



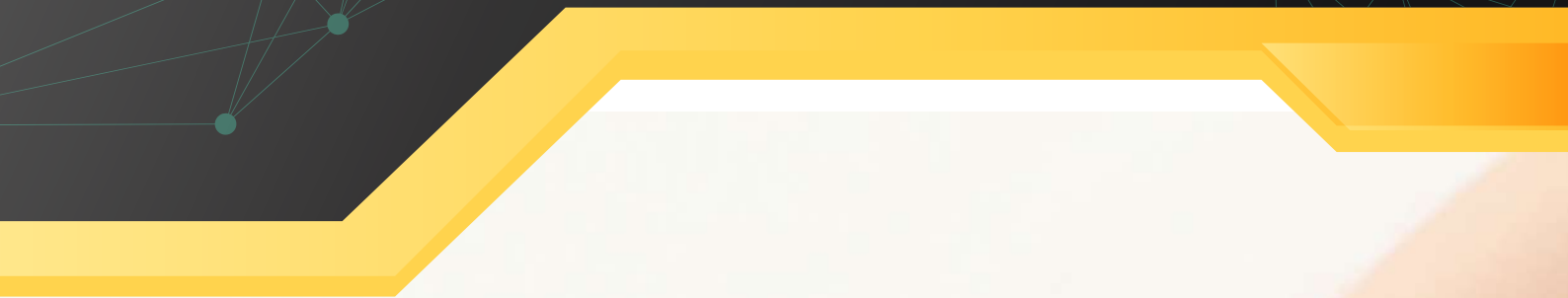
ISA

International Sujok Association

SUJOK WORLD

AN OFFICIAL NEWSLETTER OF ISA

Issue : 1 | Year : 2021



Date : 23 Nov. 2021



*As... Existence Spirit is perfect in itself,
Homo-Hetero world
with conflict is not HIS final destination.
- Prof. Park Jae Woo*

<<**Notice**>> : Readers are advised to consult their physicians prior to use of this self-help system. All pictures, artwork in this News letter is for the reference only.

SUJOK WORLD NEWS LETTER | YEAR 01 | ISSUE - 01 | Bi-Monthly

This Newsletter is intended to update Sujok fraternity about various activities, happenings, clinical Experiences & knowledge sharing around the world. Views expressed in the articles are solely of the author. Publisher do not take any responsibility with its content and for any mis-information expressed there in. **Published on : Nov. 23, 2021**

Editor(s) : Dr. Park Minchul

: Dr. Park Minkyu

Co-Editor(s) : SJ T. Dilip Chauhan

: SJ T. Dhaval Pathak

Graphics Design & Artwork : Ms. Poonam Sangode

© International Sujok Association

All rights reserved in all media. No part of this Newsletter may be reproduced, stored in a retrieval system, translated or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission of the author(s) or publisher.

Published By :

International Sujok Association®

C/o, Sujok Clinic & Research Centre, Near Sharda Ispat Ltd.,

Automotive Square, Kamptee Road, Nagpur - 440026.

Maharashtra - BHARAT

P : +91-7620-262683 | 0712 - 2640279

W : www.sujok.com | www.sujokglobal.com

E : sujoknewsletter@gmail.com | info@sujok.com

© All Rights Reserved

Contents

1. Publisher's Details	
2. Preface	Dr. Minchul Park.....01
3. Taking Sujok to the "President House Of India"	SJ T. Mamta Agrawal.....02
4. My Sujok Journeys	
My Sujok Journey.....	SJ T. Monisha Rawat.....04
Sujok Journey.....	Dr. Mian Abdul Mateen...07
Being An Ambassador.....	SJ T. Tapan Pandya.....08
Sujok Journey.....	SJ T. Valsan KJ.....10
A Drop of Tribute.....	SJ T. Alka Kher.....11
5. Miraculous Treatments of Sujok Therapy	
Treating with Palm Leaves.....	SJ T. Ali Rabh.....12
Taming Times with Sujok.....	SJ T. Brigitte Pottier.....14
Sujok & Bronchitis.....	Dr. Ajay Singh.....15
06. Subjects	
Sujok Therapy.....	Dr. Punita Sharma Rehan.....19
Energy or Qi (Chi).....	SJ T. Kavita Bhaktiani.....20
My experience of Sam Won Gong Challenge... Nicole Van Wittenberge.....	24
07. News	
Recognition and Awards.....	SJ T. Reshma Suryavanshi....27
Sujok Solidarity camp in Brazil.....	Sr. Pushpa Mary.....28
Sujok Awareness camps, Australia.....	SJ T. Komal Jani.....29
Camp during past months.....	SJ T. Tapan Pandya.....30
08. ISA Webinars	
"Medical Case Taking".....	Dr. Mohana Selvan.....31
"Practical Tips for Sujok Treatment"	SJ T. Ashok Kumar Kothari 32
08. Upcoming Course	
" SixKi-1 & 2"	Dr. Violetta Nikolaeva.....33
10. Smile Birthdays	34

PREFACE



Smile Greetings Everyone,

In the process of parenial upgradation of Sujok fraternity one more feather is going to be inserted in the cap of Sujok Family. International Sujok Association is happy to publish a bi-monthly e-magazine/newsletter by the end of November 2021.

