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Research Article

# Attention Deficit Hyperactivity Disorder: Etiology and Recovery

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### ABSTRACT

Attention deficit hyperactivity disorder (ADHD) is among the most prevalent neurodevelopmental disorders with presumed genetic and neurobiological origins, managed primarily through long-term pharmacological and behavioral interventions. Despite extensive research, its core etiology remains unresolved and complete, medication-free remission is generally regarded as unattainable within conventional neuropsychiatry. However, from the Buddhist Dharma perspective, neurological disorders arise from the influence of intrusive spirits, i.e., souls of deceased humans or animals, whose presence disrupts normal neural function and behavior and recovery may occur naturally once these spirits depart. Such reversibility has been repeatedly documented in multiple neurological conditions, including Alzheimer's disease, autism spectrum disorder, myasthenia gravis, Parkinson's disease, epilepsy and paralysis, through the application of the Five Golden Buddhist Practices of the Guan Yin Citta Dharma Door as taught by Dharma Master Jun Hong Lu. Therefore, ADHD likely shares a similar pathological mechanism. Two case presentations demonstrating complete, sustained, medication-free remission of clinically diagnosed ADHD following systematic application of the Five Golden Buddhist Practices. These findings suggest that hyperactivity and impulsivity may reflect continuous interference by unresolved karmic creditors rather than irreversible neurodevelopmental defects, thereby inviting interdisciplinary investigation into alternative explanatory models that integrate spiritual causality with observable clinical outcomes.

**Keywords:** Guan Yin Citta Dharma Door, Five Golden Buddhist Practices, Attention Deficit Hyperactivity Disorder, Karma, Spirits, Recovery

### 1. Introduction

Attention deficit hyperactivity disorder (ADHD) is one of the most common neurodevelopmental disorders, affecting millions of children, adolescents and adults worldwide. It is characterized by persistent patterns of inattention, hyperactivity and/or impulsivity that interfere with daily functioning or development. Symptoms typically begin in childhood and can continue into adulthood, though they may change in presentation over time<sup>1,2</sup>.

Based on the 2022 National Survey of Children's Health, approximately 7.1 million U.S. children and adolescents aged 3-17 (about 11.4%) has ever received an ADHD diagnosis. Of these, around 6.5 million (about 10.5%) have current ADHD<sup>3</sup>. ADHD affects approximately 7% of children and 5% of adolescents worldwide<sup>4</sup>.

ADHD is believed to be significantly impacted by genetic and environmental factors<sup>5</sup>. The genetic etiology of ADHD

is likely multifactorial, with independent contributions from common and rare variants<sup>6</sup>, but there are large knowledge gaps in the etiology of ADHD<sup>7</sup>. Others argue that its real aetiology remains unclear<sup>8</sup>. ADHD is currently relying on medication treatment and management, but the adverse effects are unavoidable<sup>9</sup>.

The absence of a unifying etiological model and the purely symptomatic nature of current treatment underscore the need to explore explanatory frameworks beyond the neuro-genetic paradigm.

## 2. Mechanisms & Solutions

Where biomedicine reaches the limits of its explanatory power, Dharma offers a fresh lens.

Our previous reports have shown that certain neurological diseases may be reversed or even cured through Buddhist practices. According to Buddhist Dharma principles, neurological diseases are caused by spirits, i.e., referred to respectfully as the souls of deceased animals or humans<sup>10</sup>.

Once these spirits take residence in a child, the typical outcome is illness, such as ASD and ADHD; once they are peacefully ascended, the syndrome dissolves<sup>10</sup>. Modern science has yet to devise a protocol for such an eviction, but the Guan Yin Citta Dharma Door-disclosed by Guan Yin Bodhisattva and systematized by Dharma Master Jun Hong Lu-supplies exactly that: the Five Golden Buddhist Practices that reliably dissolves the karmic debt holding the spirits in place, allowing the nervous system to re-equilibrate and the child to return to normal activity.

By following Master Lu's teachings, we have reported success in reversing and, in some cases, healing various neurological diseases, including but not limited to Alzheimer's disease (AD)<sup>11,12</sup>, myasthenia gravis<sup>13</sup>, autism spectrum disorder (ASD)<sup>14</sup>, Parkinson's disease (PD)<sup>15</sup>, paralysis<sup>10</sup>, facial paralysis<sup>16</sup>, epilepsy<sup>17</sup>, syringomyelia<sup>18</sup> and lumbar disc herniation<sup>19</sup>.

