

## Conclusions

With Longevityology, I had finally managed to change my destiny – a destiny destined to suffer from all sorts of ailments, pains, problems, stress into a destiny full of hope, peace, health and happiness. I had learnt to treasure life and to lead a very meaningful life. My 6th sense and intuition is developing and becoming stronger, I experienced many miracles and I have managed to turnaround impossible happenings into a possible reality.

With all my sincerity, I am grateful to our founder teacher Lin Tzu Chen and family, all Longevityology teachers and volunteers for this wonderful and priceless gift to mankind. I hope to repay their good deeds by committing myself to be an active volunteer in order to extend this gift to mankind and the whole world.

I hope that Longevityology could be within the reach of all corners of the world to alleviate the sufferings of all beings. Long Live Longevityology.

**Important truth to share which are highlighted in our Longevityology primary, intermediate and senior class text books which had helped me to elevate my “body, mind and spirit” to overcome all my adversities and challenges in life.**

Illness is both karma and a blessing. It is an opportunity to understand life through an experience granted by Heaven. Each experience provides us a chance to adjust our daily pace and correct our bearings. Because of illness, we learn to treasure our body; because of fault, we know the need to correct our behavior.

People tend to dichotomize everything, separating body from mind, and mind from soul, as though they are independent entities. In fact, the body, the heart, and soul are all as one. The body manifests the mind, and the mind manifests spirituality. Therefore,

the body is, in reality, a reactor of our inner world. When the body sounds an alarm, the illness is not localized at the ailment as a Chinese proverb says, “Treat the head for headache; treat the foot where the foot hurts”. Instead, we should delve into the true causes of illness by examining ourselves in entirety so that the causes of the ailment can be removed.

Benevolent wishes are always granted by heaven; benevolent thoughts are always blessed by heaven. As long as we have a merciful heart, the love from Heavens will provide sufficient grace for us to help the people in need. Energy of the universe will respond to our expectations. Universal energy helps all living things. Abilities can be gained through training and cultivation, but mission is found through giving and charity. Develop better habits, for destiny is a function of daily habits. What we give to others is just what we receive from them. By the same token, how we treat others will be reciprocated correspondingly in the same manner.

From the pleasure of success, one should experience HUMBLENESS, humble ones feels the greatness of the universe. From the understanding of failure, one should experience WISDOM.

Compete for better tolerance rather than for better reason or righting the wrong.

A wise person can reverse time through self-examination; an “awakened” person can be reborn through confession. People who don’t repent should not expect God or others to forgive their faults.

DESTINY AND FORTUNE – Reading “Four Teachings of Liao-Fan,” by Yuan Liao-Fan of Ming Dynasty, we learn that if all our “fortunes” fall within the confines of our “destiny”, then