Articles and photos were invited from Sujok Family Therapists on various subjects and we received overwhelming response from all over the world. We have tried to accomodate all articles suitable to the subjects.

I hope to receive keen interest and article contribution from sujok therapists in all walks of life. Expectations from Sujok Therapists with medical background and qualifications will be appreciably welcomed for the benefit of the people of health concerning communities.

Sujok therapists and authorized lecturers having completed all higher levels of courses and other branches of Sujok like Triorigin, Meridians, Six Ki, Smile Meditation, Twist Therapy, **SAM WON GONG & SAM WON DONG** etc. are having greater responsibility on their shoulders for knowledge sharing and upgradation of subjects and knowledge of fellow Sujok Brethens.

We have to come out for the domestic as well as International communities to know Sujok for the healthy societies and to achieve the goal of **“One world Healthy world”** as dreamed by our Guru Prof. Park, Jae Woo. While contributing articles we should take care for authenticity, punctuations and appropriate words for the subject matter explanation.

Bowing before our Guru Prof. Park, Jae Woo, I congratulate one and all and wish Smile New Year 2022.

With Smile Greeting

(Dr. Minchul Park)

Global President – ISA

Date: 20th November, 2021

Taking **SUJOK** to the President House of **INDIA!**



Shri. Randhir Kumar Jaiswal
Hon. Joint Secretary
to the President of India

Rashtrapati Bhawan (also known as President House) is the official residence of the President of India. This historic building is of great significance and importance, having been constructed in 1912 and inaugurated in 1913.

It was indeed a proud moment for us all. After a lot of efforts, coordination, permissions and checks, the International Sujok Association team went in led by Global President Dr. Park Minchul, accompanied by SJ T. Ashok Kumar Kothari, SJ T. Asha Sarda, SJ T. Dhaval Pathak, SJ T. Seema Damani & SJ T. Mamta R. Agarwal.

The Prestigious event was formally inaugurated by Shri. Randhir-Kumar Jaiswal Ji, Honorable Joint Secretary to the President of India Followed by an introduction of International Sujok Association given by SJ T. Dhaval Pathak. The Keynote Lecture on Sujok Therapy was given by SJ T. Ashok Kumar Kothari Alongwith SJ T. Asha Sarda & SJ T. Seema Damani. Furthermore team has jointly explained Important Tips for healing day to day ailments using the basic Sujok correspondence points which was well acclaimed by the audience.





The conclusion was given by SJ T. Mamta R Agarwal to a 150-strong audience of officers in our native language Hindi. The use of rings and basic correspondence points was also explained in detail.

The hour-long session was followed by a Question & Answer session with enthusiastic participation from our audience. It was indeed a fascinating discovery for the participants that just by pressing certain correspondence points on the palm (SU) & feet (JOK), we can heal ourselves & others for different ailments. After the formal proceedings were complete, the team visited the Rashtrapati Bhawan Museum where we spent some memorable time poring over the artefacts and historic riches of our country.

It was a tremendous honour for Dr. Park Minchul & the ISA Core Committee Members to be able to visit the Rashtrapati Bhawan and speak about our beloved Sujok Therapy there!

Smile regards,
SJT Mamta Agarwal
Certified Lecturer & Therapist,
Executive Committee Member
International Sujok Association (ISA)
+91 939 000 2219

Hyderabad,
India

My Journey of Healing without MEDICINE with My Guru



SJ T. Monisha Rawat, Mumbai.

“A Guru is an enlightened soul who removes all darkness from our lives and guides us to divinity”. But before I begin talking about my journey, let me tell you about a real incident that happened in train.

Savitaji was travelling by train and turned into one of my webinars. This webinar was about a life saving Sujok technique that worked for many people who had acute symptoms of chest pain, angina or heart attack. Little did she know that she was about to use this technique in reality. A co-passenger had sudden severe chest pain. While everyone panicked Savitaji jumped into action and attempted the technique without second thoughts. Besides, it seemed harmless.

This left the passenger with just enough time to make it to the hospital and a life was saved. This is the power of Prof. Park Jae Woo’s Sujok!

