

unable to accept, it is a real pity.

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The first time heard about “Longevityology”, it was about 12 years ago. At that time, I had been coughing for a long time and not treated, one of the teachers from the school came into the office, said she had learned Longevityology, and wanted to help me with adjustments, and it might be effective. At that time, I did not know what is Longevityology? Whether it is effective or not, I was very doubtful! Because the teacher seems very eager, I did not want to refuse. Therefore, she told me to quiet down the heart; she was standing and started to apply adjustments. I remembered at that time, she placed one hand on top of my head, one hand lightly close to my throat (now I know it is chakra 7 and affected area). Because it was mid noon recess time, she did not want to waste a lot of my time, she did it for 3 to 5 minutes and stopped. For the following 2 to 3 days, at the same time she came to apply adjustments for me, in the end my cough still not treated.

Now I have been thinking, at that time there were a few areas not managed well by the teacher. Firstly, she should have explained to me briefly about Longevityology, at least I would have felt embarrass and would know how to deal with it. Secondly, while applying adjustments, the person to receive adjustments and the person apply adjustments should be in the most comfortable position/posture for the treatment to begin, hence would be able to continue for a longer time. Thirdly, should have informed me what I needed to co-operate with, for example: time, psychologically, posture etc. Lastly, the number of times and the length of time of adjustments to be applied for chronic condition, for it require a few more number and a bit longer time.

This is only a small matter in the past, now I have been exposed to Longevityology, whenever I apply adjustments for people, or to myself, I often think of this enthusiastic teacher. For the fact that I treated her in a bad manner, it is true that it reflexes what we often say these two sentences;” it is difficult to do work, and it is even more difficult to be a human”, “mistreating a good heart as a donkey’s liver and lungs”. It also made me realised that, why teacher Lin and teacher Wei in the lessons, apart from teaching the ways of applying adjustments, the main points often talk about their communication of experiences and correct ways of doing it, these are truly so important. Everyone should seriously learn and