



A Journey Through Longevity

Name : Koh Chee Kin
Occupation : Manager
Area : Kuala Lumpur
Tel : 03 - 20702733

INSECT BITE, EFFECTIVE MEDITATION, HYPERTENSION, THROAT INFECTION AND FATIGUE, ATTENTION DEFICIT HYPERACTIVE DISORDER, DEGENERATIVE DISEASE AND MINOR AILMENTS SUCH AS FLU, COUGH, HEADACHE AND TOOTHACHE

I attended the July 2006 beginner and intermediate Longevity classes, with some doubts and suspicions. I was very amazed by the huge turnout.

During the opening of Chakra 7 and Chakra 6, I felt the warmth in my body, as the energy entered my body. I began to sway, my head felt heavy and slightly giddy. After I returned to my seat, I meditated. My whole body was very warm and my palms were red. From that moment, I became convinced of Longevity and was very eager to practice and apply Longevity.

Insect bite

The back of my left hand was bitten by some insect. It turned reddish, swollen and a bit septic after I scratched it. I adjusted the wound several times, by placing my right palm on it. The wound had healed considerably. It had shrunk to a clear round spot by the

next evening. On the third evening it had fully recovered. A week prior to this, I treated the wound with medication to no avail. The above experience has strengthened my belief and confidence that Longevity is very effective for all ailments.

Effective meditation

On the first night, after my chakras were opened I was extremely tired and I slept very peaceful till the next morning. During the meditation (doing exercise), I felt very calm and tired but there was no desire to dose off, i.e. my mind was still clear. Prior to practicing Longevity, I tried other form of meditation, whereby I often feel alert at the beginning but I would dose off easily.

Hypertension

I was having hypertension for ten years and was on medication. I frequently adjusted myself whenever I have the time and it is usually once or twice a day for 15 to 20 minutes, on chakra 7 and my heart. Even though I am still on medication, I felt better and I intend to gradually reduce my medication dosage and doing more or longer period of Longevity meditation.

Minor ailments (flu, cough, headache and toothache)

Whenever friends, colleagues and family members have minor ailments I would offer Longevity adjustments to help them. Most of them had explicit effects while some experienced only a slight effect or not even felt anything at all. These ailments were usually flu, cough, headache, toothache and high blood pressure.

Throat infection and fatigue

I joined the volunteers at Kepong adjustment centre. The first person I adjusted was a young man in his twenties, who complained of throat infection and fatigue. I adjusted his chakra 7,