



## Heal Ourselves and Our World

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### **BLOCKED NOSE, INSOMNIA, HEADACHE, HIGH BLOOD PRESSURE, DIABETES, DEPRESSION, HEART PROBLEM**

I am indeed fortunate to be able to attend the Longevity course immediately after my recent retirement. On the second day of the course, I could clear my blocked nose problem by adjusting my chakra 7 and chakra 5 followed by chakra 5 and the other hand on the bridge of the nose. My blocked nose was cleared within 20 minutes.

#### Insomnia, headache, high blood pressure, diabetes

After having completed the intermediate class, I volunteered at the adjustment centre to gain more exposure and experience. I benefited a lot from volunteering at the adjustment centre. With the experience and confidence gained, I was able to do adjustments for my mother aged 78 who is suffering from hypertension and diabetes. I adjusted her chakra 7 and chakra 4, while my wife adjusted her chakra 3 and her kidneys and my sister adjusted her heart and pancreas. To treat her insomnia and headache, I placed one hand on her chakra 7 and the other hand on her chakra 6, followed by

adjusting her chakra 6 and the area behind the back of her left ear. My mother's overall health condition improved tremendously and she could sleep peacefully now and her headache gone. Since my mother had her high blood pressure (hypertension) and diabetes for the past 25 years, we need to be patient and persevere for a longer period of time for her complete recovering. We will try our best to continue to adjust her on a daily basis.

#### Depression, insomnia, heart problem

My neighbour, a lady who is 58 years old, had depression (probably due to hormonal imbalance) complained that her heart beat was fast and had insomnia. Her face was very pale also. I adjusted her chakra 7 and chakra 6 for 20 minutes followed by adjustment for the whole head for another 20 minutes. I noticed that she was fast asleep while I was adjusting her whole head. At the same time, my wife helped to adjust her heart and chakra 4 followed by chakra 3 and chakra 2 and my sister adjusted her liver and heart. We continued with the adjustments for 5 times a week. She showed great improvements and looked healthier, her heart beat is now normal, she could sleep better and she also feels much happier.

#### Conclusion

Whenever I am doing adjustments on any chakra or on the affected illness area, I could feel a "rumbling vibrations/sensation" on my palms or finger tips or at times, I will feel warm and sweating even though the fan is on. The warm feelings on my palms remained even though I have finished adjusting others. The beauty of practicing Longevity is that anyone can help others in need at anytime and anywhere. By extending this wonderful free service to others with an open loving and caring heart, one is rewarded more in terms of friendship, cheerfulness and smiling