Coming back to my journey, I always knew my goal was to serve humanity. But I struggled to find the right path until I met my Guru—Prof. Park Jae Woo.

Being a researcher in the pharma industry I belonged to the world of healing with medicine. I joined Sujok out of curiosity & when I treated my mother-in-law who had type-2 Diabetes with simple seeds and colors, the results were miraculous! Her high blood sugar levels reduced within a few weeks.

I promptly decided to learn more about this drugless therapy & attended Prof's session in Mumbai. And what a life-changing experience it was! I can still recall that enlightening moment when I was deeply moved and impressed by the knowledge of this noble, humble soul generously shared with everyone. At that very moment I knew I had found my Guru who would help me achieve my goal.



And what a life-changing experience it was! I can still recall that enlightening moment when I was deeply moved and impressed by the knowledge of this noble, humble soul generously shared with everyone. At that very moment I knew I had found my Guru who would help me achieve my goal.

Thereafter, I attended all his sessions in india till the final one at Bhopal in february 2010. The satisfaction and joy that I experienced on treating those around me with the knowledge gained from prof's powerful teachings was more than any wealth on earth.

There was a new meaning and purpose to my goal and I wanted everyone to experience this smile world. I made it my mission to raise awareness regarding Sujok therapy. And since 2006, we at Monisha's Mantra have been working very hard to do exactly that. We have been conducting an array of Sujok awareness programs, workshops and sessions worldwide,

focusing on:

- Prevention and control of Diabetes
- Heart healthcare
- Strong Immunity
- Pain management
- Women related health issues
- Youth empowerment
- Stress Management



The overwhelming love, appreciation and blessings that we receive everyday is the fruit of all the hard work our reverend Prof. put in, to give the best gift to mankind – SUJOK.

And we at Monisha's Mantra strive each day to honor his legacy and share his vision of a healthy and smiling world with as many people as possible, so that they too may reap the benefits of his hard work.

- Monisha Rawat - Founder of Monisha's Mantra, Mumbai

M.Sc.,M.D. (Alternative Medicine), Life Coach, Consulting Nutritionist, Corporate Trainer, Holistic Counselor, Sujok Diabetes Specialist, International Lecturer & Therapist for Sujok & Smile Taiji.

Award winner as a **BEST PERFORMING TEACHER**

International Sujok Association (ISA) - SIC-2019.

MY JOURNEY

Dr. Mian Abdul Mateen, Pakistan



My 1st introduction to Su Jok was by a TV program on Seven Star Health Care in 2013 -14. In which a therapist (Sir Luthria GB) curing the patient by just applying colors on hands and patient was giving very positive feedback.

That was the amazing Su Jok by which only color application can cure the disease. Curiosity arose but being in Pakistan I couldn't find any book /literature, even on internet there was nothing to fulfill my passion.

Time flied & in 2016 - 17, I found many clips on youtube & Journey of learning started. I arranged all data and started to apply Sujok Therapy on myself and people around me.

Then in 2018, I met many other people practicing Sujok in Lahore & we established a platform "Sujok Onnuri Welfare Society Pakistan" For the knowledge sharing and to practice Sujok.

For me Sujok Therapy is always fascinating. Prof. Park Jae Woo did a tremendous work for humanity. His all knowledge of Sujok & concept of Smile Civilization is a great gift to this world. I always take Sujok as a part of smile civilization. So, I am trying accordingly to work for Sujok & Cause.

In 2020 I got ISA's membership and started my official journey of SuJok. I learnt from many seniors as they always encourage me to go deeper in Sujok World. I'm always thankful to Sir. Nasir Mehmood (my sujok teacher), Mam. Bhupinder Kaur (one & only, I learnt - lot from her), Sir. Sunil Agarwal, Mam. Paramjeet Kaur, Mam. Arti Kumar (my guide), Joshy's Kerala Group (for their series of free lectures) and in Pakistan Dr. Arshad Mughal (as he is a great inspiration in sujok knowledge).





Being An Ambassador

SJ T. Tapan Pandya, Rajkot.

Marvellous Leonardo Da Vinci; Mysterious Rajneeshji ; Melodious Beethoven; Religious Swami Vivekanand; Hilarious Charlie Chaplin; and Precious Professor Park. Never born, never died. They only took an incarnation on this earth to complete their work, allotted by the Almighty.

Professor Park was not a God but not an ordinary human too, so he must be a mediator, mentor, ambassador. The theory which we feel difficult to understand also, He has invented!! This is impossible by a common man. He was an Artist (Science become an art after crossing its limits).

