

I am able to heal myself, so amazing.

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I remembered the first time had the chakras opened; I had a sore in the corner of my mouth, and used Longevity healing. As a result, amazing, slowly it got better. When I feel unwell in the heart and lungs areas, place both hands on the chest, after 10 minutes, would gradually feel comfortable. Recently had a few minor ills and pains, one by one eliminated. It happened once, was digging the ground, carelessly hurt the back, Longevity is so good, immediately effective. From then on, very often I practice Longevity to heal the body.

One volunteer from the charity organisation has injured his hand, been having treatment of a year without improvement. I applied adjustments for him, after a few times, he felt some improvements. Once, I was feeling a bit giddy, it felt like having a cold, then I applied adjustments to self, slowly it got better. Also such as toothache, injuries from cycling, sinusitis, nasal congestion by applying adjustments, would get better. Everyday I am doing exercises, because my health is not so good, therefore I wanted to learn Longevity, the result is exceptionally amazing, beyond my expectation.

Symptoms and adjustments : Sore mouth – C7 + affected area.

Sinusitis – C7 + C5 + affected areas.

Chest discomfort – C5 + C4 + heart.