

yourself through practicing Longevity and let your compassion transcend all barriers. Here are some of my experiences I wish to share:

Healing reactions

A few days after all my Chakras were opened I had very severe headache for a few days. I could feel the energy flow any time when I put my one hand on chakra 7 and with the other hand on any part of my body. I came to learn later that this was due to healing reaction. After learning Longevity, my husband, our son and I did practice regularly. Besides, we offered adjustment to some relatives at home. When doing adjustment for my relatives I felt reactions of pin-prick, numbness and warm.

Foot cramp

My son had foot cramp while swimming. Immediately, I did apply Longevity adjustment, with one hand on chakra 7 and the other on his foot. He recovered very quickly. During the adjustment session my hands felt very warm. I often suffered from foot cramp also and this method is very efficient and beneficial to me.

Depression, gastric, injured vertebrae

One of my relative suffered from depression, gastric complications and injured vertebrae from a fall. During the adjustment she felt pin-prick sensation, numbed hands, upper body moving and even vomited after the adjustment. She enjoyed the process of adjustment.

My daughter has gastric problem. Every time, after adjustment on chakra 7, chakra 3 and her stomach she felt much more comfortable. Sometimes she would burp while being adjusted.

Depression and healing reaction

We provided adjustment for an 18 years old girl, who was on medication for many years for nervousness and depression. After being adjusted she complained severe pain around lower right abdomen (appendix) area, and could not stand up. I kept calm, and persuaded her to try to stand up and get a drink. After walking a few steps she said there was no more pain. That turned out to be another healing reaction experience for us to learn. Now, she has changed her perspective towards life, is happier and healthier although she is still staying in the orphanage and she has recently learnt Longevity and become an active volunteer in our centre.

Epilepsy

A resident of Ti-Ratana, young boy age 7, suffered from epilepsy. He used to get in and out of hospital almost every month. But after several adjustments his conditions had improved so much that he need not go to the hospital anymore. It was indeed very encouraging and I felt very happy.

Arthritis, hunch back, moya-moya, thalassanemia depression, cancer and tumor, post operation patients, injuries from accidents and all sorts of ailments.

It is very encouraging that the adjustment center at Ti-Ratana, we were able to help many arthritis sufferers relieved their pains and sufferings. Besides, people with other ailments as listed above also find their conditions improved while pains and sufferings lessen if not healed.

A 67 years old man who walks 90 degree (hunch back) is walking normal straight after receiving adjustment for about 2 months.