

# Seniorgiri

**Counter the Loneliness Yourself.**

**Seniorgiri Series: Hobbies**

**Holistic Healing**

**Sujok Therapy**



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# THIS IS HOBBY HELP SERIES FOR SENIORS.

I am compiling a series of things to do - what to do to counter loneliness, in addition, how to go about it.

The book about Healing 2 became too big. As it is inconvenient to upload and download big files, I have arranged the info in different files for each system

Learn to Heal Part 1 Covers Energy healing, Auras, Chakras, Reiki, Pranic Healing, Islamic and Christian Healing. All of which need no or light touch. This second group also uses Energy to heal, but this needs some touching or body manipulation. There are eight systems covered:

1. Acupressure
2. Aromatherapy
3. Crystal Therapy
4. Magnet Therapy
5. Music Therapy
6. Self massage
7. Sujok
8. Taichi and qigong

There is a separate book for each. This one is about Sujok Therapy.

I have tested all the links mentioned. As on May 2010, all links are secure, correct and working.

You should look for more as you surf. You may find many that will suit to your needs. This is just a first step.

**Please feel free to share this with anyone you like.**



# **Sujok Therapy**

## **Introduction**

Sujok is a drug free system using and manipulating energy points like acupuncture and acupressure. But here the organs and systems of the body are represented totally in the hands and feet only. It is similar to Reflexology in concept.

It is developed by Prof. Park Jae Woo, a Korean Scientist, about 35 Years ago.

"Sujok" is a combination of two words. In Korean 'Su' means hands and 'Jok' means feet. Thus, SuJok actually means treating hands and feet.

Sujok Therapy incorporates the best of traditional oriental medicine practices and terminology. It recognizes energy systems of meridians, and chakras and has similar as well as different methods to deal with the same.

It is an instant and effective healing therapy without medication and is absolutely safe and does not have any side effects.

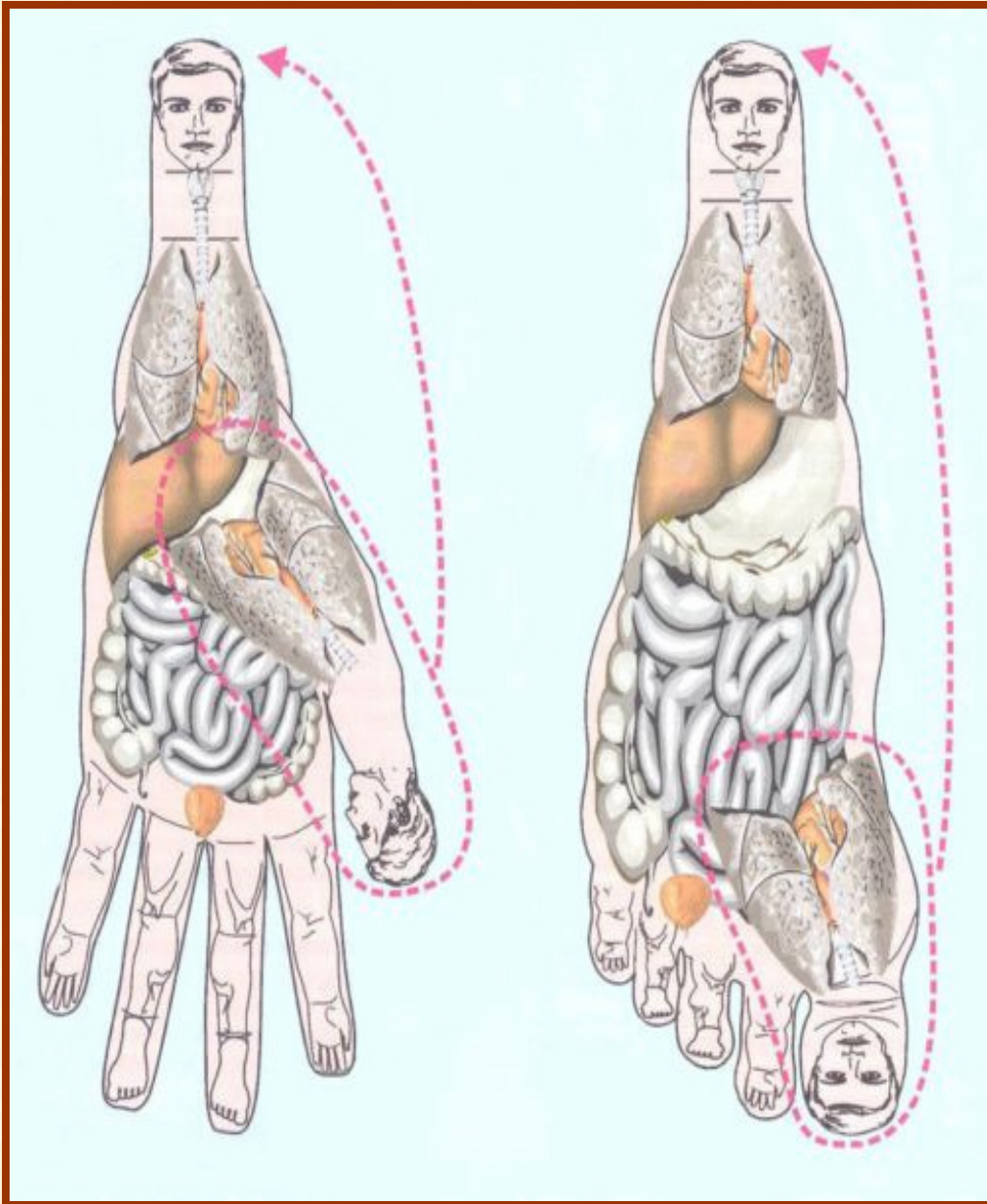
Sujok helps in curing diseases like Arthritis, Bronchitis, Asthma, Cervical Spondylitis, Backache, Joints pain, Migraine, Hypertension, Sinusitis, Deafness, Paralysis, Constipation, Acidity, Obesity, Diabetes, Blood-Pressure, Menstrual Problems and many more chronic disease related to different organs of our body.

