



## Wonder-filled Experience

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### WHOLESOME IMPROVEMENT OF BODY, MIND AND SPIRIT, MIGRAINES, HEADACHES, BODILY PAINS, EMOTIONAL GROWTH

234 Before attending the Longevity classes, I used to feel very lethargic most of the time. Since opening of the charkas, by the Longevity masters from Taiwan, I felt a tremendous change in my life.

#### Wholesome improvement of mind, body and spirit

Now I feel having increased energy level, besides being more peaceful and feel healthier. Friends and relatives complimented about changes on my face to a more radiant and younger look. It has been having a marvelous adventure and wonder-filled experience.

#### Migraines, headaches, bodily pains

I carried out adjustments for my mother, husband, sister and friends. Initially, the outcome was slow and some they felt nothing. After several sessions they were astounded when they see their energy level increased, in addition to being healed from migraines, headaches and many other types of bodily pains.

#### Emotional growth

Other than physical benefits, I experienced emotional growth and development.

Each time I offered Longevity adjustment, I could see the recipient as well as myself feeling refreshed and more energetic after the session. I could do more household chores within a short period of time and could sleep very better without interruption.

#### Conclusion

Longevity adjustments can help relieve patients from their ailments. Being able to learn and practice Longevity, and then extend our helping hands brings much more benefits. This gesture of showing kindness, compassion and love to our fellow man bring myriads of rewards which are beyond explanation.



715谢师宴会上，老师正在帮雪州议员YB拿督黄世豪调整膝盖、关节痛。

At the appreciation dinner on 15/7/07, the teachers are doing the adjustment for YB Datuk Wong Shi How who is having rheumatism on the knee.