

My heart and mind felt so relaxed.

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My health have been good, my body is nicely rounded and belongs to the element of fire, so easily get heated, not sleeping well.

After I had the chakras opened, had adjustments applied, easily heated condition slowing down, insomnia also improved, frequency of pain in the heart lessen, tear drops getting less and less, sputum from the throat also reduced, generally improved a lot.

A colleague complained of headache, after I applied adjustments for her, she did not need to take medication and got better. Another colleague had flu or cold, the nasal congestion got better. One of the colleague's knees making noise, suffering from osteoporosis, rather severe, after I applied adjustments, her knees' condition improved a lot. She has aches and pains in the loin area, and I placed my hands on C3 and kidney area, she soon felt more comfortable.

After I applied adjustments for them and I ask them whether they have any reaction. They all said they felt a kind of hot feelings. Once, I had pain around my abdomen, applied adjustments to self on C7 and the abdomen, I felt prickly pain for a little while, the pain has gone. I felt having learned Longevity, which let me help people and help myself, I have no more flu, no more aches in the loin area, insomnia, the heart and soul feel very relaxed.

Symptoms and adjustments: Insomnia – C7 + behind left ear (back of the head).

Headache – C7 + affected area.

Flu + nasal congestion – C7 + C5 + bridge of nose.

Noisy knees - C7 + knees.

Achy loin – C7 + affected area.