

# Contents

* The wealthy would be kind to all under the heaven.	12
* One day's work is one day's reward, one day without work then no reward but emptiness.	17
* Chief Editor's preface.	19
* Scientific proven facts.	20
* Love in Longevity.	24
* Energy – the light of life – “Longevity” – Introduction	28
* Grey and dim changed to colourful.	32

## **【First Aid】**

* Revived my nephew who was unconscious.	65
* First aid for knife wound, immediate effect.	66
* Chronic illness improved a lot.	68
* Collapsed and regained consciousness, refused to go to the Hospital in ambulance.	70
* Bleeding profusely and it stopped.	72
* Forever my nobleman.	73