



The Real Reward

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SINUSITIS, HEADACHE, STIFF NECK, STIFF LIMB AND KNEE PAIN, VENOUS ULCER, HEADACHES AND MIGRAINE, RECOVERY REACTIONS

Recovery reactions

My health was very bad before I learnt and practice Longevityology. I use to have a lot of health problems like sinusitis, knee pain, stiff neck, headaches and stiff limb. Soon after my chakras were opened, I felt very energetic. But, whichever part of my body had a pain, it became worst. I kept on practicing Longevityology meditation and adjustment on myself. Fortunately, my sister, who attended Longevityology classes together with me, was able to help. We continue for a few days before the pains were relieved. During adjustment I placed my one hand on chakra 7 and the other hand at the ailing parts of the body and after which I felt much better.

Stiff neck, stiff limb and knee pain

My adjustment for my stiff neck is to place my hands on chakra 7 and problem area, and then usually followed up with a hot compress to it. I suffered from stiff limb problem for the past two years. During self adjustment for this I would first adjust chakra 7 and the affected area then followed by a hot compress.

As for my knee pains, I carried out self adjustment on my knees. Now my health has improved very much and seldom has stiffness as before.

Venous ulcer

My mum had a very bad venous ulcer below her knee. This ulcer has been there for more than a year. I did the adjustment on her by placing one hand at chakra 7 and the other on the ulcer and within a few days, a lot of dirty fluid came out from it. She was getting much better day by day.

Headaches and migraine

I offered adjustment to my friends whenever they have headaches and migraine, to help relieve these pains. I placed my hand at chakra 7 and the other hand behind their head, after which I would give them the hot compress on the problem location and on the temple.

Sinusitis

My brother has been having nose allergy. Usually he would be sneezing in the morning. Besides, he is also very allergic to cat fur. Sometimes my neighbour's cat would sneak into our house, thus giving him problems. I have done adjustment for him by placing one hand at chakra 5 and the other at the bridge of his nose. Now, he felt much better and seldom sneezes as much as before.

Conclusion

My body will react while applying adjustment on others. In the beginning I would feel numbness and needles pricking in my body. This lasted for a short period, after it was gone I felt normal again. Now I do not get these kinds of problems any more. In fact whenever I provide adjustments to members of my family or friends, I felt good and as my own problems tend to lessen.