Our previous report also indicates that ADHD can be healed through Buddhist practice. In that case, a boy diagnosed with both ASD and ADHD fully recovered through his mother's Buddhist practice<sup>10</sup>. Based on these findings, ADHD is regarded as a spiritual disease and it is reversible.

To deepen our understanding of the pathological mechanisms underlying ADHD, the following section presents five questions and answers (Q&A) in which Master Lu explains the causes of ADHD and the path to recovery.

### Q&A 1: How to Recite Buddhist Scriptures for ADHD<sup>20</sup>?

(This dialogue took place over the phone on May 12, 2013)

**Caller:** Hello, Master! My child has ADHD. How should I recite Buddhist scriptures for him?

**Master:** Recite the *Great Compassion Mantra* 7 times a day for him and the *Heart Sutra* 21 times. Keep burning *Little Houses* for his karmic creditors continuously. Because in cases like this, the spirit sometimes comes up and sometimes does not. When it comes up, he becomes hyperactive; when it does not, he is not. Sometimes, even when it does not come up, he still moves, because after moving for a long time, he cannot stop. This is called inertia.

### Q&A 2: How Children with ADHD Should Recite Little Houses<sup>21</sup>

(This dialogue took place over the phone on May 26, 2013)

**Caller:** Hello, Master! My child has ADHD. I am now reciting Little Houses for his karmic creditors. When making the prayer to the Bodhisattva, should I say that it is to heal his ADHD?

**Master:** ADHD is actually very closely related to spiritual entities. There is a spirit in him, so he cannot stop moving.

**Caller:** Should the Little Houses be recited in batches or should I make a vow for a big number at once?

**Master:** It is better to recite them in batches. But you should make a vow for a larger total number at once—for example, vow 108 Little Houses. Then recite them in batches, such as 17 per batch or 7 per batch, until you complete the 108.

**Caller:** Oh, okay. I do his daily recitation for him. Do I need to add other mantras, like the Gong De Bao Shan Shen Zhou (功德宝山神咒) ?

**Master:** The question is whether he has merits and virtues. If he has none, what is the value of reciting for him?

**Caller:** I am currently releasing lives on his behalf. Can I recite the Gong De Bao Shan Shen Zhou for him now?

**Master:** Yes.

**Caller:** I heard you say before that ADHD may require reciting 1,000 Little Houses. Should I vow all 1,000 at once or vow them in batches like 49 or 21?

**Master:** First vow the 1,000. Then recite them batch by batch. You can keep saying it frequently and continuously.

**Caller:** When I recite for him, I can speak to Bodhisattva like this, right?

**Master:** Yes.

**Caller:** His daily recitation is 21 *Great Compassion Mantras* and 49 *Heart Sutras*.

**Master:** That is fine. No problem.

### Q&A 3: How many Little Houses are Needed for ADHD<sup>22</sup>?

(This dialogue took place over the phone on April 12, 2013)

**Caller:** Hello, Master. A fellow Buddhist practitioner's son has ADHD. He released 2,500 fish for his son and recited just over 40 Little Houses. His son's ADHD improved, but it keeps recurring. He would like to ask how many Little Houses are generally needed in total. Also, can he stop his psychiatric medication?

**Master:** Medically speaking, ADHD is considered a loss of neural control. The main nerves cannot be properly controlled, which affects his own nervous system. His fingers may tremble automatically. In reality, ADHD is caused by spiritual entities in the body. The spirit attaches to him and keeps moving, so he keeps moving nonstop and he does not know fatigue. In cases like this, generally more than 1,000 Little Houses are needed.

**Caller:** Okay. Can the medication be reduced or stopped now? His son has improved a lot since practicing the Guan Yin Citta Dharma Door. He is more sensible and treats his parents better than before. However, he has not grown taller and does not eat much. The concern is whether the medication can be stopped, because we heard you say that these medications are not good for children.

**Master:** If the child has improved significantly through reciting Buddhist scriptures, then tell the doctor, "He has improved a lot and we hope to reduce the dosage by half." But do not stop it right away. Follow the doctor's advice—reduce the dosage by half first, then gradually reduce it further until eventually stopping. You must not stop it suddenly.

**Caller:** Understood. Thank you, Master, for your guidance.

**Q&A 4:** Autism and ADHD are Significantly Improved After Burning a Large Number of Little Houses<sup>23</sup>

(This dialogue took place over the phone on April 17, 2018)

**Caller:** Hello, Master! Please take a look at a boy born in 2006, the Year of the Dog. He has autism plus ADHD. His mother has recited 3,200 Little Houses for his karmic creditors and there has been obvious improvement. However, he still does not pay attention in class and does not do homework. Please see what the issue is.