Science taught us about energies, Professor taught us how to feel, how to heal and how to deal with them. Professor Presented the most complicated theories in a very simple way and manner. We can treat patients on physical level, mental level and emotional level just by a simple feather touch or by a colour dot application. The science he found has improved and saved numerous lives.

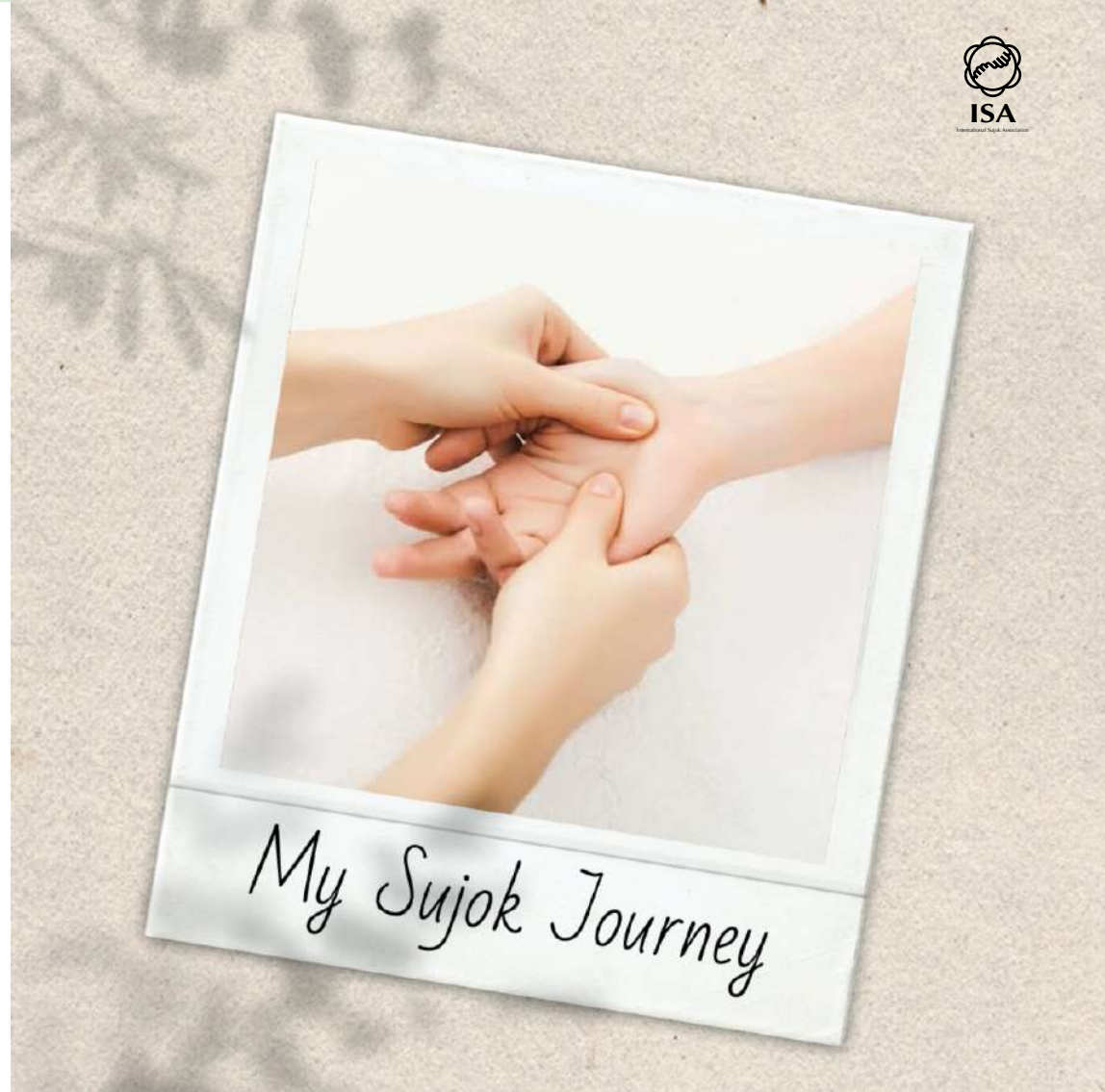


The most fabulous work of professor is, He has proved that 'Smile' is bigger than 'Laugh'. He always worked silently (Coin makes sound, Currency notes doesn't. Value increases, Volume decreases). World never remember the person who get the most, world will always remember the person who gave the most.

Professor always gave, shared whatever he had or invented.

We cannot invent a science or a theory, but all we need to do is an acceptance & expansion of this science. We cannot be a professor or an ambassador or God, but at least we can be an ambassador of Professor. We must understand and feel the importance of being a part and partial of this mercy healing technique. Smile Hope...! Smile Future....!.

