation there was an urge to share this book with others. I have never dared to ask you because I feel that I am too self-conscious, I am nothing, and I do not know anything, but I have a feeling that I must do this.

I would like to ask Master again. I went home last night and found that “Super Life Secret Codes” and its notebook were both bitten by my dog. He seemed to know that he had done something wrong and did not dare to look at me, facing the balcony all the time. I warned him not to be noisy when I was doing the visualization meditation. Seeing how he knew he was wrong, I immediately felt remorse, because I did not put the book away, so I can’t blame him; I patted him lightly and told him, “You bit my precious book, it is out of stock in the province and it shouldn’t be.” The dog never touched this book before, and it was very clear that I value this book very much, guessing that the dog is also spiritual, he must also feel the positive energy in “Super Life Secret Codes”, and wants to eat it all in his stomach!

Thank you to Master for taking the time to solve my doubts. I really hope that those who have this book will use their minds to make unexpected and wonderful things happen! As long as you believe with sincerity and perseverance as Master said, you can get the infinite love of the Universe, and this energy is enough to make all points, lines, and areas wider and clearer. I really hope that all beings are beloved in the Universe. Gratitude to the Universe, gratitude to love!

THANK YOU LOVE FOR EXISTING—Ye Yijun

Thanks to Master Ted Sun and Sister Mei Hua for taking me into the world of “Super Life Secret Codes”. When I first came into contact with this book, I really did not understand it. I felt sleepy when I opened the book. I was dubious about the visualization meditation.

I really started to calm down because of Sister Mei Hua's guidance, reading word by word, examining my inner self through each chapter. I used to think that complaints and anger in life were normal and was accustomed to them. I never thought that it was an accumulation of negative energy. In the past, I always thought that good luck was picked up, and bad luck was self-depletion. It turns out that all variables are the arrangement of the Universe.

Slowly, when encountering many things, I learned to switch my mindset, learned not to complain, learned to face myself, and

learned to repent to others. When I changed my mind at work, my family gets along more smoothly. Maybe the speed is not fast, but the kind of steadiness after doing the visualization meditation is unprecedented.

Because the information conveyed in “Super Life Secret Codes,” I shared the book to my family and friends, so that they can sleep with the book and read together. It is the positive energy of this book that has changed me from always being unconfident, to believing in myself. I will continue to have a better heart, implement the visualization meditation, and attract more destined people.

Thank you to the Universe, thank you to love, there are still many things to learn, but thank you that everything is arranged, and everything is in operation.

THE KINDNESS OF THE MASTER IS VAST —*Ming Ling*

On this day, I fell down in front of my family. At that moment, I did not take any action to get up by myself. I just let myself sit quietly on the ground, and I wanted to let everyone know that stepping on a small rock, stepping on a drop of water, or a small rope, can cause a fall, slip or trip anytime and anywhere. I am the real me, the me without disguise, and the free me.

The moment my mother rushed to my side and squatted down to hug me, I finally burst into tears.

I was awakened in a half-dream and half-awake period; my face and ears were already filled with tears. The picture in the dream was still clear in my eyes, and the whole emotion could still be felt. I felt sorrow from it and cried again, wanting to let the long backlog of grievances flow in my heart. Because I must take this opportunity to completely release the negative energy that is hidden deep in my heart, and at the same time, satisfy the wish to myself that I have been dreaming of since I was a child of being self-willed.”

Since entering the system of “Super Life Secret Codes”, due to my sincerity and courage to take responsibility, I have won the blessing of the Universe and become the new favorite of the Universe. Therefore, I can feel that this is an opportunity that the Universe has specially tailored for me, enabling me to explore and examine the deepest parts of my soul again, and completely resolve my soul that has been imprisoned me for a long time.

When I fell down, since I was a child, I got up as fast as I could, patted my bruised knee, swallowed the tears in my eyes, and pretended to be indifferent because I was worried that my parents would see the sadness and that others would see me and I would become a laughing stock. But this time when I fell in my dream, I did not want to get up by myself at all, because I did not want to pretend to be brave, and I did not want to be strong and bear

everything. I had been exhausted for many years!

I just want to be myself, selfishly, I just want to live for myself, completely letting go of all the restraints that have been placed on me. I want to rely on people, and not be the person that everyone will praise for being brave, or tell me I am strong, and even train me to be better, expecting that I can have spare time to help others after I help myself. I want everyone in the world to know that I also have a weak heart, and I also need someone to comfort me. I also wish I am able to rely on someone else.

"You being in this dream, is it not a kind of adjustment, it seems that you really are more real now. The dream has passed, do not be affected by it, do not dwell in it for too long, move forward, look forward. It will be OK! If you want to rely on it, the Universe is big enough for you! Always remember that you are the new favorite of the Universe, and do not be moved by the "realms" from the outside." I read the message of Master Ted Sun with a smile in my tears.

Master compassionately reiterated, "In short, do not be affected by the environment. It is the first thing in practice. This is true for both reality and dreams." Yes! I am already in the Super Life Secret Codes System. Every day, the endless happiness in my heart springs up. I can no longer be affected by the environment. I must face my disguised self, so that my spiritual life will not be stuck, and I can elevate.

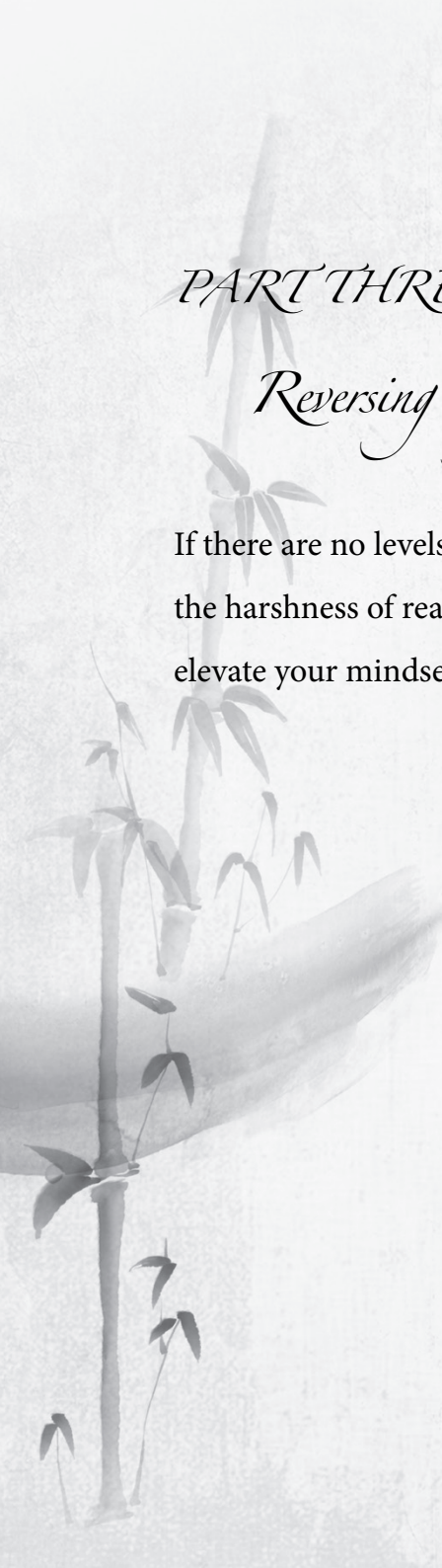
I am grateful to the Universe for presenting this dream with a bang, allowing me to clean up my mind thoroughly; I am grateful for the compassionate teachings of Master during his busy schedule. The pain of old years has become invisible in the sky, and I am healed. Your advice will forever be remembered.

The Universe's, and Master's kindness are vast. We can only practice observed evidence here, and our personal understanding bravely and widely, so that more destined people have the opportunity to enter the Super Life Secret Codes System and accept the Universe's love, and then retrieve the long-lost, bright and clear heart, in return for the kindness of the Universe and Master.

Grateful to the world again, and grateful to Master Ted Sun!



PART TWO: Love and Gratitude



PART THREE

Reversing Life

If there are no levels, life will be low and vulnerable to the harshness of reality. If there are levels, practice will elevate your mindset and heighten your life perspective.

—Ted Sun—

BAD FATE TO GOOD FATE — *Xin Ping*

One day, when Xin Ping was waiting for the traffic lights while riding her scooter, the taxi behind her did not brake and suddenly ran into her. With a loud noise, Xin Ping flew into the air and fell to the ground. After a few seconds, Xin Ping stood up properly and patted the dust on her body. The whole process was unbelievable in the eyes of others. With such a huge impact, how could she be uninjured!

After everyone got out of the car and checked, it was discovered that the driver in the accident could not stop the car because of leg cramps. He constantly apologized to Xin Ping and promised to be responsible. There was no major problem with Xin Ping, she was lucky, but the scooter was damaged. After the two parties exchanged their mobile phone numbers for contact, they took the scooter to a nearby shop for repairs. The driver promised to pay for the repair after the scooter was repaired. In this way, Xin Ping went to the classroom to share the experience of the accident. It was really beneficial to start practicing the visualization meditations. She was blessed by the Universe. When she was hit and flew, she felt calm in her heart and did not think she would have any injury.

After a few days, Xin Ping went directly to the mechanic to pick up the scooter, but the boss said that the driver did not pay at all, and his phone number has also been disabled. Xin Ping's heart was tumbling, and the more she thought about it, the sadder she

became. She began to be led by negative energy, thinking about how the driver who caused the accident was like this, and she was deceived. She decided to find and sue the driver who caused the accident. She tried her best to find a policeman she knew and find the videotape of the accident scene. It seemed that the whole incident was getting more and more troublesome and bothersome.

At this moment, Xin Ping suddenly thought, if she sues, will she be affected when she goes to work? And if the driver who caused the accident was not lacking money, and had poor health, why would he have to be driving a taxi at his age. After thinking about it, Xin Ping decided to look at the bright side, using the “love and gratitude” meditation in the book, and forgive the driver who caused the accident. Xin Ping said to the repair shop owner, “Forget it, the taxi driver is so old, and he has difficulties, I’ll be a good person till the end.” The repair shop owner responded, “Miss, you are really lucky! On the day of the accident, I heard the crash, I was just thinking to call an ambulance. It is a miracle that you can still stand up without any problems. It is a miracle to see you like this. Your kindness will be rewarded. You should buy a lottery ticket, and you will definitely win!”

With the encouragement of the repair shop owner, Xin Ping went to the lottery shop next door to buy a scratch-off piece. As a result, she won the prize, which was unbelievable. The amount of the prize was just the cost of repairing the scooter! On the way home, Xin Ping thought in her heart that if she could see the

driver who caused the accident again, she would say to him, “You do not have to pay for the repair anymore, the Universe will pay for it for you!” Xin Ping was grateful in her heart, fortunately her own changed thoughts and decisions resolved the incident.

In the evening, Xin Ping actually received an apology call from the driver who caused the accident, “It was not intentional not to pay for the scooter repair. As his mobile phone bill was not paid, and the service stopped and thus he did not receive a call to pay for the car.” The driver also said, “After I hit you that day, I got cramps in my foot again and hit someone else. Because it was more serious and the other person was more difficult to deal with, I have been dealing with that, so I do not have time to go to the mechanic to pay.” Xin Ping told the driver about winning the lottery ticket and told him not to pay. Because she is a paramedic, she is willing to assist him in registering at the hospital and deal with the foot problem as soon as possible, so that no accident will happen again. The driver sincerely and repeatedly thanked her.

The incident this time can be big or small, but because of the change of mind, a possible bad relationship has been transformed into a good one. No one can predict things about the Universe but being grateful can change the destiny. The two codes of “love and gratitude” exist as they really are. Every life event is based on one's own choice, and the drama of life also depends on one thought. If you want to have a good life, have kind thoughts in your heart. I hope everyone can have this experience and truly change themselves.

A GIFT THAT IS HALF-CENTURY LATE — Grace

My friend and I stumbled upon the book “Super Life Secret Codes” and did not read it immediately after I bought it. One day when I went to my daughter’s house in San Francisco, I took it out and read half of the book. What the book said was so kind and true, it seemed to be talking to me. So, touching!

When I returned to Los Angeles, I tried to practice the visualization meditation. I have never practiced meditation.

When I practiced it once, twice, or three times, I thought, what bad things have I done, and what do I need to repent for? I have done nothing bad, and there is nothing to repent for. As I thought about it, there was a very strong feeling suddenly, not a sound or anything, but a kind of induction, “How about the two little boys you abandoned?”

More than 50 years ago, I was divorced and left two young sons, one was three and the other was four. When I thought of these two little boys, I suddenly felt an unspeakable heartache. At that time, I was just sitting in meditation and did not think about anything, so I was surprised, but I still repented very sincerely.

I thought about how they were not accompanied by their mother when they were young, and I felt very guilty and I was very sorry to them; then I thought that when they went to school, I was not there when they needed their mother, how could I be so cruel!

Why did I do such an unforgivable thing, and never thought

about it? It requires repentance.

I thought of the various processes in their studies and life, and these are not what I want to think about, but scene after scene came to my mind. When I deeply repented, apologized, and admitted my mistakes, I found myself in tears. This incident shocked me. What kind of power made me, someone who is so stubborn, suddenly recall something more than fifty years ago? I did not think this was a wrong thing I did. I was just a young woman who was dissatisfied with her marriage and then traded her responsibilities for freedom. After my divorce, I came to the United States to live again, thinking that the past was the past. Both young boys have grown up, one is a PhD, and the other is in his 50s. Both have achieved success in their careers. I rarely talk to them on the phone, and occasionally message them online.

That night, I received an email card from my youngest son. It was a very beautiful card surrounded by roses. It said, “Mom, you are the greatest mother. You gave birth to us and raised us; you did not ask for anything in return. We can only know that our mother was well; and wished us well from a faraway place, mother. You know how much we love you!” This surprised me beyond explanation.

I am so relaxed now, and my shoulders do not hurt anymore. I just want to share these experiences with everyone. The book “Super Life Secret Codes” is a book I cannot describe. Experience it!

MY PERSONAL REALIZATION — *You Bin*

First of all, I would like to thank Master Ted Sun for creating the book “Super Life Secret Codes”, and also thank Sister Mei Hua for guiding me. Through the continuous implementation of the two codes of “love and gratitude” and the visualization meditation, I can be grateful every second for any person and thing, the Universe has given me.

My biggest experience recently is the relationship with my family is getting better and better. I used to quarrel with my family, always thinking that my family did not understand me, but now my heart is getting softer and I change my attitude. My family understands the words I express better, “When the heart changes, the environment will also change.” Everything starts with oneself and believing that one can do it.

Recently, during the commute to work and class, I saw some car accidents and I was immediately grateful for the love of the Universe. Although there was some delay in my commute time, I was allowed to avoid such dangers. In the past, I would have complained immediately. Because my positive energy is increasing, dreams come true is no longer just a thought, bad will not happen, and all good things will happen!

Finally, I will share the experience of listening to the song “A Promise of a Thousand Years.” I am very touched, and I will shed tears unconsciously in releasing what's in me. I will run through

past things in my mind, thinking about how to do it now, and I will definitely achieve the goal I want in the future.

REBIRTH — *Lin Chan*

The changes brought to me by the “Body, Mind, and Soul Healing Class” are difficult to express in words. To put it simply, I began to find that positive energy was constantly increasing in me, and even the sleep problems that had always plagued me was solved. Sleeping comfortably brought me happiness. Every day there is an indescribable force that keeps me in a good spirit. Before that, I felt stiff and lacking energy every day, and I felt tired from the inside out.

Now, I can use the methods learned in the course to keep my body and mind happy. Occasionally, I feel unwell, so I take deep breaths and reflect. The feeling of comfort will soon be reflected, and my whole body feels refreshed.

Since I came into contact with the visualization meditation, the effect I received surprised myself. After doing a visualization meditation in class, the fatigue of the whole day was eliminated, and I felt that I had regained energy. Slowly, the outer shell of my heart faded layer by layer, and the burden on my body was lightened a little bit. I felt that my transformation was completely different from the gloomy me before, and my body was relaxed, but I knew that there were still some habits in my body that must

be corrected. In the process of continuous learning, my physical condition gradually improved.

I must work harder to comprehend the visualization meditation taught by Master Ted Sun. I eagerly want to open the door of my heart, accept the blessings, redeem myself more deeply, and abandon the old self, to enter a relaxed, new self. I am welcoming the arrival of this new me under the guidance of Master Ted Sun. I sincerely thank Master for giving me a healthy, comfortable, and energetic body, mind, and soul.

I FOUND THE BENEFACTOR OF THIS LIFE — *Teresa*

To write this experience about finishing the “Mind, Body, and Soul Healing Class”, many old memories suddenly appeared in fragments. I have not thought about this scarred past for many years, but if there is no such painful period that made me grow up, maybe I would not have a smooth day afterwards!

Human fate is really subtle. There were three male classmates who liked me in college, maybe because of my cute personality (this is their comment to me)! I did not accept any of them; but in the end I married a man whom I did not like at the beginning. (The first impression is very important, but I did not escape the karma of a relationship.)

When I first got married, I would look through the recipes and try to cook delicious things (people say that to tame our husband, we must first control his stomach); he would mow the grass after work; then we would split the work together and be in peace. My ex-husband has loved spending money and playing since he was a child. The nine-to-five work days had already planted the seeds of dissatisfaction in his heart, but I did not know it. The first son was greeted in the second year after marriage, and he looked very cute.

Although there was not much money at the time, our family was happy, at least I thought so, but my parents did not agree. While we lived with my parents after marriage and while pregnant with my eldest son, my ex-husband had not yet found a job, and my mother-in-law wanted me to get an abortion. But the baby was more than five months old, so I did not abort it. A few months later, my ex-husband found a job and received insurance for the whole family and my childbirth was free, and my mother-in-law was relieved. Ironically, my ex-husband's family was wealthy, my father-in-law was a doctor, but they chose not to help us (maybe this is another karma of a relationship).

After four years of marriage, my ex-husband had an affair for the first time while entertaining his classmates from other states. I ran away from home and returned to my family. Later, my ex-husband promised to end his affair, and I forgave him. Because he always thought that the money is not enough, as my son got older, I sent him to the childcare, and I went into the workplace to help make

money to support the family. My ex-husband became more and more dissatisfied with the money we made. He did not think it was enough. He was irritated every day and often scolded me.

