

**Safely get to sleep.**

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My health is reasonably good, but my eyesight has been poor, in 1993 had an operation for cataract on the right eye, changed to an artificial crystal ball. In 1995, the same eye because of retina detachment had another operation. For the time being, everything appears normal, but I worry about other illnesses at later day. The left eye cataract appeared for nearly one year, and now it is on the edge of needing an operation. Apart from that, I have irregular heartbeats at times; it does not affect my daily life. Moreover, sometimes I suffer from insomnia, it occurs once or twice a month, when it occurs, the whole night unable to get to sleep. On ordinary night, sleep lightly, and dream a lot.

After the chakras opened, the most obvious reaction was my health and general well-being got better, even some nights I sleep late, daytime working and do not feel tired. However, after two weeks, the feeling is not as strong.

I have been applying adjustments for people, the most obvious conditions are: my elder son has abdominal pain frequently, and with diarrhoea, so, when he is asleep, applied adjustments for him, the next day he did not have any more diarrhoea. Apart from that, he also has difficulty getting to sleep, and then I applied adjustments on C7 and back of the head, in 10 minutes he would be sleeping. In addition, every night when I sleep, place one hand on C7, one hand on C6 and eyes, would get to sleep in 10 minutes. Therefore, before sleeping, using the same method, insomnia would not occur.

I feel Longevity is good, not to say anything else, applying adjustment to get to sleep, it is a good therapy. However, I do feel every day meditation is very important, apart from being able to increase the power and energy, the most important thing is being able to nurture the patience and help people with adjustments, without patience, the love for Longevity would easily slip. Because Longevity's simple learning and the process of practicing, people would easily slip back to square one.