

my time as a volunteer at our Sitiawan Longevity centre.

In 1983, I had a minor road accident. The injuries to my head left me ill-temper, moody and easily provoked, in addition to insomnia and lack of vitality. I had difficulty driving from Sitiawan to Ipoh, and had to stop often to revitalize my energy during the journey. Now, long distant driving is easy as a breeze and I can sleep soundly too. I have become more cheerful, patient and tolerant. As such, I always feel blessed by the universal compassion and grace.

As for my family, we no longer need to seek medical treatment for sicknesses like flu, fever, headache, toothache, stomachache etc. All of us believe in the effectiveness of Longevity. Several years ago, one of my sons accidentally overturned a hot water flask and scalded his groin and genitals. I perform adjustment for him, 3 times a day, over several days. The skin around the scalded area healed completely without any blister or scar.

### Emergency first aid

1) A man was hit by a passing motorist as he was getting out of his car to buy fruits near my “longan” orchard. He fell on the ground, and his friends quickly rushed up to help him get up but failed to do so. When I went over to him, he was still conscious but was panting heavily. I performed remote adjustment (from a distance) for his heart and the charka 7 as a large crowd of spectator had gathered around him. Later, he was able to get up and stared at me for a while before being helped into the ambulance.

2) A friend had asked me to help her elderly sister. Upon arrival, I found her lying on an arm chair but she was very weak. As I was helping her to sit up and adjust charkas 7 & 6, she fainted and urinated on the spot. Immediately, I changed to adjustment

for emergencies for her heart and charka 7. I continued adjusting until I could feel her heart beating strongly again. Yet, I kept on adjusting until she regained consciousness. After she was revived, she looked much better than before.

### Scald

A friend, the owner of a coffee shop, scalded his left arm accidentally as he was pouring hot coffee. I adjusted for him at his coffee shop for 30 minutes. When he removed the bandage the next day, he was surprised that his scald skin was still smooth and free of blisters or scars.

### Shingles (3cases)

At our Sitiawan adjustment centre, our volunteers had helped adjust 3 persons with shingles.

1) A young man was having big patches of shingle infection on his chest, back and below his armpit. His doctor advised him to be patient as it would take at least 3 months for him to recover completely. However, on the 8th day of adjustments his shingle patches started to dry up. He recovered within a month.

2) An elderly lady who had shingles starting from below her chest, back and spine completely recovered within 1 1/2 month with adjustment instead of 3 months as advised by her doctor.

3) One of our volunteer (Md. Chong) had a severe shingle infection on her tongue, lower jaws and gum. It was so severe that no Chinese physician would dare to treat her. Her doctor prescribed a very heavy and very debilitating dose of antibiotics. She stopped the medication after only 1 week, and had to rely solely on Longevity adjustments. With concerted and continuous adjustment she became well and recovered within the 2nd week,