

Fibromyalgia: Etiology and Recovery

Xinghong Yang

Independent scientist, Florida, USA

Corresponding author

Xinghong Yang, PhD, Independent scientist, Florida, USA. Email: dr.yang.ttk@gmail.com <https://orcid.org/0000-0001-8063-430X>

Received: May 15, 2026; Accepted: May 22, 2026; Published: June 05, 2026

ABSTRACT

Fibromyalgia is characterized by chronic pain and neuroimmune dysregulation with no known medical cure. While standard treatments like exercise and medication offer only symptomatic relief, the application of the Five Golden Buddhist Practices of Guan Yin Citta Dharma Door, specifically through making vows, reciting Buddhist scriptures, performing life liberation, reading *Buddhism in Plain Terms*, repenting of wrongdoings and refraining from doing them, has been shown to resolve underlying karmic obstacles and lead to significant clinical recovery. Therefore, integrating structured spiritual practice as a complementary framework may provide an effective pathway for patients to overcome intractable symptoms and restore their health.

Keywords: Guan Yin Citta Dharma Door, Five Golden Buddhist Practices, Fibromyalgia, Karma, Spirits, Recovery

Introduction

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, sleep disturbances, and tenderness throughout the body [1]. It affects how the brain and spinal cord process pain signals, often leading to heightened sensitivity [2].

Fibromyalgia impacts about 3-10% of people, presenting a challenge due to its complex symptomatology [3]. Common symptoms include persistent fatigue, insomnia, cognitive issues like "fibro fog," and additional problems such as headaches, digestive issues, or depression [1,4].

A variety of management approaches have been explored. For example, cupping therapy has emerged as a potentially beneficial treatment for pain relief [1]. Baduanjin exercise has been shown to be a safe and effective non-pharmacological intervention, providing short-term improvements in overall disease burden and multidimensional symptoms, and supporting its role as a complementary mind-body strategy in clinical management [5]. Similarly, different forms of physical activity may offer distinct benefits: swimming appears to provide the greatest improvement in overall health status, Liuzijue shows favorable effects on pain reduction and sleep quality, and walking ranks highest for alleviating depressive symptoms, although evidence for its effectiveness remains uncertain [6].

However, existing interventions often provide only partial or temporary relief, and their effectiveness may vary considerably among individuals. Patients with fibromyalgia often report that healthcare providers are not well-equipped to effectively manage this condition [7].

This has prompted growing interest in complementary and alternative approaches that address aspects of health not fully captured by conventional biomedical models. In this context, Dharma-based practices, such as those of Guan Yin Citta Dharma Door, offer a distinct framework that emphasizes spiritual cultivation, karmic resolution, and behavioral transformation as potential pathways to symptom improvement [8,9].

Worldviews, Mechanisms & Solutions

Multiple factors have been proposed to contribute to the development of fibromyalgia, including genetic predisposition, personal experiences, emotional and cognitive influences, mind-body interactions, and an individual's capacity to cope with stress [10]. The condition is often triggered by events such as trauma, surgery, infection, or significant psychological stress [11]. More recently, mechanistic studies have suggested that fibromyalgia pain may be driven by macrophage-mediated neuroinflammatory changes within the dorsal root ganglia (DRG), leading to maladaptive neuroimmune signaling, enhanced peripheral nociception, and central sensitization. In addition, leptin and its downstream signaling pathways have been identified as important regulators of nociceptive modulation

and neuroinflammatory processes in chronic pain states [12].

Despite these advances, current hypotheses do not fully explain the condition. While symptoms may improve with exercise, pharmacological therapies, psychological interventions, and lifestyle modifications, no definitive cure has been identified [13,14]. This suggests that the underlying mechanisms of fibromyalgia remain incompletely understood.

From a different perspective, Dharma Master Jun Hong Lu taught that when a disease cannot be effectively treated through conventional medical approaches, it may have underlying karmic or spiritual causes, and thus may require resolution through Dharma practice. Within this framework, the Guan Yin Citta Dharma Door has been reported to alleviate or resolve conditions considered difficult to treat in conventional medicine [8,9]. It is therefore hypothesized that fibromyalgia, particularly in refractory cases, may share underlying mechanisms with other chronic conditions interpreted within this spiritual model.

