

## **Meditation on public transport, energy increases 100%.**

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Ten years ago, I was riding a motorcycle on to way to work, it was raining and the road was slippery, had an accident. The motorcycle and I slipped, I fell on the floor, at that time, and no injury sustained, just grazes and bruises. After a few weeks, the bruises gradually disappeared. However, for the past two, three years, been having pain in the loin area, feeling numbness in right thigh and leg. After examination by the doctor, said it is sciatic nerve pain.

My mother told me in August this year, Longevityology would start primary and intermediate courses, I immediately enrolled. Having had the chakras opened those few days, as soon as I started to meditate, my body sway very strongly. After the primary and intermediate courses completed, when doing exercises the body swaying is much milder. Now, before sleep every night, I apply adjustments to the painful loin and hip areas. Travelling to and from work, sitting on the public transport, I would do meditation, especially going home from work, after a days' work the whole body feel tired, not feeling good, I would make use of the time to meditate while on the way home. After meditation, would feel refresh and energy recovered. Therefore, I deeply feel, making use of time on public transport to meditate is good idea, especially in such busy district of Taipei, for those who work in this district, would benefit a lot.

One day during work, one colleague said her arm was very painful, could not raise her arm, therefore could not wash her hair, in such hot weather, it must be unbearable. After I heard this, very enthusiastically I applied adjustments for her, one hand placed on C7, the other hand on her arm, the most painful area(from shoulder, upper arm, forearm and wrist), continued adjustments for half an hour. Next day at work, I asked my colleague whether there was any improvement in her arm, she so happily replied me that : her arm was much better, not only she could wash her hair, and that evening she even prepared and cooked a dish of sesame oil chicken, even able to cut up the chicken meat! I never thought I only lightly placed my hands on her unwell area and able to eliminate the discomfort, I felt very happy after hearing this.