

Unusual keep well and healthy kung fu.

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This year summer, friend had a car accident and broken his right leg, the volunteers from the Longevity centre have been going to the hospital to apply adjustments for him, from this I came into contact with Longevity. From the internet information, it seems Longevity is a kind of kung fu able to heal hundreds of illnesses. Therefore, holding the try and see attitudes, joined the primary and intermediate courses in August. During the lesson, had the chakras opened, sitting quietly and applying adjustments to each other, my own spirit changed and felt so good. Also during the lessons, each guest speaker although not as expressive as a blooming lotus or so articulate and being able to influence people, but speaking their sincere and truly account of the benefit they got from learning Longevity. Especially those volunteers came from overseas such as Belgium, Germany and England; it is only for promoting this self-help and help people to keep well's kung fu to the new learners. This silent giving spirits of the volunteers, not expecting any pay back, this made me realised that Longevity and the other chi kung organisation in this society is not the same, although it is ordinary but in fact it appears it is not only ordinary.

After the courses completed, entering the stage of helping people with adjustments. From the beginning, my hands were achy because of the posture and so the body wiggling here and wiggling there. Until one of the senior reminded me, when applying adjustments the posture of the body is very important, and the feelings of the fingers would change. So for the following practice experience, I followed the advised method, slowly I could feel helping people with adjustments is an important aspect of Longevity, this is also the big difference between the other kung fu. While sitting quietly and helping people with adjustments, it is also a kind of practice, in doing so one could feel this amazement of "universal power", and understanding the activities of the three bodies – the person being adjusted, the adjuster and the universal power. Being able to apply adjustments to the sufferer, it is not we have great ability, it is the universal power, through our body and two hands conveying the energy to the one being adjusted, so it is only to quiet down