

Longevity Toronto Canada

- 102 Questions

A: Two compulsory questions:

- What is Longevity?
Longevity is the knowledge to receive the cosmic energy so as to strengthen the “Chi” in human body, thus making metabolism become better, and then the situation of being sick can be improved.
- What is the PURPOSE of Longevity
Saving People with compassion

B: 102 Questions

1. Please place your hand on C7
2. Please place your hand on C6
3. Please place your hand on C5
4. Please place your hand on C4
5. Please place your hand on C3
6. Please place your hand on C2
7. What are the main functions of C7?
Functions: nervous, skeletal, and muscular systems.
Application: first aid, brain tumour, tumours, pains, and head related ailments
8. What are the main functions of C6?
Functions: Intelligence, brain
Application: Brain cells, nerves, brain waves, emotions, thinking related ailments.
9. What are the main functions of C5?
Functions: respiratory system
Application: ear, nose, throat, trachea, lungs, hair, nails and skin related ailments.
10. What are the main functions of C4?
Functions: circulatory and lymphatic systems
Application: heart, blood, blood vessels and lymph related ailments
11. What are the main functions of C3?
Functions: digestive and excretory systems
Application: liver, gall bladder, pancreas, spleen, kidneys, mouth, oesophagus,
Stomach, intestines, colon and bladder related ailments
12. What are the main functions of C2?
Functions: reproductive system
Application: reproductive organs, urinary and endocrine system related ailments.
13. Please describe how you do the meditation exercise.
 - a. deep breathing 5 times: breathe in through the nose, breathe out through the mouth;
 - b. meditation: eyes closed, clear of thinking, natural breathing for minimum of 10 minutes;
 - c. deep breathing for 5 times.
14. Can a small child or baby be adjusted?
 - a. YES
15. How long can a small child or baby be adjusted

- a. there is no time limit
16. What is the longest time that an adult can be adjusted?
 - a. there is no time limit
17. What is the best sequence to perform adjustment?
 - a. start from the area that is currently affected, or the most painful area;
 - b. alternatively, start from the most serious area.
18. Is it ok to perform adjustment on someone who is sleeping?
 - a. yes, it is ok
19. Is it ok to perform adjustment on someone who has just had an operation?
 - a. yes, it is ok
20. If one is an in-patient, can one do the meditation and self-adjust?
 - a. yes, it is ok
21. In winter time, is it necessary to remove coats from patients?
 - a. no, it is not necessary
22. How to adjust Amnesia?
 - a. one hand on C7, one hand on the bone at the back of the left ear, or one hand on C7, one hand on the back of the head.
23. What is Longevity?
 - a. unite with the universe in a natural relaxed manner to allow energy to enter our body;
 - b. energize every cell in the body;
 - c. enable our *Chi* and blood flow smoothly;
 - d. accelerate the metabolic process in expelling toxins from disease;
 - e. enhance immune system and achieve good health.
24. Is it ok to perform adjustment on someone who is pregnant?
 - a. yes, it is ok.
25. Is it ok for a pregnant woman to perform adjustment on a patient?
 - a. yes, it is ok.
26. Is it ok to perform adjustment on a woman during menstruation?
 - a. yes, it is ok.
27. Is it ok for a woman to perform adjustment during menstruation?
 - a. yes, it is ok.
28. Can women who are pregnant or in menstruation learn Longevity?
 - a. yes.
29. How to adjust for someone who has toothache on the left side?
 - a. one hand on C7, the other on the affected area.
30. While learning Longevity, how soon can one start performing adjustment?
 - a. on the first day.
31. During the day, is there a time in which it is not appropriate to do Meditation?
 - a. no restriction – meditation can be done any time in the day.
32. During the day, is there a time in which it is not appropriate to perform adjustment on another person?
 - a. no restriction – adjustment can be done any time in the day.
33. During emergency, one hand is place on the affected area, where does the other hand go?
 - a. C7.
34. For breast cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C5.

