

Travelling on public transport is a happy event.

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Before learning Longevityology, I used to pay attention to bodily fitness, so, no serious ills and pains. The only thing worth mentioning, is the accumulation of long term tiredness resulting in migraine headaches, and had a fall just two days before the classes, injured the hip bones. After the chakras opened, did not have specific reaction. During the chakras opening, it felt like a whirlpool of energy entering the body, the rest did not have much feeling.

At present, I work in Hsinchi, Tungan (Taipei), before travelling on public transport is a sad task, can only listen to music or fall asleep, until reaching destination, would feel more tired. Since learning Longevityology, travelling on public transport is a happy task, make people look forward to it. Because, on the public transport, you are able to make use of the time, sitting quietly and meditate; also after mediation, you feel a lot better, do not even feel tired.

After that, on Sunday or any day I have time, go to Hsinchu voluntary centre to practice, learning how to apply adjustments for people. Seeing everyone selflessness offering help, make me feel so moved and wanting to do a bit more. In the beginning applying adjustments for people, I feel the time past very slowly, hands easily get tired, after a few times, this feeling disappeared, and felt the time passes quicker, seems like one moment, 2 – 3 hours passed already.

Having come across Longevityology, it is my lifetime's fortune. I am grateful to teacher Lin, teacher Wei and all the volunteers' teaching, I would continue to practice, and do my best to recommend Longevityology to all people around me, passing on the loving heart of Longevityology without stopping.

Symptoms and adjustments : Migraine – C7 + affected area.

Injury to hipbones – C7 + loin area + affected area.