



獻出您的愛心，伸出您的雙手，讓我們的身心灵更健康。

長生學是藉著人體導引宇宙能量來幫助自身及他人治病的一種方法。這些乃是心靈與愛心結合宇宙能量所產生的效果

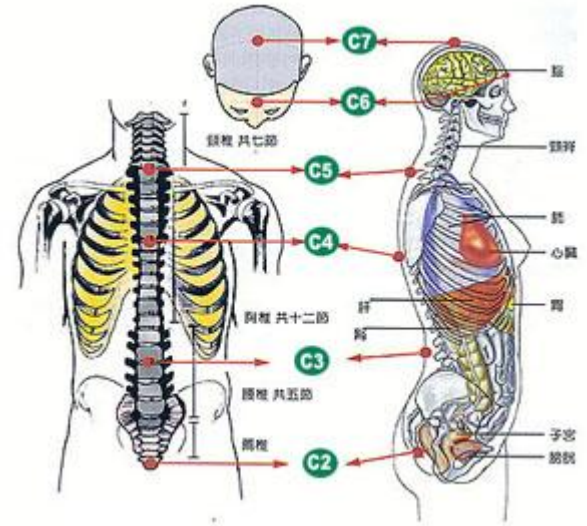
長生學將人體系統區分為七大主要穴道。穴道在中國各大宗教中稱為『輪』；醫學、武術稱之為穴，梵文稱為『CHAKRA』，長生學為方便教學，皆以 C 為穴道之代號。例如：第七穴道，即以 C7 稱之。人體有七個主要穴道。這七個穴道分別從頭頂延著後腦背脊骨一直到尾椎下。每個穴道都各有它本身的功能，經由老師的導引，開啟閉塞的穴道後，宇宙能便可直接進入人體，轉化為人體能，經由相關的穴道旋入人體產生作用，於體內不斷的活動，調理著身體上的精、氣、神的健康活動。《如果這些穴道不能在正常的現象下活動時，人體將會產生多種疾病。》

故長生學最終目的，在於自療及治別人的病苦，使人們走向健康之路；相信長生學必將是二十一世紀最實用的人體身心保健醫學。

長生學的觀點裡，認為宇宙是一個大磁場，藏有無限的能量，人體是一個小磁場，健康者，磁場穩健運行，當小磁場因某種因素造成了磁場混亂，人就會生病，學過長生學的人就如同一條導體，能傳遞宇宙能量來調整病患的磁場，使其正常運行，產生療效，吸取，導引宇宙能量的能力，就是經由被打開的穴道，和人慈悲為懷的心念共同完成的。

長生學為人治病的原理，相同於中醫治血必先治氣的法則，以無形之氣，理有形之血，更同於針灸原理，並與各家氣功治病原理相近似，在宗教家的心中，希望人們將慈悲為懷的心，推展到整個宇宙，讓每個生命都獲得福蔭，感受到無限的快樂和幸福，也讓自己的悲傷和焦慮得到化解，他們的說法是『以心治病』，認為心的能量高度敏感，若將心念維持在高能量狀態，身體自會有所感應而改變，如果常以『利他之心』為己志，就會為自己帶來福根，得到快樂，增加自我的能量，也就能夠救自己，為他人帶來美好的情懷，這些論點都和長生學吻合。

\* 網此: <http://www.changsenxue.org>



## PRESENT YOUR LOVING HEART, EXTEND YOUR TWO HANDS, LET OUR BODY, HEART AND SOUL BECOME HEALTHIER.

**Longevity Science** is a natural healing method that uses the human body to receive energy from the universe. It involves the relaxation of the body and mind in order to acquire the energy in a natural way. This is achieved by sitting quietly without any complicated body positions and quieting the heart (mind). The whole process is done naturally, therefore there are no side effects and can be practiced by anybody regardless of their race, political belief, conviction or religion.

**Longevity Science** believes that good health is the result of chi and blood flowing smoothly and any maladjustment between them will result in illness. Disease or illness is cured when the energy acquired by the above mentioned technique enters our body and then energizes every cell, enabling the body organs to function normally. This will lead to chi and blood flowing actively thus improving circulation and metabolism, raising the levels of antibodies and improving the immune system of the body. As a result of this, the filth of a disease is expelled by the metabolic system of the body itself thus the whole healing process is natural and does not involve any medical equipment, massage, oral medication or drugs. Most importantly, there are no side effects and it is perfectly safe

**Longevity Science** originated from Taiwan in 1993 and since then, it has grown worldwide and is taught free of charge to its learners. Presently, there are many Longevity Science centres with about one million followers in countries like USA, Japan, Australia, Switzerland, Taiwan, Germany, Singapore, New Zealand, Canada, Malaysia and Indonesia.

长生学初、中级研习班  
**Longevity Elementary & Intermediate  
Training Classes**

Conducted by the Co-founder  
**Teacher Lin Zi Chen**

Class Duration : Continuous 6 nights (7.00pm – 10.30pm)

日期

Date : 25,26,27,28,29,30  
November 2012  
Sunday-Friday

上课地点

Venue : SJK ( C ) YUK CHAI  
Jalan SS24/1  
Taman Megah, 47301 Petaling Jaya

**报到时间 Registration Time : 6.00pm – 7.25pm**  
**Class Commence : 7.30 pm SHARP**  
**Duration : 2.5 hours**

如有任何疑问，请联络 **Any enquiries, please contact**

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**Ngeu Keng Yin +6012 375 7163, Tan Lian Hwa 019-221 9435**

**To Enrol**

**Collect and fill in form at Subang Jaya Buddhist Association or Nearest  
Longevity Adjustment Centre**

FEES : **FREE**

**注意事项/Please Note**

★1. **确保能出席全部六天课程，方可报名参加**

2. 请勿迟到或早退
3. 学员必须不少过十六岁
4. 衣著必须整齐端庄，不可穿拖鞋，走路时尽量别发出声音

5. 会场内请关掉手机或转为静音状态
6. 请自备饮用水
7. 不可在授课时间随意交谈或走动
8. 六天课程学习期间，学员禁止喝酒及有性行为
9. 不可带非学员或儿童入场

★1. **Make sure that you are able to attend all six (6) classes before you register**

2. Coming late and leaving early is strictly prohibited
3. Applicants must be at least 16 years old
4. Dress decent and comfortable. Please do not wear slipper and do not drag your shoes while walking
5. All handphone must be switch OFF or SILENT while in the hall
6. Please bring enough drinking water for yourself during class
7. Must not talk and do not walk about freely during class
8. Alcohol and sexual intercourse is strictly prohibited for the duration of the class (6 days)
9. NO un-registered friends and children allowed during class

10. 会场内禁止吸烟及帮他人占位

10. NO smoking and reserving of seats for friends