It is good for curing as well as preventing diseases of physical, mental and emotional level using Hands and Feet as treatment areas.

It can be used with any other system of treatment without any ill effects.

## Map of the body in hands and feet

This is how the organs are represented in the hands and feet.



<http://www.scenar-mj.com/images/sujok2.jpg>

## **SU JOK ACUPUNCTURE works in two dimensions**

The first dimension is physical healing system, whereby giving simple stimulation to the specific corresponding points in hands and feet, cure is achieved.

The classical 12 main meridians, the 8 extra meridians, and their attendant points are represented on the hands and feet. They are known as **Byol meridians and Byol points**.

This form of treatment applies the theories and experiences of classical with the new theories of **SU JOK ACUPUNCTURE**.

The second dimension is at psychic and energy levels.

These two dimensions, when independently practiced are effective in healing illnesses. However, the combination of two, in accordance with the situation produces more rapid results.

Apart from the above two, various other dimensions of SU JOK have been developed by Prof. Park Jae Woo.

These include Homo-Hetero principle, Eight origin theory, Diamond structure, Chakra system, Onnuri auricular therapy, Space energy diagnostics, Multi level constitution etc.

<http://www.sujoktherapy.com/whatissujok.htm>

## **How Does Sujok Work?**

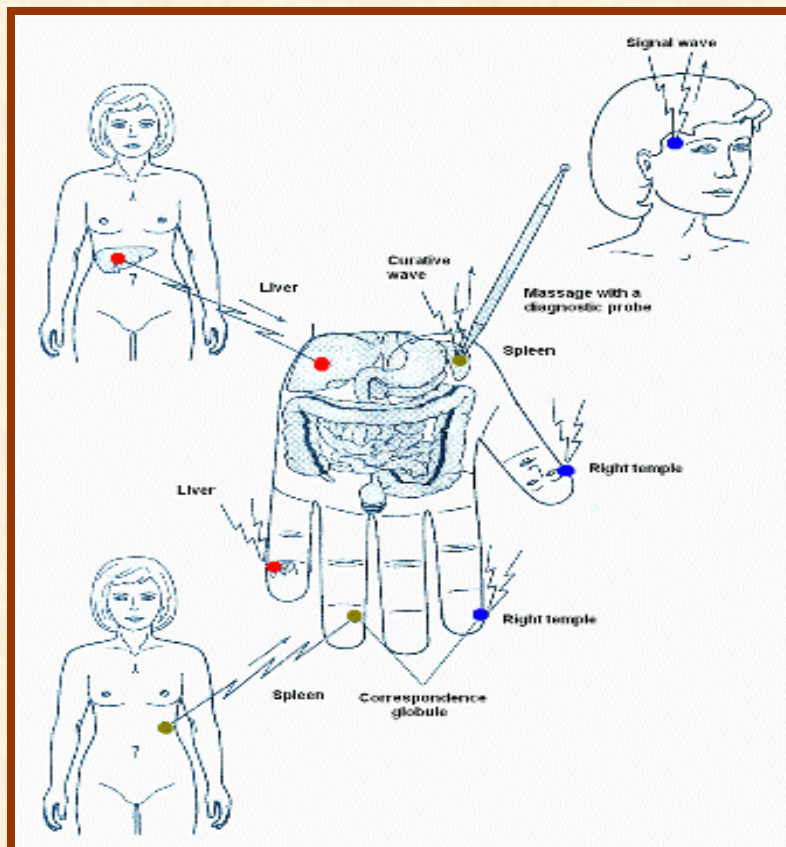
Sujok is a new practice of acupressure and acupuncture treatment, using a variety of methods to stimulate points only in the hands and feet.

This stimulation of energy points can be done by only fingers, any rounded and pointed object, seeds or various other tools and therapies.

Sujok is an integrated therapy, using many tried and trusted methods of other systems, but on its own body map.

Seed Therapy, Color Therapy, Crystal Therapy, Magnet Therapy, Reflex Therapy, Massage Therapy, Nail Therapy, Finger toe Therapy, Energy Flow Therapy, Six Ki Therapy, Joint Therapy, Chakra Therapy, Yin / Yang Therapy, Five Element Therapy, Acupuncture, Acupressure, Moxibustion, Number Therapy, Mudra Therapy, Smile Meditation, Smile Yoga, Twist Therapy, Time & Tri Origin Acupuncture etc. are all used alone or in combination for different problems.

