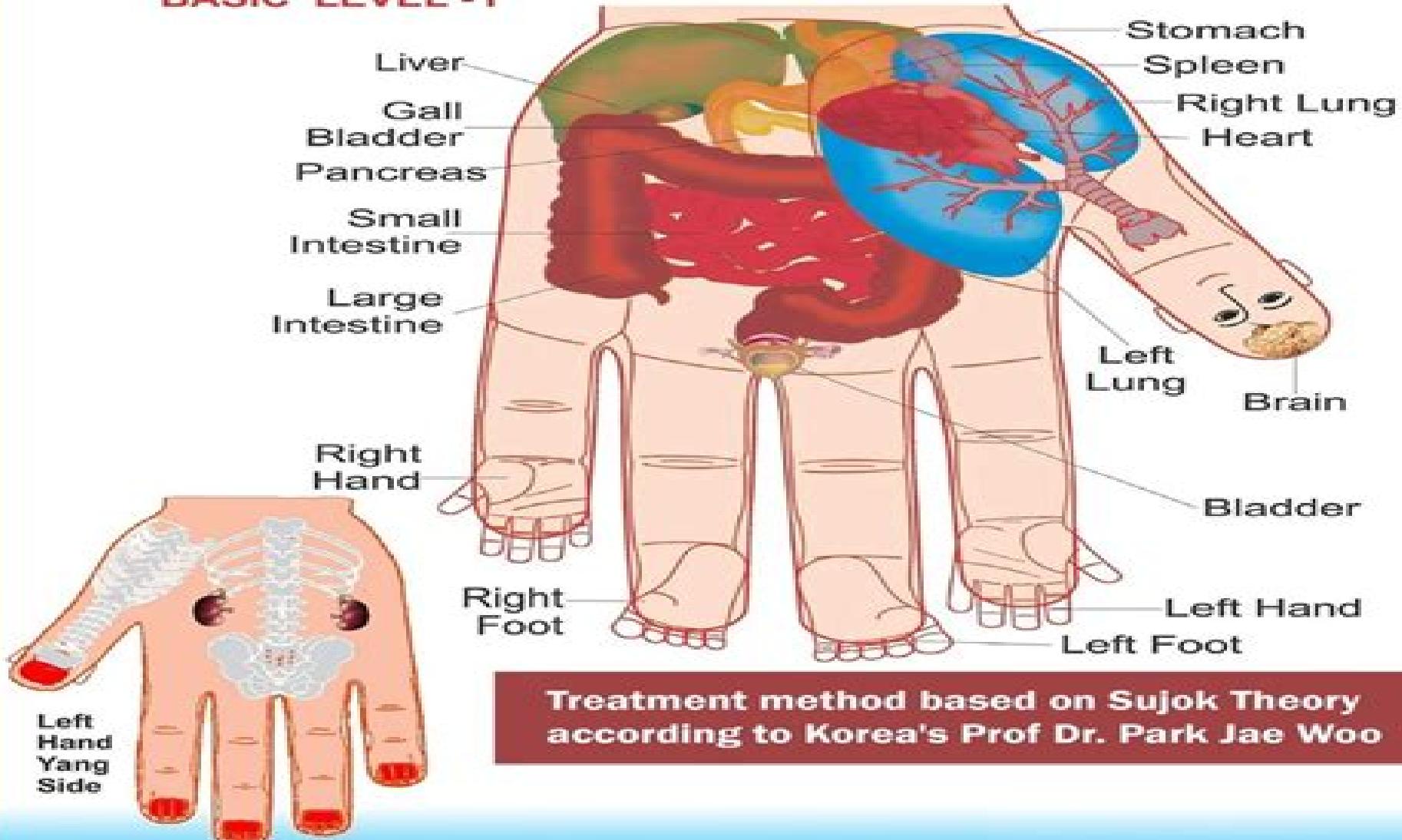


SUJOK THERAPY

Standard Correspondance System

BASIC LEVEL - I



Sujok Therapy Guide

Park Woo Jae

Sujok Therapy Guide:

A Guide To Su Jok Therapy Jae Woo Park,2003-06-30 Hands and Feet by anatomical structure possess the most manifest likeness to the human body This may mysterious similarity plays and important role mading it possible to realize that other body parts and internal organs also boast their own correspondence systems they are incorporated by the homosystem of the human body which is the inalienable part of the hierachidc homo system of the universe the homo system provides interrelation of all its constituent similar elements and maintains the harmony and stability of exitence standerd correspondence systems of hands and feet prove tobe the most effective and simple ones among all treatment correspondence systems that is why they are widly used

CHINU'S NOTES ON KNOW ALTERNATE THERAPIES

Sankaran Srinivasan,2021-06-09 We are a part of the vast sea of humanity that is searching the ultimate utopia mislead by the thought that successful careers and wads of currency will buy us a place here so in a bid to accumulate thosewads and reach the pinnacle of successful careers we have surrendered our peace of mind unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self So man today is sick because he thinks he is sick sickness and disease have no place in the life of person who does not accept and tolerate the self limiting thoughts which are real seeds of our myriad ailments we stand hypnotized by the belief that disease and illness are our fate and destiny rather than health and bliss which are truly our birth right and heritage in order to emerge from our mass hypnosis and collective hysteria and to experience health joy and creative fulfilment we must make a systematic application of holistic living through alternate therapies in our daily life The success of efficacy of alternate therapies he experienced provided the impetus inspiration to him to come with compendium of his documented collection over a decade in this book In effect this book makes a humble effort in finding a genuine and truly helpful lifeline for many people giving important popular alternate therapies in SINGLE WINDOW for ready reference self study and self treatment as it primary objective it is to help you live life to the hilt that his book has been written Life is not about toil and ambition alone it is bout enjoying each moment it is learning to relax and take things in stride It is about the blissful enjoyment of the years granted to us on this planet Believe me you will be more successful happier and contended if you pursue your career relationships and ambitions in a relaxed manner outlined in this book

YOU ARE NOT STUCK : Your Energies Just Need A New Direction

Arti Sharma,2025-12-07 Take a deep breath Right now as you hold this book pause and notice how you feel Do you carry a subtle tension a feeling that something isn t quite right Perhaps a sense of being trapped or limited or simply unable to move forward in the way you truly desire This feeling of being stuck is incredibly common It s like standing in quicksand struggling against something you can t quite name watching your dreams feel further and further away We look for external culprits a

challenging job a difficult relationship a lack of money or even just general bad luck We believe that if those things change then we will be free But what if the quicksand isn't outside of you What if it's an illusion created within The truth a profound and liberating truth is that you are not stuck You are not trapped by your circumstances your past or even your current challenges What often makes us feel stuck are the patterns of our own thoughts Our minds powerful engines that they are sometimes get set on a single track replaying old stories reinforcing limiting beliefs and constantly looking for reasons why things can't change Think of your mind like a powerful computer If it's loaded with old inefficient programs and bogged down with too much old data it will run slowly crash often and might not even be able to open new exciting applications You wouldn't throw the computer away you'd update the software delete old files and give it a new direction

Union: The Bliss - Understanding Her! Why She is Worshipped Why She is Torture Kalptaru Anil S Thakkar,2025-08-30 Appeal to the Youth of India and the World You Are Not Just Getting Married you're Entering the Sacred Laboratory of Creation To the young men and women stepping into marriage pause and reflect What if the union you enter is not just a social contract or personal dream but a mirror of the very process through which stars are born Our ancestors were not just priests and poets they were cosmologists of the soul They saw that just as the Earth was molded by the fire and form of the Sun a woman's body mind and emotions are shaped by the quality of the union she enters into The water molecules within a man carrying the sacred Y chromosome interact with her body not only physically but energetically and emotionally The responsibility of a man is not just to love but to cultivate with thought with touch with presence A woman in turn responds not just with affection but by becoming And when children are born their very birth carries the memory of the cosmos wrapped in a subtle energetic shell If we are not aware we carry those shells into adulthood into relationships into the way we touch and are touched This is not superstition This is science beyond instruments the kind seen by stillness and lived by sages So to all youth enter marriage not blindly but sacredly You are building lineage shaping souls and echoing the universe Learn listen and discover what Union really means

