

From sarcastic remarks, to believe and proven from practicing.

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My job is in a manufacturing company, because of the job requirement; very often have to move heavy equipments and long hours standing. After many years in this job, leading my hands and below waist area often, have aches and pains. Among the colleagues, some of them had learned Longevity, very often see them making use of the break time to practice Kung and apply adjustments to each other's. All these activities often raise the eyebrow of the other colleagues, and during conversations, whether it is intentional or not, often you can make out it is a sarcastic remarks rather than a conversation, with regret I was one of them. That was because I did not know about "Longevity", hence the misunderstanding. After I learned more about it from colleagues, and I borrowed the textbook for primary and intermediate courses. Having read the book and felt it really is a kind kung fu, which benefit people and self. It got me so interested and wanted to participate in it. My first plan was to join Taipei August 9, 10, and 11 for the primary course, but the other colleague brought an unexpected news, came to know that August 1, 2, and 3 in Linhai have an extra class, therefore, together with other colleagues, we enrolled and joined.

During the class the teacher emphasized that to do exercises frequently, so I did, as have been told, as a result, I could feel the blood in the whole body is like boiling and feel full of life. In order to enrol for the advance course, one needs to have practice experiences, whenever I have time I go to the treatment centre to learn, during which I have been treated with adjustments and helped people with adjustments. There is old saying:" to give is more fortunate than to receive". You can get the proof of this saying from practicing Longevity.

During the process of learning "Longevity", mother's health has been showing symptoms of, talking nonsense, things we do not understand, her general well-being not as good as before, it made me worried. Therefore, I helped mother with adjustments, one hand on C7, one hand on C6 and back of the head, for about 30 minutes. After I have done it for a few times, mother's condition improved a lot, talking more sensibly, and I am happy.