Later, the company he worked for was acquired by another company and the old owner was let go and as a result my ex-husband was terminated. When he was unemployed, it happened that his high school classmate came out by himself to start a small company and needed a partner. My ex-husband needed funds, but because he was very extravagant when he was young, his family was unwilling to help him, and I saw him making long-distance calls several times. He was unable to ask for money from my mother-in-law back in Taiwan, so he ranted and was frustrated on the phone. I had to ask my parents to borrow some money so that he could invest in his business.

He often had to go abroad for business. I always went home after work to take care of the children. Although I have heard about his affairs, I always acted like I did not know about it. I do not know if this is me being a loser, but obviously my debt has not been paid off! In the five years after we were married, his career became more and more successful. He was displeased to see me when he got home. I was often scolded to tears. In the meantime, I gave birth to another son and a daughter. In addition to going to work, I was raising the children, and I did not care about being scolded because I was used to it. Although, my friends and family often felt bad for me.

Later, my ex-husband expanded from import and export business to the transportation industry. I left my job and helped him manage the new company with his sister. The new company was thriving, but his life was flourishing, and he often stayed out at night. After giving birth to my little daughter, I did not even get to recover, and he told me to go back to work. The summer was hot, and the company's air-conditioning was very strong which affected my internal body. In the following years, my hands and feet were often cold, and I could easily catch a cold. During the day I am busy at work and often visit clients. At night, I go home to take care of a house without a husband and only accompanied by three cute children.

One night, I slept until midnight, and my ex-husband came home after the bar was closed at around 2 to 3 in the morning. He might have something to do that night, and I usually ignored him; but that night I pulled up the quilt and went to another room. He got drunk and became angry. He went downstairs to load a pistol and pointed it at my head. I was shocked and just looked at him. Later, he went downstairs to take out the bullets. The bullet accidentally flew to the ceiling, and he seemed to be bruised (it's been many years, so I don't quite remember). When he was asleep, I and the nanny brought three children back to my parent's house that night.

This incident made me see my marriage clearly, so I thought about divorce. Too many unfortunate things happened the following year, and my grandfather and mother passed away one

after another. My own marriage was riddled with blemishes, and I often cried until my heart was hurt. People nowadays have depression at every turn; my experience at the time did not allow me to become depressed. I started to go through the divorce procedures, and hid the guns he kept at home. He took his girlfriend in and out of our home; even when I was grieving over my mother, he did not care about it. Ignoring my existence, and threatening me not to divorce, but my heart was decided, and I did not want to look back.

The eldest son was ten years old at the time and it was easier for my ex-husband to take care of him, so I took my two-year-old son and one-year-old daughter back to my family home. The company and home were gone, and I felt devastated and helpless.

During this period, I was scamed by my friends, and my savings were low, and my mood fell to the bottom. Fortunately, I have a real estate license, and it happened that my family's relatives and friends came to settle in the United States one after another. I helped them deal with the purchase of real estate and made some commissions and living expenses were therefore covered.

After another two years, I felt that I could no longer be idle. I found a regular job, and therefore entered my current industry. The shareholders at that time saw my ability to work hard and set up an import company together with other shareholders. Thanks to their love and support, and they delegated to me the authority to manage the company, and soon became a company with an annual sale of US\$20 million.

More than ten years have passed, and I go to work with gratitude every day. My job not only brings me a sense of accomplishment, but also allows me to raise two children. But in the dead of night, I often think about a question, Why did I have to go through a sad period? My married life was miserable. I often suffered from verbal abuse, and I think I am a good wife and mother. Why did I encounter such a fate?

I started to look for answers and read a lot of books, including many books of past and present lives; I learned fortune-telling, trying to figure out if there is real destiny.

I go to many dojos to read scriptures and attend classes and donate money to charities, hospitals and different religions. Although not a lot of money, I continue to do so. Most people with religious beliefs are very compassionate, except for a few false religions that accumulate wealth or inflate themselves and glorify themselves. I often tell my children not to be deceived by people with mouthfuls of humanity and morality or religious beliefs, but to look at one's heart and behavior.

In recent years, I have seldom participated in religious activities.

I love to read books about past lives and present written by many Chinese and foreign authors. I study Yijing, Feng Shui, and fortune-telling, half of which are hobbies, and the other is to understand life. One day, I saw a concert advertisement in the "World Journal" about past and present lives, which aroused my interest. I called and met with my sister Ruth. I got a copy of

“Super Life Secret Codes” and the concert tickets from her. That night, I hurriedly read the book which was different from other spiritual studies. (I will read it multiple times when I have time, and every time I have a new understanding and experience) I can feel that the author, Master Ted Sun, tried to use the simplest and easy explanations to discuss the energy of the Universe from a scientific perspective, which affects everyone's life.

The karma mentioned in Buddhism is the operation of negative energy according to the author. Since most of us have done some unsatisfactory things ignorantly for many years, we do not know that negative energy is not limited by space, which means that retribution or debt collection may occur at any time. We have heard many stories from friends, relatives, and even the news of people who were living well in the past have undergone tremendous changes. Some are caused by illnesses, some are caused by sudden business closures, and some are caused by natural disasters and man-made disasters. All these are positive and negative energies in the Universe. It can also be said that cause and effect are working in the dark. Negative energy (karma) is more difficult to approach when people have strong fortune, but negative energy can be exploited when fortune is weak. The presence of negative energy sometimes brings bad luck, as most people say, “The room leaks in the night rain, and the luck is awfully bad.”

There is no coincidence in the world, as if everything has an invisible hand operating it, and this person is so called god or the creator in different religions. However when we speak

scientifically, it is the natural law of the entire Universe. Otherwise, what happened over the years would require a large database of data. This is a very scientific subject matter. I have been fortunate to take the “Mind, Body, and Soul Healing Class” by Master Ted Sun in August. In the first class, I was very curious. Following Master’s visualization meditation, I visualized that I was a nun in one lifetime, and I also saw a huge Maitreya Buddha, seeming to look at me with a smile.

Master said that I should repent the unsatisfactory behavior in the past or present life. I immediately kowtowed to Maitreya Buddha. After opening my eyes, I was very calm and looked forward to class every time. In another class, Master said that everyone might have to prepare tissues to wipe away their tears. I found it funny; then Master said that I would meet with my soul later. Sure enough, it did not take long for me to see the blurry image, and then the tears flowed down automatically, uncontrollable for a long time. I am usually a person with a dry eye condition, I have not shed tears for a long time. I talked a lot with my soul during that class. Since then, my dry eyes have improved a lot, and I do not even need to use eye drops frequently.

I have just started the intermediate class. Last Tuesday was the first class. I saw that I was an ancient scholar who was about to go to Beijing for the exam. I was resting by the lake along the way and studying with a book. I was very diligent and read it on the road, and often gave charity to beggars. Finally, when I walked to a village, a landowner was serving porridge to the poor at the

door of his house. I walked into landowner's house, and we had a good chat. After staying at landowner's house for a few days, I left for the exam.

It is a bit like a movie plot. In the next scene, I became a government official, and I was a good official. I married the landowner's daughter in the end and gave birth to a boy and a daughter. That lifetime was very complete. At this time, I heard Master say to sincerely repent, and suddenly I saw that I was a well-dressed playboy in one life. I was shocked and quickly repented. After opening my eyes, I was still uneasy. It turns out that our previous lives can be good or bad.

Last night, it was the second class. This time I saw myself as a blonde girl wearing a cloak on the grassland and playing with a child. The scene quickly changed to her old face and gray hair, her husband holding her hand, with caring eyes; occasionally kissing her cheek. There was picnic food on the grass, and grandchildren ran around on the grass, calling "Grandma! Grandma!" It looks like she is very happy! After a while, when I saw myself in this life, I walked towards a large vineyard, with bunches of purple grapes hanging upside down. I saw colorful butterflies flying through it. I heard the sound of running water. I looked up and saw the waterfall flow down from the rocks. What a beautiful scenery!

I was immersed deeply in the scene, and suddenly heard Master say that I should make an end with the negative energy of my past or present life in this vineyard, so I repented to my negative

energy, bowed and bowed again, and asked the negative energy for forgiveness, but I'm still emotional after finishing it. I picked a lot of bunches of grapes and some spring water to give to my negative energy, and channeled the Sun, hoping that the Sun could cleanse the body, mind, and soul of the negative energy, but I still felt that my heart was not loosened. Finally, I said to them, "The past lives are my fault, but why are you entangled in reincarnation? Why don't we let it go together? I promise you, and the merits I have made in the future will be given to you."

Only then did I feel relieved, and my negative energy floated away. In the end, I ate a lot of grapes in the vineyard and danced happily until Master told us to go back to the classroom, I didn't want to return. The place was as beautiful as heaven. What will happen to the course next week? I am looking forward to it.

I have been searching for the reasons for the early unsatisfactory years in my life. Now I have found it, but the meaning of life has not been found. I have taken many Buddhist or Christian courses, and I often fall asleep. I used to think that work was too hard, and I had no energy to go to class after work; I also tried meditation classes, and the result was the same. I wanted to go, but I fell asleep. When I went to Master Ted Sun's class, not only did I not fall asleep, but I also felt a lot of things. During the class, I often felt very peaceful in my heart, and after the class, I went home and slept until dawn.

My life has been sour, sweet, bitter, and spicy, and I am currently

living an easy life. In the past few years, I have travelled to dozens of countries and places. I told Master, “It is about time for me to do more things that benefit all living beings. I am also willing to do something in the Super Life Secret Codes System. I shared the things that had been kept hidden for a long time. In fact, I had already let go, but I just wanted to tell others that this is the operation of karma.

I have seen many people live in the world of hate all their lives, unable to get out of emotional entanglement, and live in pain every day. I hope they have the opportunity to attend Master’s class, or at least read the book “Super Life Secret Codes”, and they will know that in fact, we can all change our destiny in this life without waiting for the next life. May everyone be happy and healthy every day!

BETWEEN CRYING AND LAUGHING

—Wen Hui

Master Ted Sun said, “Between crying and laughing, there are always a lot of stories mixed in. It is just that the conclusion at that moment makes you cry or laugh. You often cry and laugh. People say that you are mentally unstable. After crying and laughing, you must have a conclusion before you can be worthy of yourself. Laughing too much will lead to emptiness. The moment of laughter is beautiful, but when it dies down, you are down. When you are down, there is negative effect. The point

is that after crying and laughing, you must think about what is the importance of this matter in your life? How to find the truth between crying and laughing? The real happiness in your heart shall make you feel joyful every moment.”

When I encountered anything in the past, if it was a good thing, I would always laugh openly, if it was a bad thing, I would always cry uncontrollably, and I never thought about what everything brought to me. What is the meaning behind it? Therefore, as long as I encounter the same thing again later, I still cry or laugh as usual. After I vent my emotions, I always feel very empty and lacking in my heart, and this situation kept repeating.

It wasn't until more than a month ago that I became a volunteer for “Super Life Secret Codes” and listened to a large number of Master Ted Sun's online course on Wednesday, and I gradually clarified many logical concepts and began to adjust my life direction.

During this period of time, my relative went from healthy to critically ill, constantly entering and leaving hospitals and nursing homes, repeated emergency treatments and operations, and received numerous critically ill notifications. Later, the doctor announced that the heartbeat stopped and could not be treated and asked the family members to take the relative home. With his strong will, the relative regained his breathing after returning home and being extubated. A few days later, he was sent back to the hospital and announced that he was brain dead. His organs

had already failed, so the doctor made him stay at the general ward and wait for the moment when he put everything down on his own.

I have a strong personality and do not admit defeat easily. Because there are some misunderstandings in the family with the relative, I missed the emotional exchanges at gatherings of chatting and eating together for many years, and I even insisted not to attend the annual family reunion dinner. Until the relative returned home from the hospital, my aunt told me that he had been thinking of me very much during this period. At this moment, I deeply regretted it. I knelt in front of him and repented and let my tears flow. Because of my rebelliousness, I missed a lot of precious time together.

The experience during this period reminded me that Master Ted Sun asked us to watch the video or visit the actual crematorium. In our lives, we often pursue fame and fortune. After we enter the crematorium, there is only one altar left. Ashes, all fame, and fortune cannot be taken with us. Only then did I realize how much my relative loved me, to show such events to inspire my life, teach me to learn to face all grievances, change my mood and let go, and cherish every moment of people and things. Because life is full of opportunities and challenges, just like the moon, there are always full and half moments, as long as you play your own role in every stage of life, face and complete your own life issues, all answers will be accounted for.

THE ROAD OF LIFE —*Xin Xian*

I am grateful to the world for giving me this experience. I am grateful to Master Ted Sun for his perseverance in teaching, so that I can gain a sense of wisdom and logic between crying and laughing, and then cherish the people and things around me.

Up till now, on this road of life, I have lived a life more interesting than many people of my age. Apart from the up and down relationships, at the age of 20, my family's income began to fall like a slippery ladder. I had to work and study at the same time to complete my university studies. At one time I considered taking a leave of absence and go to work in a hotel to repay the debts of my family. It was my boyfriend at the time who persuaded me to give up this idea.

At the age of twenty-eight, enforced by the bank, every month one-third of my salary was deducted. To deal with the debts of the family, so I began to deal with the bank and the real estate agent. To deal with the land in the family, I went to court alone to claim those rights. With the help of a close friend, I finally won the lawsuit in 2007, sold the land and properties in my family one after another, returned the money owed to the bank, and relieved myself and my mother of the joint guarantor responsibility.

Good times never last, but I did not expect impermanence to come again at the age of 36. I was diagnosed with thyroid mastoid

carcinoma and underwent a total thyroidectomy. Fortunately, the Universe helped me find a doctor with good medical practice, and everything is normal for me now.

I am grateful for my life experience at every stage of my life. It allows me to grow continuously, regardless of how it affects my mind and body. However, psychologically, I am becoming more and more unhappy. I did not know that feelings of insecurity and fear have already built a nest in my heart and my body produces bad energy and becomes sick.

Maybe the Universe pities me! By chance, I read the booklet of “Fountain of Healing”, and then purchased the book “Super Life Secret Codes” in January 2014. At the beginning, I only read the book and I agree with the concept in the book, but I did not practice the visualization meditation. In the meantime, because my ex-boyfriend had different ideas about marriage, I began to actively read books and articles on spiritual growth when I was emotionally unstable. Until June 3, after breaking up with my ex-boyfriend, I suddenly developed an idea, “Let’s see if the pain will disappear if I do the visualization meditation.”

I did the visualization meditation almost every morning and evening. Before that, I would say, “I am willing to let go of these negative thoughts and emotions and look at myself again. I am a soul full of love and joy. I thank myself. I thank my parents, brothers and sisters, ex-boyfriends, friends, colleagues, supervisors, and to all those who have appeared in my life. I respect the progress of

the soul enlightenment chosen by your free will. Because of you, I can be enriched in this life, this is the sacred purpose of my meeting with you in this life. Thanks for the selfless love and blessings of the Universe.”

Then Essential Steps 1-2-3, “repentance and pledge making”, “love and gratitude”, and the “Sun” meditation. Later, I added the meditation of “Anything in the world can be big or small”. The magic is that on one morning in August, when I practiced the meditation of “Anything in the world can be big or small”, a voice from the left told me, “game over.” I could not hear it clearly, and that voice once again forcefully told me, “The game is over!” I was shocked and woke up immediately, and I began to think I should not be entangled with my ex-boyfriend anymore, it was time to let go.

A few days later, I talked to my ex-boyfriend, told him what I heard, and told him I was willing to let go and bless him. After I said it at that time, the big rock in my heart let go, and I slept till dawn that night. This kind of good feeling is unprecedented. In the past, I always hid in sadness and cried alone when I broke up. As time faded away, the feeling of being lost slowly let go, but the pain did not disappear with time, instead it turned into anxiety, hidden with fear deep inside.

There is another magical thing. In order to let myself learn more about the essence of Master Ted Sun’s teaching, I participated in the online course on June 18th. You must have an online account

before taking the course, but I did not receive a verification code after installing the software. I tried it for a week, only to realize that I could not register in Taiwan. I originally wanted to give up. When I went to Matsu on a business trip on June 13, I suddenly thought of trying again! So, I used the home stay computer and went to the website to register. I actually received the authentication code in my email box. I wanted to log in with the authentication code, but I was worried about the insecure network, so I did not log in until I returned to Taiwan and thought about it, “Try it! It might be a scam site.” So, I bravely logged in the authentication code, and it succeeded. I think this is the best example of how the Universe wants me to become attached to “Super Life Secret Codes”!

The methods in the book “Super Life Secret Codes” allowed me to get out of the pain of broken love in just over two months. Therefore, I regard this book as a “treasure”, and my own unique experience also allows me to share with family and friends around me, and willing to spread “love and gratitude” to those who are destined, so that those who are destined can understand the true love, and protect the “Super Life Secret Codes” together to benefit all living beings.

Thank you Master Ted Sun for writing “Super Life Secret Codes”, thank you for sending benefactors to help me in every life journey, and thank you to the Universe for giving me love, nourishing me, and slowly changing my mind and my life!

I hope that those who want to relieve pain and change their lives will not hesitate anymore. The practices in “Super Life Secret Codes” can help you, your family, and friends to avoid the wrong path, in the growth of mind, body, and soul. It is a simple and effective method that can achieve twice the results with half the effort at all levels of life!

Finally, I use “4 Phrase Gratitude Mantra” as the conclusion of this article, “gratitude to the Universe, gratitude to the future; gratitude to the Universe, gratitude to love, gratitude to the Universe, gratitude to love; gratitude to the Universe, gratitude to all answers accounted for!” I hope that everyone will have joy and happiness in the selfless love of the Universe!

EVERY DAY IS A GOOD DAY —*Etta*

My previous concept was that if I encountered something unsatisfactory, worried or feared, I would always ask God for divination, and then I would pray, rely on, and expect a miracle very, very religiously. However, the problem still exists, and we can only let it happen naturally. The process of struggle, people always say that's life!

But after being connected with “Super Life Secret Codes” and the course guidance of the author Master Ted Sun, I gradually feel that I no longer rely on asking God to answer questions, but I analyze and solve it rationally. Even though I have only been in

contact with the book for one year, I have learned so much from it!

After practicing the visualization meditation in the book, in addition to the more delicate mind, there are often small things in life that inspire me, and I always have felt a positive force leading me unknowingly! For example, sometimes I cannot help but quarrel with my family, and negative emotions spontaneously arise. At this time, there is a voice next to me telling myself, "Please cherish this fate!" Right now, I let go of that attachment, and my mood changed 180 degrees from anger to gratefulness, and my family cherished me even more afterwards!