Reaping Rewards Nima Mankar,2024-01-24 Reaping Rewards Personally I believe that each one of us has a story to tell at every stage of our lives I don't expect anyone to narrate every detail of their lives right from school to the profession Reaping Rewards is just a fun thing wherein people expressed their inner feelings and happenings that they encountered and wished to share The reading habit of people is diminishing So this was in fact a massive attempt at encouraging people to write and read as well The best encouragement for writers is when others read appreciate and maybe share their views on the writings Reaping Rewards deals with Success achieved after struggles one has a lot of inspiration and positive vibes to take away from each story When one writes one expresses When one expresses one feels elated When one feels elated one experiences true happiness So they wrote they shared they inspired and spread happiness

Rajasthan State Guide ,2007 **Wanderlust** Jeff Krasno,Sarah Herrington,Nicole Lindstrom,2015-05-12 Like the wildly popular festivals that have taken the yoga world by storm Wanderlust is a road map for the millions of people

engaged in cultivating their best selves For the 20 million people who grab their yoga mats in the United States every week this book gives a completely unique way to understand yoga not just as something to do in practice but as a broader principle for living Wanderlust helps readers navigate their personal path and find their own true north curating principles that embody the brand and lifestyle authentic yoga practices provocative thinking music art good food eco friendly activities and more Each chapter includes expert yoga instruction by renowned teachers inspiring music playlists to motivate readers to practice thought provoking art awesome recipes for delicious healthy foods to sustain a yoga regimen and fun unexpected detours This wide array of ideas and beautiful visuals is designed to be hyper stimulating whether a reader follows the arc of the book from beginning to end or dips into chapters at random she is sure to find something pleasing to the eye to feel motivated to practice and to want to reach for her deepest desires and dreams This book brings the Wanderlust festival experience into any reader s home **Ear Acupuncture** Kajsa Landgren,2008-01-01 An up to date guide to the principles and practice of Chinese and Western ear acupuncture this book is aimed at both the student and practitioner It includes chapters covering ear acupuncture used in the treatment of addiction and Western theories about how acupuncture works

2004, சினப்பன் சுராக் சில்வி சினப்பன் தொழிலாளர் மற்றும் மாநாடு மேந்தி மாநாடு மேந்தி மாநாடு The Ultimate Self Defence Against Diseases Surak Selvi Chinnappan, 2022-11-30 Acupressure is marvellous system simple to understand and easy to practice It is highly effective completely safe This book is not only covers Acupressure Treatment but also explain about the importance of Acupressure Therapy used in Emergency [Discover the Secret Acupressure Technique to Control Diabetes Healer](#) Balendra Jaiswal, 2024-08-26 Inside you ll discover the fundamentals of acupressure and how it can target the root causes of diabetes Follow step by step instructions for powerful acupressure points that regulate blood sugar levels Learn lifestyle modifications and dietary tips to enhance the effectiveness of acupressure Explore a comprehensive meal plan tailored specifically for individuals with diabetes Discover techniques to manage stress and anxiety as they play a crucial role in diabetes management And be inspired by success stories from individuals who have embraced acupressure as part of their diabetes treatment But this eBook is more than just a collection of techniques it s a beacon of hope and empowerment As you dive into its pages you ll experience a newfound sense of control over your health Witness the remarkable changes that occur when ancient wisdom meets modern science Join the growing community of individuals who have embraced the power of acupressure to heal their diabetes naturally Break free from the shackles of your condition and embark on a journey towards a life filled with vitality freedom and happiness Why choose our eBook over traditional sessions or courses Here are 10 compelling reasons Convenience Cost effectiveness Comprehensive Content Lifetime Access Expert Guidance Flexibility Practical Techniques Accessibility Privacy and Ongoing Support But wait there s more Here are 7 reasons why not buying this eBook could be a significant loss for you Missed Opportunity Exclusive Content Financial Savings Empowerment Success Stories Competitive Advantage and Health and Well being Take control of your health journey and embark on a

transformative path towards a better and healthier future Our eBook is here to guide you every step of the way Don t miss out on this opportunity Secure your copy of Unlock the power of Acupressure to Control Diabetes eBook today and unlock the potential for a happier healthier life [Delhi & NCR City Guide](#) ,2006 [Sujok Therapy](#) Doctor Ashok Sethi,2023-09-05

Sujok Therapy is an advanced acupressure technique It explains how it was discovered by Prof Park of South Korea An acupressure point in this therapy is called Correspondence Point There are three systems in it Basic Correspondence System Insect Correspondence System and Mini Correspondence Systems Images of all the correspondence points have been shown It is also explained as how to search and locate the exact correspondence for a particular organ It explains the usage of Sujok instruments in details It also shows treatment protocol for various diseases pertaining to all body systems e g Head Face Chest Abdomen Extremities Reproductive System etc etc It shows the correspondence points for treatment **[Su Jok For Everybody](#)**