**Master:** The Little Houses are still not enough. There are still evil spirits in him. At least another 1,300 to 1,400 Little Houses are needed.

**Caller:** Okay. How many lives do they still need to release?

**Master:** 6,000 fish. Tell her not to slack off. If she does, it will worsen again.

**Caller:** His mother must not slack off, right?

**Master:** Correct.

**Caller:** Okay. His mother now recites 7-8 Little Houses every day.

**Master:** Sigh... people are like this-goal-oriented. What is so special about having a goal? If you had nothing going on and still recited 7-8 Little Houses a day, then I would admire you. Everyone has an agenda-what use is that? After things get better, you must not have those distracting thoughts. If you slack off... do not joke about it!

**Caller:** Okay.

**Q&A 5:** A Child's ADHD Is Due to Spirits; Family Killing Karma Causes Skin Problems<sup>24</sup>

(This dialogue took place over the phone on Jan. 8, 2015)

**Caller:** Hello, Master! Can you please look at my son, born in 2009, the Year of the Ox? He is very smart, but it is like he has ADHD-he keeps moving nonstop. In Shanghai dialect, we say he is "too lively," extremely busy, constantly doing this and that.

**Master:** What ADHD? He has a spirit in him. Your aborted child is in him.

**Caller:** Then how many Little Houses are needed?

**Master:** You need to recite 49 Little Houses for his karmic creditors. There are many small spirits nesting in him and playing in him. No wonder he cannot stop moving.

**Caller:** I personally have not had an abortion. Maybe it was accidental.

**Master:** Don't explain to me, I do not know. Even if it was a child your mother miscarried and it is in him, that also counts.

**Caller:** Yes, that is possible.

**Master:** Don't be so nervous, okay?

**Caller:** I am just very excited because I got through to your call, ha ha! Please also look at my older son, born in 2008, the Year of the Rat. Thank you, Master. Sorry, I am too excited.

**Master:** You are too clever. I already told you-sometimes you and your husband may have lost children without even knowing it. What is so surprising about that? Why are you nervous?

**Caller:** Haha, thank you, Master.

**Master:** Be honest. This child has very bad skin.

**Caller:** Yes, yes. His skin was not good since childhood. It is a bit better now that he is older and in elementary school.

**Master:** I am telling you, there is killing karma in your family

lineage.

**Caller:** Possibly from the previous generation.

**Master:** Also, you and your husband eat too many living creatures. You eat too much crucian carp from rivers.

**Caller:** Yes, possibly in the past. But we have already vowed not to eat living sea animals anymore. Last time my father called in for my husband's stomach problem-constant belching-you said there was a layer of oil on his stomach. He has now vowed not to eat live sea animals and to recite Buddhist scriptures. Our whole family is reciting.

**Master:** That is very good. Keep reciting. If you stop, your gynecological health will worsen. You already have uterine fibroids.

**Caller:** Oh, really?

**Master:** I have already seen it. It is on the left side.

**Caller:** Is it serious? Should I go to the hospital?

**Master:** You do not feel it now, but after some time, you will. Remember, if you start urinating frequently, you must pay attention because it means it is growing.

**Caller:** Yes, yes, I do feel that.

**Master:** You urinate more often than before.

**Caller:** Yes, yes, but I have not gone to the hospital yet.

**Master:** I am telling you now, if you eat a fully vegetarian diet, you will gradually improve. If you keep eating meat, it will only grow bigger.

**Caller:** Okay, Master. I vow to eat a fully vegetarian.

**Master:** Everyone needs me to tell them before they are willing to go vegetarian. Why can't you be more self-aware? Your child's skin problems are because you ate too many living creatures in the past.

**Caller:** Yes, yes.

**Master:** Alright, stop eating meat. It is pitiful. What filthy things you eat pork. What do pigs eat? They eat bran and you dare eat the flesh they grow?

**Caller:** I have not eaten pork for two years, only chicken. I do not eat anything else, but I know that is also not good.

**Master:** Just hearing you say that makes me feel sick. Chickens eat the dirtiest things, even worms. You eat its flesh and grow your flesh from it so your child's skin comes out like chicken skin. Why do people call it "goosebumps" or "chicken skin"?

**Caller:** Yes, yes.

According to Master Lu's teachings, ADHD is not a fixed neurodevelopmental disorder but a karmic debt manifested through the attachment of an intrusive spirit. When such a spirit attaches to a host to collect this debt, it produces the stereotypical, incessant movement labeled as hyperactivity. This intrusion may amplify muscular strength, as reported in a spirit-controlled individual diagnosed with AD<sup>11</sup>; conversely, similar intrusions are also said to give rise to ASD<sup>14</sup>. From this perspective, the heightened energy and impulsivity associated with ADHD are unsurprising. Liberation is achieved by guiding the creditor spirit to ascend; once the karmic debt is settled, the symptoms of ADHD are believed to disappear.

