

## **Swollen gums and roots, painful but funny feeling.**

**Learner : Ms. Cheung**

**Address : Taipei County, San gee Hon**

**Tel: +886-2-26365339**

I came to know about Longevity from a high school mate, told me a lot good deeds about Longevity, and wanted me to learn more about it. I have been searching from the internet for the course dates and their venues of Longevity. I have chosen the one near to me – Koashung (Labour Park). My first intention was to loose weight, because I have been having problems with the alimentary system, teeth and gums disease, so started the primary course. The first day had chakras 7 and 6 opened by the teacher, I could feel the C6 area whirling, I thought it was the teachers' hand turning, but when I used my finger over C6 area and turning, it did not feel the same whirling as having the chakras opened by the teacher. After the primary course completed, doing exercises but have no feelings, the teacher said not to worry about the feelings, just do the exercises! Not everyone is feeling the same when receiving energy. Until the intermediate course completed, according to the teachers and from the book, from the first day of primary course starting to do exercise until the 6<sup>th</sup> day the course completed, went home and did the exercises, felt inside the body a kind of hot energy moving around. Up until now, every time when doing exercises I feel hot and sweating. If my mind wanders and my heart not quiet down, then I have no feelings. When having the chakras opened, the question of whirling chakras felt, it was answered in the last part of intermediate course. When applying adjustments for people on the abdomen, would feel the abdomen is hot, my fingers feel numb, pins and needles feeling.

Been having problems with front teeth and gums disease, every now and then it flares up, the pain last for 5 – 7 days. One time, the roots of the front teeth swollen and painful, while doing exercises, I could feel some energy moving in the swollen area, I could feel the pain and funny at the same time, very strange! Approximately 20 minutes later, gradually noticed the swelling subsided, until today, over half a year, no swelling occurred. One day bumped into a friend who was walking awkwardly, she mentioned she slipped and sprained the ankle while walking, and it is painful. I suggested to her “I help you with adjustments”, got her permission, I placed one hand on C7, one hand on affected area, then both hands