

**Lifetime's best friend.**

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My health considered ok, the Triglyceride level is a bit high, after self adjustments, had another blood test, the level has dropped. May be my sensitivity not sufficient, after chakras opened, did not have much reaction. The first day of the primary course, teacher Wei asked the learners to put both hands facing him, he just raised his hand and waved once, and my problem of insomnia improved a lot, my heart felt thanks to teacher Wei. I hope there would be another chance, surely every night I apply adjustments to myself, but the effect is not as good.

After the intermediate course completed, on 24<sup>th</sup> August went to Taipei Sport Hall and participated in 3 hours long chanting Buddhist ceremony. In the afternoon around 4:30, one of the old Buddhist nun felt unwell, I went to investigate and found out that she has a weak heart, felt faint, I applied adjustments for her, placed one hand on C7 and one hand on the heart area, for nearly 20 minutes. It was time to restart the ceremony, the old nun said she felt more comfortable, we went back to our seats. Then I went to Fuk Hing North Road centre to practice, helping one of the volunteer who had aches and pains all over the body, according to the teacher's teaching, all the chakras need adjustments. After nearly 2 hours, the volunteer said she could feel chi running. The main fact is to remember all the chakras exact positions and the governing organs, and the basic idea is to apply adjustments with kind thoughts. Just like teacher Wei, teacher Lin and teacher Choy, apart from loving heart, patience and benevolent, do not expect anything in return, people are filled with admiration for their generous giving and offering.

On 5<sup>th</sup> September my husband, had an attack of slight facial nerve numbness, because we do not live together, only at weekends I could help him with adjustments. I placed one hand on C7, one hand on the affected area, all area of the head and the neck, he would allow me to do one hour, he did not want me to get tired. For I only had two days time, in fact it was only two hours, his facial numbness got a lot better, it's unbelievable!

Longevity is great, the message it is giving people, it is beyond people's expectation, it is everybody's lifetime best friend.