



Benefits of Longevity

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FATIGUE, BAD CONSTIPATION, NEGATIVE THOUGHTS, PAINFUL BREAST, ANKLE PAIN, HEADACHE, HEART PROBLEM, RESTLESS CHILD, BACKACHE, NOSE BLOCKAGE, STOMACH & KIDNEY PROBLEM

Before learning and practicing Longevity, I had though minor but many ailments. I frequently felt fatigue and tired easily. I hardly sweat or perspire while doing household chores and during brisk walk. I had bad constipation, disturbing pain slightly above my left breast and shoulder. Sometimes I am troubled by negative thoughts.

Fatigue, bad constipation, negative thoughts and painful breast

Upon the opening of my chakras, during the Longevity classes, I felt much better as a result of general health improvement. All the ailments mentioned above were relieved or lessened. I do not get tired so easily as before. My constipation has improved slightly. I am now able to sweat and the discomforts at my left breast no longer as frequent as before. Negative thoughts seldom troubled me too.

Ankle pain

My mother used to complain about the pain at her right ankle and walk with a limp. I adjusted her by placing both palms at the ankle. She told me that she could feel the warmth and a slight 'throb'. Her pain has reduced and she felt better after the adjustment.

Headache and high blood pressure

The second adjustment I did for my mother was when she had a severe headache. I started with one hand on chakra 7 and the other hand on the painful part of her head. After about 20 minutes of adjustment, she told me that the pain had subsided. However, a few minutes later, she felt the headache again and she did not allow me to continue the adjustment and insisted on visiting the doctor. She was diagnosed with high blood pressure. From this, I am learning that her headache could be due to her high blood pressure.

My eldest sister had frequent severe headache. To adjust for her I place one hand on chakra 7 and the other hand on the painful part of her head. She could feel the warmth and slight vibration of my palms. Her headaches gradually subsided.

Restless child

A small boy, age around 9, though physically fine has mental development problem. He is a very restless child. As taught by my fellow senior volunteers, I adjusted all the chakras and thereafter focus mostly on his whole head. As the adjustment was in progress, he fidgeted a lot initially. However, after about 30 minutes, he calmed down and sat still for some time and I could feel his brain pulsating and warmth on my palms.