35. For lung cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C5.
36. For liver cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C3.
37. For stomach cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C3.
38. For colon cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C3.
39. For uterus cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C2.
40. For ovarian cancer, what other area needs to be adjusted besides the affected area?
 - a. C7, C2.
41. For Lipoma cancer, what other area needs to be adjusted besides the affected area?
 - a. C7.
42. How to adjust for someone with Leukemia?
 - a. all chakra points focussing on C7, C4 and the entire lower spine.
Spend more time on C3 to C2, strengthen liver and pancreas.
43. Is it ok to perform adjustment on someone who is undergoing radiation treatment?
 - a. yes, it is ok/
44. How to perform adjustment on someone who is undergoing radiation treatment?
 - a. for chemo patients: all chakra points, plus the area with cancer cells.
For radiation patients: the area subject to radiation treatment plus the regular area for regular cancer adjustment.
45. For chemo patients suffering from depletion of white blood cells and platelets, what other areas should be adjusted in addition to all the chakra points?
 - a. all chakra points, focussing on C7, C4 and the entire lower spine.
Spend more time on C3 to C2, strengthen liver and pancreas.
46. Is it ok for patients receiving Longevity adjustments to be taking Western or other medication?
 - a. yes it is ok. Longevity is compatible with all Western and Eastern medications.
47. Is it ok for patients receiving Longevity adjustments to be seeing doctors?
 - a. Sure. It is important to get proper diagnosis so we can apply the most appropriate Longevity adjustment. Also it would help to add to our treatment experience.
48. Is it ok to practice Longevity as well as using other health equipments such as Ultrasound, infrared, etc.?
 - a. yes, it is ok.
49. Is it ok to perform adjustment on someone wearing pacemaker or other devices?
 - a. Yes, it is ok.
50. Is it ok for someone who has had open heart surgery, bridging or other heart surgeries to be receiving adjustment?
 - a. Yes, it is ok.
51. Which Chakra points should be adjusted for someone suffering from immune related ailments? -
 - a. All the Chakra points.
52. Is it ok to practice Longevity immediately after sport or other physical

exercise? - Yes, it is ok.

53. Is it ok to do sport or other physical exercise immediately after practicing Longevity? - Yes, it is ok.
54. Please show how to self adjust for pain in the left waist area.
 - a. one hand on C7, the other on the affected area.
55. Please show how to self adjust for pain in the right knee area.
 - a. one hand on C7, the other on the affected area.
56. How to perform adjustment on someone suffering from burns on the right arm?
 - a. one hand on C7, the other on the affected area (with an air gap if the area is sensitive to the touch).
57. When a male performs adjustment on the chest or stomach area of a female, is it necessary to perform the adjustment with an air gap?
 - a. yes, it is necessary to do the adjustment with an air gap with no physical contact.
58. Please show how to adjust for someone with eye problems.
 - a. all eye related ailments: eyes and C7. Also strengthen the back of the head and the liver.
59. Please show how to adjust for someone with nose problems.
 - a. all nose related ailments: one hand on C5 (or C7), the other hand on the nose.
60. Please show how to adjust for someone with ear problems;
 - a. all ear ailments: C5 plus ear.
61. Please show how to adjust for someone with heart problems.
 - a. one hand on C4, the other hand on the heart. When it is not possible to reach C4, (self-adjust), one hand on C7, the other on the heart.
62. Please show how to adjust for someone with liver problem.
 - a. all liver ailments: C3 plus liver
63. Please show how to adjust for someone with stomach problems.
 - a. all stomach ailments: C3 plus stomach
64. Please show how to adjust for someone with gallbladder problems.
 - a. all gallbladder ailments: C3 plus gallbladder
65. Please show how to adjust for someone with kidney problems.
 - a. after adjusting for C3, put both hands on the kidneys.
66. Please show how to adjust for someone with ovary problems.
 - a. C7, C2, plus the ovaries.
67. Please show how to adjust for someone with frequent headaches or dizziness.
 - a. one hand on C7, one hand put on the back of the head, or one hand on C6, one hand on the back of the head (in case of headache, one hand on C7, one hand on affected area).
68. Please show how to adjust for someone with diabetes.
 - a. C7, C3, C2, spleen, kidneys.
69. Please show how to adjust for someone with Parkinson's.
 - a. C7, C6 and the whole head.
70. Please show how to adjust for someone with Rheumatoid Arthritis.
 - a. all the Chakra points, especially the lower spine, plus kidneys, liver, pancreas and the affected joints.
71. Please show how to adjust for someone with Lupus Erythematosus.
 - a. all the Chakra points, especially the lower spine, plus kidneys, liver,

pancreas and the affected joints.

