

**From seeing the fact and believing.**

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When my wife told me, you can learn “keep well chi Kung” without fee, after you have learned, you benefit for life, my instinct told me “how could that be!” I came across some people practice meditation, told me: apart from some religion organisation or fee-paying association for learning chi Kung, such cannot be found. Moreover, once learned, the effectiveness would increase year by year, for a long long time.

After my wife joined the course in Panchiao in April 2008, told me: before she has aches and pains that made her feel uncomfortable, got some improvement, if I go and learn,, my high blood pressure should also be improved.

The above-mentioned, with my “iron teeth” character, a bit swaying, after such persuasion from my wife, joined the Man Sang East Road Activity centre, Taipei city 76<sup>th</sup> Longevity course.

After the chakras opened and practice exercises,, really as soon as the hands extended there is energy. In the office, we talked about this matter, hey! Strange, people with “iron teeth” a lot of them, equally do not believe.

One day, a colleague’s eye felt uncomfortable, very bravely, extended my hands, one hand on C7 and one hand on eyes area, after a while, my colleague felt obvious improvement. Another colleague, over work both hands, has aches and pains, after local adjustments were improved.

From then on, no matter where they feel uncomfortable, they hope that I can help them with the adjustments; I also feel that my power and energy have obviously advanced.

After joining the primary and intermediate courses and practicing exercises for 2 months already, as for the advance course, I am so much looking forward to it, and hope with all I learned from Longevity, to give to other people. To encourage more “iron teeth” people, in order to prove that universal energy can be obtained easily and not necessary to go through any religious or any other form of method.