

A good night sleep.

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I heard about “Longevity” two years ago, at that time because my mother-in-law’s auntie was learning, gradually I learned a bit more, with half believe and half-doubtful attitude, and my own health is not bad. I did not think I should learn it, it might be some sort of unlawful or illegal activities, not a genuine kung fu. Then one day auntie said she had a muscle mass on her shoulder, and it is slowly disappearing, she feels so energetic, all these because of Longevity given her. That time I began to believe “Longevity” as though it process some form of strange energy guiding us all.

The beginning of April this year, Longevity was holding the primary and intermediate courses near where I live, such a good opportunity that I could not miss. The first day I entered the classroom with curiosity, listening to the teachers talking about Longevity’s wonderful events, then the entire learner lined up to have the chakras opened. Do you know? The moment I had C7 opened, felt a bit faint, with difficult I got up, went back to my seat, did what the teacher told me, drank more water, and sat quietly. That night I slept deeply, since I had the children, never slept so well like that night.

The course completed, could not wait to look far someone to apply adjustments, my three children became my practice guinea pigs. My eldest daughter has been coughing a lot the past few days, unable to get to sleep; I placed my hands on C7 and C5 areas, after a short while she was off to sleep. The younger daughter has been complaining of nasal congestion, in less than 5 minutes, she started to jump up and down, she said her nose is unblocked. Due to pressure at work, my husband complained of aches and pains in the back at night and not sleeping, I placed my hands on C3, C2, immediately he is asleep. My son’s nursery teacher also suffering from insomnia, I placed my left hand on C7, right hand behind her left ear for half an hour adjustments, for three consecutive days, her sleeping pattern is much improved.

To me “Longevity” is my secret weapon. Anyone in the family feels unwell, I am the first one they turn to for adjustments, and this would improve our