



Rewards More Than You Give

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HIGH BLOOD PRESSURE, COUGH AND THROAT IRRITATIONS DUE TO HAZE AND LOWER BACKACHE

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I am suffering from high blood pressure and am on medication for it. My blood pressure was usually higher than normal even while under medication.

High blood pressure

The doctor recommended a higher dosage to bring my blood pressure under control. However, after having learnt Longevityology, I began meditation and self adjustment regularly. Delightfully, my blood pressure level eventually came down from 160/90 to 120/80.

Backaches

My sister is a seamstress. She worked for long hours and always had backaches especially at her lower back. I offered her Longevityology adjustments whenever I could. The adjustment was performed with one hand on chakras 7 and the other on chakras 3 and chakras 2 for 15 minutes. After the session, she would feel much better and she was able to continue working.

Cough and throat irritations due to haze

During the days of heavy haze, I was coughing badly and had throat irritations. Surprisingly, whenever I provide adjustment for my sister, my throat irritations would be greatly reduced.

Conclusion

I found that, whenever we offered Longevityology adjustments to others we would also benefit from it. This is due to the process of channeling the universal energy through ourselves before passing on to the subject of adjustment. In addition this kind and compassionate act of love for our fellow mankind would bring its own rewards.



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第一届高级班的学员正在练习互调。

Participants of the advance course are practicing the adjustments among themselves.