

A kind of keep fit and keeps well kung fu!

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In June 2008 heard my elder brother mentioned the “Wonders of Longevity”, from the beginning I was only half believe and half in doubt, but went with my sister-in-law and my mother to enrol for August courses of Longevity. During the lessons, the learners had the chakras opened by the chakras master, not much reaction felt during the primary course, felt some reactions in the intermediate course.

My job is in serving people, everyday have to stand 6 – 8 hours, arrived home usually tired and exhausted, now, I do not feel like it used to, and able to sleep through till morning. Teacher has mentioned that if unable to get to sleep, first apply adjustments to C7 and the head, then to behind left ear, I truly have confidence in Longevity now.

Once, a colleague having cramps in the leg at work, too painful that she could not walk. I placed both hands on the cramp area, at the beginning I could feel the ligament was jumping vigorously, after 5 minutes, it stopped jumping; my colleague said the cramps have gone! Wonderful. Also because of working in food and drink business, very often would get scolding from oil pans, remember once, scolded myself, did according to the teacher said: run it under water and apply adjustments at the same time. The effect was exactly what the teacher said: there was no scar, no blister; very soon, the pain has disappeared.

Recently my daughter has changed her job, whole day has to stand 8 – 9 hours, and gets home with painful legs, the soles and toes were so painful that could not get to sleep. Therefore, I apply adjustments for her from C7 and C4, as well as C3, C2 and then all aches and pains areas, from thighs, lower legs, soles and toes, finally my daughter said: no more pain in the legs! Since I learned Longevity, my general well-being much improved, Longevity in fact a keep fit and keep well kind of Kung Fu!

Symptoms and adjustment : Leg cramps – C7 + affected area.

Scolds – C7 + C5 + affected area.

Painful legs – C7 + C5 + affected areas.