



Healing Hands

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HEADACHE, BAD GASTRIC, SLEEPING DISORDER, DIFFICULT IN SWALLOWING AND BREATHING

Longevity was introduced to me through my father's friend. Subsequently, I attended the six day elementary and intermediate classes. The lessons included adjustment techniques, meditation exercises and opening of our chakras. This was to enable us apply what we learnt immediately. During the process of opening my chakras, I could feel warm energy traveling through my body and then I enjoyed a good night sleep on that particular night.

Headache, bad gastric and sleeping disorder

Before practicing Longevity I had minor headache, bad gastric problems and sleep disorder. Since I started practicing Longevity, headache no longer troubled me and my gastric problem is improving.

Difficult in swallowing and breathing

An old lady, to whom I offered adjustment, could not swallow food well and had breathing problems. I adjusted her chakra 7 and her throat. During the adjustment, she vomited some thick phlegm. After that she was able to breathe easier and felt much better.

Headache

A man, suffering from severe headache due to lack of sleep came for adjustment. I provided adjustment by placing one hand on his chakra 7 and chakra 6 for 20 minutes, followed by adjustment to medulla oblongata. Immediately after the adjustment session his head was no longer as painful as before.

Conclusion

Whenever I provide adjustments for others, my mind would become very peaceful. I could feel energy flowing in my hands. After the adjustment, usually, I feel thirsty.

I am indeed very fortunate to have learnt Longevity. With this I could help others with just my bare hands. I hope to share this with more people so that they could benefit like me too.



来自远方的学员（澳洲和香港）分享心得。

The three foreign participants (from Australia and Hong Kong) are sharing their testimonies.