“ *We cannot be a professor or an ambassador or God, but at least we can be an ambassador of Professor.*



MY JOURNEY

SJ T. Valsan K. J., Kerala

As a regular visitor to my friend's, Naturopathy Treatment Center in June here in Kerala, blessed with monsoon. While talking, he pressed my hands with pencil-like object, which is actually bigger than a pencil. And he predicted that my colon is okay. There are no signs of dysfunction of liver, heart. Slight problems of lungs are seen. My enthusiasm made me inquire what is the thing he held.

Then he told me that this is a similar branch of acupuncture. Professor Park, Jae Woo, the founder of the system introduced Sujok Acupressure & Acupuncture.

My friend introduced one disciple of Professor Park Jae Woo, who is working as a lawyer in Delhi. He invited four times to meet with him, unfortunately, I selected the last chance and I met him. He claimed that he was the person who used the maximum number of needles in India for the treatment. And his name is Dr. Zachariah. I could not get any chance to study acupressure from him.

While I was searching through the internet I got your site. Still just learning with satisfaction as a practitioner of homoeopathy with a yield of good results with Sujok Acupressure.

A DROP OF TRIBUTE

Long back when I was moaning with disease.
A handful of health and happiness came forward to
give me ease.

This was the hand of a sujok therapist who gave me
reason to smile.

In the darkness of discomfort,
A ray of hope and sunshine

This is how my journey of sujok world began
As I moved further I found miracles' van.

There is still so much to unfold,
It is definitely a mine of gold

Ofcourse this is just a drop of tribute,
In the ocean of sujok world to contribute

SJ T. Alka kher



TREATING WITH PALM LEAVES

Ali Rebh

I learned sujok few months before the lockdown. I applied sujok concepts and techniques with some success on myself and my family. I tried it on some of my friends too with similar results. I requested some items such as magnets, rings and needles from india. I couldn't find them locally nor through the major shopping sites. It took so long to reach me. The cost of shipping was too high also from india.

There are few of healers who know a little about sujok around me. Almost all the people in my area never heard that word before I introduced it to them.

I conducted a number of presentations most of which through zoom. I gave few short courses and one long course in sujok. I established a WhatsApp sujok group in addition to my participations on other natural treatments groups.

The lockdown came to limit my movements and efforts. I started giving my advice and methods through WhatsApp. The dilemma now is how to provide the treatment tools when needed.

I thought of utilizing the "palm leaves" as a solution based on what I learned and the instructions in "Miracle Of Palm Leaf" by Prof. Park Jae Woo.



I helped many people on handling their pains such as headache, earache, menstrual issues, back pain and many other issues utilizing a small piece of palm leaf on the indicated spot.

I taught some mothers how to deal with their babies' issues by soft massage to the areas which reflect the diseased part of the body.

These are some quotes from the people who benefited from the treatments:

“Do you remember the subject of my knees about 3 months ago. I used palm leaves to treat my Knee pain. The pain was noticeably lessened and I was moving more flexibly.” I always see the Palm with special admiration and now it has increased.

“I complain of a headache and pain in the neck. I massaged the forehead reflex on the thumb and Behind the left middle finger, like the picture above, then put a palm leaf on it. Then I slept, and the next day I did not feel any pain, but there is a tightening in an area of the neck”

“The thing that helped me the most corona was Pneumonia, and I was When I went to the hospital, normal.” “I had pain in the shoulder leaf on the little finger and the pain By 70 percent.”



when I was infected with applying palm leaf daily. It said the oxygen was joint, I applied a palm disappeared after 20min.

“My granddaughter had She needs to go to the for urination, but it does to massage the bladder area thank God. This science is



a surgery that day. bathroom for she Feels the urge not come down, I told her mother in the hand and she was relieved, very beautiful and inexpensive”

“Pain over the left eye after waking up for two days, Age: 20 years old Gender: male. After massaging the eye area in the left thumb, It was 40%, then after placing the palm leaf for 5 minutes, the pain disappeared 100%.”

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed there in.

Taming with Sujok

“

For years I believed that speed equals performance.

Qi Gong teaches the opposite, the extreme slowness of the movements developing concentration, muscle, and precision...

My beginner practice of SuJok also confirmed it to me, sometimes in a confusing way.

SuJok acts in the moment, but also after several hours, days, weeks. Each response time belongs to each individual. It is therefore necessary to re-learn observation and patience.

This is an extraordinary experience of time.
It is difficult.

You have to appreciate the fact of imperceptible, progressive improvements then finally total. Doubt has often appeared to me before. The choice between doing too much or too little is also a learning process. And then, the energy followed its path, the aches and pains subsided.

