

Felt like all the meridians been unblocked.

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The first time having had the chakras 6 and 7 opened by the chakras master, returned to my seat, doing exercises, suddenly I felt hot air in the abdomen, although it was just that moment, I really felt that was unbelievable. My mother has been in poor health for a long time, apart from diabetes, high blood pressure, senile dementia, with a history of strokes twice. Having had two strokes, her health condition rapidly going down hill. Recently do not know the cause of high blood pressure, measuring between 150/160 back and fore, after applying adjustments for mother, now it is maintaining between 130/140. Immediately after the adjustments, the blood pressure even comes down to 120 or below. Lately, mother's weight increasing slowing, her both hands were just skin and bones, now you can see the original shape of butterfly sleeve.

My wife, because of having to look after my bed ridden mother, on the other hand we have a nine months old baby need to be breast feeding, so she has no quality sleep at all. After applying adjustments on her head, neck area, she would be coughing a lot, even coughing up sputum, although my hand not even in contact with the chest area, it should be from the neck chakra 5 doing it. I myself often have aches and pains in the back, cramps, even just having a lazy stretch I would get cramps. Apart from that, when lying down to rest with my hands under the head, within seconds, both hands would feel numbness, now these conditions have improved. Can comfortably have a lazy stretch of the body, it is a real enjoyment! For an average people, because it has been lost and re-gain it, then you would value it more, happy with what you have and be grateful.

I had the impression of my liver, kidneys not functioning well, while doing exercises, could feel pain in the lower part of the right lung area, did not know I have all these problems. After some considerable time, it feels like the energy is circulating round, whichever area the energy passes, there is hot feeling. At the same time, I could feel the energy and blood not flowing well in the right, because after meditation, the left hand is very warm, but the right hand is cold. Through my continuous practice of meditation and adjustments, the energy and blood is flowing