The most important thing is that all these points are located on both hands and feet so that the entire treatment can be done by locating the points on just one hand or foot. Also, each organ has more than one point to be energized.



<http://www.sujok.org.nz/Portals/1/Su%20Jok%20Curative%20waves.gif>

## Instruments

Sujok relies on a number of implements to locate and energize the problem points.

Probes, Microneedles, MicroMagnets, Bar Magnets, Chakra Magnets, Micro&Mini Moxa, Rollers, Ring Massagers, Inserters used for inserting needles, Seeds and many natural materials are used for this therapy.

### Diagnostic Pen (1)

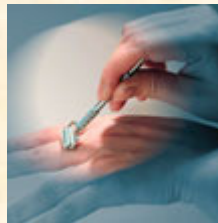
The instrument to help find and stimulate painful points in the neuro-physiologic system.

The point finds the point and the roller massages it.



### Diagnostic Pen (2)

Two round-tipped ends with different diameters allow the identification of painful points or areas to diagnose.



## **Sujok Needles**

Package with 100 each, 0,1 x 11 mm, sterile packages of ten each



## **Needle Inserter:**

Needles used are small and difficult to handle. Hence inserters of various types are used for inserting the needles

The needle insertion apparatus is for treatment within the byol meridians. Depth and angle of the insertion can be placed precisely with a specific spring mechanism. The needle inside the apparatus is held by a magnet to allow effective work



## **Magnets:**

Most useful tools used in Sujok. They are used for Point healing therapy as well as flow energy therapy. There are different kinds of magnets :

### **MAGNET STARS**

Magnet Stars are used for longtime stimulation of neurophysiological points. They are very helpful with easing of pain.



### **CHAKRA MAGNET**

This ring-shaped magnets help to send the energy flow to the mid-point. It serves in the local treatment as well as in the treatment of Chakra projection.



### **COLOR MAGNET / BIPOLAR MAGNET**

Each magnet has a north and a south polarity. The north pole is white, the south pole yellow.

With magnets it is possible to change the flow of energy locally as well as in the meridians.

When the direction of the field lines of the magnet is in tune with the energy flow, it produces a toning effect, the opposing direction produces a sedative effect



## **SET OF MASSAGE BALLS**



Massage balls help to stimulate within the neurophysiological system of hands and feet.