Originally, I was someone who liked to shop online when bored. If my friends had any branded bags, I would want to buy one. After I came into contact with "Super Life Secret Codes", I gradually realized that material life is not that important to me. The body, mind, and soul seem to have reached a balance. The spiritual life is greater than the material life. It makes up for the void in my soul, so I am no longer in feared of being drawn by desire. Now I deeply felt that simple and ordinary are true happiness!

There are always moments of joy, anger, and sorrow in life. Whenever there is joy and abundance, I will continue to be grateful for the protection and blessing of the Universe to us. When it is sadness and frustration, it is a quiz for us by the Universe! After all, if the heart is open, every day is a good day! I hope everyone is encouraged!

I AM WILLING — *Guan Kun*

First of all, thank you Master Ted Sun, thank you You Bin! I got acquainted with “Super Life Secret Codes” and “Super Health Secret Codes” through a booklet “Fountain of Healing”. I met Sister Mei Hua through You Bin, and You Bin led the way into the big love family. Thank you to all the brothers and sisters for their company all the way!

I am very interested in the spiritual aspect, but I never buy books and only search for information on the Internet. I just think the effect is good, but I quickly get back to the old me. Only when I saw this book I immediately liked it and bought it online. After I went home and read it, I felt good! Sister Mei Hua asked curiously why I bought the books on my own. I told her that I was quite interested in the knowledge of spirituality. Sister Mei Hua said, do not be so narrow minded, the book “Super Life Secret Codes” is quite extensive. It is not only comprehensive, but also lively! Sister Mei Hua asked, in which week is it possible to schedule a time to read the book? I immediately agreed. She said that the first prerequisite is to sleep with the book and practice the visualization meditation every day. Due to work, although I agreed, it was delayed by two weeks. In the meantime, Sister Mei Hua still reminded me to sleep with the book and practice the visualization meditation, and arrange time for reading. Thank you very much for Sister Mei Hua for caring for me with great love!

Two weeks later, I had the opportunity to finally begin the reading. At first, she asked me with concern about how my mind was doing? I told her I memorized the visualization meditation in three days and felt good! Sister Mei Hua said that if I feel good, the effect should be more than that. Did I sleep with the book? I told her I did, and Sister Mei Hua asked how I slept with the book. I said just put it next to my bed! Sister Mei Hua said I should sleep with the book under the pillow! After reading that day, she reminded me to start sleeping with the book under the pillow! I went home and immediately slept with the book under my pillow. I did not expect any wonderful thing to happen. I dreamed of a beautiful dream, full of joy in my heart, and immediately shared it with Sister Mei Hua. She immediately replied that it was a good dream! That's right! Dreaming of the book "Super Life Secret Codes" and the life events, this is an unprecedented experience. I am so happy, thank you so much!

Wonderful and beautiful things happened one by one. I noticed that my energy increased and there were always parking spaces available for me. One day, I decided to bring the book to work, so even more wonderful things happened, and my performance soared. I did not believe it, so I brought the books to work the next day. I did not expect the performance to still increase (I now believe it is true)! Just as Master said, just believe that everything is true.

I will talk about personal matters with Sister Mei Hua every week. I have some bad habits. I smoke two packs of cigarettes a

day and drink alcohol every day, but I did not tell Sister Mei Hua how much I drink. Then she told me that smoking and alcohol are bad for health and is even more negative energy. Thus, she made me promise to reduce the cigarettes to ten cigarettes a day in the first week and eight cigarettes a day in the second; alcohol decreases from four bottles a day to two bottles. Although this process is hard and painful, I believe that everything is worth it.

Then the atmosphere at home also changed! I did not get along well with my father, but through the “Super Life Secret Codes”, it started to flip. Even I was surprised! The estrangement with my father for nearly two decades gradually improved. The satisfying thing is that I gradually regained my confidence and my original self. Thanks to Master for his selfless disclosure of his mind, I can save myself! Here is to tell all the destined people, as long as you believe sincerely, and attentively, the Universe has its own arrangements!

Master, I still smoke now, but I tried to control it as far as possible within six a day, a bottle of alcohol a week, of course, there is room for growth, but I believe I will be detached from them in the near future! With the help of Sister Mei Hua, I will follow through to the end, plus the “Super Life Secret Codes” that is blessed by Master, I believe the goal is just around the corner!

Six guided readings in less than two months have helped me to regain the control of my life! I would like to advise all fellow readers and those who are destined, grasp the moment and do not

miss this opportunity again! All of this is my personal experience and realization, and there is no falsehood. Now I am full of energy every day. I am grateful for the compassion and selfless love of Master. I am grateful to Sister Mei Hua for her guidance. I am grateful for the love of the world and the Sun for giving me positive energy every day. I am grateful for the Universe and love. Thank you again, Master!

This life transformation is really incredible, and you must truly accept it! I have been willing and have seen the preliminary results, what about you?

SUPER LIFE SECRET CODES OPENS MY SPIRITUAL JOURNEY —*Sandy Wang*

In 2011, my colleague Lily invited me to participate in the press conference of the new book “Super Life Secret Codes”, and I met the author, Master Ted Sun. It turns out that I knew Master as early as 1998. At that time, I had just started working as a reporter for two years. I met Master by chance. I still remember that I had a good chat with Master at that time. I had many questions about spirituality and religion, and Master was also very patient to answer, I do not remember much, but just that we talked for one or two hours.

I did not expect to meet at a press conference more than ten years later, and I did not expect Master to be the author. Now thinking

about whether this was the arrangement of the Universe, it gave me such an opportunity. It was amazing! After the press conference, I started to contact Master in order to help with the sharing. I did not care much about the book written by Master at the time. When I took it home, I just flipped through it casually. I did not think much of the visualization meditation taught in the book, wondering in my heart if this was even a genuine way.

Later, in order to write advertisements, I started to read “Super Life Secret Codes”. As I thought about advertising, I began to read the book more seriously, and I also felt different from the past. So, I came up with an idea to talk to Master about holding a lecture to let everyone know about this book. I started to help find suitable candidates, venues and so on. Everything happened smoothly. I started to go to Master’s office with many fellow practitioners every week to attend the meeting.

One or two months before the arrival of the first lecture, I found that there was a lump on the right side of my neck, and it did not hurt when I pressed on it; but it got bigger day by day and the size got as big as a big marble. My friend told me to see a doctor. After seeing the doctor and doing a lot of examinations and a MRI scan. I learned it was a tumour, but I did not know whether it was benign or malignant. The doctor suggested surgery. My mood at the time was just to ignore everything, what the future holds can never be escaped, so why make myself unhappy! At that time, the doctor arranged for surgery on August 3, which happened to be my birthday. What a coincidence!

Following the contact with Master, the day of the lecture was finally set. I just thought about how to let everyone know the subtlety of the book “Super Life Secret Codes”, thinking about the urgency of time, how to implement “love and gratitude” before 2012; how to make everyone I know and who I did not know avoid the prediction of 2012. Like many people who agree with Master, I began to promote it actively, practicing the visualization meditation seriously, and something amazing happened...

Just before the lecture, I suddenly felt that the lump in my neck was gone! I did not understand, it just disappeared on its own! But I could not find out what was the reason. The tumor just disappeared. I knew it very well. I said in my heart “gratitude to the Universe, gratitude to the future; gratitude to the Universe, gratitude to love, gratitude to the Universe, gratitude to love; gratitude to the Universe, gratitude to all answers accounted for!” Under the guidance of Master, I learned that everything is energy conversion, everything can be big or small, and I am very grateful that the tumor disappeared.

In the journey of life, everything happens for a reason. Everything happens to make my life more perfect. When everything is good, it is easy to forget to practice. However, spiritual practice cannot be slacking. When I felt fortunate that I spent December 21st, 2012 peacefully, I, who love beauty, suddenly found that the sides of my nose were a little bulging and a little painful when pressed. When I looked in the mirror, I thought, oh no! How do I cover it? At this time, I was a little worried, wondering if the tumor last

time had spread. I should go to see a doctor.

The family doctor looked at it and said it might be a polyp and arranged an examination for me and did some tests. After waiting for three weeks, one afternoon during a weekend, I suddenly received a call from the family doctor. The doctor told me that the test report showed abnormality, so I must go for more tests. While on the phone, my mind was noisy. I was at a gathering at a friend's house at that time. The fear in my heart rose again, and my mood was up and down. Is this my life?

On Monday, I met with my family doctor immediately. The doctor told me that the test index was abnormal, and that further examination was necessary. He also made an appointment with a very authoritative otolaryngologist for the examination. In the clinic, the doctor first used the endoscopic examination and said that there was some abnormality, and there should not be any swelling. For further inspection, a CT scan was arranged. I waited for a week before arranging the check-up. I remembered that I went during working hours to check-up and went there alone. I felt very discouraged!

Thinking of the days when I was studying with Master, I knew that people should be healthy, but because of the effects of various negative energies and stress, they produced unhealthy reactions at the corresponding points. When I was lying there waiting for the scan, I was worried that I really got something bad, and the feeling of fear was beyond words. I kept repenting in my heart

that I did not do the repentance well, and there are too many attachments to let go, and I did not practice properly.

At the same time, I am also worried about my family, thinking that I still have a lot of things to do! There are many people who have helped me who I have not had the opportunity to thank them! Many times in the past, I only knew about complaining, not repenting, not knowing about gratitude, not knowing about cherishing. Now I have been studying with Master for a period of time, I realize I was too self-righteous because life was good, and I forgot to repent, to make pledges, and to be grateful.

I reported this to Master, and Master said that I already have the answer in my mind. I said that I actually knew it was wrong. When I first came into contact with “Super Life Secret Codes”, I had a lot of enthusiasm and asked for nothing. Because I was so happy now, I forgot what I should do, the karma I created in the past life, the negative energy was still waiting for my repentance. I have not done what I promised to do. Later, Master gave me another chance and told me not to worry.

When I returned to the hospital a few days later, this very authoritative otolaryngologist read my report, did another endoscopy, and said, “Sandy, I really do not understand, it may be because I’m older. I cannot understand it. Your report shows that everything is normal. Would you like to see another doctor?” When I heard the doctor say this, I couldn’t help but jump for joy. I was grateful for the Universe and to Master! It is really

amazing! The tumor that appeared is gone again! I cherished the opportunity the Universe gave me even more.

Now I do my visualization meditation seriously every day, and I also vow to earnestly implement the “love and gratitude” of “Super Life Secret Codes”, and introduce it whenever I see kind people.

Now I tell myself that every day is a new day. Today is better than yesterday and tomorrow is better than today. I remember

the lyrics of a song “My future is not a dream, I live every minute seriously”, every time I finish the visualization meditation, I feel

so happy and grateful! Thanks to the love of the Universe through Master’s teaching, this time, I want to say thank you loudly!

Although I have experienced dozens of springs and autumns on

the road of life, I am still a child on the spiritual path. I know that the road behind is still far away. I will continue to practice hard and

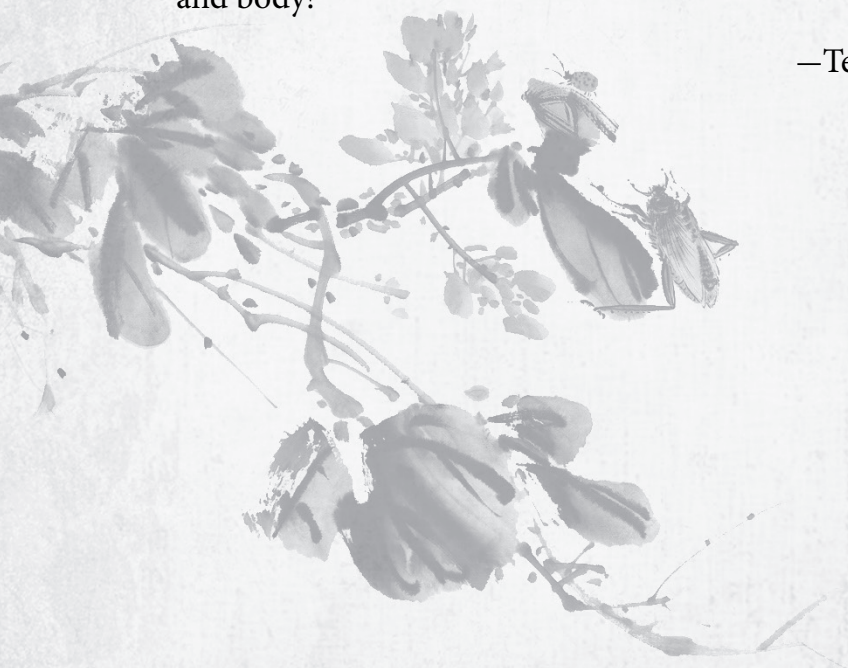
always be wary of myself and not relax. I will spread the seeds of “love and gratitude” to the community and to every corner of the world...

PART FOUR

The Reappearance of Dawn

The more you spread the truth between the sky and
Earth, the stronger your sunny side and lightness will be;
When the light becomes stronger, the darkness becomes
weaker, and there is more sunlight in all aspects of life
and body!

—Ted Sun—



LET GO OF THE CHASE AND FIND THE TRUTH —Julie Chen

There are endless pursuits in one's life! For example, food, ranking, love, relationship, achievement, health, as if when you open your eyes every day, you have expectations and purpose. From a certain level, this kind of life is very exciting, but I want to ask the reader: Do you remember the story of Kuafu chasing the Sun?

My uncle suffered a myocardial infarction and fell into a coma after falling in his bathroom. He was only 56 years old when he died. Just one week before the incident, he was baptized by Christianity and officially became a Christian. When I heard the news, I was happy for my uncle, because he had the opportunity to know his true self before he died, instead of pursuing unrealistic delusions.

My uncle was a dentist coming from a good family and took care of everything in life, including his daily life and education. After finishing his studies in the United States in the early days, he came to Los Angeles to open a clinic. He was diagnosed with nasopharyngeal cancer ten years ago and quietly shut down the clinic, and returned to Taiwan with his wife and youngest son.

Soon after he returned, he opened a dentist's office downstairs again until the beginning of this year. My uncle's mother had divided the family property very early. Because of the uneven distribution, the brothers were in disharmony, and broke off

contact for a long time, and had dissatisfaction and complaints against their mother. The uncle and his wife managed three storefronts for rent, and they owned a building as well.

His life was really busy. While complaining that he was tired, he kept chasing wealth and spinning around, fearing that it was not enough, and he valued money over health. And this dream of wealth was really exhausting!

The ancient sages said, “Stay away from upside-down dreams,” “Be at ease,” and there are thousands of famous sayings that persuade the world to let go. Most people only look at them from the perspective of appreciation and recitation, rather than studying their meaning carefully and then actively practicing. So, my daily repentance homework is to keep reminding myself that my thinking must straighten out. I must let go of my previous desire to pursue fine food, control of money, and my resentment towards my family’s different ideas. I was frustrated and sad during this process, but after the rain passed and the sky cleared, I became light-hearted by letting go of some external affairs and faced the goal of my truest self.

Happiness, joy, satisfaction, ascension and positive energy should not be chased. These feelings exist in our hearts, waiting for the moment we awaken and emerge. I know this moment will come, but I do not think about it or chase it.

AS LONG AS YOU HAVE THE HEART

—Mei Hua

Hello Master! It has been eight months since the last submission. From being exposed to “Super Life Secret Codes” for nearly two years, from being a reader to student, to guiding “Super Life Secret Codes” for nearly half a year, I have gained a lot. The so-called greatest selflessness is the greatest selfishness. I did not expect that an idea to look for people who are destined, read books together, and see the changes in everyone can turn into reality. As long as the heart is genuine, the Universe will arrange it, thank you Master for your selfless sharing of the visualization meditations, use of the book as a tool to guide people, and teaching me to be grateful for the Universe, and to be grateful for love.

I think there are a lot of destined people and predecessors who practiced. If you implement the visualization meditations in Master’s book, you will gain a lot. Different level of understandings have different results. As long as you are willing to believe in everything written in Master’s book, you will naturally improve. In the process of slight changes, you can share the boundless love of the Universe.

Some people may expect big changes and forget that the subtle changes reminded by Master are worth sharing, and they use the visualization meditations to their own benefits. Do not just be a person with your palms up, and forget that by having your palms down, you can also pull people up. Small kind thoughts can form

a cycle of kindness.

As long as the heart is genuine, the Universe will definitely help. I'm very ordinary, I just invite people to read together; but when I see people improve, and I am the most pleased. It turns out that this works. Master wrote in the book that knowledge can be shared in different ways.

I want to share with you that the reading is simple. With the destined people, we read together once a week, and then you can sleep with the book and recite the "4 Phrase Gratitude Mantra." Then, step by step, implement the visualization meditations in the book. I am determined to help every person who is predestined to become a seed to spread "love and gratitude", promote the cycle of positive energy, create harmony, make good connections, and generate merits, and start implementation when a consensus is reached.

Everyone can share to their own fields. As long as the heart is genuine, the Universe will definitely bless us with the opportunities.

Do not underestimate yourself or set your own limits that you must have special feelings before you can share. This will waste precious time. In fact, sharing and learning simultaneously will improve faster. I hope that everyone and those destined fellows will utilize your strength and skills to share.

The above is just a little bit of my experience to share with you, please forgive me if I offended anyone! I am grateful for everything

and to Master for his effort and hard work, all because of love; I also thank the people who guided the reading together, those who make time for the readings. Be grateful for the Universe, grateful for love, and wish everyone success.

CHANGING A THOUGHT TURNS INTO TREASURE —*Jie Shen*

I would like to thank Wan Ru for introducing me to Sister Mei Hua. I am also very grateful to Sister Mei Hua for being able to meet each week as a mentor. Through each week's lesson, I gain more confidence to walk the path of "love and gratitude", where a positive cycle is generated.

I took a leave of absence from the institute in February this year. My parents who worked in the traditional market last year needed surgery because of the accumulated work injuries. I can only put aside my studies and face the family situation, which makes me look a little tired. I decide to get a job to reduce the burden on my parents. It coincided with the Taipei MRT recruiting exam. I was not admitted due to the wrong direction of preparation. In addition, when I was looking for a job, I occasionally had the opportunity to interview, but I never received good news. Facing the expectations of my family and the reality, I felt pressured. I gradually lost my confidence and began to deny myself. I really did not know what I could do to change this.

