

Sunstroke – improved in 30 minutes and recovered.

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Due to the nature of work, the learner often has to work extra shift at night, although knowing the importance of health also required me at any time to pay attention to my own health. Starting to learn and practice sitting quietly and make time have walking and running exercises, very often because of tiredness from work and with one single word (laziness), unable to continue daily exercises. Therefore, fats building up in the body, running up and down stairs – signs of puffing appears, it is time to take a serious look on my own bodily health.

Therefore, the opportunity came and the nobleman appears. In April 2008, through a friend's recommendation, joined the Longevity primary and intermediate courses. After the chakras opened, did not feel any reaction, but the last day of the course, very luckily, had a chance being treated by teacher Wei. During the treatment, deeply I felt a kind of different, strong and hard to explain feeling, do not know whether that is so called “chi”. Because of that, I feel Longevity is a special kind of kung fu. At the same time, through the good friend's introduction of Longevity, the proof around him, all the teachers and the witnesses personal experience, enable me to have more confidence and trust as a good foundation of Longevity, therefore leading me to join and practice adjustments.

Last week of August went on a business trip, had an instant unexpected experience. It was a very hot day, started to feel unwell showing signs and symptoms of sunstroke, feeling giddiness, sick and nauseated, whole body felt uncomfortable. So immediately I phoned the volunteer centre for help, after a quick conversation, applied adjustment to myself on C7, C6, C5 chakras, after 30 minutes, the near unconsciousness symptoms has improved, feeling well and refresh, a very strange feeling!

Longevity is simple and easy to learn, no complicated reasoning or specific technique of kung fu, you only need to relax your heart and mind, through the easy, simple basic movement to achieve this kind of kung fu. Any person would require continuing meditation and practice applying adjustments, would be able to advance the learning result, and the power to improve self health condition. The