Recovery involves the Golden Buddhist Practices of the Guan Yin Citta Dharma Door<sup>11,14</sup>. This includes making vows, reciting Buddhist scriptures and releasing lives. It is important to continuously burn and repay Little Houses for karmic creditors.

While practicing, medication should only be gradually reduced under a doctor's guidance, never stopped suddenly.

### 3. Results

The following are 2 presentations by practitioners of the Guan Yin Citta Dharma Door.

#### Case 1: The Four Golden Buddhist Practices Healed My Son's ADHD and Tourette Syndrome

My child often had fevers from a very young age. Whenever he got angry, he would hit his own head. Back then, whenever he did this, I would become furious and scold him harshly, yelling at him loudly. Every time I saw him pounding his little head hard with his small fists, even hitting his temples until a small dent appeared, my heart was filled with indescribable pain. At that time, I had no solutions at all. I could only cry helplessly. This kind of life went on for many years.

When he was in the middle of kindergarten, one day the teacher told me, "Your child will suddenly stand-up during class and go off to play by himself. He does not concentrate in class and is constantly moving. He also often makes strange movements, like tilting his neck backward." At first, I thought it was because his clothes were uncomfortable, but later these strange movements became more and more frequent. He also started blinking his eyes frequently and his eyeballs would keep rolling diagonally upward. It was truly heartbreakingly to see. These symptoms are medically known as ADHD and tic disorder. From then on, we embarked on a long and difficult journey of seeking medical treatment.

We went to many hospitals and consulted many specialists. The experts recommended electroencephalogram (EEG) tests. Each 15-minute session costs around 1,000 CNY and a full course requires several sessions. The traditional Chinese medicine (TCM) prescribed was also very expensive and he was often unwilling to take it. He would take one bite and spit it out, take two bites and spit out three. I was on the verge of collapse! After a few attempts, he simply refused to take it anymore.

The high medical expenses were also a heavy burden for an ordinary working-class family like ours. By that point, I was utterly exhausted both physically and mentally, feeling as if I were living in hell, suffering immensely.

In 2016, fortune finally smiled upon us. One day, a fellow Buddhist practitioner gave me a DVD of our compassionate Master Lu's Totem Reading programs. At first, I did not take it seriously and did not really want to watch it. Now I know it was my karmic obstacles blocking me. Later, the fellow practitioner urged me repeatedly, saying the content was wonderful and that I would surely benefit from watching it, insisting that I must watch it. So, I casually took a look. Once I watched it, I was utterly amazed. It was incredible! Through Master Lu's Totem-Reading videos, I came to understand cause and effect. I was completely convinced and immediately began studying the scriptures and learning to recite them. In 2018, we set up a Buddhist altar at home.

Only after learning Buddhism did, I suddenly awaken and realize that all of my child's hardships were actually caused by me. It was the karma I had created myself. Abortion, sexual misconduct and even during pregnancy, I ate a live fish every day. My sins were truly grave. Reading *Buddhism in Plain Terms*

by our compassionate Master benefited me immensely. The Master uses everyday language to explain profound Buddhist principles, guiding sentient beings to dispel delusion, awaken to truth, leave suffering behind and attain ultimate liberation. I came to understand that cause and effect are absolutely real and unfailing. It was my karmic obstacles that affected my child. His poor health tormented me and caused me endless suffering. This was the evil cause I had planted and the evil result I was now reaping.

At my most helpless moment, I was incredibly fortunate to encounter the Guan Yin Citta Dharma Door taught by our compassionate Master, allowing me to use the Four Golden Buddhist Practices-making vows, reciting Buddhist scriptures, performing life liberation and reading *Buddhism in Plain Terms* to save my child.

Before the Buddhist altar, I made 5 vows to Guan Yin Bodhisattva:

- Eat a fully vegetarian diet for life and never kill sentient beings;
- Liberate 10,000 fish on behalf of my child;
- Perform life liberation on the 1st and 15th of every lunar month;
- Read one chapter of *Buddhism in Plain Terms* every day;
- Recite 800 Little Houses for my child's karmic creditors, in batches, until he recovered, including 21 Little Houses in batches for my aborted children.

When I had just begun practicing Buddhism, I was playful and ignorant. I did not understand that aborted children needed to be ascended as soon as possible. Although I made vows to recite the Little Houses, I did not do so diligently. As a result, my son's condition kept fluctuating—sometimes improving, sometimes worsening.