Faced with the pressure of job hunting, there were relationship problems immediately. We lost our common goal in the future and drifted away. After I was discouraged, I met Sister Mei Hua on one occasion, and we have had a brief chat that I still remember till this day. Sister Mei Hua asked, "Would you like to believe me and try to connect with the book to implement the methods?" I replied, "Yes." When I first got the book, my first homework was to sleep with the book, morning and evening. Implement the "repentance and pledge making" and "love and gratitude" meditation and have an appointment with Sister Mei Hua to participate in the guided readings each week.

In the course of the introduction, I read the short stories of each chapter, from the foreword to the chapters in the book, which led to different feelings; in the chapter "Changing the Map of Life", I learned that a doctor with a high degree of education who had a dream, who should have excelled in his field, wandered in a foreign land because of an unseen dream. But when his mind changed later, the Universe had the heart to help him. He walked to another beautiful map of life. I see the confusion in my heart in the plight of empathy, just because I focus on one point and forget all areas of life.

In the chapter "Student of the Universe", I learned about the different switches of thinking, vision, ability, and so on. I must be sincerely grateful and humble to learn from the bottom of my heart.

In the chapter “People are Manipulated by Unpredictable Factors in Life”, I learned that it is unwise to assume the results for things that have not been tried. When reading this chapter, there happened to be a human resources agency that was interested in my resume. He suggested some ideas on expressing my expertise and writing personal traits. At that time, I thought if the world did not give up on me, why should I give up hope? So, after modifying the resume and cleaning up the flaws, the HR agency recommended a job opening in a large bank and wished me success! Now I have begun to face, accept, deal with, and let go of problems when they happen.

When I read “The Two Most Important Codes”, I had been practicing the visualization meditation for three weeks, and I found that my mood had changed a little, but I am always skeptical about the concept of “The sky and Earth have love, the Universe helps.” However, Sister Mei Hua always said, “Simplify the complicated things and repeat simple things.” Try to make yourself less worried and troubled in your mind, and do everything with your heart, so you cannot only control your emotions, but also to control the future. A few days later, I received a call from the Northern Metro company to offer me a job.

I read this in the chapter “Quickly Avoid Seemingly Positive Yet Harmful Things.” “When people are frustrated in life, they use music or different ways to release their emotions.” Thinking about it, during the period that I had relationship problems, I spent everyday listening to sad songs, unconsciously immersing

myself in an atmosphere of sadness, and putting immense pressure on family, friends, and people I care about, and made my life chaotic. I used my ego in dealing with others, judging and ignoring people's feelings. There will always be infinite conflicts with family members, and friction with friends, making me stressed.

But now thinking about it, I forgot to be grateful for the people who cared and loved me, I did not see the good side of them, but let myself go to a dead end. I am always in my own world and ignoring the changes in the environment, and now I calmed down to cater to the changes in the environment, only to find that I have a treasure in my hand.

In “The Secret Within the Secret”, I see the arrangements and changes in the Universe, and gradually the interpersonal problems that could not be solved before are getting better. In the “repentance and pledge making”, the negative memory that was deeply rooted is melted by the visualization meditation to establish a “positive circle”, and the problems with friends are gradually dissolved. Now I have more confidence to make choices in my life.

In this month and a half, I have gone from frustration, worry, and panic to using “Super Life Secret Codes” to gradually rewrite all irregularities and see the love of the Universe, the dawn of life, and embrace everything in life. From the beginning to transformation, I am deeply grateful for the Universe, grateful for

love, and grateful that everything has been accounted for.

IT REALLY CHANGED — *Aita*

I have been in contact with “Super Life Secret Codes” for half a year. Looking back over half a year ago, my husband and I often fought because of trivial matters. At that time, my energy was very low, and I often fell into a bad mood because of a word; so I was always hoping to improve the quality of life. One day I felt depressed, I randomly flipped through the “Super Life Secret Codes” that was given to me by my relative. After reading in the book about ways to improve the quality of marriage, I started to practice the “rose meditation” with the mentality of trying it out. In the first practice, there was an inexplicable emotion in my heart, which is impossible to describe in words.

Then I happened to participate in the “Mind, Body, and Soul Healing Class” conducted by Master Ted Sun. Master explained the positive and negative energy from a scientific perspective and taught us how to improve our soul. After practicing many times, I felt the Universe bestowing infinite love and energy on me, and my soul seemed to have reliance on it. I felt that I received a short rest and was recharged for my life journey. Later, I learned about the importance of mindfulness, which made me feel different about everything.

After half a year, I now seldom have anger or negative emotions,

my life is smooth, and my emotion is more stable. In my heart, I am very grateful to the Universe's love to me, and grateful to Master for teaching us selflessly, which gave me unlimited light in my life.

As long as there is a heart of gratitude and repentance, I believe that the Universe will take care of us, and I would like to encourage everyone to experiment!

TALKING ABOUT THE SECRET WITHIN THE SECRET —Tom Qiu

In the process of learning “Super Life Secret Codes”, I often ask myself, do I work hard enough? Is everything complete in life?

As the saying goes, “Everything is ready, only the East Wind is missing.” We are far from being complete in life and fortunate to just get started. There is still so much to learn and practice. Master Ted Sun once said modestly that he himself is just a student of the Universe, so we can only be regarded as elementary school students. If we want to learn well, we still need the assistance of the East Wind. So, what is the East Wind? I personally think that it is the sixth chapter in “Super Life Secret Codes”, “The Secret Within the Secret”.

Master Ted Sun pointed out in the book that everyone must face up to and eliminate our negative energy. Most people who go

to Master for consultation or help for their life, family, work, or health problems, do not know how to solve them. These problems are due to neglected negative energy.

Going back to the source, where did these negative energies come from? In fact, many of the things we eat, think, do, and play daily are against the truth of the Universe. When these things occur, negative energies will affect our body and cause us trouble, predicaments, and pain, and they can also confuse our mind so that we cannot make rightful decisions.

How do we break through the barriers of negative energy? I have some experience to share with everyone. First, make the deepest repentance to the negative energy field, state all the mistakes you have made before, and sincerely admit your mistakes. Sincerely ask for forgiveness and promise not to repeat. Then make a pledge, the key is to do good deeds and accumulate merits. You must clearly know what you are going to do, give yourself a plan, and implement it as soon as possible after making a promise.

Once you start to do this, I believe that the impact of negative energy on everyone will gradually fade. When I studied with Master Ted Sun and started to repent and pledge make, something very incredible happened within a short time. The day after I fulfilled my pledge, my company sent me a transfer form that I had been wanting for a long time. You know, I started applying for this transfer form five or six years ago, but I have not been able to receive it. Now, only the second day after I started to

melt away the negative energy, I received such wonderful news.

I am really grateful to Master Ted Sun. Master's teaching is not obscure, but it is subtle. Every time I practice according to his methods, I will marvel at my changes. I cannot help but express my gratitude to Master. Please carefully study the book "Super Life Secret Codes"! Perhaps you will soon feel the magic in the book.

I SINCERELY SHARE THIS DAWN WITH YOU —Guan Kun

Hello, Master Ted Sun! It has been two months since I have been in contact with "Super Life Secret Codes". Since the last time I shared my experience, I have been constantly transforming and moving in a positive direction. I am also surprised that emotional control has become so easy, because I used to be a very angry person.

In the week when I submitted my first sharing experience, I was throwing a tantrum to my company, and I was angry because I only had one day off. After knowing this, Sister Mei Hua said righteously and pointed out, "This is not a responsible behavior. You are angry because of personal interest. You need to be kind and be considerate of others. It is not always me, me, me! You are not "the biggest!" I remember that Sister Mei Hua once told me that Master had been advocating the implementation of "Di

Zi Gui”, and I hope to watch and learn when I have time. She also conveyed the idea of Master’s teaching that “everywhere is a dojo and the temple is in the heart.” When I change my mind immediately, the company is the dojo and the place of practice. I will try to correct many of my habits and mindset. Thanks to Sister Mei Hua for her guidance, and thanks to Master Ted Sun!

In a typhoon in the middle of the night, I got a precious learning opportunity! I remember reading the chapter “The Secret Within the Secret” (the repentance and pledge making meditation) with Sister Mei Hua that morning. I did not expect the Universe to have such sense and knew that my “repentance and pledge making” meditation practice is not solid and it was reminding me!

That night, my father and my brother had a quarrel. I wanted to be a peacemaker, but I did not expect that the more I help, the worse the situation got. My father ran away, and I almost blew up! With my previous personality, I would have gotten physical, but I was grateful for the Universe and the practices, so I could bear it, because I understood that I can’t let the negative energy control me. Finally, I told my drunk brother, “You won’t listen to what I must say now, and you can’t understand it anyway. I will wait for you to calm down and talk again!” These are the words that would never come out of my mouth. After the conversation, I went back to my room and rested. Then my eldest brother opened the door and went home by himself!

I hurriedly called my father to come home and rest. It was windy and rainy on a typhoon day. Although it was late, I could not help but send a message to Sister Mei Hua, telling her that I was tested. Fortunately, I have controlled my emotions all the way this time. Sister Mei Hua immediately called to learn the whole story. On the phone, I regretted that my “repentance and pledge making” was not the best. She said, “Today's reading and the incident are the signs and opportunity given by the Universe, asking you to face your past, thoroughly.”

I cried and told her that since I was a child, I was envious of the love of my classmates' parents, as I did not have it. I grew up bullied by my mother. I never felt the warmth and love of the family until I practiced the visualization meditation in the book. Only then did I have a chance to save myself! The “hate and resentment” in relation to my mother in the past was finally understood tonight, why the negative energy is so huge, and the source is all in oneself. On the phone, Sister Mei Hua just quietly listened to me telling my sad past.

She asked me to “be grateful for the incident, be grateful for having a heart of repentance, what is important after the incident is how you look at it! Today's incident is to give you a chance to heal yourself, have deep remorse and be grateful for all the arrangements of the Universe!” What is amazing is that the chapters that I participated in during the day were closely related to the incident. She wanted me to let others go and let go of myself and stop tying up my heart. I had to untie it before I

could move forward! Sister Mei Hua wanted me to start with my mother first. Even if my mother was no longer there, she still had a chance. There was still time. As long as we “sincerely” do the visualization meditation, make a determination to change, and make good use of it, we will see a change.

I must admire the simplicity and the magic of the “Super Life Secret Codes System”! When I sincerely practiced the deep “repentance and pledge making” meditation, many people, things, and events have been changing. Many unexpected results are so wonderful and cannot be explained with current science! I hope that people from all over the world can implement Master’s teachings and practice the methods in the book, spread “Super Life Secret Codes” while sharing their experiences everywhere, and implement “Di Zi Gui.” In this way, the world of love will be just around the corner!

I am grateful to Sister Mei Hua for her kind guidance, and grateful to Master Ted Sun for such kindness to me, and I am grateful for the Universe and love!

THE MIRACLE THAT REWRITES HISTORY IS INCREDIBLE —Yu Run

A person's life sometimes rises and sometimes falls. Looking back on the past few years, I have been wrong along the way, and bits and pieces of it often come to mind! Among everyone, there are

two people who are unforgettable in my life, one is Master Ted Sun who has never gave up on me during these years, and the other is a living example for me to learn what is meant by becoming an enemy overnight. Master is respected and approachable and gives me a lot of motivation at every level. The other made me see that the friendship of ten to twenty years can be denied in an instant, and the disturbances I have had are actually related to him. But considering the other is a 98-year-old father, and a son who is a lawyer, I only hope that one day he will fully understand what is meant by “conscience”!

In 2011, I was involved in a federal case and was interviewed and investigated and thrown into a lawsuit! Because I have never dealt with lawyers or police in my life, the interviews and verifications that followed have greatly affected my emotions. The prosecutor always wanted to suggest that the judge should give me heavy criminal penalty, and I might be in jail!

My friend introduced me to a book “Super Life Secret Codes”, hoping to help me calm my mind through the visualization meditation. During that period of time, because I often dealt with lawyers and was busy with life, I did not implement the visualization meditation taught in the book properly. I just had a wish in my heart hoping one day that I could get to know the Master mentioned in the book. In August 2013, during a dinner with friends, I met two new friends. During the conversation, they introduced the books and courses of Master Ted Sun. At that moment, I was surprised and excited, even ignoring the fact

that I was with people I just met, I grabbed their hands and told them that I had read Master's book in 2011!

That night, I met with Master in his class, fulfilling the wish in my mind of more than two years. That night when Master led the students to do the visualization meditation, I was grateful for the Universe in helping me to find Master Sun, and I was also grateful that Master did not ask for anything in return. Not only did he give us a comfortable environment, but also, I could sit face-to-face with Master and listen to his teachings. In an instant, I was moved to tears because I felt so emotional by this blessed affinity in Southern California.

During that period of time, the prosecutor repeatedly asked me to sign an unreasonable agreement. If I did not sign within the time limit, he would sue me! Without knowing what to do, I consulted Master and he said at the time, "This matter is too urgent. It is only one week away from the day they requested. If there is more time, things can be resolved. Now, you must make greater pledges to negotiate with your negative energy." Thus, Master taught me what I needed to do.

It's amazing to say that, on the day agreed with the prosecutor, when my lawyer asked me to sign in his office, his assistant called and said, "The lawyer has a sudden headache. It may take several days to go to the hospital for physical examination, and the prosecutor agreed to postpone." Afterwards, I reported to Master, who told me to do my homework quickly! Therefore, I

implemented the visualization meditation every day, confessed to my mistakes, and made a pledge in the future to do more for the world, and be grateful for the energy of love given to me by the Universe. I sincerely confessed to the negative energy.

While I practiced over and over again, I deeply felt that my lawyer did not obtain reasonable conditions for me, so during the extension period, my daughter decided to help me change to another lawyer. The new lawyer directly pointed out one of the regulations that is not conducive to me. This condition was that if the judge sentenced me lightly, the prosecutor is eligible to appeal! And my new lawyer asked the prosecutor to delete and amend this clause to “relieve each other of our liabilities”. The lawyer and the prosecutor negotiated on the phone for 15 minutes, and everything was done, so I signed it in the end!

I met with the judge in October 2013, this time only to confirm that the agreement I signed was voluntary and told me that another judge would accept my case. After that, the days set by the court delayed for some reason. Either the judge did not have the time to look at my case, or the prosecutor went to investigate other big cases. My lawyer was not very happy, because the time was dragging on too long, and the case should have been closed! My family and friends, watching the dramatic changes in the process, thought that it was amazing and unbelievable. At the time, Master thought that delaying the process was a good thing and asked me to work harder on my homework.

Finally, I met the judge in March 2014. He looked very kind and I felt relieved. He told me that the date of the actual sentence would be June 20 of the same year, but during this period the government departments would help him collect information about me. If I was unsatisfied, I would be able to respond to his assistant. As soon as I heard that the sentence was going to be announced on June 20, my heart was again full of fear, fear of going to prison. Normally, I would hardly even enter the police station. If imprisonment was my sentence, how would my life go? Master continued to encourage me to repent and make pledges, and practice the visualization meditations.

On one day in April, when I was doing the visualization meditation in the courtyard, I suddenly thought and said to myself very seriously that Ted Sun is my Master in this life. As long as Master needs any help, I will do my best to support. After entering the house, I found a missed call, and the unbelievable coincidence was that the call was from Master. So, I was excited and called Master back, and reported that when Master called, I was doing the visualization meditation, and Master just chuckled.

At that time, I was really touched, I wanted to thank the Universe, that I met such a incredible Master, and made a promise again in my heart: I am willing to follow Master for life! Thinking about it now, it is incredible that Master called at such a coincidental time! Master asked me to work on the main points of the homework before the trial on June 20th. I was full of gratitude for Master, followed the instructions, and continued to do the

visualization meditation very seriously. On the 20th, I was no longer so panicked and went to court with the blessing of Master.

As a result, the judge ruled that one hundred and eighty days in jail was required, but it was a weekend jail!

Although the verdict was not satisfactory, I am already very grateful because I did not have to serve half a year in prison. The next day, I went to see Master and told him the whole story. After listening, Master simply told me that my judgment should be a comma, not the end! I smiled and answered Master on the spot. It was the judge in the court who made the decision. How could it change?" The Master chuckled again.

After that, I waited and waited until a month passed, but I had not received the notice from the court. Later, I learned that the judge really made a mistake in the judgment, because in federal law, people who have not been in jail have no chance to go to jail for the weekend. During this period, government officials in the court actually asked the judge again. If they were to change to 180 consecutive days because it was impossible for them to change the legal provisions for this case. However, the judge's assistant replied to the relevant unit and affirmed the judgment.

After this, there was no more text, and I waited until the judge decided to readjust in mid-August! During all this, Master continued to ask me to do my homework. On the morning when I was going to see the judge again, it was really hard to describe in words. It was clear that June 20th was over. Although it was not as expected, at least it was acceptable, but today I must re-judge,

so I felt so sad. Suddenly there was a thought that I did not do my homework enough. I went to the courtroom with a heart of ambivalence. When I got inside, I waited and waited. During this period, my lawyer even asked me to accept it. It was easier to stay in prison for 180 consecutive days.

At this time, government officials came out to apologize, because they forgot to find their Chinese translator. So, we have to change it to the afternoon, where prosecutors and federal court lawyers are all discussing the judge's judgment and how to deal with it. After a while, they could not find a conclusion, and so they told us to come back next week! Therefore, I left with an uneasy heart and suffered another seven days of sadness. Afterwards, Master told me not to be discouraged. He asked me to hurry up and use the extra seven days to do my homework.

In a blink of an eye, seven days passed. When I returned to the court to see the judge, my heart seemed to jump out. I heard the judge tell the prosecutor that he would never retract the decision he had made, but since the federal law does not have this, the judge thought that I was not suitable to go to jail, so I was to do weekend voluntary service! At this time, the prosecutor jumped up and told the judge, "I object." The judge replied, "I have told you my decision, and thank you." The prosecutor looked at my lawyer, and now I have a deep understanding of the incident last year where my original lawyer had a sudden headache and went to the hospital and delayed the matter. Afterwards, we suddenly decided to change the lawyer and deleted a clause in the agreement

that “if the judge makes a light sentence, the prosecutor shall not appeal.”

