

people with adjustments, the energy passing through, bring out the ailments which have been hiding in the body, thus produce some different reaction, also able to make use of this time to heal people and heal self, one action with double rewards.

Therefore, Longevity's learning process has been simple, no specific technique, no specific wording, do not need to think about chi, no need for any type of kung fu action. Just be natural, relax and comfortable posture as principle, let one self to be in harmony with the universe, expel all thoughts,, let the heart quiet down, to receive the universal energy's baptism, to enable the cells in the body to produce healthy and active metabolism, the body would naturally become healthy. By helping more people, so more people would be able to accept the baptism of Longevity, and let all human beings to have a good body, heart and soul, and keeping the body more healthy, thus keep the ills and pains away.

Symptoms and adjustments : Sprained wrist – C7 + affected area.