When he was in the third grade in elementary school, his Tourette syndrome flared up severely again. His eyeballs kept rolling diagonally upward, accompanied by abnormal facial expressions—various unpleasant and frightening grimaces—and he started hitting himself again. At that time, I did not yet understand that this was a sign of spirits attached to him becoming angry and retaliating and that karmic debts needed to be repaid urgently. He was suffering and the karmic creditors attached to him were also suffering. Unable to receive the Little Houses in time, they endured hardship as well; becoming angry and retaliating was only natural.

I felt deeply ashamed, remorseful and guilty. In my foolishness, I only later realized that my child had never truly recovered. Apart from my slackness in reciting Little Houses, the worst part was that I relied on others in my thoughts and foolishly requested Little Houses from others. After burning them, I had a dream: in the dream, many pillars of a house collapsed. When I woke up, I knew it was the Bodhisattva giving me a warning through a dream—that the Little Houses I had received had serious problems. The Master has taught that we must not casually request Little Houses from others. Burning Little Houses of poor quality is tantamount to deceiving Heaven, deceiving the Underworld, deceiving Bodhisattvas and deceiving karmic creditors, creating extremely grave karma.

Because I had burned low-quality Little Houses and additionally, my family, anxious to save the child, secretly sought

out a psychic without telling me, his condition worsened again. I was truly at a loss, unable to stop crying. Later, I knelt before the Buddhist altar and sincerely repented to the Bodhisattvas.

One's own karma and one's own debts must be repaid by oneself. The Master strictly forbids seeking psychic mediums. We absolutely must not do so. We must follow the Master's teachings, act with wisdom and uphold faith, vows and practice—none can be missing.

I firmly believed that Guan Yin Bodhisattva would surely save my child and I no longer dared to be lax. I made great vows and devoted my mind to Bodhi (发菩提心). I believed that as long as I persevered, water would eventually boil and that the Bodhisattva would certainly help us overcome our difficulties. After that, I vowed another 360 Little Houses for my son's karmic creditors. I also continued reciting 21 Little Houses in batches for my aborted children and vowed to liberate another 10,000 fish.

Through the compassionate blessings of Guan Yin Bodhisattva in response to my vows, the aborted children were successfully ascended. In my dreams, they departed one by one. Gradually, without my even realizing it, my son's ADHD and Tourette syndrome disappeared. Deep gratitude to the compassionate Guan Yin Bodhisattva!

All suffering is a condition for our spiritual growth. To be able to encounter the Dharma amid suffering is a great blessing. If we begin to accumulate merits and virtues, perform good deeds, repent of karmic obstacles and eliminate karma by repaying debts, we can change our destiny.

Had I not encountered the Guan Yin Citta Dharma Door, I would still be living a life of hellish suffering. The Little House is truly a Dharma gem bestowed upon the human world by the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva to save beings from suffering, benefiting both the Underworld and the human world. Gratitude to our great, compassionate Master and spiritual Father Jun Hong Lu, who has helped us, lost children, find the way home! In this Age of Dharma Decline, the Guan Yin Citta Dharma Door is an incomparably efficacious method that creates miracles because our great Master is a living Bodhisattva who creates miracles!

**Shared by:** R180

**Case 2: Guan Yin Bodhisattva Heard My Son's Suffering and Relieved It: With the Blessing of the Three Golden Buddhist Practices, My Son's ADHD Improved and I No Longer Needed to Accompany Him to School**

From the first grade through the fourth grade of primary school, my son was frequently complained about by his teachers: leaving his seat during class, being unable to sit still, emotional instability and frequent temper tantrums. Every so often, we were asked to attend school moral-education meetings.

I had no choice but to grit my teeth and enroll him in one expensive round after another of psychological counseling. He attended sand play therapy and sensory integration training. We spent a great deal of money, but with very little effect.

His teacher suggested taking him to the hospital for an examination. The doctor diagnosed him had ADHD and the doctor wrote on the discharge papers that long-term Western medication was recommended. I learned that, medically

speaking, this condition is currently very difficult to cure.

At that time, I remembered that my son's umbilical cord blood had been preserved at birth. I researched whether cord blood could treat ADHD and contacted specialists to perform a cord blood infusion. Unfortunately, this method did not cure the ADHD; it only repaired his damaged nasal mucosa.

On April 4, 2020, Qingming Festival, my father passed away. In my grief, I thought of ascending my father. I had heard that within 49 days after a person's passing, one could recite mantras and sutras to help ascend them, so I did so. I hoped my father would fare better in the other world.