This transformation in the dark is really incredible, and I was crying in my heart about the magic of the Universe and Master are so great. I am deeply grateful to the Universe for blessing me. When saying goodbye to the lawyer, he told me that he had been a lawyer for almost 40 years and never encountered the things that happened to me! As soon as I got out of the courtroom, I couldn't wait to call Master and thank him again and again. I told Master about the judge's decision and the prosecutor's objection was invalid. Master chuckled, as usual and in a low-key said he was happy for me.

After that, I went to the relevant department to report. They were very kind to me and told me that they had been doing these cases for decades, and they wanted to recognize my wonderful results! During this period, I had friends who are lawyers, including my own lawyer, as well as judges who are in office, who have never encountered this kind of thing. One day I went to thank Master, and Master smiled and asked me, “Is this experiment satisfactory?” I told myself that even if I am embarrassed, I must share the magical experience that happened to me with everyone.

It has been four years since I came into contact with the book “Super Life Secret Codes”, from a little bit of doubt at the beginning, and to believing it later. I think that as long as we are sincere, follow the law, and always be the same, the Universe will

help us compassionately. And the kindness of Master is really hard to repay in this life! Master always helps others in a low-key manner, never boastful, and attributes all achievements to the Universe! After writing this, I think of the connection with Master, and I cannot help being moved again!

Master emphasizes the truth of karma and the importance of “virtue” every time in class and does not retain many of the essence while teaching. All global students who study sincerely have amazing results! How lucky are we to be bathed in this ideal heaven of life! Once again, I am sincerely grateful to the Universe, grateful to the world, grateful to Master Ted Sun. I also hope that all the predestined people in the world will connect to Master as soon as possible, and then rewrite their life and complete the blessing!

CONSCIOUSNESS —Lilian

Seeing that Friend G is so eager to feel the love of the Universe in the book “Super Life Secret Codes”, I think about the author Master Ted Sun again and again, and then I deeply sigh, the care of Friend G and Master Ted Sun is true!

Although age cannot be the threshold for practice, time can limit practice. Because of the flow of the time, I seem to be able to feel why Friend G and the Master are so eager at this moment!

There are still many people in need of help around us, so we must speed up and spread the love between the sky and Earth. Of course, the premise is to turn ourselves into a person with positive energy.

Before, I was thinking that life would take its time, but after understanding the care of Friend G and Master Ted Sun, I suddenly wanted to work hard to learn more spiritual knowledge, because this was the way to help others.

I am grateful to the Universe for giving me such an opportunity to give others help, and I started realizing everything after I came into contact with “Super Life Secret Codes”!



PART FOUR: The Reappearance of Dawn

PART FIVE

Soul Healing

To balance negative energy is to “repent”. To earn positive energy is to “pledge make”. Only in this way can major issues become small and minor issues become nothing. This is the same thing in the world, things can be big or small.

—Ted Sun—



GOING BACK IN TIME AND REPAIRING REGRETS — *Rita*

When my son was two or three years old, he was kept alone in a dark room for about five minutes for punishment for being disobedient. He was scared and crying constantly.

Later, it was the baby-sitter who could not bear the crying anymore and brought him back into my arms. Looking at my son who was crying so much that he was shivering, I realized that I was too harsh and did not know how to raise children. For young children, being detained for five minutes is actually as long as five years. This experience is an unforgettable regret for me as a mother.

In a meeting with Master Ted Sun, the author of “Super Life Secret Codes”, Master mentioned that we can visualize the incomplete experience of the past in the visualization meditation to complete it. When I got home, I visualized myself holding my son. When I walked to the door of the room I turned the thought of punishment into softly communicating with him with love, calmly reasoning and making the child obedient, and then hugging him, leaving the room and walking back to the living room.

This action cut off the bad memories of leaving my son alone in the dark. Unexpectedly, during the process of visualization, I smelled a faint natural baby scent that radiated from my youngest

son at the time, as if I had really returned to the past to complete the situation.

I immediately shed tears with gratitude that I can make up for decades of regrets with the simple visualization meditation shared by Master. Grateful for the love of the Universe, to know that the drama of the human world can travel through time and space to achieve abundance and harmony.

THE CRY OF THE SOUL – CHERISH EVERY SECOND —*Rita*

In a “Mind, Body, and Soul Healing Class” given by Master Ted Sun, I unexpectedly felt the suffering of people in the world. In the process, the information flooded in so fast that I, a strong woman with rational thinking in my friends' eyes, cried uncontrollably. I am eager to share “Fountain of Healing” as soon as possible, so that more people who are destined can get out of the original troubled life track and get away from suffering and gain happiness.

Originally, I wanted to explore the soul and its state of energy. After seeing a red and golden light, I actually saw darkened souls. I felt a lot of painful energy, and at the same time heard the crying of these souls, like the sound of crying for help. At that moment, I was shocked. It turns out that there are so many souls in the world who have been suffering because of the stuck concept of

marriage, relationship, work, family, parent-child relationship, and other issues.

When I returned home, lying on the bed and falling asleep, I saw the images of these souls asking for help again, and felt the helplessness of these souls where there was nowhere to go. I was earnestly looking forward to “If we can let more people understand the importance of soul healing, there will not be so much pain and negative energy entangled to people's body, mind, and soul.”

The two frequent scenes of the soul calling for help made me deeply feel the urgency of time, and life waits for no one. Everyone's soul needs to be healed immediately, learn and implement it as soon as possible.

After encountering “Super Life Secret Codes”, I used the energy management method to solve the trivial matters in life and family smoothly. I also had to believe that the good and bad in the world are indeed related to the energy field, and the energy field is related to the healing of the soul memory. If you can repair the wounds and regrets of the soul and achieve the goal of healing, then our soul can be set free in this life time.

Do not underestimate this simple method and truth, everything can be transformed by positive energy to nourish our own soul. Make good use of positive energy, the special remedy of love and gratitude, plant the virtues of body, mind, and soul, and do more

merits, so that the soul of many lives can find answers and a way out.

If this is true, life is as simple as that. There are already many empirical beneficiaries, why not give your soul a chance, why not give yourself a reason not to suffer anymore, try it!

REPENTANCE AND CLEANSING ONESELF — *Patty Mills*

I am grateful for everything in the Universe and all things in the world. I am fortunate to be able to encounter a lot good knowledge in this life, leading me to the truth and finding my way. Therefore, I want to share my initial understanding of the practice of “repentance.” From sharing, the most important thing is to remind myself that I still need to be more diligent, and I also hope that brothers and sisters who are destined to practice will encourage each other to stay on this path.

What I “receive” is what I do. Tightness in my chest has lasted for half a year. In severe cases, it can cause shortness of breath. In order to prevent my family from worrying, I often tolerate, relax, and adjust my breath. One day when I meditated and did the “repentance and pledge making,” I realized that I have hurt many people because of my ignorance for a long time. Suddenly, I became aware of the physical and mental pain I caused and the harm I have caused will return to myself. Although I still do not

know the cause of chest tightness, I am convinced that this is the accumulation of negative energy, and my tears continue to flow.

The hurt I inflicted on others is now reflected on myself. It turns out that the hurt I caused is so painful. I confessed in tears. Suddenly, the tightness in my chest dissipated, and my body and mind suddenly relaxed, which surprised me and was a wonderful experience and change. I am grateful for the love of the Universe and the world to let me realize that what I “receive” is what I “do.” Remind yourself to let go of complaining, and to practice gratitude and repentance, and courageously face everything, no matter what happens, whether it is good or bad, you will be transformed by the blessing of the Universe!

What I “receive” is what I do. I often need to communicate with people at work. I feel most indignant when facing many high-level intellectuals who think that they are above others and can boss people around because of their degrees and social status, resulting in making people very uncomfortable. One day, same things happened, and it suddenly occurred to me that sometimes when I interacted with my family, I do the same. It turns out that I also have arrogance and big ego within me, so I continue to attract similar problems.

At the moment, I deeply realize that “all problems are brought onto me by myself.” I suffer because I also have this problem. If I have negative feelings when facing this situation, it means that there is a “correspondence point” inside me, therefore I

PROMISE OF A THOUSAND YEARS

continue to repent for my ego, and my heart starts to soften and fills with positive energy. This is the touch of love! Because of this, I have another level of understanding for “compassion and embrace.” Every moment in life is an opportunity for repentance and gratitude.

When doing the visualization meditation, you really have to do it diligently every day and truly feel it in your heart. I still have a lot to catch up, but I am very grateful for everything, and I also wish all destined people in life to truly practice gratitude and repentance, so that their soul will be improved, and their lives will be enriched.

LET THE HEART BE CALM LIKE THE MOONLIGHT

—Tom

The Mid-Autumn Festival is an important festival for the Chinese, symbolizing reunion and happiness. Thinking of the Mid-Autumn Festival in 2013, I spent time in the “Mind, Body, and Soul Healing Class” with Master Ted Sun and many friends.

It was so incredible and I still remembered it vividly.

Because of my old family traditions, I put much emphasis on the Mid-Autumn Festival. In the past, moon cakes, taro, peanuts, candies, and more were always placed in the courtyard, and the whole family gathered together to watch the moon together. After coming to the United States, although the atmosphere of the

New Year and the holidays has been much less festive, the Mid-Autumn Festival was still a tradition in the family. This year's Mid-Autumn Festival coincides with the healing class. Although I really want to have dinner with my family, but I really do not want to skip class. During the past healing class, the experiences and changes I gained were so amazing, which gave me a stronger reason to go. After a little hesitation, I decided to go to the class at Richest Life, which later proved that I had made a wise decision. This time the course left a deep impression on me.

The content of the course that evening was very rich. Master did not neglect because of the festival. He taught very attentively and the whole class was very excited. Under the guidance of Master, I can truly feel the calmness and steadiness in my heart. This feeling has continued for many days and has continued to nourish me and make me feel energized.

The class on that day was magical, and I believe the students who attended the class had the same deep feelings. I remember a student who suffered from stomach pain came to the class and devoted herself to the healing practice to cure her stomach pain. She herself was surprised to realize that at that moment, the impact of energy on people is incredible. Experience the healing for yourself, otherwise it is incomprehensible.

I have also undergone unprecedented changes. During the practice, I even smelled the fragrance of moon cakes. The rising moonlight was more like a love energy casting me, and my heart

was filled with love. Anyone who knows me knows that I am not good at words and cannot fully describe my feelings, but I believe that it is better to experience it once by yourself. Because only when you actually do it, the incredible feelings will happen to you.

The last “Body, Mind, Soul and Healing Class” has ended, and the Mid-Autumn Festival has passed for a long time, but I still often think about the class. I am so lucky to be able to participate in Master’s class. What I learned from this class will benefit me for the rest of my life. I am very grateful to the Universe and the world, and even more grateful to Master Ted Sun, who not only gave me peace in my heart, but also made my future full of light.

ON THE ROAD OF LOVE AND GRATITUDE —*Eugene Chang*

I will always miss the past. I miss the 1950s, 1960s, and even the 1970s; I miss those sweet and fulfilling days. During that time, birds, and the flowers fragrance, those years were sunny and bright.

In fact, I know that what I really missed is that simple, worry-free state, but in recent years, I have been further and further away from that happy self.

Just like many people in modern society, I am lost and confused

in this era of information explosion. Everything is being updated so fast. A buzzword has been declared obsolete before I understand its meaning, and some electronic products have been eliminated before I get familiar with them. The short love and the indifference in heart also made me encounter some setbacks, and I still feel sad when I think about it. Slowly, the focus of my life gradually deviated, and sometimes I also feared that am I about to be eliminated?

In fact, what I would like is to feel the sincere heart of the people around me and find the feeling of love that I have been looking for. I am hoping this natural and abundant feeling can heal my soul. Communicate sincerely with others, take care and help each other without asking for anything in return, these seemingly natural and simple pursuits cannot be found everywhere, because in this society the simplest things are the most difficult to obtain.

When I read “Super Life Secret Codes” and started the “Body Mind, and Soul Healing Class” at Richest Life, I found a perfect antidote. This is a “clear current” that can nourish people's hearts, and it is not obscure. Taking the class, I finally had the opportunity to communicate with my soul. When I started the visualization meditation, from shallow to deep, I witnessed that my heart changed bit by bit and learned to love gradually becoming stronger and more passionate about life.

The new me will always be on the path of “love and gratitude.” Although my learning has not reached the point of complete

enlightenment, but I will eventually improve and develop. I am willing to share my feelings, because I hope that more people will receive the teachings of Master Ted Sun, and they can also experience the magic of life transformation as I did. At that moment, they will be full of happiness. I think that together we will create the state of “I am for everyone, and everything is perfect.” I sincerely thank Master Ted Sun for his teaching.

THE ICEBERG BEGINS TO MELT —Rose

In the “Body Mind, and Soul Healing Class”, Master uses simple methods to show vivid metaphors, to let us understand our fate in this life, good or bad, luck or misfortune, and the relationship between our soul and the negative energy. He also taught us to use the two codes of “love and gratitude”, with repentance and pledge making. Gratitude, step by step to open the set program in the soul, and then guide us on how to change the life map we have set before.

In the four short classes, I met my soul in the practice of visualization meditation, facing my real self without any pretence, and the memory of the incomplete past that we have not really faced for a long time. This is something I have never experienced before.

In every class, Master has us do different practices. After each practice, the students share their experiences. Some were moved

and wept bitterly; some danced with a light soul and happiness; some were immersed in a peaceful and joyful state, and more people feel the love and energy the Sun gives us!

In this life, many of us have experienced many hardships. This process may have left our souls scarred, riddled with holes, and alive with some unpleasant memories. We may even find similar encounters that are repeated in our lives, sometimes unknowingly, and these encounters are sometimes replicated in the future. This is not heredity, nor a curse, nor fate, but the wounds of our souls that have no chance to be healed. And these negative energies not only affect us, but sometimes also affect our dearest family members, but we have no idea.

Thanks to Master Ted Sun's teaching, after taking this class and practicing the meditation seriously, I discovered that there are some relationships that cannot be changed for many years. After praying for and being grateful for the Sun's love and huge energy, like an old iceberg, they begin to melt! And my persistent and stubborn personality began to soften, and I knew how to be grateful for the contributions of those around me. This transformation is incredible!

I am grateful to the Universe and Master Ted Sun. I hope that more people can also come into contact with this seemingly simple but very powerful method!

JOURNEY TO PARADISE —Yvonne

When I went to the “Body Mind, and Soul Healing Class” of Master Ted Sun, I experienced a strange result.

Under the guidance of Master, I entered a vast grassland to receive the energy of the Sun, after which Master asked us to make deep repentance and pledges. What I did this time was different. The repentance I did at home was related to my own personality shortcomings, but this repentance was all related to family and friends. I regretted that I was young and ignorant. I was not a competent daughter and sister. I often quarrelled with my father and always made my parents worry about me. Later, because of studying, I left my parents very early, and I went farther and farther away. I never did the filial piety but I should have, and I did not care about my sister.

After repentance and pledge making, I was grateful to the Universe and I kept thinking in my heart, I am a very lucky person, and the Universe continues to treat me with mercy and care. Although my parents are not around, the Universe, like my parents, has always blessed me with good luck. I am really grateful for the Universe and everything the Sun has given me. This time, I burst into tears.

Then I entered a vineyard and enjoyed the ripe grapes. I cannot wait to walk into this endless and fruitful vineyard with excitement. After passing through an arched bridge-like passage

full of grapes, I could not help but put the large purple-red and green grapes, full and translucent, into my mouth. To be honest, there was no feeling of eating grapes at that time, but my heart was very excited, tears kept flowing, and the feeling of happiness and gratitude became stronger and stronger.

At this time, my family and friends immediately appeared in the vineyard one by one. I ate happily, and they ate happily. I also fed my father and mother grapes. I saw them laughing happily! (This was the first time I had seen such smiles!) Parents, brothers, and sisters, as well as sons, ex-husband, and ex-boyfriends were all in the vineyard, and everyone was immersed in happiness! Everyone had no worries, no regrets, under the energetic sunlight, sky, and scenery, and everyone was together and the smiles of my parents still appear on my mind now.

This scene was really touching! I don't have enough words to describe my joy. At that time, I thought this is paradise! Paradise is like this! This is my paradise! It would be great if everyone in the world came to enjoy this paradise! If all sentient beings could have this blessing to walk into this beautiful vineyard, it will be a wonderful thing!

I enjoyed it to my heart's content, until Master said that it was time to leave the vineyard, my heart suddenly hurt to the extreme, tears of sadness flowed out like a spring. This feeling was like a long time ago, when my parents were standing in front of the train window to see me off when I was going to the university. I

turned my head and took one step at a time and left my paradise reluctantly!

At that time, I burst into tears. It was very peculiar. When I saw sadness in TV dramas or novels, the tears I shed were different from the tears I shed in the healing class. In the past, tears and nasal discharge flowed together, the eyes would be red and swollen, and the head would be painful, but in Master's class, there was no nasal discharge when crying, and the eyes were not red and swollen, and the head was not painful. I asked Master after class, and the answer was that the tears shed in class are tears from the soul, which are naturally revealed. I think these are tears of happiness!

Then, we sat down on the grassland and felt the love of the Universe. I was deeply moved again...

I am grateful for my past lives. I think it must be because the past lives have accumulated a lot of virtues that will give me such a blessing to access the book "Super Life Secret Codes" and the respected Master Ted Sun, and then having received the love and energy of the Universe, my heart was filled with love and gratitude!

Thank you to the Universe, to Master, to the fellow students, for my unforgettable "journey to paradise"!

SEEKING THE TRUTH, DESPITE THE OBSTACLES —*May Wu*

After researching for a long time, I found “Super Life Secret Codes” and met Master Ted Sun. Originally, I was afraid that it might be some crazy nonsense, which would ruin my desire to pursue dharma. After months of practice in class, I listened to Master’s teaching about the principle of how to be a good human being and cultivation.

I cannot help but feel embarrassed to consider myself as a practitioner and fail to do even the basic kindness and deeds. In fact, I cannot blame others, as I am the one who failed to change my own weaknesses. And if people cultivate for many years, isn't it the goal that people can get rid of the age-old greed, hatred, and delusion? The result still falls into what the Master said. Some people act one way when they are chanting the scriptures, and act another when they do not chant the scriptures. That's why after years of cultivation people are still having issues with others and cannot face many problems in life. People pledge to enlighten all the souls on Earth and yet don't have enough love and kindness in heart. This is really wrong! We need to self-reflect and repent!

