

Helping self and helping people.

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I teach at Hsintien Chung Jung Primary School, no matter rain or wind, often see Longevityology in Cheun Tong helping people with adjustments, deep in my memory. Through a friend's recommendation. I joined the courses to learn and had the chakras opened, and understanding the real meaning of Longevityology, deeply felt its importance and felt honoured being able to have learned.

My bodily health have been good, apart from a few occupational problems, dry hands, dry eyes, knees pain, back pain, the rest otherwise healthy. After the chakras opened, my hands and feet feel warmer, more moisture in hands, more energy in my legs; I deeply felt I benefited a lot. Then I help my colleagues and family members with the adjustments. Because of heavy workload with classes, my colleague often gets headaches; first, I applied adjustments to C7, C6, then two hands placed on both sides of the head for 30 minutes. Next day my colleague told me he had a comfortable sleep through the night, from then on whenever he has this headache, again I would apply adjustments for him, now this headache is occurring less frequent, feel happy for him.

My father always has pain in his legs and knees, after I have learned Longevityology, every day I apply adjustments for him. Father told me his pain has reduced a lot; his legs are feeling much stronger. Helping my colleague and family member with the adjustments and getting good response, thanks to the Longevityology again.

Very lucky and very glad that Longevityology has a centre close to the school. Thanks to the centre manager and volunteers, no matter rain or wind, they function as usual. It is benefiting me, also wish more people will come to know about Longevityology, to help the ill patients suffer less pain, those with minor illness would be able to get rid of their problems.

Symptoms and adjustments : Painful knees ; C7 + C2 + loin area and knees.