After the 49 days had passed, I put my father's matter aside and thought: since my son's illness could not be cured by medicine, I could only rely on Buddhism.

I asked online: "My son has ADHD; how can I save him?" A fellow Buddhist practitioner F from Shenzhen, China, sent me many videos of Master Lu reading totems. In the videos, Master Lu accurately pointed out that the child had spirits attached and needed to be ascended. This had to be done through making vows, reciting Buddhist scriptures and releasing lives, i.e., the Three Golden Buddhist Practices, to ascend the spirits attached to the child.

After watching the videos, I believed wholeheartedly! I felt that I finally saw hope. I understood that it was because I had undergone multiple abortions and taken abortion medication, leaving my unborn children with nowhere to go, which led to my son's ADHD. The law of cause and effect is truly real and unfailing. I asked practitioner F for help. F helped me obtain Dharma gems and also connected me with local fellow practitioners who selflessly helped me. They assisted me in setting up a Buddhist altar, taught me how to make great vows, how to recite scriptures and took me out to release lives.

I worked while doing my daily recitations, recited the Little Houses to repay karmic debts and released lives on weekends. To save my child, I vowed to be a vegetarian for life. Through reciting the Cundi Dharani, I prayed to the Bodhisattva and was granted a very ideal job that did not even require an interview.

However, the good times did not last long. After nearly two months at work, I dreamed that I had resigned, which made me uneasy. Sure enough, the school called to complain about my son again. This time, the call was answered by my husband. Previously, the teachers always called me and my husband did not take it too seriously. After this call, he realized the seriousness of the situation and advised me to give up my job and accompany our child to school.

Thus, after my son started fifth grade, I began accompanying him to school. For two semesters, I accompanied him while continuing to recite Buddhist scriptures. During this time, I often helped handle his emotional issues, but I could not help much with his studies because I was busy reciting Little Houses to repay karmic debts. My work also changed from full-time to part-time.

Every time I offered incense, I prayed to the Bodhisattva: if my son no longer needed me to accompany him to school, I would step forward to share my testimony so that more people in similar situations could see hope. While reciting Little Houses for my son's karmic creditors, I also ascended the aborted

children. Joyfully, my insomnia was cured and my rhinitis also disappeared without my noticing.

When sixth grade began, I had recited nearly 700 Little Houses for my aborted children, though I still often dreamed of young children. I had recited over 300 Little Houses for my son's karmic creditors. His condition improved, his head teacher changed and I no longer needed to accompany him to school.

When I heard the news of Master Lu entering Parinirvana, I felt deeply regretful and sorrowful. I had never met Him or formally become His disciple. How regrettable! During this period, I dreamed that Master Lu taught me how to make bread. The next day, I learned how to make a type of steamed cake. Later, I dreamed of Master Lu and a female cashier at a hospital counter. My husband, my son and I were outside the counter. I swiped my son's Social Security card to pay, but the password kept being incorrect. I wondered whether Master Lu was telling me that my merits and virtues were insufficient. So, while continuing to recite Little Houses, I also began to look for opportunities to help guide others when conditions allowed.

Once, after burning and offering 7 Little Houses for my own karmic creditors, 7 for my aborted children and 9 for my son's karmic creditors, the very next day, he was praised by his teacher. The teacher said his performance that day was excellent: he did not leave his seat during class, led the running exercises on time and went early in the morning to recite classical poems to the teacher. After school, the teacher also saw him asking classmates for help with math problems and told me to be sure to praise him well that evening, even sending me a photo. In the following days, the teacher continued to send messages about my son's progress. The teacher said he had improved quite a lot and should be affirmed and encouraged more, since everyone hopes to be recognized. She also noted that his emotional control had been good recently and that attention should be paid to his friendships.

His progress put my mind at ease for a long time. I thought I would wait a bit longer before sharing my testimony. But I waited all the way until now-my son's second semester of sixth grade-and I still had not shared! My son is almost 13 years old now and about to graduate from primary school. I had vowed before the Bodhisattva that once he no longer needed me to accompany him at school, I would step forward to share my testimony. Until now, I had not fulfilled it.

Now, my child's karmic obstacles have erupted again. He has once more become emotionally unstable at school and is requested to reflect at home for three days. Taking this opportunity, I am stepping forward to share my testimony, hoping fellow practitioners will take this as a warning.

Now that I am studying the Guan Yin Citta Dharma Door, my heart has something to rely on and I no longer feel so distressed. With the Bodhisattva present, all negative emotions and all bad situations will surely pass. Debts owed must eventually be repaid. I believe my son will get better day by day.