[Park Woo Jae, Healing Without Medicine](#) O. P. Luthra,2013-01-01 **[EaseLife Protocols Volume 1](#)**

Shilpa Abhyankar,Dr Sujala Ainapure,2025-02-23 In this book Dr Sujala Ainapure shares protocols for treating several health issues using Acupressure Acupuncture and Sujok techniques The protocols were identified during Dr Ainapure s practice in treating many patients in the long tenure She was highly impressed and sometimes astonished to see magical results from these protocols As an allopathic doctor she has seen patients mainly treated through drugs diet physiotherapy occupational therapy and surgery However there are limitations to this approach All the intricacies of body mind and health are still not fully understood by Medical Science As a doctor she was eager to help all her ailing patients coming with hope This prompted her to explore other alternate therapies such as Acupressure Acupuncture and Sujok Therapy Dr Sujala Ainapure is an eminent allopathic MD doctor with 35 years of experience Her broad minded approach prompts her to explore several alternate and natural ways to heal ailments and promote health This book is an example of the same Shilpa Abhyankar is a holistic health and life coach for the last 15 years She is certified in several natural therapies Her passion is to guide treat and empower people in their journey from Suffering to Smile combining techniques of Sujok Therapy Acupressure Yoga Meditation Hypnotherapy and Ayurvedic Nutrition **[Acupuncture: Learn How Acupuncture Works for Weight Loss](#)**

[Anxiety and Stress \(How a Scientifically Proven Acupuncture System is Recovering and Preserving Vision\)](#) Jared Potter, Acupuncture is an ancient medical procedure that has been adopted by modern medicine It is derived from traditional Chinese medicine thus it has been around for thousands of years Traditional ancient medicine believes that the body is made up of energy called Blockage of results to disorders and other health problems Acupuncture uses needles to unblock all energy points in the body There are many benefits of acupuncture and if you want to take advantage of this alternative treatment then this book will serve as your guide This book you will learn It is the book where you will arrive to solution for all your health related issues This ebook clearly explains in a concise manner about the Color Therapy Sujok Therapy Acupuncture TCM Acupressure Practical explanation Fully colored diagrams with points indicate for therapy on the every

part of the body A holistic approach to the color medicine He demonstrates how to integrate traditional knowledge of meridian therapy with contemporary advances in technology poised to enrich the current practice of this powerful form of healing

A Step-by-Step Guide to Shiatsu Susanne Franzen,2007 Shiatsu can be practised on a partner or you can administer self help shiatsu to yourself This practical guide contains sequences for both types and introduces routines to benefit each region of the body Highly accessible with easy to follow step by st

Thorsons Introductory Guide to Shiatsu

Chris Jarmey,1992 Shiatsu is a Japanese word meaning finger pressure Like acupuncture it is a therapy based on promoting health by stimulating energy in this case by pressure on the skin Needing no equipment machinery or oils shiatsu is an ideal therapy for self help This book provides a guide to the theory behind shiatsu and the basics of traditional Chinese medicine what ailments can be helped by the technique and what to expect when visiting a practitioner Included are details of shiatsu schools and other organizations

Cupping Therapy Dylan Miles,2024-03-26 Cupping therapy an ancient therapeutic practice offers both immediate relief and long term advantages While acupuncture has gained widespread recognition in the United States cupping therapy remains relatively unfamiliar So what is cupping and why might one consider this alternative treatment Here s the scoop When muscles become tense they restrict blood flow resulting in stiffness discomfort and misalignment Cupping therapy addresses this by creating suction with cups applied to the skin This suction draws stagnant blood to the skin s surface causing a discoloration that resembles a bruise However this discoloration is painless and indicates the healing of muscle tissue By removing stagnant blood cupping promotes the influx of fresh blood oxygen and nutrients into the muscle facilitating relaxation and pain relief

Reviewing **Sujok Therapy Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Sujok Therapy Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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he was born on 15 november 1964 to late shri bhagwan prasad chaudhary kurmi family he has a bachelor of arts ba degree from gorakhpur university

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