If each individual has his own energy system, it seems to me crucial today to establish a real dialogue with him throughout the session and even afterwards. It is important to explain the importance of this during the session.

I have noticed that once the person has left, they no longer dare to call back (not to disturb or not used to this kind of approach, etc.).

The initiative would therefore be welcome on the part of the SuJok practitioner... and on this occasion, to carry out his "time dosage".

Or give a small memo on which the person can write down his or her notes...

In the best of cases, the person treated will forget that he or she has been treated, because yes, it is much better! So, the smile attitude comes to the lips....

Mrs. Brigitte Pottier – Toulouse, France

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed there in.

”

EFFICACY OF Suijok Therapy In BRONCHITIS

By **Dr. Ajay Singh (PT)**

Specialist in Suijok Therapy & Functional Medicine
B.P.T, PGDHH, FLSM, CAYN

Objective :

Describe the presentation of a patient with Chronic bronchitis. Outline the management and treatment options for acute bronchitis by Suijok Therapy. This case report seeks to elicit the efficacy of Su Jok therapy in the treatment of Bronchitis.

Abstract :

Bronchitis is an inflammation of the bronchial tubes, the airways that carry air to your lungs. It causes a cough that often brings up mucus. It can also cause shortness of breath, wheezing, a low fever, and chest tightness.

There are two main types of bronchitis: acute and chronic.

Materials and Methods :

The materials employed for the treatment included jimmy probe, needle inserter, presterilized Su Jok needles, coloured pens and surgical tape to securely hold the needles.

The mode of therapies included correspondence, six-ki and triorigin.

Results: Patient was cured from the attack of acute Bronchitis within 10 days.

Interpretation and Conclusion :

Su Jok is an effective therapy in the treatment of Bronchitis. Further studies employing larger sample size are necessary to validate the results of the study.

Key words : Su Jok, Triorigin, Six-Ki, Constitution.

Introduction :

What is chronic bronchitis?

Bronchitis is inflammation of the breathing tubes. These are the airways called bronchi. This inflammation causes too much mucus production and other changes.

There are two types of bronchitis, acute and chronic. Chronic bronchitis is long-term inflammation of the bronchi. It is common among smokers.

People with chronic bronchitis tend to get lung infections more easily. They also have episodes of acute bronchitis, when symptoms are worse.

- To be classified as chronic bronchitis:
- You must have a cough and mucus most days for at least 3 months a year, for 2 years in a row.
- Other causes of symptoms, such as tuberculosis or other lung diseases, must be ruled out.

“

People with chronic bronchitis have chronic obstructive pulmonary disease (COPD). This is a large group of lung diseases that includes chronic bronchitis. These diseases can block air flow in the lungs and cause breathing problems.

Etiology

There are many known causes of chronic bronchitis. The most important causative factor is exposure to cigarette smoke either due to active smoking or passive inhalation.

Other causes include:

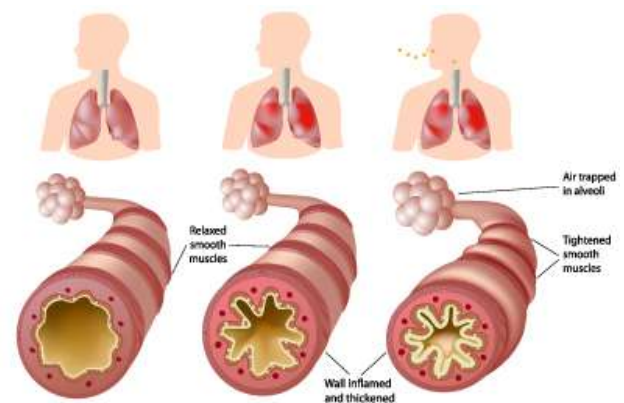
- Inhaled irritants to the respiratory tract e.g. smog, industrial pollutants, airborne chemicals (e.g. ammonia and sulfur) can cause chronic bronchitis.
- Repeated exposure to viral infections can cause chronic bronchitis.
- People with an associated background in respiratory diseases e.g. asthma, cystic fibrosis, or bronchiectasis have a higher predisposition to develop chronic bronchitis.
- Chronic gastroesophageal reflux is a well-documented but less frequent cause of chronic bronchitis.

Pathophysiology :

Chronic bronchitis is thought to be caused by overproduction and hypersecretion of mucus by goblet cells. Epithelial cells lining the airway response to toxic, infectious stimuli by releasing inflammatory mediators and e.g. pro-inflammatory cytokines. During an acute exacerbation of chronic bronchitis, the bronchial mucous membrane becomes hyperemic and edematous with diminished bronchial mucociliary function.