The following two cases describe patients who experienced symptom improvement following the application of Dharma-based practices.

Results

The following are two presentations by practitioners of the Guan Yin Citta Dharma Door.

Case 1: The Miraculous Experience of Recovering from Fibromyalgia

At 8 a.m. on Saturday, October 8, 2011, I was startled awake by an extremely vivid dream. Sitting up in bed, I nervously told my husband about it. In the dream, the setting was a social gathering hosted by my husband's company. Happily, he brought me to a fortune teller and asked him to read my palm. I stretched out both hands for him to examine. After one glance, he said, "You will not live past the age of 42."

I was stunned and immediately asked, "Do you mean I will not live past my birthday this Tuesday?"

The fortune teller nodded and replied, "Yes."

At that moment, I woke up.

That evening, my friends celebrated my birthday with me. We indulged in live sea animals, large crabs and prawns. Looking back now, I realize how much negative karma was created through killing living beings. Then something strange happened. I had visited that restaurant many times before and knew the place very well. I am also usually a very careful person, yet somehow, I slipped and fell outside the restroom. I simply could not keep my footing. Fortunately, I did not break any bones.

After that dream, in February 2012, I was diagnosed with fibromyalgia by a specialist at the hospital. There was no effective medication or cure for this illness. Although it would not shorten my lifespan or cause severe physical damage, I had to rely on sheer willpower every day to endure the constant pain throughout my body. Later, I also began to suffer from weakness in my arms and legs, insomnia, inability to concentrate, memory loss, depression, and anxiety. Every day felt like living in hell. The suffering was unbearable.

At that time, I had not yet begun practicing Guan Yin Citta Dharma Door, nor did I understand that this was actually an outbreak of karmic obstacles. Because I had spent years killing and eating live sea animals, these karmic creditors had already affected my immune system and caused abnormalities in my blood test indicators. On January 8, 2012, my blood report showed that the Anti-dsDNA antibody level was 138 IU/mL, which was very high (Positive range: 60-200 IU/mL).

I endured eight months of this living hell.

In August 2012, while waiting for my son to get a haircut at a salon, I casually picked up a magazine featuring Dharma Master Jun Hong Lu on the cover of *Malaysia Fengcai Weekly*. Somehow, He looked so kind and familiar, giving me a strong sense of warmth and affinity. I eagerly flipped through the interview inside. Immediately, I used my phone to take photos of the contact numbers for the Singapore coordinators and also the website address of Guan Yin Citta Dharma Door.

After returning home from the salon and reading the blog, the next day, I arranged to meet a close friend at a Guan Yin Temple in Singapore. The moment I knelt down before Guan Yin Bodhisattva; tears streamed down my face. I confessed and repented sincerely to the Bodhisattva, saying that I had committed heavy karma through ignorance and killing. I prayed for forgiveness and made a vow to become a vegetarian.

After that, every night I sat in front of my computer watching Dharma Conference videos and listening to Master Lu's teachings until three or four o'clock in the morning. I told myself, "I have finally found the Master I have been searching for all along!"

My friend immediately helped me obtain admission tickets for the 2012 Singapore Dharma Conference, and both of us also signed up to volunteer there. Before the convention, even without proper guidance yet, I started learning to recite the *Great Compassion Mantra* online by myself. After chanting the *Great Compassion Mantra* for only four days, a miracle happened. My back began to feel warm, and I could sense blood circulation throughout my body. The pain was significantly reduced, and I was finally able to sleep at night. Once, I even dreamed that Bodhisattva had come to bless me.

After the 2012 Singapore Dharma Conference, I officially began my daily recitation practice. One day, while chanting with my eyes closed, it suddenly occurred to me: wasn't the fortune teller in my 2011 dream actually sent by the Bodhisattva? Had Bodhisattva already come to save me a year earlier? Was that fall on the night of my birthday also a way for Bodhisattva to help me avert a calamity?

Later, during a call to the Totem hotline, I learned from Master Lu that it was indeed Bodhisattva who had helped me resolve a calamity. I was deeply grateful beyond words.

