

What you had done in the previous life led to what you are suffering in this life; and what you have done in this life will lead to corresponding consequences in the next life.

I hope everyone can give alms and start a good karma as much as possible, especially for the students of Longevity. In addition to all the common alms giving, we can also give medical assistance to others. All you need to do is to reach out your hands, and numerous people will be relieved from the pain they are suffering. Moreover, you plant a seed of love and compassion in other's heart. This merit is illimitable, and your life and destiny will become better as well.

Today, all of you wrote and published your Longevity adjustment experience is also a kind of "giving positive language". It creates a good karma for those who have never heard of Longevity. For those have learnt Longevity, the experience sharing in this book encourages them to have faith and also enhance their skills.

I am grateful to everyone! Longevity in Taipei has been operating for over decades. Every experience in this journey enriches my life. I deeply appreciate every unselfish volunteers and students who devote themselves to help others. Only with your devotion, Longevity can grow and mature. I also thank the editors for your efforts.

With love, everyone can be unselfish. Only when unselfish, you and the world can be as one.

May you be blessed with joy, love, peace and good health.

Yu-Feng, Wei

Tainan, Taiwan

December 18, 2008