This, in turn, leads to airflow impediment because of luminal obstruction to small airways. The airways become clogged by debris and this further increases the irritation.

The characteristic cough of bronchitis is caused by the copious secretion of mucus in chronic bronchitis



”

“

Patient details

A patient named Mr. S, aged 53 years was coming to our Su Jok clinic with a chief complaint of type 2 DM. In between he got an acute attack of bronchitis. Patient was having a history of sudden attack of bronchitis in past for which he has to take antibiotics, steroids and even inhalers also. He was suffering from continuous cough, wheezing & dyspnea even his sleep was disturbed.

Treatment / Management

Constitution treatment :

In the first session, a detailed history of the patient was taken. The patient was asked questions about his emotions (anger, joy, satisfaction, agony, sadness, fear), reason (memory, will), symptoms, hobbies, appetite, history of fever, urine holding capacity etc. to predict his constitution. He was found to have Dryness excessive constitution.

Treatments given: -

First 4 sessions – On alternative days

- Six Ki - unit treatment- V↓ III ↑ VI ↓
- Triorigin –

All tonify ↑No ↑He ↑Ne ↑Ho in Operation Order in Immune system,
(To control any kind of infection or allergic reaction)

All tonify ↑No ↑He ↑Ne ↑Ho in Operation Order in Liver meridian,
(Liver is involved in all chemical reaction of blood)

↑ He↓Ho ↑Ne No in Respiratory system
(to reduce the constriction, wheezing & dyspnea)

- Patient got some relief from 1st sitting and after 3 sittings he was able to sleep comfortably.

After 4 sessions :

we added branch treatment on respiratory system also.

We followed the concept of first quantity treatment (HE) then quality treatment (HO).

- Six-Ki renting treatment- Dryness & coldness sedation from Wind of Heat (Chakra system)
- Branch energy was selected on the basis of Sputum

”

“

Sputum:

‘Sputum’ produced by a spontaneous deep cough bringing up material from small airways & alveoli.

It may contain variety of material from respiratory tract including one or more: - cellular debris, mucus, blood, pus, micro-organism.

Humidity of Lung - sputum

Wind - no sputum

If II + III + IV: - a lot of sputum, watery sputum

V : sticky sputum

VI : crystalized, dense, Hyaloid, crystals of calcium

Correspondence therapy :

Stimulation and seeds were applied in painful areas of Lungs, adrenal, pituitary, Liver, Spleen, spinal cord and brain.

Results : Patient got complete relief from all his symptoms within 10 days.

Testimonial : <https://www.youtube.com/watch?v=8zIkVTf2OHE>



Note : This is a case specific / patient specific article to understand this particular case.
The same treatment may or maynot work on another patient. Practitioner must study the individual's complain & diagnose accordingly.

”

SUJOK THERAPY

(SUJOK ACUPRESSURE)

- Dr. Punita Sharma Rehan

Sujok is a Korean Therapy.

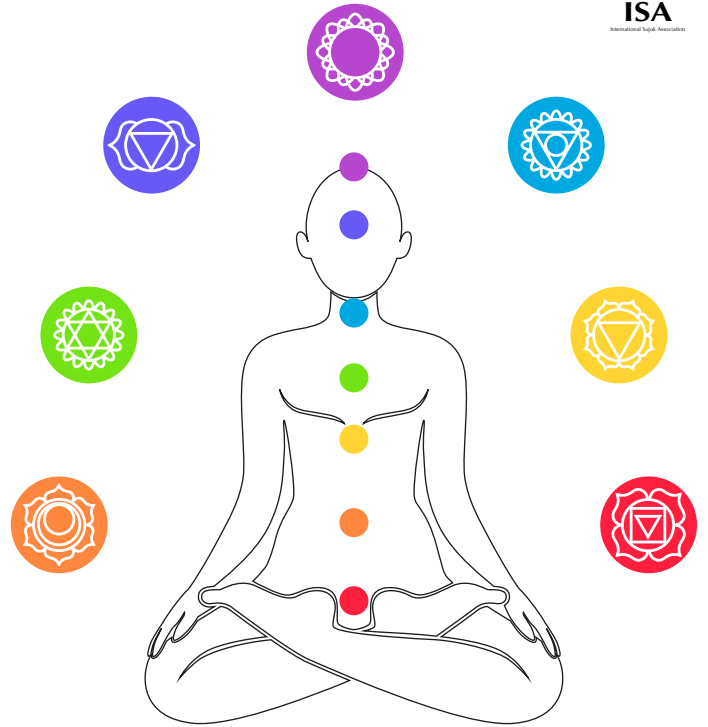
This therapy which was developed by Korean Philosopher Dr. Park, Jae Woo, Is based on the belief that all the organs of the body can be treated via a Person's palms and feet. Sujok therapy, an alternative form of treatment Modality in which seeds, magnets , needles etc. are used. In sujok therapy, Palm and foot represent all the organs / meridians in the body. Sujok can be done with other therapies also and it produce no side effects.