On February 26, 2013, I underwent another full medical examination. My Anti-dsDNA antibody level had dropped to 16 IU/mL, which was considered negative. The doctor was extremely surprised. She said that within just one year, it was remarkable for the blood indicator to fall from three digits

to two digits, and she asked me what medication I had been taking.

I did not mind that she was a believer in Western religion. I simply told her, “None. I only chant Buddhist scriptures, make vows, and follow a vegetarian diet!”

In fact, accurately speaking, from the August 2012 Singapore Dharma Conference until my examination in February 2013, I had only been practicing Guan Yin Citta Dharma Door for merely six months, yet my blood indicators had already returned to normal so quickly.

I am truly and deeply grateful to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva!

I vow to diligently follow Guan Yin Bodhisattva in cultivating my mind and practicing Buddhism, to become one of Guan Yin Bodhisattva’s thousand hands and thousand eyes, to propagate the Buddha Dharma, help liberate sentient beings, and never retreat from this path.

Shared by: N205

Case 2: The Fibromyalgia That Tormented Me for Seven Years Became So Severe That Even the Doctor Said He Could Not Help Me - Yet in Just Half a Year, the Four Golden Buddhist Practices of Guan Yin Citta Dharma Door Completely Healed Me

Ever since I became pregnant with my son in 2013, the quality of my sleep has been extremely poor. After he was born, my sleep worsened even more, and I constantly suffered from sleep deprivation. Apart from working, I spent nearly all my time taking care of my son. Everything I did felt like a race against time.

After having my son, my relationship with my husband and my in-laws also became increasingly tense. On top of that, I was constantly pressured by my supervisor at work. As a result, the upper left side of my body was in excruciating pain all the time. Exercise, massage, music, and painkillers provided absolutely no relief from my suffering. Later, my son was diagnosed with autism, which made my pain and emotional burden even worse.

The doctor diagnosed me with severe fibromyalgia caused by lack of sleep. He prescribed the strongest medication available, but it had no effect at all. In the end, even the doctor said that he could no longer help me. Every day, I endured this intense pain while continuing to manage household responsibilities.

Then, on July 7, 2019, my mother, my children, and I attended a wonderful Totem Reading video-sharing event hosted by the Toronto Guan Yin Citta Center featuring Dharma Master Jun Hong Lu. I was deeply shocked and moved by the videos of Master Lu’s Totem readings shown during the event. From that moment on, I made up my mind that I also wanted to learn and practice Guan Yin Citta Dharma Door.

In early October 2019, I was fortunate to meet a fellow Buddhist practitioner from the United States. With her help, I received all the Dharma materials for recitation free of charge, and I officially began practicing Guan Yin Citta Dharma Door.

I made a vow to recite 10,000 times the *Great Compassion Mantra* and to observe a vegetarian diet two days each month. I also increased my daily recitation of the *Eighty-Eight Buddhas Great Repentance* from once a day to four times a day.

During a certain period while reciting the *Eighty-Eight Buddhas Great Repentance*, the left side of my neck and shoulder became especially painful. I felt that this was probably because my karmic obstacles had been activated.

I increased my reading of *Buddhism in Plain Terms* from one chapter a day to two chapters a day. Up to now, I have recited about 240 Little Houses for my karmic creditors and released approximately 25 kilograms of fish for me. Later, I also began performing Dharma propagation online every day.

Starting in May 2020, I suddenly realized that the left side of my neck and shoulder no longer hurt at all. The Four Golden Buddhist Practices of Guan Yin Citta Dharma Door had healed my severe fibromyalgia. I was deeply touched and filled with Dharma joy!

Master Lu once enlightened us that “As long as you persist in repaying karmic debts, cultivating your mind, and not slacking off, you must believe that one day you will eliminate all greed, anger, and ignorance within yourself.”

I will continue to practice even harder and diligently advance in learning Buddhism, cultivating my mind, and practicing spiritually.

I hope that through my sharing, more people having affinity with Buddha can encounter the Dharma early, break through delusion and attain awakening, learn Buddhism and recite Buddhist scriptures, and ultimately leave suffering behind to attain happiness.