One day when I was driving and seeing the sunrise, I thought of the amazing “Sun” meditation, that the Sun is available everywhere. While receiving the Sun's selfless love energy, do not forget to share your love and benefit others to enrich your merits. It is this “Sun” meditation and the light and energy of

the Universe, which is such a simple “Super Life Secret Codes” teaching. I am grateful to go to work in the morning, as I am able to capture the energy.

With the confidence of the “Super Life Secret Codes” course, I eagerly enrolled in the “Mind, Body, and Soul Healing Class”. Master said that negative energy affects the body, mind, and soul, and then reflects on the physical body. Along with the countless mistakes from our thoughts, words, and actions accumulated in this life time, we need to repent to our negative energy right away. Master guides us to enrich the energy of “love and gratitude” with the Sun, and then communicate with the negative energy, apologizing for the past mistakes, plus the method of soul healing to communicate with the soul over and over again.

Some students with deep virtues immediately connected with their souls. They talked about past and present lives, making me want to catch up. I told myself that I want to work hard and practice diligently to embed love and gratitude into my soul.

I am embarrassed that I am not a hard-working and outstanding student, and my personality is dull, and I do not like attention. I really hope that I can unite my body, mind, and soul, or at the very least embed “love” and “gratitude” into my soul. This will be my greatest reward in this life and an upgrade for my future life.

CHERISH THE LOVE OF THE UNIVERSE —Candy Yang

I am a simple, cheerful, optimistic, and content person. I grew up in a simple and well-off family and grew up carefree and happy. Then I married my husband and came to the United States, and was unaccompanied in a foreign land, could not speak English well and could not drive. One year later, we had our eldest son, but my husband had just graduated, and his salary from his job was low. The stress in life made him impatient and that affected the relationship of the family.

Later, with the support of my parents, we bought our own home, but this made my husband even more unhappy and always felt he was living under the roof of others. I never felt his love but there was a lot of hatred, which made me miserable and I never laughed anymore. Helpless and full of pain, I was at a loss and did not know what life was. I felt that there was no point in living. My parents cared about me and later moved to the United States to live with me, accompanied me to support and help me through that difficult time.

After a few years, my mother wanted to send her 12-year-old granddaughter to study in the United States, so I discussed with my husband whether I could fulfil my mother's wish. My husband is a filial person and agreed to adopt her, but when we went to the airport to pick her up, two sisters came instead of one. My husband is a principled person, and dissatisfaction arose.

At that time, I gave birth to a second son and my home became a house with nine people. A year later, my niece made rebellious friends and refused to listen to us. Our family was disturbed, and everyone was unhappy. In the end, we had to send the girl back to Taiwan to be disciplined by her parents.

Recently, I read an insight about the “Body Mind, and Soul Healing Class” in the newspaper, which made me wonder if I could improve myself. I have always loved pure and simple things. This is also the “super code” emphasized by Master Ted Sun. I signed up and participated in the “Body Mind, and Soul Healing Class” with anticipation. In the first class, my classmates shared that some people had images and feelings at the first class. Although I did not have any feelings, but I felt some changes in my heart.

In the second class, I still did not see any images, but I felt the spiritual difference, which made me happy. The classmates all noticed my changes, from the grief at the beginning to the smiles on my face later, even my husband praised me for my wisdom, which really surprised me. In the third class, my head was pressed backward very hard, and later I realized that energy was healing me. In the fourth class, I felt so happy, because I could deeply feel the love of the Universe.

In just one month, I experienced the happiness and enrichment of life and have “love and gratitude” every moment. I am not a eloquent person, so I donated money to print the booklet of

“Fountain of Healing” to share with people so more people can receive Master Sun's teachings.

I learned that in the Universe, everything is simple and natural, and everything happens directly. Cherishing bliss and be grateful for love, through sharing “love and gratitude” to build merits. Now I am happy and joyful because my soul is fulfilled. Every day is a beautiful day! Grateful to the Universe, the world, and Master Ted Sun! No words can fully express my gratitude for love. Let's cherish the love of the Universe!

MY SOUL IS HEALED —Irene

I have been in two religions for more than nine years. I did not see much spiritual growth from my practice, nor did I gain points in self-improvement. Due to my introverted personality, lack of emotional control and poor communication skills, I often offend my family members and this makes me depressed and I have no patience and love for my children. In the end, my family life is affected and many problems arise.

In 2012, it was not the end of the world, but my world seemed to be facing the end. At the beginning of the year, the negative energy was too strong. My father and I suddenly fell ill. At that time, my mother suddenly passed away which caught our whole family by surprise. After experiencing the power of negative energy, I realized that religion is powerless in the face of negative

energy, making me clueless as to the path of practice.

I am really grateful for the love of the Universe and the sky and Earth. I saw the book “Super Life Secret Codes” in a bookstore in November 2012. I thought the content of the book was very good. It turns out that we are all in the love of the Universe, and that made me very touched.

Because of my personal problems and my inability to control my emotions, my life and my family had been seriously affected, which made me have many questions about my practice. I am very grateful for the love of the Universe, the sky and Earth. I am very blessed to have met Master Ted Sun, the author of “Super Life Secret Codes” in January 2013. I thank him for helping me solve many problems in my life that was affected by negative energy. He also answered all my questions about cultivation and spiritual practice. He gave me satisfactory answers and made me very happy. These are answers that I have never found in other systems and religions.

Moreover, the mentality of “Super Life Secret Codes” is so simple, as long as you are sincere, you can find happiness. I am really grateful to Master.

Later in July and August, I started taking the “Body Mind, and Soul Healing Class”. Although I could not see the images like other students during the course, my heart was very peaceful and joyful. It turns out that I was surrounded and blessed by the

love of the Universe, the sky and Earth, and my soul was deeply moved by healing.

After attending the first “Body Mind, and Soul Healing Class”, I discovered that I could control my emotions and behavior, stop losing my temper, and know how to adjust my depressed mood. What moved me even more was that a few days before the last class, I thought about the big rift in the relationship between my eldest daughter and me for more than ten years because I couldn’t take care of my daughter for various reasons in the past, and I did not have enough love and patience for her, and she did not understand me as a mother in her heart. So, after the healing class, I began doing “repentance and pledge making” meditation, repenting my guilt towards my daughter.

I never dared to imagine that one day, I could have a good relationship with my eldest daughter, because I’ve tried various methods when I stayed in the religious dojo, but none of them could fix the problem. However, a miracle happened. Each Friday, my husband would go to pick my daughter up from her college dormitory, but last Friday my husband went on a trip, so I went to pick up my daughter. I thought the situation would be the same as before. There would be no exchange and dialogue between my daughter and I. Surprisingly the result was different, I found that her attitude towards me has changed 180 degrees, and the interaction between us suddenly became very pleasant.

During the two days we spent together, my daughter thought

that I had changed a lot. She was very happy. I also thanked her for forgiving me. We talked a lot, intimately. Thinking of this, I was so touched and shed tears. I am really grateful for the love of the Universe and the sky and Earth. I am grateful to Master Ted Sun for changing the blueprint of my life!

I want to tell everyone that the “Body Mind, and Soul Healing Class” is an amazing class, which not only greatly helps one's spiritual growth, but also brings peace, harmony, and happiness to family life, and makes life more complete. I wish you will have a happy family like me and find a bright path in life! I am grateful to Master Ted Sun, and grateful for the love and blessings of the Universe!

GIVING PATIENT GUIDANCE TO RELIEVE THE KNOT —Anonymous

My husband has his own business and has a right-hand man Yong Hao (pseudonym) who has worked for him for many years. Yong Hao is smart and capable. He manages my husband's business very well, but he cannot get along with the colleagues, so the people complained. I have also come forward to mediate, but the result was not very good, which often leads to personnel turn over. The gifts given to employees by customers during Chinese New Year and holidays are often taken by him and not distributed to other employees. When customers ask if they enjoyed the gifts, other employees were often embarrassed because they did not

know what to say.

I wanted to resolve the matter but was stopped by other employees because they were afraid that Yong Hao would cause trouble and get offended. I was helpless and couldn't do anything except to compensate people in other ways. In addition, after Yong Hao helped the customers handle their matters, when the customer thanked him, he would ask the customer for gifts half-jokingly. I heard it and felt a little uncomfortable.

One year, at the year end, Mrs. Chen, the lady boss of another company, next door, found that a gift card sent to their office was missing. She thought it was the postman and went to the police. When the police followed up, they discovered that Yong Hao had taken it. The police asked him why he did this. He said that he was very upset with Mrs. Chen. He often helped them, but Mrs. Chen did not give him a gift at the end of the year, so he took it by himself. The policeman thought this was a private matter and let us deal with it ourselves.

After the incident, Yong Hao was very upset. He said that his whole life's credibility had been ruined, and my heart was caught in a battle, and I did not know how to deal with it. Mr. and Mrs. Chen were willing to forgive Yong Hao, and I remembered a story in the "Bible." A group of people wanted to stone a woman who committed adultery. Jesus said, "Whoever among you is innocent, you can hit her with a stone first." As a result, no one can do it.

Thinking about it, who doesn't have greed? Didn't I more than once repent for greed? Thinking of Yong Hao's contribution to the company, I was full of gratitude, but I did not expect that his greed would become so much that he will only do things for rewards.

I remembered when I went to a spiritual class, a Caucasian classmate shared that his guardian angel told him that this was his fifth time returning to the Earth to do the same homework, but so far he had not learned it yet. This is similar to what the Buddhist school has said about Karma and reincarnation. Thinking of the terrible "karma", I did not want Yong Hao to reincarnate again because of an error that had not been corrected. I decided to help Yong Hao to make a new life, so I wrote him a letter. The letter first thanked him for his contribution to the company, and then pointed out that today's situation is all caused by his greed. If the bad karma created in this life is not corrected, he will have to face karma in the next life. I encouraged him to repent sincerely and make correction. There is no such thing as "good or bad" when everything happens in life. It depends entirely on how we look at it.

If we can learn from this, change our thoughts and behaviors, and strive to increase positive energy, then this is a "good thing." If something happens that makes us fall into negative emotions and we cannot detach ourselves, or it make us put the blame on others, then the matter becomes a "bad thing." Everyone must be responsible for what they do, because only they can change

their own environment and destiny. In the end, I gave him the sincerest blessings in the letter.

After the situation changed, Yong Hao apologized to Mr. Chen and his wife and offered to pay back the money. I found that our energy field has changed a lot. Yong Hao worked harder, and I also saw his behavior change. And the worry I had in mind could finally be put down. As stated in the book “Super Life Secret Codes”, “love and gratitude” are really the codes to solve life problems!

PART SIX

Uplifting Spiritual Life

Really feel, learn, and realize with your heart, and reflect on real life, to benefit. This is the original intention of the publication of “Super Life Secret Codes”. Spiritual improvement is the goal that you and I should strive for in this life.

—Ted Sun—



A REAL FULFILLMENT —Emily

When my husband and I bought our first house, we were very happy and satisfied, because it was a big step in our life. Although the house was small, it did not matter. Soon after a year, we built the second floor, and the small house suddenly became bigger. After the second floor of the house was built, we lived happily, but not long after, we began to discuss the luxury houses that were less than two blocks away from home.

I found that my original satisfaction disappeared, and I wanted more and better things. From then on, I was chasing after materialistic things, and turned down the voice of the soul. I think of capitalism as the norm, and the success of a career will inevitably be accompanied by material gain. However, the down side is that the material happiness was very short-lived, and deep down I always felt that there was a void in my heart. I did not know what I was pursuing.

Later, I came into contact with the book “Super Life Secret Codes”. The principles of “love and gratitude” and the visualization meditation made changes in my heart. One day, when I watched “Di Zi Gui” recommended by Master, it said, “Materials are like a bottomless pit, and I can't fill it enough.” I was very shocked when I heard it and felt as if it was for me. I have heard this kind of sayings since I was a child, but it never did much to me. On that day, I learned “love and gratitude”, which had softened my heart. I could hear the voice that I didn't hear before.

Not only that, but I was more grateful for what I had, more than ever before. When I was in peace and looked at everything about myself, whether it was family, marriage, and career, it was so abundant and happy. I kept looking out and forgot that happiness was here. Life can be so simple! As a mother, I have a responsibility to instill a correct outlook on life in my children. If I have been pursuing the wrong things all my life, I would have been educating my children the same way, and they will not be happy in life.

I am very fortunate to learn “Super Life Secret Codes” at this moment of my life to make adjustments to myself and find the right spiritual path.

A POSITIVE CYCLE CREATES A BLISSFUL LIFE —*Xin Xian*

“Super Life Secret Codes” has a major side effect that is the transformation is too fast, which makes some people think that everything is an illusion. However if you understand that the Universe is vast and above all, no matter how great the gurus and powerful the spells are, ultimately all of the human achievements are given to us by the Universe. If the Universe decides to show us natural disasters, without peace humans are doomed. Therefore we have to fully understand the concept of the Universe is vast and above all. It is up to us to decide whether we want or don't want to comply and serve the Universe.

“Once our answer is made, the path of life has changed. Our positioning will generate new input. Whether we can create a positive cycle in life is determined by our accumulative thoughts and mindset. When we are firmed and we implement, then the miracles of life are no longer a myth. To witness our transformation by implementation is the greatest joy. I am touched by the above speech made by Master Sun.

I always feel that I am an old soul who keeps reincarnating, so I have a rich life experience. But these experiences seem to be challenges given by the Universe. It was not until I met “Super Life Secret Codes” and became a volunteer that I slowly realized that the various bumpy experiences in the first half of my life were part of the Universe's plan leading me to “Super Life Secret Codes” to start a new milestone of my spiritual journey.

The visualization meditation in “Super Life Secret Codes” heals me very fast! I remember when I had a breakup, I chanted for three years. Although it helped me to calm my mind, it was not as fast and effective as practicing the visualization mediation. This time I was able to get out of the sadness in less than two months. I truly see the importance of self-healing, because the pain and trauma in my soul will travel with me to the next life.

My past breakup experiences were like living hell, that is why I practice the visualization meditation in Super Life Secret Codes to eliminate the pain from my breakups. Comparing my old experience with present, I feel like I am in heaven. It is all

because I joined the Super Life Secret Codes volunteer team, and everyone worked hard together to achieve a common goal of benefiting people.

Sometimes I cannot even believe it. After only half a year of being in contact with “Super Life Secret Codes”, my mood has jumped from hell to paradise. Now my boyfriend understands the importance of “Super Life Secret Codes” to me. He said that he is willing to give half of me to Master Ted Sun, so that I can do meaningful things. My boyfriend has such a big heart, and every time I think of this, I always feel moved!

When I saw that some people had been in contact with “Super Life Secret Codes” book for a year or two, but they still did not know much about “Super Life Secret Codes”, I couldn’t help but sigh. “Super Life Secret Codes” is like a precious gem. Why not grasp it? Since you have entered the door of Super Life Secret Codes, you should seize the opportunity, otherwise you will regret it.

I am very grateful that the Universe has led an invisible thread, allowing me to get in touch with “Super Life Secret Codes” and participate in the volunteer team. Some people may think that volunteering is a waste of time and does not generate pay; but they do not realize that there are so many great benefits that exceed the materialistic gain. I often listen to Master Ted Sun's wise words which improve my wisdom, enrich my soul, and most importantly make me very happy as if I am already in heaven!

ONCE YOU HAVE THE HEART, THE UNIVERSE WILL HAVE AFFECTION —*Mei Hua*

Hello Master! I have been in contact with the book “Super Life Secret Codes” for two years and conducting the “Super Life workshop” for eight months. The journey is magical like a movie! Everyone who is willing to practice will always see improvement. How fast the transformation is depend on how much a person complies. It also confirms what Master often emphasizes that only diligent practice can experience the power of “Super Life Secret Codes!”

In fact, there are two challenges in believing in “Super Life Secret Codes”. First, we must fully believe in order to receive the benefits easily. Second, we must believe that Super Life Secret Codes is very simple. The reason comes from the fact that it is so easily available and inexpensive, so we underestimate the value, do not cherish nor understand it, therefore we miss the opportunity!

I often share the book “Super Life Secret Codes” with those destined. The book is priceless and its value should be followed by many zeros. Value is determined by us. As Master Sun wrote in the book, changing the map of life is not a dream and everyone has the right to choose for their lives. Once you have the heart, the Universe will have affection. As long as you comply diligently, you will see the “miracle” that Master often mentions.

I am very grateful to Master for making the pledge to write the

book “Super Life Secret Codes”. Other than myself, so many people have transformed their life and found new meaning for life!

There are people who are being young and promising but unable to find a job, being at the bottom of life, having no hope for the future, or having conflicts with family members, friends, colleagues and more. However when they are willing to believe in and practice the visualization meditation, the “4 Phrase Gratitude Mantra”, and sincerely repent and implement the learnings, they will become the beneficiaries of Super Life Secret Codes. Often a miracle of life starts from a simple decision. People who are destined, value “Super Life Secret Codes” like obtaining a gem and practicing the visualization meditation, will be live-saving like a drowning person who catches the only floating wood in the water.

We are often unsatisfied with the current situation and complain all the time, but when the opportunity for change comes, we are still holding back and unwilling to let go of our ego or doubts. Many true stories have proven to us that life can be changed. The point is what is our daily input, including thoughts, words, actions, which determines the positive or negative results.

To put it down is to lift it up again, and growth of life is in the lessons of putting it down and lifting it up. Look at yourself humbly and see the world with gratitude. I hope all the destined people will create peace, harmony, and love to make this world a

better place!

Heartfelt thanks to Master Ted Sun! Grateful for the love of the world! Grateful to the Universe! Grateful for love!

REPENTANCE AND PLEDGES ARE INDISPENSABLE —*Ming Ling*

“Why do I not have feelings during the “repentance and pledge making” meditation, unlike you who is touched and tearing?” A friend asked me one day. “In fact, repentance is like peeling the onion skin. Peel it layer by layer from outside to inside, and you will naturally choke on your tears and nose.” I answered her with ease, but this was my profound experience.

I think this is the reason why Master Ted Sun, the author of the book “Super Life Secret Codes” asked readers to state our repentance in detail when doing the “repentance and pledge making” meditation! Only with attentive self-reflection can we get to the core of the problem. When we are at the core point, we will suddenly discover that our heart is open, gentle, and motivated. Without reaching the core, we are unable to touch the crux of the deep heart, the heart is still wrapped in layers of ignorance, and naturally there will be no feelings and difficult to have tears.

