



Live Your Precious Life To The Fullest

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Longevityology is an art of receiving and directing the universal energy into our body to enable us to improve our health. At the same time, if one adopts and practices it seriously, it will elevate the status of the body, heart and spiritual soul to a premier level. The process of receiving and redirecting the universal energy into the human body helps open up the “chakras” and eventually the compassionate heart will be induced.

This book reports the testimonies of students who have successfully attended the six’s days Longevityology Primary and Intermediate classes and who wish to register for the senior level class. Through the process of adjusting, the amount of energy will gradually increase (due to chakra opening, meditation, self adjustment, receive adjustment and adjust for others). Thus, some symptoms of discomfort and strange scenes will appear when our body is recovering from illness. We termed the above changes as “Change for The Better” symptoms (recovery reactions). We documented the various kinds of illnesses and “Change for The Better” symptoms (recovery reactions) which serve as a reference for the practitioner. This will enable them to understand better and enhances their confidence towards Longevityology. For freshies who never learn before, they will get to know and understand Longevityology more.

The life of a human being goes through the unavoidable stages like birth, old age, diseases and death. Longevityology practitioner simply can

use both their hands to help themselves and others to relieve or reduce the pains and suffering. Practitioner must be disciplined and practice the art of Longevityology constantly and not succumb to their own karma and laziness.

When adjusting others, one must do it with a compassionate heart, patience and caring attitude. Does it whole heartedly and never have the intention to request for monetary rewards such as “Ang Pow”. Adjusting others just like adjusting your own family members. Relax yourself, do it seriously and do not bother whether there is any response and result during the process of adjustment. Further more, one should not worry that large amount of body energy will be absorbed by the patient. Just bear in mind your body only serve as a channel of receiving and directing the universal energy which will flow ceaselessly from the universe. Perform it with a simple mind and have no inappropriate desires, one will achieve a better result. When adjusting others, just doing it heartedly as if your mind is at the stage of meditation. Naturally the effectiveness and positive end result will be assured.

When patients read the testimonies documented in this book, I wish it enlightened them to a new hope in their life. Life is precious, so treasure it lively and attentively from now on. No matter how weak is your body health status; one still can learn and help others. The amount “chi” energy your body able to transmit has no relation with body health status. But the amount of inflow universal energy is closely associated with the level of compassionate heart one has. During the stage of adjusting for others, you will not transmit your diseases to others and vice versa. As a human being we will naturally grow old, therefore let us do more good deeds, give selflessly and live a more worthy life.

Lastly, wish everybody live happily, healthily and have a prosperous career.

(Translated by H.S.Tan)