Shared by: L206

Discussion

The cases presented here describe substantial symptom improvement following the Five (or Four or Three) Golden Buddhist Practices of Guan Yin Citta Dharma Door, including making vows, reciting Buddhist scriptures, performing life liberation, reading *Buddhism in Plain Terms*, repenting of wrongdoings and refraining from doing them. In these accounts, improvements were reported not only in pain but also in sleep, mood, and overall functioning-domains commonly affected in fibromyalgia. This suggests that when the underlying cause is addressed, multiple symptoms may improve simultaneously.

From a scientific perspective, the exact mechanisms of fibromyalgia remain unclear. Proposed contributing factors include genetic predisposition, altered pain processing, persistent neuroimmune dysregulation, stress-related influences, and psychosocial vulnerabilities [10,15]. In contrast, the Dharma-based approach does not primarily focus on these factors. Instead, it emphasizes the elimination of karma and the ascendance of spirits. The reported therapeutic effects suggest that karma and spiritual factors may play a central role, while scientifically identified mechanisms may

function as contributing factors that exacerbate symptoms or represent downstream manifestations.

Currently, there is no definitive cure for fibromyalgia, and available treatments may provide only partial relief and are often associated with side effects [11].

Although specific teachings from Master Lu on fibromyalgia were not identified, His teachings on chronic illness more broadly attribute such conditions to spiritual interference arising from karmic obstacles. According to this framework, spirit attachment results from the maturation of negative karma, often linked to violations of the Five Precepts: refraining from killing, stealing, sexual misconduct, lying, and the consumption of intoxicants. Case 1 illustrates this principle. The patient reported a history of killing and consuming live sea animals, and, as karmic conditions matured, fibromyalgia manifested.

The reported effectiveness of Dharma-based practices aligns with the teachings of Master Lu, which propose that many illnesses may have karmic or spiritual origins and may not be fully resolved through conventional medical approaches alone. Previous reports have suggested similar interpretations for neurological [16-27], psychiatric [28-36], genetic [37-40], and oncological conditions [41-44], etc. Fibromyalgia may represent an additional condition within this framework.

Overall, these cases suggest that spiritually based practices may serve as a complementary approach for some patients with fibromyalgia, particularly when they foster calmness, discipline, hope, and healthier behavioral patterns. For patients whose symptoms remain inadequately managed by conventional treatments, such approaches may offer additional support. However, these practices should not replace standard medical evaluation or treatment. Further research using rigorous and controlled study designs is necessary to determine whether these observations can be generalized beyond individual cases.

Conclusion

Fibromyalgia remains a complex, multidimensional disorder with no known permanent cure in conventional medicine. While current scientific frameworks attribute the condition to neuroimmune dysregulation, genetic predisposition, and altered pain processing, the cases discussed offer an alternative perspective centered on spiritual and karmic etiologies.

The experiences of Buddhist practitioners utilizing the Guan Yin Citta Dharma Door indicate that the Golden Buddhist Practices can lead to significant clinical improvements. These spiritual interventions appear to address "upstream" drivers of the illness that traditional pharmacological treatments may not reach.

Data from individual testimonies show that resolving karmic obstacles through dedicated Dharma practice can normalize blood indicators and alleviate chronic symptoms like pain, insomnia, and depression.

To bridge the gap between these spiritual recoveries and empirical science, further rigorous research is necessary to investigate the reproducible benefits of Buddhist practices for patients with intractable chronic conditions.

Acknowledgments

On Master Jun Hong Lu's blog, numerous healing experiences are documented. For the Chinese website, please refer to (<http://www.lujunhong2or.com>). For the English website, please refer to (<https://guanyincitta.com>). Without exception, these cases bear witness to the truth of the Dharma.

Conflict of Interest

No.

Financial Support

None.

Ethical Statement

The author did not take part in any part of the experimental design, experimental treatments and result analysis of the patients. All the experimental procedures and practices by the presenters were done by themselves independently.

Statement by Translator and Writer

The 2 case presentations in the text were translated from Chinese to English based on their intended meaning rather than a word-for-word approach. The remaining portions of the paper were written based on my limited understanding of Guan Yin Citta Dharma Door. If there are any inaccuracies or deviations from the true meaning of the Chinese version, or if the content does not accurately reflect Master Lu's teachings, I sincerely seek forgiveness from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, all Buddhas and Bodhisattvas, Dharma Protectors, and Master Jun Hong Lu.

