



My Sinusitis Cured Through Perseverance

Name : Choo Sze Hong
Occupation : Retired
Area : Kuala Lumpur
Tel : 03 - 79808412

RECOVERY REACTIONS, HEADACHE, CHEST PAIN, ABDOMINAL PAIN, SINUSITIS, BREATHING PROBLEM

When the teachers opened my chakras, during Longevity elementary and intermediate classes, I could feel strong energy flowing in my body. My hands felt warm, mouth was very dry and thirsty and I drank lot of water. Overall, I felt very energetic even though I was tired and sleepy at times.

Recovery reactions

While attending the classes, at times, some of the recovery reactions gave me headache, breathing problem (chest pain) and abdominal pain. However, after receiving adjustments from the volunteers there, I was healed.

Sinusitis and breathing problems, abdominal pains

At first, I did not practice Longevity meditation and adjustments regularly, as I lack concentration and had wandering thoughts and lack confidence. I tried self adjustments for my sinusitis and breathing problems by placing one hand on my

chakra 7 or chakra 5 and the other hand on the bridge of my nose. This took fifteen minutes or more to clear my blocked nose. For my abdominal pain, I placed one hand on chakra 3 and the other hand on the ailing area. After doing several sessions of self adjustments, my health began to improve. This, enabled me to regain confidence in Longevity. I am now fully convinced and committed to practicing Longevity on a regular basis. I do daily self-adjustments on all six chakras and for all my ailments. My health, overall, has improved and do not feel tired easily. Besides, I no longer need to rely on medication to clear my nose congestion and sinusitis.

In addition, I had offered Longevity adjustments to a friend, who was also suffering from sinusitis. After several sessions her blocked nose had improved and ever since, she could sleep much better.

More recovery reactions

Around mid-October in 2006, I experienced more recovery reactions during meditating and adjustment sessions. Whenever I was doing meditation, self adjustment or adjustment for others, my body began to move and sway. I felt a force pushing me to move and sway. After which my throat would feel very dry and thirsty and sleepy too. On one occasion, while I was adjusting my son for his sore throat problem, my throat too felt irritated and very uncomfortable, eventually began to cough terribly.

“Success is being thorough at the beginning, hard-working through the process and persistence until the last minute”.