

Because the more energy the subject absorbs during the adjustment, the more energy we collect and transfer through our body. Hence the more benefit we will also gain during the adjustment. Play a good role as a conductor when practicing Longevity to heal others, and clear your minds as you are having a meditation. Know yourself and better yourself through practicing, and realize that “learning from doing, knowing from learning, and awakening from knowing.”

Our body is composed of “earth, water, fire, and wind”, everyone will eventually age and ill. There is limited time to do and to learn, and no one can know exactly how much time is remaining. Seize the present, try harder when it’s not too late, and also be grateful to our body for being able of eating, sleeping, and working. My grandmother reminded me since I am little that “merits must be accumulated everyday, otherwise, you are wasting your time”. Let us encourage each other, take care of each other, and work in collaboration. Be grateful to the grace from heaven for allowing us to moving forward.

Teacher Zi-zhen, Lin
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