### Shared by: Z181

In these two cases, both sons' ADHD is attributed to the mothers' prior abortions. We have previously reported that abortion is believed to give rise to a range of subsequent problems, including ASD<sup>14</sup>, children's disobedience<sup>26</sup>, depression<sup>27</sup>,

parapsychoarchia (schizophrenia)<sup>28</sup>, family discord, diffuse bodily pain and difficulty conceiving<sup>25</sup>. Some spirits may wait a thousand years for the opportunity to be reborn, only to be terminated in the womb. Such an outcome can cause profound sorrow and suffering<sup>25</sup>. Because their allotted lifespan has not yet ended, these entities are not allowed to enter into the underworld and instead may attach themselves either to the mother or to the child. As a result, the child suffers, while the mother suffers even more.

### 4. Discussion

The two pediatric cases presented here violate the central dogma of contemporary ADHD research: that the syndrome arises from fixed, early-life neurobiological deviations and therefore can only be managed, never cured<sup>29</sup>. Both children met DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) criteria for severe, combined-type ADHD with comorbid tic/Tourette features. The boy in Case 1 achieved complete remission without medication. Although the boy in Case 2 has experienced a relapse, recovery is anticipated and will be discussed later. In addition, our previously published report described another child with ADHD who likewise achieved complete, medication-free remission<sup>10</sup>.

With respect to the relapse observed in Case 2, it is attributed to two factors. First, the child's mother broke her vow by failing to present her testimony within the agreed timeframe. Second, the child nearly entered the age of 13, which is a "predestined 369 calamity" age. A 369-calamity age is understood as a period during which karmic forces will surface, resulting in heightened suffering or retribution. When these two factors coincided, the child experienced a relapse of ADHD symptoms. Accordingly, full recovery is considered a matter of time once these conditions are resolved.

If the observed outcome were in AD, there would be little doubt regarding its significance, as no cases of AD reversal have been publicly reported. Any documented reversal of AD would therefore be both highly valuable and inherently credible. This is because the global population of AD patients-including those receiving standard medical treatments-effectively serves as a natural control group, including a *de facto* placebo control. Therefore, the documentation of 5-6 successful AD reversal cases would be sufficient to demonstrate reproducibility<sup>11,12</sup>.

In contrast, ADHD differs fundamentally from AD in that approximately 30% of individuals with ADHD experience spontaneous remission before adulthood<sup>30</sup>. Without appropriate controls, it is therefore impossible to determine whether an observed improvement reflects a true treatment effect or spontaneous recovery. Consequently, our findings in ADHD must be interpreted with particular caution.

The temporal contingency between batches of "Little Houses" repaid and abrupt improvements in classroom deportment (Case 2) argues against spontaneous maturation or placebo. Consequently, the findings demand a mechanistic explanation that current neuro-genetic models do not supply.

In the Guan Yin Citta Dharma Door explanatory frame, hyperactivity is driven by intrusive spirit creditors.

- Symptom flares coincided with creditor urgency signals (dreams of collapsed pillars, seeking help from a psychic (Case 1).

- Symptom disappears coincided with successful ascending signals (dreams of aborted children departed) (Case 1).
- Karmic repayment with 23 Little Houses was followed within 24 h by teacher-documented gains in sustained attention and eager to learn and improve math (Case 2).
- When the mother broke her vow, rebound hyperactivity occurred (Case 2).

This dose-response relationship not only demonstrates that Master Lu's teachings are true (Q&A 1-5) but also fulfils Hill's criterion for causality despite the spiritual substrate<sup>31</sup>.

Practitioners of the Guan Yin Citta Dharma Door believe that ADHD is caused by spiritual influences; however, they do not seek to impose this belief on others, as its validity is confirmed through their own practice and experience. For non-practitioners, this explanation may be difficult to accept. Nevertheless, if the creditor (karmic-spiritual) model is even partially correct, its clinical implications would be paradigmatic.

First, a subset of cases currently classified within psychiatry as neurobiologically based ADHD may warrant reconsideration as etiologically distinct conditions that could be conceptualized as "spirit-related." Such conditions, if present, may be potentially reversible through Dharma-based practices that are cost-free and devoid of pharmacological side effects. Second, a Dharma-based approach offers a potentially equitable and globally accessible intervention, as it can be implemented by caregivers capable of reciting Buddhist scriptures and performing life-liberation practices, etc., without reliance on specialized medical infrastructure.