Remembering when I first started practicing the “repentance and

pledge making” meditation, I often felt my heart entangled after finishing it. I thought that it’s either I was sinful and the negative energy was too strong, or I was not respectful enough to be able to achieve what the book said. When repentance goes deep into my heart, the whole body, mind, and soul are comfortable. Sure enough, one day I finally found the answer.

Seeing Master’s “4 Phrase Gratitude Mantra”, “Gratitude to the Universe, Gratitude to the future; Gratitude to the Universe, Gratitude to love; Gratitude to the Universe, Gratitude to love; Gratitude to the Universe, Gratitude to all answers that have been accounted for.” I was thinking that these are “ordinary” phrases. But because I have benefited a lot from the book “Super Life Secret Codes”, even though I did not know what the “4 Phrase Gratitude Mantra” meant and how to use it, I still meditated on it frequently. Once on a whim, I closed my eyes and visualized the “4 Phrase Gratitude Mantra” after finishing the visualization meditation. I did not expect that it touched my tear glands, and tears flowed across my cheeks. It made me realize that such simple phrases could have such great energy. I could not help but deeply repent. When I first saw the “4 Phrase Gratitude Mantra”, I did not take it seriously, nor give rise to any respect, and I completely forgot that our mind creates reality!

After that, I learned to dig out and repent to all the things in my memory with a respectful heart, but I always felt that I had not reached the “point” as Master Ted Sun has said. After thinking about every possible way, I made a determination to make deep

repentance for the mistakes I made in my past lives. “To the negative energy field, I want to make the sincerest repentance today. Due to my ignorance, I do not know how many mistakes I have made in my life. Today, I sincerely repent to the negative energy and the people who have been hurt by me intentionally or unintentionally, and I am willing to give them my merits. I know I am wrong. I ask my negative energy to forgive me, I pray that the negative energy can show me my imbalance and dissolve the problems between us.”

In fact, when I made this pledge, I felt a little bit uneasy. I thought that “will there be too many negative energy who I cannot pay back in this life?” The moment this thought appeared, I heard this voice clearly in my mind, “then spread love and gratitude till your last day!” In an instant, my tears quickly rolled down my cheeks and poured into my heart.

I deeply understand what Master Ted Sun said, “The method of repentance is the only way to easily open the door that is deeply locked in the past, and repentance and pledge making must be able to go hand in hand, which means that repentance must be paid back by pledges.” I have been thinking about how to practice as much as I can. After reading the other two books by Master, “Super Life Secret Codes” and “Super Health Secret Codes,” I finally understood that helping people untangle problems and elevate their souls is “releasing” the soul.

At this time, I want to recommend the “Super Life Secret Codes”

series to everyone, because I realized the joy of “rebirth”, and it was the book “Super Life Secret Codes” that released me! After finding this direction, I actively recommend to my relatives and friends around me, to buy books and connect with people who are destined and share the feelings from the book with others. It is precisely because I've benefited from the energy of love. I have received a lot of valuable feedback; the friends shared their own experiences, and through everyone's mutual turbulence, the speed of diligence has increased, forming a positive cycle of goodness.

Through deep repentance, I realized why I was popular with outsiders, but everything was wrong with my children. I do not ask for anything, and I know how to be compassionate and tolerant with outsiders; but I demand everything from my own children, and I strictly put a lot of hats on the children, “children must be educated,” “I am doing this for your good,” “mother loves you and will take care of you,” but never self-reflect. If the “virtue” in me is deep enough, the child does not need me to worry about them. Wrong perception can cause great harm. I used to think that worrying represents caring. Later, I learned that we should not worry about the children, and instead should bless the children so they would be better. Instead every time I encountered something, I naturally became worried.

Since I read “Super Life Secret Codes”, I know that worry is a kind of negative energy, and it will hurt my child; as a mother I naturally dare not worry easily. This problem that has plagued me for a long time is so easy to solve. We can be praying to the Buddha

and chant the sutras everyday, but if we do not know how to do deeply repentant from the heart to remove the negative energy, when the situation comes, we are surprised that the Buddha is still the Buddha, the sutras are still the sutras, I am still the same me, and there is no connection.

It's almost three months since I've been in contact with "Super Life Secret Codes". Now I can allow many things that I thought to be imperfect to appear in my life. It's not that the unpleasant things no longer happen, but the "repentance and pledge making" are used to eliminate the negative energy, and then after the positive energy is absorbed from the "Sun" meditation, the positive energy has been able to eliminate the unpleasant things. I learned to try to continuously apply "love and gratitude" so that those who are not pleasing to the eye can also accept the nourishment of "love and gratitude", so naturally everything is OK.

Now I finally know that I do not have to worry about the subject of repentance. When the time comes, a thought or a voice will naturally jump out to guide me when doing the visualization meditation. All these rapid changes are credited to the blessings of the Universe and the guidance and teaching of Master Ted Sun.

PROMISE OF A THOUSAND YEARS

I INITIATED IT MYSELF, YOU DO NOT
NEED TO THANK ME! —Ming Ling

I remember that Master Ted Sun once mentioned that there are two kinds of people in the world who want to cultivate, one is the person who has been challenged in life; the other is the person who pursues spirituality.” And my situation is exactly both of these. Therefore, I cherish all the challenges in my life and see them as a kind of blessing of life, because they make me work harder, and study diligently to create opportunities for my spiritual growth.

I have been in touch with “Super Life Secret Codes” for less than eight months, and there are already so many incredible phenomenons and miracles that happened to me. Someone asked me curiously, “how did I do it?” It is so true that this abundant sense of happiness came so fast, and I was amazed too when asked by others. Today, through the sharing of writing, I get to revisit this extraordinary journey and self-reflect on why I gained so much.

The concept of “I have benefited the most” is deeply rooted in my heart, and it has always been my style of doing things for a long time. Therefore, I always have the courage to take on things and offer positive suggestions such as “I can help with this” and “if you can make some changes to this, the quality will be greatly improved.”

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The response has been “Great, I will leave this to you, thank you!” My reaction has always been, “I initiated this myself, so you don't need to thank me. I must thank you for giving me the opportunity!”

I initiated to take over various tasks, even though I was not super confident, but I always tell myself that self-help, people-help, and cosmic-help. Responsibility is the starting point for growth. Being attentive is being professional. As long as I have a “genuine heart”, there is nothing to be afraid of!

“Genuine heart” is another magic weapon that leads me to continuously develop my inner potential. For thousands of years, the various sayings from the Saints all talked to the “heart,” which tells us that the “heart” is the root of everything.

Therefore, as long as you have a sincere heart, you can easily open someone else's, even the heart of the Universe. The connection of the hearts creates harmonious resonance which triggers miracles. You then will see the dreams come true, true happiness, many precious gifts from the Universe, and heartfelt gratitude.

That's right! I have pointed out the essence of “gratitude”. It is the most important element to make everything more harmonious and achieve a balance between body, mind, and soul. In my mind, I always think that “I must have done something wonderful to deserve this.” Since I was a kid, the Universe has given me so many challenges and tasks in my life, and even left a unremovable

He then said, “Mom, I also feel your happiness and positive energy.” Then my son hugged me and said firmly, “Mom, as long as you feel meaningful, it's worth it!” My son stopped talking, I felt his support.” This support from my family is what I really need and am most grateful for.

Before going to bed, I silently told myself, “Just follow my heart!” Let the heart lead my body to move forward bravely, not to worry about the future, nor judging right and wrong; just live in every moment, and make the best of every moment.

As Master Ted Sun said, life is like a play. If so, then follow the script carefully and gracefully and play each role well till the curtain closes, are there will not be a bit of regret in my heart. Instead, with a bright and dazzling smile, bow deeply and gracefully!

GIVE YOURSELF A CHANCE —Sara Chang

I shared my stories at the Taipei reading workshop one day and the conductor encouraged me to convert my stories into words and submit. So I am very honour to take this opportunity to share with you my stories.

In July 2014, something happened that touched the dark side of my heart. By chance, I asked the volunteer how to deeply repentant and told her my story.

Two years ago, because of a breakup, I was left with a feeling of abandonment and blamed the other party for not keeping promises. After the volunteer listened, she thought that my ex-boyfriend was a very unsuitable person for me. Most people would have broken up a long time ago. How could I keep waiting and enduring? The volunteer only asked me one sentence, "what are you afraid of?"

I finally told her what I was most afraid of, is a disease that makes my hand sweaty. Therefore, I have had very low self-esteem and lack of self-confidence since I was a child. When I was a child, I was ridiculed by my classmates, which made me particularly afraid of approaching people. I dare not play with my classmates. I have always been quiet and introverted, so I am afraid to let go even with the unsuitable guy.

Half of the reason is that there is lack of confidence to meet a good guy, and the other half is that I feel that I have invested so much energy and it is not reciprocated. The major cause was the disease that results in lack of self-confidence and deep attachment. I suffer a lot before I broke up completely.

The volunteer asked me to go back and make a deep repentance in relation to my disease. She said that no one abandons you. It is you who abandons yourself, doesn't accept yourself, and loves yourself. The problem is on me. She asked me to kneel when repenting to my disease and the negative energy. In the end, she told me that no matter what happened to you, do not care too

much, and tell yourself that the disease is not real. From now on, you only need to keep in mind that “learn and realize in this virtual reality world, love and gratitude every moment will be the password.”

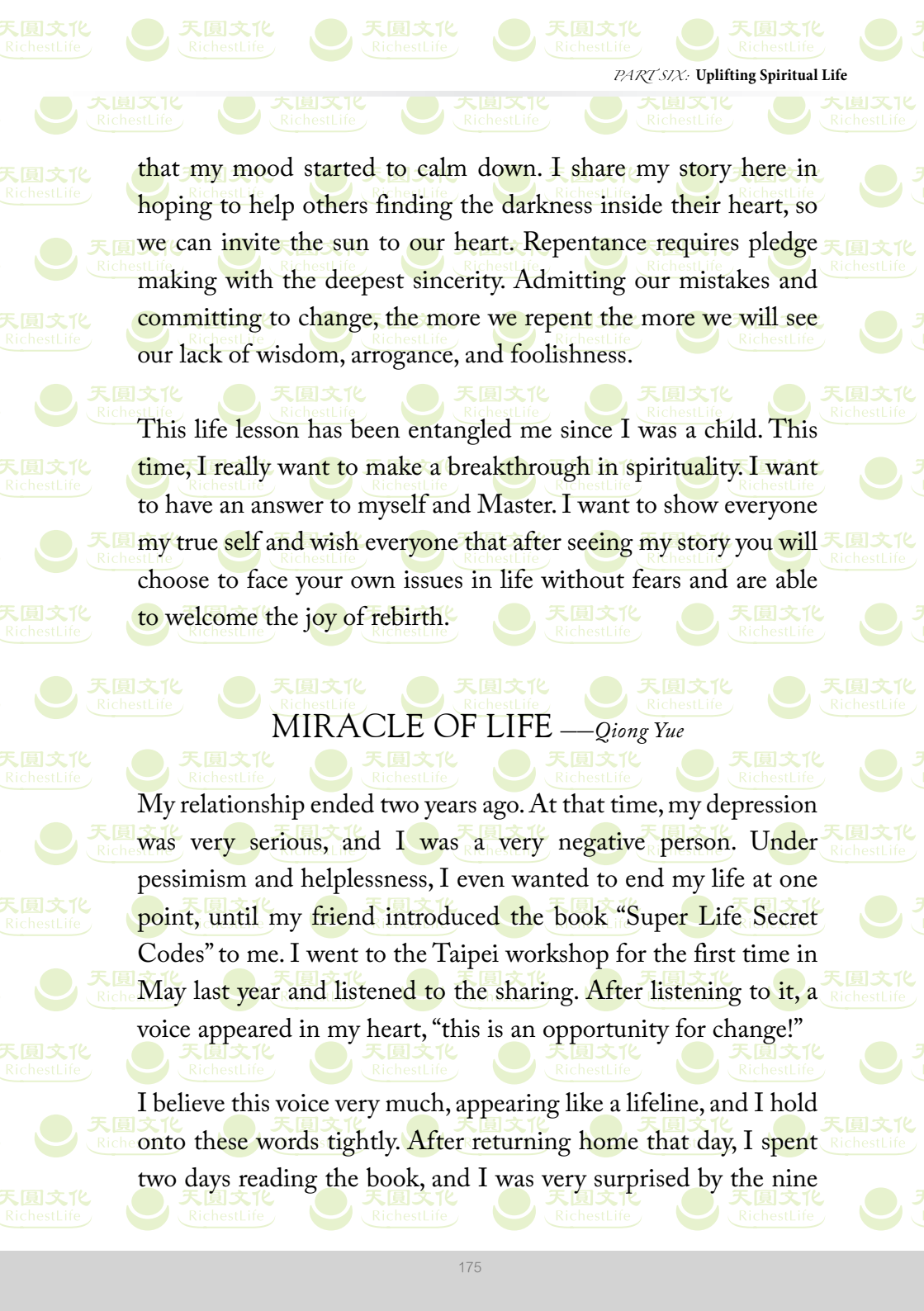
After returning home, I thought to myself, is this really so serious?

Do I have to kneel and repent? I have so much doubt because I have never kneeled before. I hesitated until ten o'clock at night, and suddenly I thought that the volunteer was very sincere about helping me to solve my problems, so I should try it. I began to try the “repentance and pledge making” meditation, and breathed three to seven times. I was only at the third time when the tears of repentance and the soul burst out together. I was shocked. Why did I burst into tears before I even got down to my knees?

Then I knelt down and began to repent:

First, I repent for the teasings by my classmates from my disease and the fears I have associated with the disease. I repented to my ex-boyfriend, because I kept blaming him for the fact I couldn't face myself truthfully. I repented to my insecurity and lack of love to myself, which caused many regrets and sorrows!

Second, I repented to Master Ted Sun, the author of the book “Super Life Secret Codes”. The Master had been telling me to implement love and gratitude, but I only implemented gratitude but no love. Because I don't love myself, so I don't feel the love from the Universe and my heart is dark without light. I am very sorry to Master! Master wrote such a precious book, but I



that my mood started to calm down. I share my story here in hoping to help others finding the darkness inside their heart, so we can invite the sun to our heart. Repentance requires pledge making with the deepest sincerity. Admitting our mistakes and committing to change, the more we repent the more we will see our lack of wisdom, arrogance, and foolishness.

This life lesson has been entangled me since I was a child. This time, I really want to make a breakthrough in spirituality. I want to have an answer to myself and Master. I want to show everyone my true self and wish everyone that after seeing my story you will choose to face your own issues in life without fears and are able to welcome the joy of rebirth.

MIRACLE OF LIFE — *Qiong Yue*

My relationship ended two years ago. At that time, my depression was very serious, and I was a very negative person. Under pessimism and helplessness, I even wanted to end my life at one point, until my friend introduced the book “Super Life Secret Codes” to me. I went to the Taipei workshop for the first time in May last year and listened to the sharing. After listening to it, a voice appeared in my heart, “this is an opportunity for change!”

I believe this voice very much, appearing like a lifeline, and I hold onto these words tightly. After returning home that day, I spent two days reading the book, and I was very surprised by the nine

visualization meditations in the book! Why would anyone write such precious dharma and spread it widely? How is this possible that I could easily buy the ancient dharma that we had to learn from a master on the market! We are so lucky! And I think I used to be a complaining person. Why am I so blessed to be able to own this book? I am very grateful to Master Ted Sun for publishing this book to the world and saving the spiritual lives of many loss souls!

Because I wanted to treat my depression at the time, I saw an article written by Master “The deviation of the mind is the beginning of suffering!” I felt like that was talking about me. I used to have a toxic mindset. That’s why I treat the words of Master’s book like gold and every word in the book as an antidote. I swallowed every word into my heart. I read the book repeatedly and kept being grateful because I practiced the visualization meditation diligently every day. It felt like the program in my head had been reinfused with the program of love and gratitude. It took about three months. This book made me jump out of the vicious cycle, and my depression was over!

In the past, I could only describe myself in two words, which are “fully blind”! Like a blind man, I did not know the reason for everything that happened to me! I did not know why I suffered so much? And did not understand that fate can be changed! The most expensive cost in life was negative energy, but how many lucky people can access this book? And when I saw the urgency and eagerness of Master Ted Sun to save people, the words and

sentences that are so sincere, hoping to awaken everyone on the Earth, I was moved!

It is mentioned in the book that the negative energy of the human heart is so great that it affects the orbit of the Earth, and it has entered the wrong operating program. Seeing this, I felt that we have a great responsibility. Each of us should hurry up to spread the positive energy of love and gratitude, and help more destined people, and put an end to tragedy, letting everyone's heart plant the seeds of goodness. "Super Life Secret Codes" is really more than just a book, it is positive energy! Along the way, I have always felt "guided", a force that wanted to lead me to the right path. Whenever I say something wrong or do something wrong, there is a wave of energy that locks me in, and I must repent about it. It is amazing, especially when I say something wrong, but I feel that the other party would not care what I said, so maybe I don't need to worry. In the end, I was still correct to apologize to that person.

I am very grateful to the Universe who never gave up on me, always guided me to the right path, let me have a correct attitude towards life, taught me to change my heart, correct my mindset, constantly modify myself, and step forward everyday, so that my soul can be improved and have ability to help others.

I would like to sincerely invite the people who have not read this book. Please give yourself a chance, you can change the map of life!" This is a rare opportunity and an important decision in life, do not miss it! In life if you make a wrong choice, it will take

a long time to correct it. Life is short and can be very simple without guilt and regrets. If you can face your problems bravely, be true to yourself, don't cover up your mistakes, don't deceive others and fool the Universe, with a sincere attitude a crisis can turn into opportunity. Self-help, people-help, cosmic will help!

Do not waste your life waiting for others to change, change yourself first, and then you can live a wonderful life. To grasp the happiness of life is to implement “love and gratitude”, accept the blessings of the Universe, and become the new favorite of the Universe. Now the world is in turmoil, all because of the lack of moral education triggering all kinds of evil deeds. Master Ted Sun has repeatedly emphasized that everything must have “virtue” as a resource, and nothing will work if there is insufficient of merits. I hope everyone will find time and watch “Di Zi Gui” taught by Mr. Tsai. This is a guideline for how to be a good human being, learning the meanings of the impartial doctrines, cultivating abundance of righteousness and the blessings for oneself and the next generation, into a positive cycle.

