

A very warm feeling, feels comfortable.

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From small up to now, my body have been healthy. The only thing bothering me is my shoulder, the blood circulation not so good, often have pain in the neck and shoulder, and get very stiff. Once it was quite serious, following the blood vessels, the pain has spread to the back of the brain, at that time the only method could help me, was massage and tui na. About once a month for follow up treatment, this continued for the past 20 years or so. It happened by chance, my auntie saw me not feeling good and voluntary help me with adjustments. The first time, I could strongly feel the energy sending out from auntie's hands, is a kind of " chi ", wandering around in my body, also felt some sort of warm feeling, very comfortable. After that surprise event, made up my mind, I need to learn this Longevityology. Because I truly felt, the effectiveness and I also believe Longevityology able to help my health, and live longer.

During the process of learning, the first difficulty was to quiet down the heart, no thoughts, that is not easy. I work hard on breathing in, breathing out exercises, slowly expelling all the thoughts, very quickly my heart quiet down. The second difficulty was naturally the perseverance of practice, every day doing exercises, even now I am still in (a saying) two days fishing, three days sunning the nets this situation. Hope I will be able to get into the habit of doing exercises everyday as soon as possible.

Going to the treatment centre to practice is another experience, all the volunteer's bodily health is different, in the beginning I did not what to do, as has been taught wherever not comfortable, then apply adjustments to the area concern. Slowly starting to help people with adjustments, just enjoying the joy and happiness of helping people.

There is famous saying from eating god: As long as the heart is there, every one can be an eating god. I want to borrow this saying: As long as one learns Longevityology whole-heartedly, every one can be a doctor. I think this must be teacher Lin and teacher Wei's purpose of building up Longevityology, also I hope in the future I am able to use this pair of hands, to help a lot more people who needed