

After chakras opened, old problems emerged from stomach pain.

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It is because I am so tolerant for pain, also fear of finding out any illness I may have, therefore, I never had any health check-up done. Always behave like an ostrich (with the head stuck in the sand), unless it is necessary, otherwise, I am so frightened to go to the hospital. But I have been having aches and pains for most of my life, nearly 30 years, had tried Tui na (a form of Chinese manipulation), acupuncture, all sorts of medicated dressings etc, which did not made any improvement. Sometimes it is so painful that I could not get to sleep, and with the age advancing, the frequency of aches and pains increasing. When I came to know that with Longevityology one does not need to take medications, no need for injections, using hands would be able to help self, help people to adjust, I was so much looking forward to join the primary and intermediate courses.

The first day went home after the primary course, very obviously felt the acidity of the stomach, I thought I was hungry, but the following day, and the third day after the chakras opened, the stomach still feel uncomfortable. I realised it could be the old problem of the illness, because I used to take a lot of medicine, only it has not recur for many years.

Had the chakras opened during the intermediate course, the stomach still not comfortable? The learners apply adjustments to each other, when I apply adjustments to people, my stomach has slight pain; when people apply adjustments for me, I still have pain in the stomach, even more painful than before, the pain continued for a long time, until the class finished and went home, the stomach felt a bit better.

Teacher Lin said after the chakras opened and pain at the chakras sites, it is the old disease been hiding. I thought this could be due to the medicine I had, taken too much analgesic. Therefore, every night before sleep, I do exercises, even though it is only for 5 minutes, when I sleep I place one hand on liver, one hand on the stomach area. It has been one month now, I have less occurrence of discomfort in the stomach.

After the primary course, the first person I applied adjustments to was my