The massage rings are also available separately.

## **LIGHT IMPULSE STIMULATOR**



Pulsing red light is helpful for painless therapy. Can be highly recommended for treatment of children.

## **Moxa**

Moxibustion or burning of Moxa is a traditional Chinese medicine therapy.

Moxa, or mugwort is an herb. It has an important role in the traditional medical systems of China, Japan, Korea, Vietnam, Tibet, and Mongolia.

The mugwort is usually dried and ground into fluff. It is then processed further into mini or medium sized sticks.

It can be used by burning on a stand, with acupuncture needles, or sometimes burning straight on a patient's skin. It is heat therapy.



Moxa is a specific treatment with heat on neuro physiological points, particularly with chronic diseases and severe pain.

This information and photos are from : Sujok therapy

<http://www.sujoktherapy.com/instruments.htm>

## Methods

Sujok- is a complete method of applying pressure or massaging the points on feet and palms by needles or other things. It cures diseases without any medicines and without any harmful side effects.

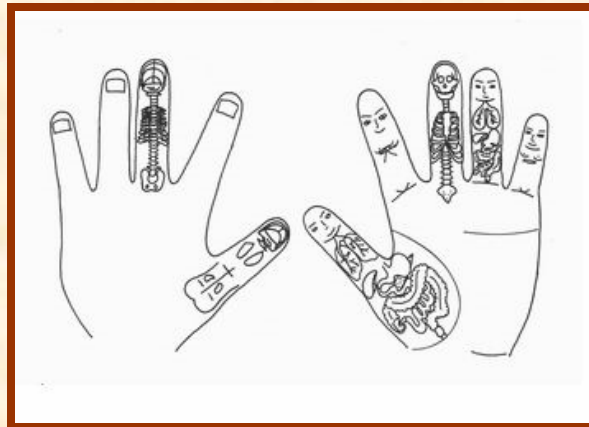
It doesn't require huge financial expenses or special medical knowledge, profound skills and intricate devices. Anyone can use it at any age with complete health benefits.

Any illness or problem in the body can be diagnosed by finding points and zones of high sensitivity in hands and feet.

By pressing or stimulating these points an impulse goes to area of illness to heal it.

Each finger on a hand and foot is similar to whole body.

The finger has 3 parts - phalanxes. The body also has three main parts (without extremities) - head, chest and stomach. These parts are neatly separated from each other on the body and on the finger. They correspond to each other.



## **Diagnosis**

With probe (or anything with a rounded end, like a ball point pen) press on various points on the designated zone of organs on a palm. Initially many points seem painful. At some points you will feel intolerable pain. That is the trouble point you have to energize.

## **Treatment**

### **Stick massage.**

A diagnostic stick with which pressure could be applied is used. A matchstick, toothpick or ball pen may also be used but they should be not sharp. The point is massaged by rotating the stick clockwise and anticlockwise till the pain disappears. If the point could be correctly and perfectly identified then we can massage 2-3 minutes after every 3 hours till cured.

### **Rollers, balls and ring**

With a massage roller, massage balls or rings many points can be dealt together.

In elastic ring massage the ring is placed on the finger, or ball held in the palm. Massage by moving them till the area becomes warm and red. This procedure is done in few hours gap within 24 hours time.

### **Magnet method.**

The magnet should be arranged on the most painful point with sticky tape. The magnet has southern and northern poles. If your condition becomes worse, change the orientation of the magnet to opposite side.

## **Energy of seeds**

We know about the force of sprouting seeds. It can push itself up through solid ground.

This latent natural energy is used in therapy. The seeds are pasted by a sticking plaster on required point. They are changed every 24 hours. Different seeds are used for different afflictions.

The seed therapy is very effective against chronic diseases and certain pains, especially in joint pains. The seeds could be either placed singly over the effected area or may cover to the entire painful portion.

## **Applying Heat**

Heat application or fomentation is traditional treatment for many pains. Sujok also applies heat through Moxa sticks.

## **Using Color**

Diseases connected with external manifestations may be healed by color therapy. Treatment by color has a good effect to heal skin diseases.

If malady appears only by reddening without swelling and pain, it should be treated by black color.

