

Pain reduced and able to move injured arm.

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I have learned Chinese Traditional Medicine, and pay attention to my general well-being, would go for mountain climbing, trekking and out-door activities, also sitting quietly to meditate, and in good health.

Through friend's recommendation, came across Longevityology, attended primary and intermediate courses. Each experienced three chakras opening, I could feel the slight movement of the area where the teacher applied the power to the meridian. Some of the chakras are very quick to finish, some of the chakras take a bit longer to open.

Soon after the intermediate course completed, my sister had a fall, sustained injuries to her left hand, bruised all over. She was in hospital when I saw her, had plaster of paris applied on left arm, supported with a triangle bandage. I thought I 'd give it a try to apply adjustments for her, placed one hand on C7, one hand on her hand with plaster of paris, asked her to relax, and quiet down myself. After half an hour, my hand on C7 did not move, the other hand placed all over the affected arm. Another half an hour passed, stopped applying adjustments. Her response to it was very good, less painful and able to move her hand. Then I applied adjustments to the bruised area, one hand placed on C7, one hand on the bruises. Half an hour later, I could see the bruises has shrunk a lot, and she was feeling very hot all over the body and sweating, but felt comfortable.

While attending the course, to me the most important mutual understanding is the philosophy of Longevityology : just extending your both hands, you loving heart, nothing else, then you can help people, help family members, self help. With this experience and self proved, so I could not wait to attend the advance course.

Symptoms and adjustments : Dislocated joint – C7 + affected area.

Bruises – C7 + affected area.