

Although learning Longevity for over a month, but the reward has been very good, during the process of practicing, my mind seems to be filled teacher Lin's advance warning all the time, it's "do exercises frequently". There is another saying:" to be good at something because of working hard, wasting it because of playfulness". To succeed means no loose steps, only "work hard".

Symptoms and adjustments : Talking nonsense, generally feeling low – C7 + C6 +  
back of the head.