If illness is accompanied by swelling, itch, weak passing pains, treat by green or dark blue colors.

If complaint is with significant but not constant pains and event of erosion, treat with red and yellow colors.

If illness is accompanied by constant pains, or the appearance of ulcers, and the affected area gets a gray-black color, treat by yellow and red colors.

To apply color therapy it is necessary to paint points of conformity by a marker of definite color.

## **Outcome**

### **High effectiveness.**

You may observe the effect in few minutes or even seconds.

### **Complete Safety**

Wrong application never harms the person-it is just not effective. The Method is Universal. With Sujok, it is possible to treat any part of a body, any organ, any joint, and any illness.

### **Simple application.**

Your palms and feet, your knowledge is always with you. It is easy to remember major points and follow the shape of body.

The special tools developed for Sujok therapy are usually used, but if you do not have them, it is possible to stimulate bio active points with the help of a toothpick or a match stick.

### **Permanent recovery**

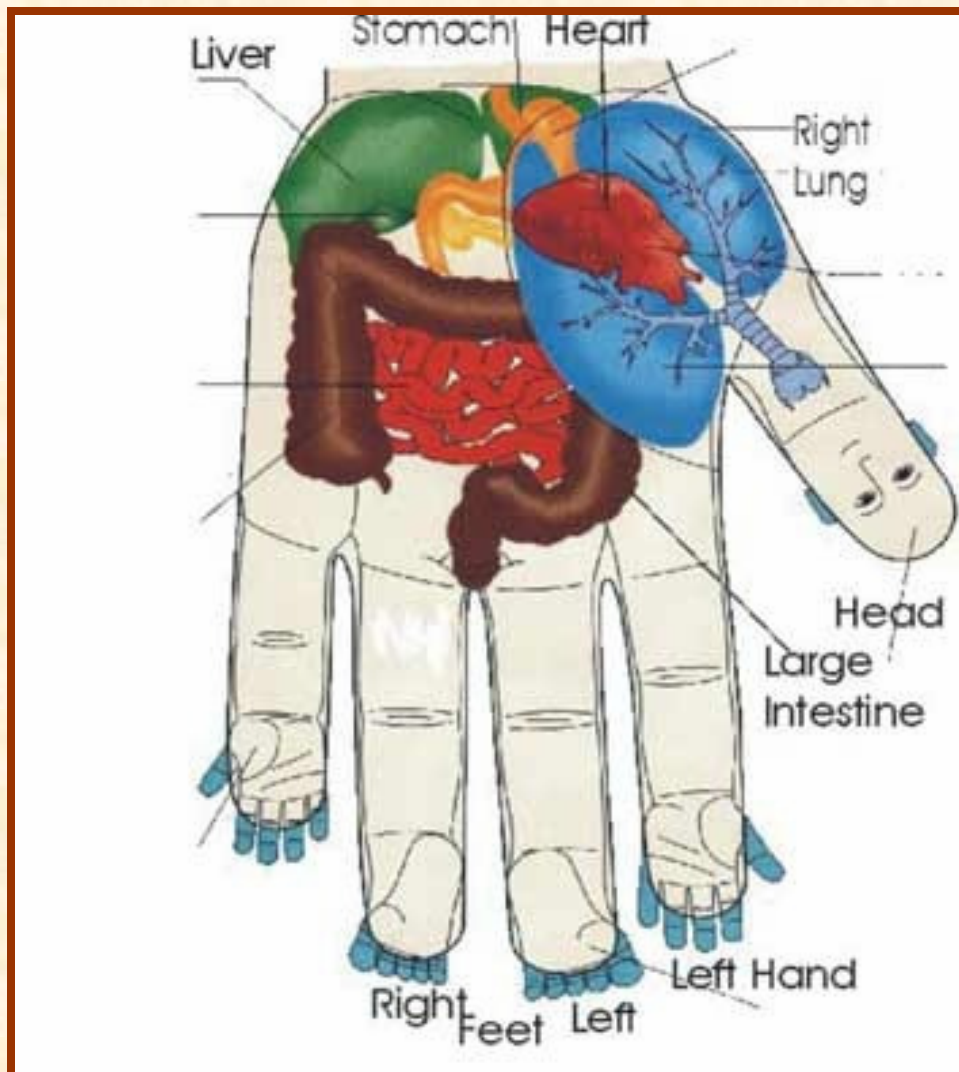
Treatment success is almost permanent if the practitioner completes full course of treatment and patient brings about changes in life style (exercises, yoga, meditation, etc. ) and food regulation.

