

in the right side eventually. At that moment of energy flowing, it's like the description in kung fu fiction that this particular act of making a noise sound "ook" from the mouth involuntary, after spitting this mouthful of energy, you get the feelings like all the meridians is now flowing freely, only there is no spitting of blood out. After that, the right side of my chest is feeling much more comfortable, it also reduce my hidden worries.

Having going through this journey of Longevity, this made me understood, the reasons why people having problems with their body, if the problems existing from birth, this would be determined by fate, but well over half were acquired by people in their thoughts, behaviour and the characteristic of their living. The more you think of this particular part of the body not comfortable, or desire, or some other thoughts, not able to think straight, all these would directly influence the flow of energy, the power of strength between strong and weak. Those who are humble, kind, live a simple life, thus able to exercise the power of energy to the higher point. I hope with all I have learned from Longevity, able to help a lot more people. In here, whole-heartedly I am thankful to teacher Wei, teacher Lin and all the volunteers' continuous giving serving and not expecting any rewards. This made me understood human beings one side of goodness and the valuable of Longevity, people living in this world, there is another deep layer of value, just wanting us to search and dig. Lastly, wishing Longevity would be with us for a long long time, even forever.

Symptoms and adjustments: High blood pressure – C7 + C4 + head + heart.

Insomnia – C7 + behind left ear.

Cramps – C7 + affected areas (with emphasis on liver and C3)

Senile dementia – C7 + C6 + whole head.