

## **Merits must be accumulated everyday**

**Founder of Longevityology: Teacher Lin Zi-zhen**

**Tell: +886-937-888888**



Since I was a child, my mother and grandmother have been helping people in need. They taught me that it is a sin if you don't do what you are capable of. Whatever you have the opportunity to do is a gift from heaven, and doing it sincerely reveals your gratefulness.

When I was little, my family frequently hosted a lot of guest everyday in our house. Especially during the Chinese New Year, numerous guests stayed in our house for more than a week. Sometimes there were even 7 people sleeping in one bed. For those visited us during the Chinese New Year, my mother always treat them a good meal. Therefore, there was always a hot pot ready to be served in our kitchen during that period of time. If anyone gave us a present, my mother always presents a gift in return. "To practice ascetic discipline to yourself and have courtesy" is what my mother taught us since we were little. For example, if an unexpected guest visits us and we do not have enough food for everyone, serve the guest and tell him/her that we have our meal already. After the guest leave, then we cook some plain noodles to eat. My mother said "it's a great fortune to be able to give". To practice any religious rules, you must begin with "willing to give up" and "making a good karma", and then you can get rid of your greed, anger, and stupidity. It is the most important task for everyone in this world to refine and upgrade one's own soul.

It has been over 16 years since I began to promote Longevityology. I appreciate many people who can recognize and support our objective, and unselfishly contribute to the society. I believe for those who are willing to give, they are blessed. We must learn from every little thing we do, and be grateful for everything. We must be thankful for being given opportunities to do and learn. Face everything with a delighted spirit. Doing something that no one else would do is a plus. Don't compare with others and don't fuss about the fairness because whatever you have done, god knows. So have a clear conscience throughout your life.

Longevityology can improve and purify our body, heart, and soul. When helping others through Longevityology, do not focus on physical feelings. Don't be utilitarian, and don't need to care if the subject absorbs a lot of energy from you.