

Mother has been suffering from insomnia, now sleeping sweetly.

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May be because I am still young, no major ailments in the body, so after the chakras opened, did not feel much reaction at all. Until I went to the treatment centre to practice, helped one Ah Ma with adjustments for insomnia for nearly one hour, Ah Ma said she felt a kind of hot feeling. Two days later, met this Ah Ma again, she was so lovely and said to me, she went home that day and slept very well, and she thank me. That was the first time helping people and has such successful experience.

At first being exposed to Longevityology because father was ill with liver disease, requested help from uncles and aunties who have more experiences to apply adjustments for father, which made fathers' subsequent follow up test getting good results. Therefore, in September course I went with father to attend the class.

After the chakras opened on the third day, my younger sister because of menstruation pain not able to sleep, I read the textbook and made sure the area to be adjusted, and then help my sister with adjustments for 30 minutes, and noticed that she was already fast asleep. Somehow, it seems difficult but able to help my sister who has been suffering this monthly pain all along, my heart feels happy. Apart from my sister, also helped mother with adjustments that have varicose veins. In March this year mother already attended the Longevityology course, apart from telling me the adjustment experience, as to the body's reaction while applying adjustments which is more sensitive than I. When adjustments being applied, mother would feel prickly pain in her leg, the following day mother said the swollen veins around the knee area is subsiding, this is the wonders of Longevityology I have seen.

It happened once, the barbecue coming to the end, suddenly my abdomen felt uncomfortable, not sure, whether I have eaten too much barbecue food, very naturally, with my hands holding my abdomen squatting by a side and resting. In fact, I did not want to relief myself in the open space/area. Suddenly I thought might be Longevityology can help, so I placed my hands on the affected area for 10