

I told him loudly – what I learned is Longevityology!

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My body is a sensitive one, especially my nose so sensitive, sneezing, runny nose, and sore throat. Through my friends' introduction and learned "Longevityology", having had the chakras opened and practice meditation, there is obvious improvement in my body. In the past I would have to take medications for flu and runny nose, now, apart from self adjustments, and often go to Hsindim centre to have adjustments by the volunteers, the result is really good, now no need to take medications.

As regard to reaction after the chakras opened, everybody's condition is different, it depends on the individual. As for me after the chakras opened, the C7 area, very often feels hot, and my knee caps area was painful, had some explanation from the master of the chakras, and the conclusion was the reaction of the energy entering the body and the knee area had been injured before, it is the reaction of energy transmission.

From the student re-union party, learned that one of the classmate had a car accident and sustained spinal injuries, sometimes it is very painful, has been applying medicated dressing locally. I volunteered and applied adjustments for him on C7 and affected areas for 30 minutes, he told me that it is getting less painful. In addition, I continued to apply adjustments for him for four consecutive days, each time for 30 minutes, he told me he does not need to apply the medicated dressings anymore, that made my confidence increased greatly, and I told him in a loud voice – this is Longevityology that I learned, able to help self and help people.

The reward of learning Longevityology apart from self help and help people, one needs to have loving heart, tolerance, caring and compassionate, with the good spirit of selflessness and offering to serve, just extending your both hands and everyone can do it.

Symptoms and adjustments : Sinusitis – C7 + nose.

Painful knees – C7 + affected areas.

Spinal injuries – C7 + whole spine.