

period of learning Longevity, deeply understood the meaning of this sentence. The primary and intermediate courses completed, due to my child is still young, plus the fact I have to work over time, only occasionally go to the volunteer centre to practice, but also make use of a little time to doing exercises and apply adjustments for my child. I noticed that while applying adjustments to my child, at the same time, my own body's problem also gradually disappeared, the speed of disappearing is faster than doing exercises of being adjusted by other people, and indirectly benefiting me. During the class, the teacher kept reminding whenever you need to extend your hands, you are able to help people, no restriction what so ever. Human is just like part of the universe, not a controller, to the people around, matter, things, nature, universe, should beholding the benevolent heart. Further, Longevity not only could help people to achieve effortlessly, it is like as easy as breathing air, in the process of helping people, followed with the person being treated and the symptoms reduced, our heart would be filled with happiness. Hoping with this "seed of love", planting by our hands, and spreading to every corner of the world!

Symptoms and adjustments : Blocked nose – C7 + C5 + nose.