72. Please show how to adjust for someone with hypertension.
 - a. C7, C4, heart, the whole head, neck.
73. Please show how to adjust for someone suffering from cold and flu.
 - a. C7, C5, respiratory system (nose, trachea, lungs), and the entire head.
74. Please show how to adjust for someone suffering from memory loss of Alzheimer.
 - a. C7, C6, and the entire head.
75. Please show how to adjust for someone suffering from ear ailments.
 - a. ears, C7, C5, kidneys.
76. Show the alternative way of self-adjustment C4.
 - a. one hand on C7, the other hand on the heart.
77. Is it ok to meditate or perform adjustment on public transport such as trains, buses, planes etc.
 - a. yes, it is ok.
78. Skin is governed by which Chakra points?
 - a. C5.
79. When it is necessary to self adjust during emergency, what can one do when one's hands are not free?
 - a. do the meditation immediately.
80. Is it ok for someone who has not learned Longevity to perform adjustment on another person?
 - a. no, it is not allowed.
81. How to adjust for someone suffering from constipation?
 - a. one hand on the left lower tummy, the other hand between C3 and C2.
82. What is the purpose of practicing Longevity?
 - a. Saving people with Compassion.
83. Is it ok for someone who has only attended the beginner and intermediate classes in Longevity to perform adjustment on someone who has finished higher level?
 - a. yes, it is ok.
84. When performing adjustment in a hospital, how to answer question when asked by the hospital staff what one is doing?
 - a. to explain that one is praying for the patient.
85. How to perform adjustment on a child suffering from Nocturnal or frail incontinence?
 - a. C2, C7, and Bladder
86. If one has not been practicing meditation for a long time, is it ok to attend Beginner classes again?
 - a. Yes, it is ok.
87. When performing adjustment on a patient, is it ok to stare around or do other things?
 - a. no, it is not ok to stare around or to get distracted.
88. Is it necessary for a patient to close eyes while being adjusted?
 - a. yes, it is necessary.
89. Is it ok for a patient to lie down during adjustment?
 - a. yes, it is ok.
90. For someone suffering from chronic headaches, which area should be adjusted besides C7?

- a. the back of the head & neck.
91. For someone suffering from Asthma, what other area should be adjusted besides C5, trachea and the lungs?
 - a. nose and the throat.
 92. What is the maximum number of people one can adjust in a day?
 - a. there is no limit on the number of people that one can adjust in a day.
 93. If one is suffering from pains and ailment, is it ok to perform adjustment on another person? - Yes, it is ok.
 94. For a small child suffering from loss of appetite, what other organs or areas should be adjusted besides the stomach and the pancreas? - C3.
 95. How to perform adjustment on a child to improve his mental alertness and strength? - C6, C7, and the entire head.
 96. How to adjust for someone suffering from depression, autism, anxiety and other mental illnesses? - C6, C7, and the entire head.
 97. For someone suffering from leprosy, what area to be adjusted besides the entire head? - C7, C6.
 98. For someone suffering from Down's Syndrome, Cerebral Palsy, mental illness, ADS, what areas should be adjusted besides the entire head? - C6, C7.
 99. How to perform adjustment on someone who has fainted?
 - a. one hand on C7, the other hand on the heart.
 100. In case of emergency, if the victim is already receiving treatment, is it ok to perform adjustment in the air on the victim? - Yes, it is ok.
 101. If one is distracted while performing meditation, will the meditation be effective? - Yes, it is effective.
 102. If one is distracted while performing adjustment, will the adjustment be effective? - Yes, it is effective.