### **No extra precautions needed**

There is no need for any precautions to be taken during the treatment. Since the therapy is most natural and curing only the natural forces in and around the body it is one of the safest therapies. For faster cure and better results, diet change of life style and treatment schedule it followed perfectly as achieved by treating physicians.

## Easy to learn

It is useful for both medical and non medical persons. Any lay person can learn it in a short time and use it for self healing or even to help others.



<http://www.smilesujok.com/63083/About-us->

## Links

### Sujok Acupuncture & Acupressure

C-27,L.G.F Panchsheel Enclave, New Delhi, India.

Near Chirag Delhi Flyover

Delhi 110017

India

ph: 91-9891084540

fax: 91-11-41431440

alt: 91-11-42567066

Sujok Treatments offered

[http://www.sujokacupuncture.co.in/sujok\\_treatment](http://www.sujokacupuncture.co.in/sujok_treatment)

Learn Sujok Therapy

Learn Sujok online with Voice & Video chatting.

On Registration required learning material shall be sent by post/mail/courier and classes conducted online via video sessions.

On Hand Few Hours Training, Low Fees.

**WE HAVE AUTHORITY TO TEACH OR TREAT WITH  
ACUPUNCTURE/ACUPRESSURE AND  
ALLIEDTHERAPIES.**

After 10+2 you are eligible to learn basics;

Graduates in any stream than are eligible to learn the advance technique of acupuncture.

[http://www.sujokacupuncture.co.in/learn\\_sujok\\_therapy](http://www.sujokacupuncture.co.in/learn_sujok_therapy)

## **Sujok Therapy**

Official site in India

<http://www.sujoktherapy.com/>

Those interested can contact G.B. Lutheria on 09323178565,  
09819181565, [gbluthria@yahoo.com](mailto:gbluthria@yahoo.com),  
[www.lionsclubsujok.Org](http://www.lionsclubsujok.Org)

For information on Sujok Acupressure please visit –

<http://www.lionsclubsujok.org>,

[http://www.geocities.com/sujok\\_healing/Sujok\\_info1.html](http://www.geocities.com/sujok_healing/Sujok_info1.html)

[http://www.geocities.com/gbluthria/Lionsclub\\_SuJok.html](http://www.geocities.com/gbluthria/Lionsclub_SuJok.html)

## **Sujok Therapy. com**

<http://www.sujoktherapy.com/whatissujok.htm>

## **Free webs - Sujok**

<http://www.freewebs.com/sujok/sujok.htm>

## **Sujok online**

<http://www.sujokonline.com/sujokonline/index.htm>

## **SUJOK RESEARCH INSTITUTE**

We offer international seminars in the US, Europe, and worldwide as well as literature, translating and publishing, providing professional instruments for therapists and students. With the International Team of Prof. Park Jae Woo founder of Su Jok, Twist Therapy, Trorigin Acupuncture and Smile Meditation.

Now In: New York, Los Angeles, Tokyo, Paris, Madrid, Santa Barbara, Marrakech, Djerba, Jaipur, Jerusalem.

free magazine for download  
sujoksri@gmail.com  
<http://www.smilesujok.com/>

### **su-jok**

<http://www.su-jok.eu/>

### **Smile Academy UK - Official Website**

Su Jok, Twist Therapy, Smile Meditation, Smile Yoga  
<http://www.smileacademy.co.uk/page/page/4321588.htm>

