

## **The light of life – Introduction of Longevity**

Longevity (Chang Sen Xue in Chinese, which translates as "study of long life") is one of several healing modalities intended to adjust energy flow throughout the body to improve the body's ability to heal itself. The general theory of health and illness underlying Longevity is the same as in other forms of Asian medicine: good health is the result of energy (referred to as Ch'i, Qi or Prana) and blood flowing smoothly through the organ systems of the body; illness results when the flow of ch'i is disrupted. When proper energy flow has been restored, conditions are optimized for the body to heal. The body lives in a rich field of universal yang energy. Just as a healthy body draws oxygen into the lungs to breathe, it also draws in universal energy to replenish itself. It does so through points on the body, neural plexes called chakras. Chakras are the body's power centers, energizing cells and organs so they can function. Each chakra governs the functioning of a different organ system. When all chakras are operating properly, metabolism will be efficient, the immune system will be effective, and waste and toxins will be readily excreted.

In Longevity, Master Lin Tzu-Chen and Wei Yu-Feng opens the student's chakras to receive this universal energy. Students are taught how use this energy to heal themselves and others of common ailments.

The Longevity Benevolent Foundation Preparatory Committee is a not-for-profit organization founded in Taiwan in 1993 by Dr. Tom Lin. (The corresponding United States not-for-profit, which is based in California, is Longevity USA.) The goal of the organization is to train individuals to reach out with loving hands to help others suffering from pain, illness and distress by means of Longevity energy adjustments. The organization's work has been carried out by Master Teachers Tzu-Chen Lin and Yu-Feng Wei since its inception.

The Longevity Organization is a public charity that has no political, religious, or commercial affiliations. Longevity's goal is to make it possible for people to learn how to use natural healing energy to heal themselves and others. Classes to teach this natural healing technique are offered to the public free of charge. With love, compassion and commitment, Master Teachers Tzu-Chen Lin and Master Yu-Feng Wei travel globally to teach Longevity classes free of charge to anyone who wishes to learn. Classes are held in Austria, Australia, Belgium, Canada, England, Germany, Hawaii, Hong Kong, Japan, Malaysia, New Zealand, Singapore, Switzerland, Tahiti, Taiwan and the United States annually or semi-annually. Already, more than a hundred thousand students have learned how to give Longevity energy adjustments.