

DEVOTE YOUR LOVING HEART, REACH OUT YOUR PAIR OF HANDS, LET OUR BODY, HEART & SOUL BECOME HEALTHIER

[WHAT IS LONGEVITOLOGY]

Longevity is a method of making use of our body to redirect energy from the universe to help in healing one's and the other's illnesses. These effects are produced from the combination of Soul & Loving Heart with the Universe.

In Longevity, human body system is divided into seven (7) major Chakras. The different religious sects in China called 'Chakra' as 'Lun' (literal meaning 'wheel'). In medicine and martial arts, it is referred to as 'Xue' whereas in Sanskrit, it is known as 'Chakra'. In Longevity, for the sake of convenience of teaching, 'C' prefix will be the symbol for Chakra. For example, the 7th Chakra will be denoted as C7. A human body has seven (7) main Chakras. Start from the centre top of the head these seven (7) number of Chakras run from the back of the brain (or head) and along the vertebra till the tailbone at the lowest vertebra of the sacrum. Every individual Chakra has its own function. Once a 'clogged' Chakra is opened up under the guidance of a Master, the energy from the universe will be able to enter into the human body directly and turns into body energy. Then via relevant Chakra to channel energy into the body to produce various effects. Inside the body it gives rise to unceasing activities, and to nurse the various healthy activities of the so-called essence, 'qi' (air stream) and spirit of the body. (Note: If these Chakras cannot remain active under normal circumstances, many illnesses of the body will be produced.)

Thus, the final objective of Longevity lies at self-healing and to heal others' sicknesses and sufferings. These will afford people to march on the healthy road. It is believed that Longevity must be the most practical medicine for body & mental health care in the 21st century.

From Longevity point of view, the universe is regarded to be a large magnetic field contains unlimited amount of energy while the human body is a little magnetic field in itself. For a healthy person, the magnetic field should revolve steadily. When the little magnetic field of a person, due to some reasons, is becoming erratic and disorder he/she will fall sick. Anyone who has learned Longevity is like a conductor capable of transmitting universal energy to adjust and regulate the magnetic field of patient. To render it revolves regularly, to produce effect, to absorb, to be able to redirect universal energy are all achieved via the already opened Chakras in conjunction with the intention of being merciful.

The principle of healing sicknesses for Longevity is similar to that of the Chinese medicine. The rule is to treat 'qi' before blood. That is: utilize non-physical (here the 'qi') to manage something physical such as blood. It is also somewhat similar to the principles of acupuncture, and identical to the sickness curing principles of various 'Chi Kung' or 'Qi Gong' (An ancient Chinese system of internal energy exercise aims to stimulate the flow of energy, which believe travels around the body along channels known as meridians. There are many different forms of Qi Gong in existence. But in contrast to some Western exercise regimes, they are all gentle). In the heart of a Religious Educationist he wishes all lives will have their merciful heart reach out to the entire universe and let very single life to be blessed and enjoy boundless happiness and joy, and at the same time let sorrow and anxiety of an individual to be diminished. Their saying is: "Making Use of Heart to Cures Illness". It is considered that the energy of a heart is hyper sensitive, and if the heart and the thought of the mind can be maintained at a high energy state then the body will automatically have reaction and change. If any one frequently has 'a heart to benefit other' to be his/her ambition then it will bring to him the root of all his/her blessings. At the same time he/she will enjoy happiness and having an enhanced energy internally within oneself. That means it will permit someone capable of not only able to save oneself but will also bring kind sentiments to others. All points discussed so far are indeed matched very well with the notions of Longevity.