

My Dear Beinu Classmates,

Greetings! My 5 minute talk/show was a blur to me now. It was really a show and tell, so it's difficult to put on words. I am writing this as an afterwards 心路歷程. Maybe it can be used instead.

First of all, the show was my very first one, as I am usually shy away from any activities, which may bring any attention to me. In short, I am a very "private" person and I don't like to do any feelings. So, I am doing something brand "new", which I have never done before. HA! HA!

After Beinu, I went to National Taiwan University in the Mathematics Department. Later, I came to the US, studied and took the actuarial exams and became a FSA, Fellow of the Society of Actuary, after 12 years' struggle. I married, had two boys, had a good job, but something was missing. I "should" be happy, but I didn't, and I felt guilty to complain, because I had a "good" life, from others view point. Anyway, I was stuck in my own personal life. So, I started searching and went through counseling, major religions, sufi, yoga, chi-kung, energy work, psychic, movement, dancing, music therapy, alternative healing methods, etc.

I started with RC, Re-evaluation Co-counseling (rc.org), which transformed and opened my mind to a bigger world of possibility. Then, I joined HoChi (hochi.org), which opened the door to Chi-Kung and more. By now, I was in a fun trip to explore more and more. I was very eager to find a fast and easy way to heal myself, so I could be happy, with myself and my life. With my analytical mind and a training in Math, I went through many different modalities, whatever came into my path as though directed by the invisible Spirits. My goal was self-healing, to explore the unknown world, and be able to share the info to anyone who maybe interested. So, if you ever interested in anything, let me know. Maybe we can do it together. Self-healing is my hobby. :-)

Anyway, I have come a very long way and finally, after about 20 years, I am out of my own creation of my suffering. I am having an amazing and wonderful life now, and I am happy. So, when I saw the agenda of the 5 min. talk/show, I decided to do it, to be out there in the front, to be "on stage" in Las Vegas (WHA!), to break my own pattern of being shy, being afraid, and wanting to be private of my life. So, I did it, and I was very nervous the whole time, before, during, and after. It was my "first" time. I did it and it's done. I was very happy that it's over. :-)

Then, I got the e-mail of asking us to put our talk/show on "file". WHA! I tried to ignore it, to pretend the whole thing did not happen. If people did not see it or did not remember it, it would be just great for me. I don't even have any pictures for my show. :-(However, the reminders kept coming, so I broke down and wrote this as a summary. HA! HA!

By the way, I started abstract painting, by myself, DIY - no class, on January 1, 2003, a day I remember to start a very scary and unknown thing - painting. Remember that, I am analytic, don't do feelings, am color blind, and don't have any art cell in my body at all. In fact, no arts at all for me for the past forty plus years. However, with acrylic, like oil, but it's water based, and being "abstract", you can just keep changing and putting colors on it, until you quit. It's very "easy" and "fun". HA! HA! The secret is that when you paint, you go into this twilight zone of imagination and creativity. You can do it, if you just go for it and let go of all the little (or big) voice in your head. If I can do it, so can everyone.

Please visit my art gallery at the following link. <http://picasaweb.google.com/at2uart>

Any comment is welcome. Thanks! Wish You Enjoy Your Life!!!

Warm Wishes,
Hui-Lin Yuan