Disclaimer of Liability

The contents of the presentation, comments, and discussion, including text, images, and other information obtained from Dharma practitioners, are provided strictly for reference purposes. Due to the unique nature of individual karma, results similar to those experienced by the practitioner may not be replicated. The experiences and advice shared should not be construed as medical advice or a diagnosis.

In the event of an emergency, it is crucial to promptly contact your doctor or emergency services by dialing 911. Relying on any information found in this paper is done solely at your own risk. The author bears no responsibility for the consequences. By using or misusing the contents, you accept liability for any personal injury, including death. It is imperative to exercise caution and seek professional medical guidance for health-related concerns.

References

1. Nelson N, Nelson C. Cupping therapy for fibromyalgia: A scoping review of proposed mechanisms. *J Bodyw Mov Ther.* 2026. 46:302-307.
2. Stroman PW, Staud R, Pukall CF. Evidence of a persistent altered neural state in people with fibromyalgia syndrome during functional MRI studies and its relationship with pain and anxiety. *PLoS One.* 2025. 20: e0316672.
3. Rasulova K, Dilek B, Kavak DE, Pehlivan M, Kizildag S. Mitochondrial miRNAs and fibromyalgia: New biomarker

- candidates. *Mol Biol Rep*. 2024. 52: 16.
4. Gkouvi A, Kontouli KM, Pardali EC, Patrikiou E, Lambrinouadaki I. Fibromyalgia and menopause: Friends with benefits? *Maturitas*. 2026. 208: 108899.
 5. Zhang X, Luo J, Zhang H, Jiao J, Qu Z. Effects of Baduanjin exercise in alleviating symptoms of fibromyalgia syndrome: A randomized controlled trial. *Complement Ther Med*. 2026. 98:103356.
 6. Yuan W, Yan P, Gao F, Liu N, Zou Y. Effectiveness of aerobic exercise in fibromyalgia: A systematic review and network meta-analysis. *Complement Ther Med*. 2026. 98:103352.
 7. Pressimone C, Cao C, Kyle J, Vanderberg R. Understanding essential aspects of fibromyalgia care through a qualitative study of patient feedback. *PEC Innov*. 2026. 8:100466.
 8. Yang X. Treating rare and intractable diseases via Guan Yin Citta Dharma Door. *Health Sci J*. 2024. 18: 1137.
 9. Yang X. Life is composed of soul and body. *Haya Saudi J Life Sci*. 2026. 11: 59-87.
 10. Sarzi-Puttini P, Giorgi V, Marotto D, Atzeni F. Fibromyalgia: An update on clinical characteristics, aetiopathogenesis and treatment. *Nat Rev Rheumatol*. 2020.16: 645-660.
 11. Ansari AH, Pal A, Ramamurthy A, Kabat M, Jain S. Fibromyalgia pain and depression: An update on the role of repetitive transcranial magnetic stimulation. *ACS Chem Neurosci*. 2021. 12: 256-270.
 12. Abdelrheem NM, Ahmed MAE, Mohamed AF, El Sayed NS, Shalaby HN. Anti-inflammatory and antinociceptive effects of fasudil in a reserpine-induced fibromyalgia model: Role of ROCK-regulated leptin-STAT3 signaling. *Life Sci*. 2026. 395:124372.
 13. Støve MP, Dissing AML, Thomsen JL, Magnusson SP, Riis A. The effectiveness of stretching exercises in patients with fibromyalgia: A systematic review. *Clin Rheumatol*. 2024. 43: 3039-3053.
 14. Casini I, Ladisa V, Clemente L, Delussi M, Rostanzo E. A personalized Mediterranean diet improves pain and quality of life in patients with fibromyalgia. *Pain Ther*. 2024.13: 609-620.
