

Confidence increased largely.

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Heard about Longevityology a few years ago, but it is only this year officially joined and participate in primary and intermediate courses. The first day of the lesson had chakras C7 and C6 opened, teacher Lin said when we get home and must do exercises, just extend both hands there would be energy, we can apply adjustments to self, and to other people. Perhaps my feeling not as good, seems no reaction, still being half believe and half in doubt, continue applying adjustments, thinking it would not hurt, days just go by.

One day, while I was out, met another learner, we were chatting and exchanging experience, then I realised that my long-term aches and pains in the back is not like before that uncomfortable, it has improved a lot. That day went home and cook dinner, carelessly burned myself with the hot pot, immediately I placed one hand on the affected area and one hand on C7. Wow! There was no redness, no swelling and no pain, but a small white spot. From then on, I am able to apply adjustments and help people. One day, my neighbour's brother said he sees white light (the sun), it is prickly, could not open his eyes, very bravely I help him with adjustments for some days. He says when he is looking at something, he sees double, or the object will enlarge, his condition has improved a lot, he hopes that whenever I have time I could apply adjustments for him. I promised him, and encouraged him to be patient. Now, whoever feels unwell, or some sort of condition, I have confidence and extend my hands and help them, teacher says by helping people with adjustments it also increase your own energy, with this dual principles, I would continue to practice.

Symptoms and adjustments : Burns – C7 + C5 +affected area.
Eyesight problems – C7 + eyes, with emphasis on back of the head and liver.