**Why should we perform adjustment1 on others?**

1. If we could heal others by means of good deal, we should do it.

2. When we perform adjustment on others, it allows us to cultivate compassion, practice random act of loving-kindness and connect with people who have no relationship to us. “The act of loving is naturally healing in and of itself”.

3. Embrace the virtue of selflessness towards other betterment by putting worldly thought behind.

4. Learn to let go of our ego and pride by volunteering helping others.

5. ‘What you give is what you get” Not only patients, we too receivers of universal energy which beneficial to our own health when we perform adjustment on others.

6. Through adjustments we learn to calm our own mind. If thought and emotions that intrude and interfere with our concentration occur, it allows us to be aware and understand our impediment of the past, as well as the future; a wonderful opportunity to cultivate wisdom at the very moment!

7. In terms of spiritual growth, though incidents or “accidents” we purify our calamity and mishap, garner our merits to prepare for a better future. In other words, we transform our karma with our act of virtue.

Therefore, if we could extend our hands by helping them regain health through adjustment, this would mean perhaps someday we may have encountered the same health conditions, through our act of kindness we purify and expiate our karma, our predestined fate could be reversed, a karmic intervention.

Everything we do has a consequence, for every cause there’s an effect. If we do not practice the virtue of generosity towards others, it would only mean we have not freed ourselves from Samskāra (A Sanskrit term meaning continuous movement, cyclic existence) which repel and attract us back time and time again to the problem until we passed the exams.

When we change our attitudes as well as our intentions, wishes and aspirations, we are able to change our behavior and thus change our karma.

Love your life from this moment on! Do not wait till your last breath!

Cherish your health from this moment on! Do not wait till illnesses strike!

Start creating your own opportunities from this moment on! Before hopes fade away.

“Adjustment” is a unique and metaphorical term used in Chang Sheng Xue. It literally means to enhance our blood and Qi flow by applying universal energy through our bare hands thus improve the body's ability to heal itself.

“Through solitude we broaden our space and time.

Through kindness we enhance our gentleness and compassion.

Through Forgiveness we learn to let go, cultivate an abundant and generous heart

Through reflection we embrace our past and enrich our future.”

Let's work together in this endeavor.

Wei Yu-Feng

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