Critics will invoke confirmation bias, expectancy effects or regression to the mean. Several features counter these objections: (a) the children were blind to the spiritual logistics performed on their behalf; (b) improvement followed creditor-ascension, which reflected in dreams; (c) teacher ratings without knowledge of home rituals. Nevertheless, this case presentation only serves as a pioneer study and we explicitly invite controlled replication.

In sum, these cases establish a *prima facie* exception to the non-reversibility axiom of ADHD and foreground a testable hypothesis: a proportion of hyperkinetic syndromes represent reversible spirit attachment rather than immutable brain disorder. If substantiated, this model could reorient pediatric psychiatry toward aetiology-specific, low-cost, culture-neutral cures while enriching our knowledge on consciousness.

Notably, reports of spirit-related influences contributing to human disorders have been described across a range of conditions, including neurological<sup>10-19</sup>, psychiatric<sup>26-28</sup>, dermatological<sup>32-36</sup>, genetic<sup>37-40</sup> and cancers<sup>41,42</sup>. From this perspective, ADHD may not necessarily be an exception. Additional ADHD cases investigated under this framework will be reported in future publications.

ASD and ADHD often co-occur, as documented in our previous report<sup>10</sup>. However, it remains unclear in science if these conditions share common neurobiological foundations or exhibit distinct alterations in resting-state brain connectivity<sup>43</sup>. From a Dharma-based perspective, ASD and ADHD are understood to arise from a common underlying cause, i.e., spirit. Within this framework, ascension of the spirit is associated with remission of both ASD and ADHD symptoms<sup>10</sup>. Moreover, this perspective

holds that the spirit-related influence may manifest as multiple coexisting disorders within the same individual, including conditions such as necrosis, PD, arthritis, depression, migraine and pharyngitis<sup>44</sup>.

Adults diagnosed with ADHD have a significantly shorter life expectancy—approximately 6.78 years less for males and 8.64 years less for females<sup>45</sup>. Researchers have attributed this reduced lifespan to factors such as lower income, fewer years of education, higher rates of smoking, shorter sleep duration, reduced physical activity, poorer nutrition and risky driving behaviors<sup>46</sup>. From a Dharma perspective, however, these outcomes are understood as karmic retribution, particularly arising from ancestral killing karma (祖上杀业). In Buddhist teachings, killing karma is believed to result in a shortened lifespan, while illness is a common karmic consequence.

Supporting this view, Case 1 involved maternal abortion, sexual misconduct and the consumption of live fish daily during pregnancy. Case 2 involved multiple maternal abortions. These cases further illustrate the accuracy of Master Lu's teachings regarding spirit causation and its influence on health and lifespan.

These two cases once again support our previous notion that abortion can directly cause illness in children<sup>25</sup> (Q&A 5). Therefore, if one wishes for children to be healthy, the family lineage must not engage in killing karma and abortion is especially impermissible. The reason both mothers chose abortion was their lack of understanding of the Buddha Dharma—specifically the third of the Five Poisons, "ignorance" (无明). Ignorance leads to the creation of karma, which in turn brings harm to descendants; this must not be overlooked. Therefore, it is recommended that all individuals cultivate and practice the Dharma in order to eliminate ignorance, reduce karmic causes and prevent their harmful consequences.

The views expressed in this article are not intended to compel belief. Those who do not accept them are free to disengage and go their own way in peace, but we beg that they refrain from defamation.

## 5. Conclusion

The two pediatric cases summarized here document sustained, medication-free remission of severe, DSM-5-defined ADHD following the systematic protocol of the Guan Yin Citta Dharma Door is possible. The tight temporal coupling between creditor-ascension events and objective gains behavior satisfies Hill's criteria for causality and is incompatible with the 30% background rate of transient remission reported in longitudinal cohorts. If replicated under controlled conditions, the findings would shift a subset of "idiopathic" ADHD from the domain of irreversible neurodevelopmental defect to that of reversible spirit attachment, opening a low-cost, side-effect-free, culturally portable intervention that can be delivered by caregivers without specialized infrastructure. We therefore invite independent laboratories to quantify pre- and post-protocol neuro-imaging, inflammatory and behavioural biomarkers so that pediatric neurology may either validate or refute this karmic-creditor model and, in doing so, clarify the true proportion of hyperkinetic disorders that are curable through merit-based spiritual therapeutics.

No matter what the results of scientific experiments may be,

staying away from killing karma, including abortion and living a vegetarian lifestyle is the one true path to health and longevity for the whole family.

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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.

## 7. Conflict of Interest

No.

## 8. Financial Support

None.

## 9. 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.

## 10. Statement by Translator and Writer

The 5 Q&As and 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.

## 11. 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.

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