 15. Abdelrheem NM, Ahmed MAE, Mohamed AF, Shalaby HN, El Sayed NS. Leptin-driven microglial activation in fibromyalgia: Mechanistic insights and therapeutic implications. *Int Immunopharmacol*. 2026.180: 116657.
 16. Yang X. Alzheimer's diseases are reversible from a Dharma perspective. *Health Sci J*. 2024.18: 1145.
 17. Yang X. Alzheimer's disease can be reversed and even cured. *J Alzheimers Dise Rep*. 2025. 2: 1-9.
 18. Yang X. Myasthenia gravis is curable via Guan Yin Citta Dharma Door. *Health Sci J*. 2024.18: 1175.
 19. Yang X. Autism spectrum disorder: Etiology, recovery, and prevention. *J Medical and Clinical Case Reports*. 2024. 1.
 20. Yang X. The progression of amyotrophic lateral sclerosis can be reversed. *SAS J Med*. 2025. 11: 73-80.
 21. Yang X. Parkinson's disease: Etiology, recovery, and prevention. *Weblog J Alzheimers Parkinsons Dis*. 2025. wjapd. 2025. b2501.
 22. Yang X. Facial paralysis: Karmic cause and resolution. *J Clin Psychol Neurol*. 2025. 3:1-5.
 23. Yang X. Epilepsy: Etiology, pathogenesis, and cure. *Neurosurgery and Neurology Research*. 2025. 2: 1-17.
 24. Yang X. Recovering from syringomyelia through Guan Yin Citta Dharma Door. *SAR J Psychiatry Neurosci*. 2025. 6: 12-19.
 25. Yang X. Lumbar disc herniation: Etiology and recovery. *WebLog J Orthop*. 2025. wjor. 2025. i2704.
 26. Yang X. Attention deficit hyperactivity disorder: Etiology and recovery. *J Integrated Health*. 2026. 5: 1-9.
 27. Yang X. Unmasking sleep paralysis: Spirit oppression is the hidden truth. *J Neur Neurol Discords*. 2026. 5: 1-17.
 28. Yang X. Healing necrosis, Parkinson's, arthritis, depression, migraines, and pharyngitis via Dharma practices. *Int J Nurs Health Care Res*. 2024. 7: 1591.
 29. Yang X. Severe depression: Etiology, recovery, and prevention. *Haya Saudi J Life Sci*. 2024. 9: 427-446.
 30. Yang X. Oppositional defiant disorder: Underlying mechanism and solutions. *WebLog J Fam Med*. 2025. wjfm. 2025.a1502.
 31. Yang X. Schizophrenia: Etiology, recovery, and prevention. *Journal of Neurology and Neurosurgery*. 2025. 1: 1-22.
 32. Yang X. Borderline personality disorder: Healing through Dharma practices. *Epidemiol Public Health*. 2025. 3: 1064.
 33. Yang X. Severe mental health disorder recovered. *Journal of Psychiatry Research Reviews & Reports*. 2025. 7: 1-6.
 34. Yang X. Bipolar disorder: Spirit roots and pathways to healing. *J Psy Ins Review*. 2026. 2: 1-16.
 35. Yang X. Severe anorexia nervosa: Etiology and recovery. *EAS J Psychol Behav Sci*. 2026. 8: 42-52.
 36. Yang X. Anxiety disorder: Root cause and solutions. *SAR J Psychiatry Neurosci*. 2026. 7: 38-47.
 37. Yang X. Etiology and treatment of glutaric aciduria type I. *J Clin Med Img*. 2024. 8: 1-13.
 38. Yang X. Etiology and treatment of Prader-Willi syndrome. *EAS J Biotechnol Genet*. 2025. 7: 13-18.
 39. Yang X. Insight into Down syndrome and its rehabilitation. *J Pediatr Res Rev Rep*. 2025. 7: 1-12.
 40. Yang X. Addressing male genetic infertility through Buddhist practice. *J Gyne Womens Heal Care*. 2025. 1: 1-9.
 41. Yang X. Surviving late-stage cancers by practicing Guan Yin Citta Dharma Door. *Health Sci J*. 2024. 18: 1155.
 42. Yang X. Breast cancer: True causes and a natural path to healing. *Journal of Cancer and Oncology Care*. 2025. 1: 1-10.
 43. Yang X. Surviving metastatic liver cancer. *J Chem Can Res*. 2026. 4: 1-10.
 44. Yang X. Surviving in hereditary metastatic lung cancer. *Journal of Oncology Research Reviews & Reports*. 2026. 7: 1-8.