

entire neck, shoulders, spine, leg and whole body. To my surprise I do not feel tired, painful, and giddy and I am conscious all the time. I was advised not to be attached to this feeling and to control the movements during meditation or while adjusting others, but I could not because the energy was too strong. Meanwhile, I also experienced many recovery reactions as mentioned by our teachers. Some of my old ailments were giving me problems again and I even experienced more pain, numbness and discomforts on many occasions for several months. After several months of having fully committing myself to be an active volunteer and after completing the senior course, my body movements were greatly reduced and my body aches and numbness (from neck, shoulders, spine, hands, legs and toes) which lasted more than 10 years were also solved. I realized that I had solved a myriad of my health problems ranging from minor to serious ailments by cultivating repentance, forgiving, letting go of attachments, cultivating compassion, love, care, sacrifice and contributing to society within a short duration of a few months only. My family's monthly medical expenses for Traditional Chinese Medicine was greatly reduced too. Previously, I had searched for a cure for many years but to no avail.

I would like to share some of my experiences in practicing Longevityology. It is teacher Lin's wish and intention to publish this Longevityology testimonial book in order to encourage everyone to gain more confidence and believe in the effectiveness of Longevityology by practicing and following whatever that is taught by her:

Heart problem, insomnia

My first experience in adjusting others was done on my husband. On the 1st day of attending the elementary and intermediate Longevityology class, I adjusted his heart and C7 because he was

suffering from constant chest and heart pain after his 1st Angioplasty with medicated stent done in April 2006 due to 90% blockage at one of his artery. I did adjustments for several days while still attending my Longevityology course. To my surprise, I did not expect that by merely adjusting his heart, his insomnia/sleep problem for several years was solved despite of Traditional Chinese Medicine, nutrition/supplements and acupuncture. This experience is a great boost for my confidence to further practice Longevityology on me and others. After I had completed my course, my husband did his emergency 2nd angioplasty in early August 2006 due to allergic reaction caused by the medicated stent which created another 95% blockage that caused his constant chest and heart pain that was undetected with ECG, Stress Test etc (he falls under the risky 5% group). Immediately after his 2nd angioplasty, I did adjustments on his C7 and the wound to control and stop the bleeding. For several days, I did not do any adjustments on his heart without his doctor's approval and I was unable to confirm whether it is safe and alright to adjust his heart with the new stent inserted. However after several days, I was forced to do adjustments on his heart and C7 because his heart and chest was feeling very uncomfortable and painful. At times, I had to adjust him for 2-3 hours during each adjustment to ease his pain. I devoted a lot of time, patience, perseverance and determination to adjust him to ease and relieve his pain. My neck, shoulders, back, hands and body was feeling very uncomfortable, tired, painful, and numb and aches. My patience and perseverance was rewarded when he told me that all his pain and discomforts were gone. Whenever time is available, I will also adjust all his other chakras and health problems. Since then, I had made it compulsory to do daily adjustment for him before bedtime while he is sleeping to prevent another heart blockage.