“Admonish goodness and virtue will be established.” This is the end of my sharing. Thank you all! Grateful for the Universe, grateful for love!

MY EXPERIENCE WITH THE VISUALIZATION MEDITATION —*Shi Mei Hua*

Hello, Master Ted Sun! Once I shared my learning with you, you advised me to practice more diligently. I did not understand it very well at the beginning, but I kept doing it. Finally, one night I had a different feeling when I was doing the visualization meditation. “I was so touched, my heart was surging, tears were streaming down my face, as if I had never done the visualization meditation before. I kept doing it instinctively, and the soul seemed to be rescued!”

Dear friends, isn't it kind of difficult to understand why I enjoy doing the visualization meditation so much? I am having a hard time explaining it myself. It is an indescribable feeling.

For those who have the secret codes to life but are unwilling to keep working hard, is really a big loss. To me we must persist and be sincere as Master said, so that each stage in life will be a breakthrough. Our soul is like a cell. When the nutrient goes in, the junk comes out. This secret code plays a very important role. If an ordinary person like me without a special educational background can do it, anyone can too. I hope that those who have this book can make good use of it, otherwise it's a shame!

Thanks to Sister Shuli for her guidance and help in creating such a good environment for us to learn. I am most grateful to Master's compassion for working so hard to guide us to a clear path in life.

The day before yesterday, I had an opportunity to talk to my husband about the visualization meditation. I suggested him to start with the simplest “love and gratitude” and “repentance and pledge making”. He agreed, so I explained to him how to. At first it was not going well. I told him that it is the interference from the negative energy, and it would be okay if he continued working thru it. Later, he was able to practice it smoothly. As Master has said, we are working towards completeness, so even the slightest change, I need to be grateful for.

My husband is changing step by step, first he sleeps with the book, then he stops watching TV, and now he starts to practice the visualization meditation. This is so incredible! Believing drives positive energy. As the saying goes, “the believers will be connected and the non-believers are insulated!”

Last night, my friend and I were having coffee at a market place. The area we were sitting needed to be blocked off for cleaning, we had to hurry and move to another area. Then my friend suddenly found out that her mobile phone was missing, and we could not find it. After thinking about it, it might be lost in the supermarket, so I went back to ask the clerk, but he said that he did not see it. I went back and forth twice and finally asked the clerk for help. The cost of the phone is not a big deal but the information in the phone is very important, so we hoped that he can help us find it.

We waited outside for more than ten minutes, and then the clerk

came out and asked if we had looked for the phone in the restroom. We went into the restroom and saw the phone was really there, so we thank him immediately. In the process of searching for the phone, I was repenting. I repented for misplacing the item. I also thanked the Universe and the love, and I also visualized the joy of my friend finding her phone. The result was just like what I visualized.

Dear friends, do you think it is amazing? If you experience the visualization meditation yourself, you will be able to understand what I am talking about. I wish all sentients success and abundance. Let us create a pure land on Earth together!

BETWEEN YOU AND ME —Guang Yuan

In my life, I have met all kinds of people and found that most people only think for themselves, but they do not know it. I often would like to share with everyone a very important concept that is everyone is interrelated, people to the environment, and country to another country. Interestly, most people didn't think about it.

When the majority of people are not doing well, we will not be well. When the overall environment is not well, we will not be well either. Just like the United State economic downturn a few years ago, it gradually affected every country in the world. I believe this is something that everyone could not imagine at the beginning, so the impact was so major and has continued to

affect everyone today.

Therefore, when the overall environment is bad, everyone will be affected more or less! Base on that, when many people have a negative mindset, the energy on Earth will be negative. Each one of us has some negative thoughts and emotion in our daily lives.

There are seven billion people in the world, who emit negative energy daily. Think about the impact!

In fact, it is scary to think that the Earth has been polluted by everyone's mind. Is she doing well? If the Earth is not doing well, we will not be well, this is a vicious circle. The planet Earth is our home. Many generations will be living on this planet, so we all have the responsibility to take care of it

Everyone needs to learn that the “selfishness” mentality has to change and never think that the wellbeing of others is not our concern. When everyone is doing well, we will be well, so is our environment and The Earth. The Earth has soul, and all things do too. We are all connected.

Many people don't know themselves very well, because the ego is too strong, like an invisible wall that blocks our sight and prevents us from seeing the truth. However, most people think that they know themselves well, because people are used to the habits and pattern in life, so nothing is really out of the ordinary.

People become numb due to the lack of “awareness” and make

a lot of deliberate or unconscious mistakes. Due to an incorrect mentality, our behavior is off, causing harm to ourselves, others, and even the entire environment. So “awareness” is extremely important to each of us. I have always believed that the human nature is kind, but due to our “ego” and old habits the goodness and kindness in our soul have been buried.

Now, what we must do is to uncover the human innate kindness and tell ourselves every day that we will be a good person, be kind, say kind words, do good deeds, and have good thoughts. Tell yourself sincerely from the bottom of your heart every day and embed this feeling into your heart, then we will become a luminous individual and a self-generator to bring love and gratitude to the world.

Every thought has energy which emits frequency and affects the environment. If everyone has more negative thoughts than positive thoughts, our world will have disasters. The result of the accumulation of everyone's negative energy creates “shared karma.” Karma comes from the power of human deeds, in another word, energy.

Shared karma is caused by the negative thoughts and actions of all people combined. When the negative energy is too strong, our world will have disasters. On the contrary, if our positive energy is greater than the negative energy, our world will become peaceful and harmonious. It is up to us to choose what kind of world we want to have.

Grateful to the Universe, grateful to the world, grateful to everyone! Regardless of good or bad people, I am grateful to all. Let's be a luminous individual and a self-generator. To change our environment requires the effort from everyone. I wish everyone love and gratitude in your heart.

THANK YOU MASTER FOR LETTING ME MEET MY SOUL —Sandy Wang

Dear Master,

Thank you very much for your hard work and effort! This is the first time I have written down my feelings of the class and shared with you. I'm hoping to motivate myself.

Thank you for letting me finally meet my soul in the Monday class. My soul is my companion. She is a happy soul.

When Master Sun gave us verbal instruction for the visualization, I was also reciting the "4 Phrase Gratitude Mantra" in my heart. Gratitude to the Universe, gratitude to the future. Gratitude to the Universe, gratitude to love. Gratitude to the Universe, gratitude to love. Gratitude to the Universe, gratitude to all answers accounted for.

Suddenly, I was choked up with a feeling of missing my loved ones.

At the same time, my abdominal area was having a throbbing

sensation. As I continued to visualize, suddenly I saw a yellow crystal ball covering with a thick layer of yellow wax, and as the Sun's temperature rose up the wax melted away.

The crystal ball was glowing in gold and white color. Gradually, I saw a white crystal ball in front of me like a lotus flower. The petals were blooming one by one. In the center of the lotus, there was a bright crystal glowing in gold and white light as well!

The crystal slowly turned into a fairy, who turned out to be my soul. She is really cute and has a bun on her hair. She said to me, “Relax, relax, do not worry!”

At that moment, My mind was suddenly opened up. I knew that the Universe has created an abundant path for me. So anything that comes my way has been accounted for. There is no need to worry anymore. The Universe has already prepared everything for me including the acquaintance with the Master and the fellow students.

In terms of cultivation, maybe I am not a model student yet, and there are still many old habits that need to be removed, but I will keep going!

I am extremely grateful to the Master allowing me not to be lonely and worrying any more. Now I know to let go, relax and be at ease. I no longer need to depend on others. Gratitude to the Master.

PERSEVERANCE THAT WILL NEVER GIVE UP —Ming Ling

For a while, I was trying to figure out why my practice of the visualization meditation was not as powerful as when I first started learning Super Life Secret Codes. Although everything from physical to psychological were improving, but the initial satisfaction and affection were fading way as the time moved on. Is it gone? Is that it for the visualization meditation?

I had so many doubts in my mind. I wanted to ask Master Sun for advice, but I thought about how busy Master Sun was helping so many people all over the world, so I didn't want to disturb him. I kept reminding myself that as long as I persist, the Universe will give me an answer.

I continued to practice the visualization meditation every day, and in my “repentance and pledging making” meditation I made a pledge to purchase another fifty copies of “Super Life Secret Codes” to share with the destined people and forward the merits to my negative energy. I asked my negative energy for forgiveness and invited them to support and spread love and gratitude.

Just right after I made my pledge, then I practiced the “Sun” meditation and visualized the substance of love and gratitude in my heart allowing me to receive the mighty Sun power. All of a sudden, I felt the power of “love and gratitude” in my heart that could transform the heat and energy of the Sun. The Sun energy

is huge. How fortunate I am to be able to receive it. I was so touched and the tears were coming down my face.

This incident made me realize that the words in “Super Life Secret Codes” are “principles”, and indeed there is incredible energy. How much we can understand depends on our level in cultivation.

After this new insight, I finally found my “enemy.” Back when I was learning “Super Life Secret Codes” for five months, I practiced “love and gratitude” visualization meditation followed the instruction that has said to visualize sending love and gratitude energy to everyone and include our enemies. Every time I would search my enemy in my mind, but I couldn't think of anyone.

After that day I gained my insight back, I carefully screened myself. Suddenly, a voice in my mind said, "You are your own enemy!" My tears came down my face. I got nowhere to hide but face myself. It's true. For the longest time, I have never embraced myself, never really knew who I was deep down, and never accepted what I have gone thru in my life. I appeared to be ok, but deep down was I honestly embracing everything? Finally, I found my enemy who desperately was in need for love and gratitude. This person is myself.

In an instant, a thought appeared: “The enemy is your own demon!” Tears crossed my face again, facing the “I” deep in my heart, I felt nowhere to hide. For a long time, I have not really accepted

myself, nor have I really understood myself at the bottom of my heart, nor have I truly accepted everything that I have endured from my heart. On the surface, I seem to accept my fate, but in my bones, have I really accepted everything without complaint or regret? Finally, I found the enemy who desperately needed me to send “love and gratitude” to him—was my own demon.

I truly realized that people need to earnestly protect and take care of their heart. To love yourself means to cherish and embrace, instead of only taking care of the outside appearance and physical body, those are superficial love. Only if we love ourselves deep down, we then, have enough love for all.

After several soul healing experiences, I realized what Master Sun has said, “the more you are in the zone, the gentler your mind will be.” A while ago, there was a yam that germinated, so I planted it in my planter in my living room. A few days after, I discovered that it has grown leaves all over, so I started watering it everyday and making observations on its progress. I witnessed a yam flourish and realized that the “energy transformation” is just like the visualization meditation has mentioned. I couldn’t help to be amazed by the vast love of the Universe. From this, I understand the importance of “respect the sky and love the Earth.”

Know to respect the sky and love the Earth, the sky and the Earth will be connected with us. Once in my visualization meditation, I made a pledge to write down my testimonial to share with



PART SIX: Uplifting Spiritual Life

CULTIVATION IS NOT WHAT YOU THINK

Cultivation is a big challenge for people at this point in time. Most people are influenced by the people, objects, events, and busy lifestyle trying to make ends meet. So cultivation and finding the meaning of life will be something people do when they get old, after people have taken care of other things. However, our busy life creates a vicious cycle, many life lessons and challenges become complicated and turn into unsolvable problems and agony.

In the Universe, the individual is a small Universe, and everything outside is the big Universe. The two form the word “return” in Chinese. We play our role well in the Universe that is to return to our basis. Therefore, I suggest that everyone seizes the opportunity of cultivation to return to the basis immediately.

First of all, we must understand that a busy life makes people irritated and not wanting to think further. When living like a robot, people are numb and unaware, so it is very easy to make mistakes or lose control of emotions. Therefore, the busier they are, the more they need to stop to take a deep breath and have a quiet moment, otherwise they will have to pay the price.

There is a saying, wisdom arises from a calm mind. Otherwise, we will get “foolishness”. How do we get calm? It is very simple. Just set a time every day for 30 seconds, one minute, or five minutes to calm your mind. No matter how busy you are, you must say to yourself, “be calm right now”, remove your thoughts, and take deep breath.

Cultivation starts from your daily life. With continuing self-motivation, your change will produce results which promote persistent acceleration. Otherwise, the trivial things in life will create a vicious cycle spinning you around. All of these require realization and correction of your behaviors.

The number one thing for cultivation is sincerity. If you allow life to drag you around and cannot make up your mind, not only will you not be able to improve, you may also cause physical or psychological illness. Therefore, cultivation is not mindless without direction, you must change yourself and influence others. If things are going well here and things are going well there, then life has been changed to positive.

Take quarrels as an example. If you analyze the source of the quarrel, you will find that a lot of things are a unnecessary annoyance. A couple's quarrel will also affect the children, and even the next generation will have issues. At any moment, you must ask yourself about your sincerity. If there is no sense of crisis

during the good times and you binge watch TV, when something happens, it may be too late.

Therefore, the first thing in cultivation is sincerity. Second is simplicity. Some people take many courses every day and learn various practices and theories for cultivation, and in the end they found out their time was wasted. It is better to start from one in depth learning. One enlightenment opens to all enlightenment. The third thing is observation of how all things work. These are the basis of cultivation. Otherwise, we will become busier and emptier without direction.

For example, the “Variable Number of Plum Blossoms” is to use various perceptible “phases” in nature as the basis for predicting future development. That is to say, the world is full of data and information. Birds fly through the sky and a door shuts vigorously are all information. Everything is transmitting information, but we just do not know it. If we can master it, we have supernatural power.

Train your mind to be very sharp and fine, even if someone drops a needle, you will know what the message of this “phase” represents. Practice sharpening your observation on all things. Data and information field is all around us, there are channels to enter to learn about the answers. Once we cultivate to a level, this ability will naturally happen.

This is what wisdom is. Wisdom is inspiration, and inspiration is transferred to you in the air. The methods of other religions or cultivation are good, but the sad thing is that often times people are forever at chapter one. Therefore, spiritual cultivation is to help people reach completeness in your daily life.

The importance about our mind is being able to see through everything, understand the truth between the sky and Earth, and apply it to daily life. With this wisdom, it is easy to “see through clues”, understand the various “situations” in life, and make the right decisions. When you can see through things, you can let go of things easily.

Therefore, be wise, see through, let go, and be at ease, this is the process of cultivation. Don't be fooled by the “environment.”

Making connection with everything in the world will receive blessings from all things. Always self-reflection and know where you want to start.

Confidence and comprehension are the key to the visualization meditation, avoid being mindless and vague. The fourth thing is unselfishness, to share with as many people as you can and to earn love and merits in the sky and Earth. The practitioners from the past tried to keep distance from people to avoid karma, however they became selfish.

Do not get suck in with the supernatural power. There are people making a hot dish appear out of nowhere to wow people but leading people astray. Spells are not the solution. Dismiss karma and you will have to pay the price. Just like when I was in the Navy, I tried to get myself transferred from being in the ocean to the ground, and I found someone to do spells so I can leave the ship. However, few months before I could be demobilized, for some reason they put me back to a new recruit and I had to go through the training again. Therefore, you need to comply to the Universe and invite blessings from the Universe, so you don't get played by the spells.

Some of the religions and practices confuse people, so be careful. Some people chant sutras all day long, but do not know what or why they are reciting. In fact, the original intention of repeated reciting is to help people understand the scripture better so people become more sensible. But many people turn it into a ritual not knowing the meaning and think that sacrifice and dedication is cultivation. Without being sensible, people put the wrong emphasis in life and the life is a mess.

Having a correct view of the Universe in mind, you will become more practical. When making progress, you must seize the opportunity and keep “karma” in mind as well, otherwise trouble will occur. Karma is also negative energy like high voltage electricity. If you interfere with other people's karma or despise

karma, you will pay the price. So when it comes to other people's karma, we can provide good guidance but don't interfere.

The pressure of the people from modern society comes from “no solution.” Because there are many things that cannot be solved, so the pressure arises. You must have wisdom, be wise, see through, let go, and be at ease so that you can be free.

The wisdom to solve problems is to simplify, so you can find an accurate entry point, treat everything around as an art, and then solve the problems step by step. Many problems will naturally turn around painlessly, if you have confidence, ambition, vision, plus the love of the Universe.

Practice looking at things with a positive lens, and everything can be solved. Continue to practice positivity, to think, to respond, to implement and your blockages will naturally be open.

— Master Ted Sun

Los Angeles, United States

ABOUT RICHEST LIFE

Richest Life, founded by Master Ted Sun in 2011, is a global personal and professional growth, development, and training center, that teaches people how to take control of their lives to achieve endless abundance and success.

Richest Life's energy management system helps individuals reset, reprogram, and supercharge their lives, thus becoming a positive magnet for good health, balanced relationships, and abundant wealth.

We offer programs and tools for people from all walks of life and have helped hundreds of thousands across the globe attain a meaningful and purposeful life.

USA:

www.RichestLifeUSA.com

www.SuperLifeSecretCodes.com

Asia:

www.RichestLife.com

ABOUT MASTER TED SUN

Master Ted Sun is a world-leading expert in energy management, a renowned speaker, a top-selling author, a humanitarian, and a Nobel Peace Prize Nominee. He is also the founder of Richest Life, a personal and professional growth and wellness center, teaching people self-healing and life mastery. Master Ted Sun has trained hi-tech executives, CEOs, government officials, doctors, and tens of thousands of people worldwide.

In 2010, he wrote his first book, *Super Life Secret Codes*, a life manual that reveals the secret codes of managing energy to create a super extraordinary life. This book has become a global sensation and transformed people's lives all over the world.

Since then, Master Sun has written over 50 books and given tens of thousands of lectures and consultations. His book “Say No To Depression” is a breakthrough in mental health and has been recognized and endorsed by Western and Chinese doctors to help people overcome chronic depression, anxiety, insomnia, and other mental health problems.

Master Sun's energy management system teaches people to mobilize their innate natural ability to become a self-generator of positive energy so that they can recharge and take control of their lives.

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Master Ted Sun, acclaimed author of the international bestseller “Super Life Secret Codes,” has helped transform countless individuals worldwide. Join the global movement and unlock the potential to take charge of your destiny, not letting life’s circumstances dictate your path, and embark on a journey to a super life.

A PROMISE *of* A THOUSAND YEARS

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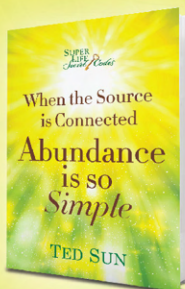
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*Inviting you to listen to the songs that
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