

**It feels like a toothpick put inside the eyes to separate the eyelids.**

**Learner : Mr. Mok**

**Address : Taipei city, Manshan district.**

**Tel: +886-2-22346918**



After retirement in July 2007, one day received a phone call from Mr. Cheng in Kaoshong, told me that Longevityology would start the primary and intermediate courses in Taipei soon. So with the intention just to give it a try, in there, having listened to teacher Luke, teacher Lin and teacher Wei's serious and conscientious teaching spirit, filled people with lots of emotion; in addition to several learner's true story, sharing their personal experience with everyone, it got me very curious and interested.

After I got home, started to sit quietly and practice meditation, from the beginning as soon as I sit down, all kind of thoughts immediately rushing in my head. At this time I would remember teacher Lin's lesson, teaching us to "let go", "let go again", let go of all the happiness, dissatisfaction, sadness, glad, love, hatred, greed, jealousy etc slowly the heart would quiet down. When it first start, did not have any feeling, afterward, one day came home after been out, felt very tired, wanted to sleep, suddenly it came in my mind, do exercises and see, after 15 minutes, not only feeling specially well, the eyes feel like a toothpick put inside separating the eyelids, want to close them but would not close. At that time, felt very happy inside, the first time enjoying Longevityology given me this wonderful feeling.

My wife's health is not so good, often gets headache, weak all over the body, but she did not show any interest when I practice and told her about the good deeds of Longevityology to people, she did not believe in it. Until one day very late at night, nearly 12 midnight, her headache got worse, but did not want to go to the hospital, thought it is an old problem. I asked her to let me try with Longevityology! She did not agree in the beginning, because it was so late at night, reluctantly she agreed. Therefore, I placed one hand on C7, the other hand on C6, 20 minutes later, the hands on both sides of the head, slowly she went to sleep, and another 20 minutes passed, opened her eyes and said no pain in the head, generally felt better. Next day on waking up, my wife was high in spirit and good chi, and happily gave