

**Food stuck in oesophagus, within  
2 minutes, felt comfortable.**

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I have settled down in New Zealand, last year went to Taipei, because of my daughter's recommendation, and went with my husband to attend Longevity courses. The first day after the chakras opened, it has changed me completely, sleeping very well. My husband came home later that evening, could not open the door, yelling loudly outside, after my daughter opened the door for him, he said: your mother telling all lies, always say unable to sleep, you see, sleeping so soundly. At this time I was woken up by his loud voice, then I apologised to him, said I locked the door unintentionally, and went to sleep, this had never happened before, it is very strange!

After the primary course, been having tinnitus for many years, beginning to hurt, started to apply adjustments to myself, but it's getting more painful each day, I thought this might be the reaction of getting better, the pain lasted until the intermediate course completed and it gradually got better. Even until now, the tinnitus has not completely gone; this might be due to old age! There is always a bit of sound, but when doing exercises/meditation, the sound is not there, I would continue with the adjustments.

The first day of the intermediate course, on the way home, bought a spring onion cake, eating it on the way (because I did not have dinner before the class.) The food got stuck in the oesophagus, that made me so painful, as soon as I got home, tried to bang my back on the wall, after several bangs, nothing happened, tears coming out. Immediately asked my husband to place one hand on the neck, one hand on my back, not even 2 minutes, the oesophagus feels much comfortable. That feeling is just unbelievable, that made me shouted out loudly "amazing", this increased my confidence. From then on, everyday I am doing exercises, dare not to be lazy. I did have high blood pressure and able to maintain it within normal limits.

Got back to New Zealand, everyday I apply adjustments to my granddaughter. She suffers from allergic asthma, quite severe, when she is unwell, would need inhaler for breathing, then apply adjustments again, she feels better. For itchy eyes,