

**A good helping hand of every day life.**

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Before I came across Longevityology, I was a bit sceptical. Being long hours sitting in the office, lack of exercises, my shoulders ache, feeling tightness, also sustained injuries to my ankles and knees while mountain climbing, because of inappropriate manner in the way I walked and the speed was too fast. All these aches and pains in the body, after learning Longevityology, hoping through the adjustments would improve. Also from the improvement of these aches and pains, the scepticism I had of Longevityology would disappear.

During the primary and intermediate courses of chakras opening, to say the truth, the first three times, I did not feel anything special. Although sitting quietly awaiting for the chakras to open, but there was no feeling, the whole procedure was very quick! Is it time that the chakras been opened?

During the intermediate course, the first day chakra opening was able to feel the “chi” is running inside. The second day, felt my back was aching, I was happy that time, because I never experienced it before, and I believe my energy is advancing. After learning Longevityology, the quality of sleep improved a lot, settling my temperament and generally myself.

After learning Longevityology, starting to apply adjustments to people. The first to receive the adjustments was my mother; one day while doing housework, being careless and she fell from the chair and hurt her back. I applied adjustments for her, one hand on C7, one hand on the site she felt uncomfortable C3 area. 20 minutes later, mother said to me, the adjustments I applied to the affected area feeling numbness, she had learned “Tai Chi Chi Kung”, she said she could feel my “Chi” is pure, made her feel comfortable, that time I felt happy, but also in doubt! Why is the “Chi” pure?

One time, I went to the volunteer centre to practice, one of the volunteer, she said to me the same thing, how wonderful! No matter whether I treat myself or the other volunteer treating me, as I mentioned all the aches and pains in the body, the result is not immediate. However, I feel that when wearing high heels to walk downstairs, truly I am able to feel the improvement after the treatment, it is not