

Cramps – not painful anymore.

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My general health condition is good, occasionally have running nose due allergies. In 2001, due to irregular heart beats, had an operation, a PACEMAKER was inserted on the left side of the chest, could not do strenuous exercises, and have no other chronic illness.

After the primary and intermediate courses and had the chakras opened, my mode is more stable, not like before, get very agitated over small things. Eating well, easily get to sleep. Have cramps in lower legs sometimes, immediately place one hand on C7, the other on the affected area, very quickly relaxing the muscles and recovered normally. Before I had to struggle to twist the body, it was very painful.

Recently my wife's third brother had liver cancer, had the operation and removed a tumour of 12 cm. He was a judo expert when he was young, not able to resist this serious illness, now his health is weak, and he has lost 10 kg of bodily weight.

Knowing my brother-in-law's illness, in the beginning of August, I went to his house to apply adjustments for him, each time for 30 minutes. I close my eyes and sit quietly to get rid off any thoughts and I ask him to do the same, after a few minutes begin to apply adjustments. One hand place on C7, the other hand on where the liver situated, then C7 change to C3, the other hand remains on the liver area, 10 minutes later, take my hands off him temporary, airing/winding him from head to toes, front to back 10 times or more with my hands. Then I repeat the same procedure as mentioned, (treatment continued up to now, before treatment his eyes, face was yellow in colour, now he looks like a normal person.) He said every time he feels a kind of hot energy rushing from his head down to the body.(I would have like to help him with the adjustments every day, it is difficult to co-ordinate timing, could only manage one treatment every 2 to 3 days.

Every evening I practice meditation (sometimes in the morning), in these few months, noticed that I am less worried, afraid, stressed, depressed, unsatisfied feelings, but easily getting rid of unnecessary thoughts, equally getting rid of the cause of any illness. It raises my well-being, body, heart and soul, three into one