



his chakra 5, his throat and whole head. During beginning of the adjustment session, he was coughing badly. But later on he felt more comfortable and dosed off. Anyway, I felt warm and thirsty, yet very comfortable, alert and focused.

### **Attention deficit, hyperactive disorder**

A young child with autism/ADHD (attention deficit, hyperactive disorder) came for our help. It was extremely difficult to adjust him, as he could not sit still for long. To overcome the above difficulty in adjusting him, I tried to shower him with more love, kindness and compassion. Initially, he fidgeted strongly but after awhile he looked comfortable, happy and calmed down. He gave a very appreciative smile at the end of the session. During the adjustment I felt my hands pulsating and warm.

### **Degenerative Disease**

A patient suffering from degenerative disease came in for adjustment. Her hair was prematurely grayed, skin ailments on the hands and legs and pains in all her joints. After adjustments, she thanked me and mentioned that during adjustment she felt warm and energy flowing in her body. She felt comfortable and her pain and itchiness had reduced.

### **Conclusion**

Although my experience in Longevity is short, I fully believe and trust in its effectiveness and benefits. I will continue to practice Longevity and help to lessen the sufferings and pains of others.