### **How Does Su Jok Work?**

<http://www.crystallotus.com/SuJok/02.htm>

### **Sujok Seed Therapy- Exclusive List Of Seeds To Be Used For Various Ailments**

<http://health141.com/>

### **Su Jok Therapy Centre**

<http://sujokpk.webs.com/news.htm>

### **Su Jok Healing. Com.**

<http://sujokhealing.com/>

## Sujok academy ( Russia)

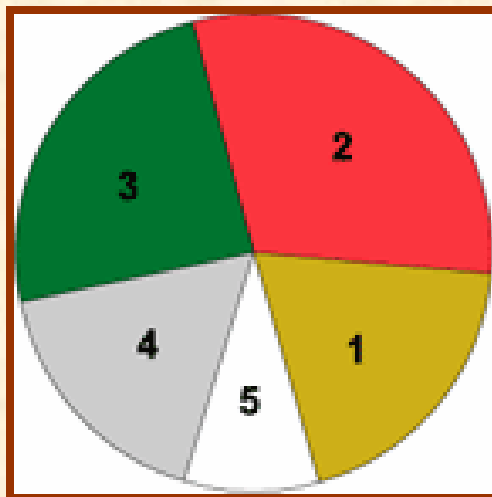
<http://www.sujok.ru/eng/about/park.php3>

Statistics of Treatment in Sujok clinic

About treatment for many diseases ( It does not mention the year)

The number of sick patients who underwent their treatment at the Su Jok Academy clinic ran into 6170. The treatment was provided purely on the basis of the Su Jok approach. The results obtained you can find in the following graph.

- 1 – improvement in health >80%
- 2 – improvement in health >50%
- 3 – improvement in health >30%
- 4 – improvement in health <30%
- 5 – remaining unchanged



<http://www.sujok.ru/eng/treat/treat.php3>

## **Prof. Park, Jae Woo**



<http://www.smilesujok.com/63083/Prof--Park--Jae-Woo>

**Prof. Park Jae Woo**, born on 14th March 1942 in **Seoul, South Korea**, graduated from the Seoul National University. At present he is the President of Su jok academy of Moscow, Honorary President of Su jok academy of India, President of the International ONNURI Public Fund, President of the Korean Su Jok-Acupuncture Institute, President of the International Su Jok Acupuncture Association, a Representative of the O-Haeng Publishing Company, and Publisher of the World of Hand and Foot newspaper.

Professor Park Jae Woo is a visiting professor to the Somaya Medical College and the Zoroastrian College in India; Consulting professor of the Institute for Doctors Advanced Training in the Republic of Kazakhstan; President of the Sujok Academy in Moscow.

He has been granted the honorable titles of Academician of the International Academy of Sciences and the Knight of Justice of the Maltese Order of the

Knights. Professor Park Jae Woo has written a number of monographs in the sphere of acupuncture and herbal medicine.

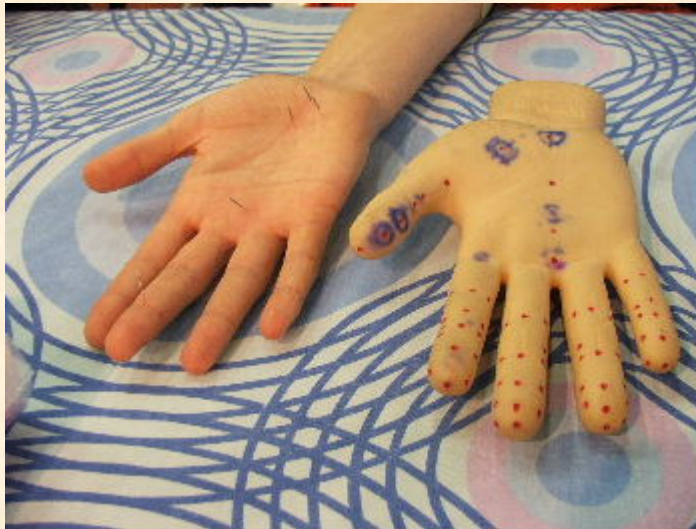
He is at present

President of the International Su Jok Therapy Association and International Public ONNURI Foundation;

President of the Korean Su Jok Acupuncture Institute in Seoul (South Korea), Su Jok Academy in Moscow (Russia) and Cyprus Su Jok Centre

Founder of Onnuri College in Almaty, Kazakhstan

President of the International M Particle Society



<http://sujokpk.webs.com/news.htm>

## Acknowledgement

The filler Flower graphics used here are from Hellas Multimedia  
<http://www.hellasmultimedia.com/webimages/default.htm>.  
The beautiful graphics are free.

Graphics from the net are acknowledged at the point.

Other clipart are from Microsoft WP Clipart Free Collection.

Some graphics are from me.

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