Hands and feet are the locations of systems of active points corresponding to all organs & part of the body. Stimulation of these points produces a Curative effect, with the help of Sujok various kinds of illnesses can be treated. The therapy is natural and curing only the natural forces in an around the body. Sujok therapy greatly benefits all type of pains related to Neck, feet, hands, joints etc. It also treats inflammation and other problems like arthritic pain, carpel tunnel syndrome and gout along with other skin and reproductive problems.

Sujok therapy is a variation of acupressure which uses specific points on Hands and feet to treat the ailments. It also makes use of seeds, semi Precious stones along with pressure stimulation that help relieve problem like diabetes and kidney stones. Sujok therapy has a great potential on Controlling obesity. The therapy increases blood circulation and reduces the extra lipids. Sujok can diagnose the problem easily by pressing the key points and applying pressure in the right direction. Sujok helps to heal certain Physical problems such as BP, headache, bronchitis,ulcer, constipation, Migraine, vertigo, ibs, gastro oesophageal reflex disease, disc prolapsed, Complications due to chemotherapy, menopause excessive bleeding and Many more.

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed there in.

Energy or Qi



- SJ T. Kavita Bhaktiani.

What is Energy?

According to ancient Chinese language or dialect energy or qi (pronounced as chee) is that force that drives all living things on this planet Earth. Energy is the source, accelerator and the destroyer of us, it depends how we use this energy. Energy is present in various forms around us but there are some basic classifications which are pre-heaven energy, cosmos energy and earth energy.

Balance all these energies and its factors strengthens one's life and boosts energy in body to heal themselves.

Three major keys that affect energy.

Our body has its own energy which is present from the time we are formed as an embryo in the womb which is also called as pre-heaven energy, where we are supported by bodily energy from our mother. As we take our first breath out in nature, we are introduced to the earthly energies which are new for the infant and so as the infant encounters light, wind, sound and other natural energies present on Earth gets to feel the first imbalance and cries out with stretching its hand out to the cosmos above the head where, for the first time, unknowingly, the baby subconsciously balances the energies by equally taking in various forms of energy. Later, as the baby grows, it starts to control energies by using its conscious mind, heart and its own physical body.

“ All human beings know these three factors and are fully aware right from the time of their birth, it is just that as we get older, we are faced with many such situations in life which can change the balance between our mind, body and soul. This gives rise to imbalance in our energies and invite other foreign diseases.

Just like every step we take in life it complies of three processes Mental (Thought - Process), Emotional (our emotions behind that thought) and finally our Physical act (Actions we take to accomplish the task we thought about). Our bodily energy also depends on all these factors too.

Our Thought is the source towards energy balance or imbalance, our Emotions causes the energy to amplify or reduce and our actions or the Physical act gives our energies momentum

To keep our Energies in Balance our Mental, Emotional & Physical factors should be balanced.

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed there in.

”

MENTAL, EMOTIONAL & PHYSICAL IMPACTS ON ENERGY.

Mental energy or thoughts in one's mind are the place where everything begins, if we think to get accomplish something its where it all starts. With positive thoughts comes positivity in our bodily energy which makes one feel happy or euphoria, where as Some thoughts create some discomfort these are the main culprit that puts one's mind Disease. This lack of ease or comfort in one's mind is the beginning of energy Imbalance and invitation to various diseases.

Due to the discomfort in one's mind their heart and emotions loses its control and Amplifies the stress from mental state to one's emotional state making one emotionally Weak resulting in taking wrong actions and hurting their physical energy.

This is just a domino effect; mind is very important factor if that falls in wrong place then whole system is affected. On the contrary, when physical body when hurt or Is not in healthy state due to some unforeseen events, our emotions & mind both get affected too. That is why there is this saying:

**Healthy Mind makes Healthy body &
Healthy body keeps Mind Healthy.**

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed there in.

How to Balance Energy ?

There are many ways to create balance in bodily energy, out of all those one that works amazing when dealing with energy is a combination acupressure and sujok.

Acupressure has very good results because it deals with root cause of diseases that is energy through various acu points on our body. Along with this therapy, there is sujok therapy that can be combined with acupressure so that the treatment is done on one's hand and feet.

sujok is a therapy which was developed by prof. Park, jae woo, thanks to his research & study that we can now locate all the body organs and joints on one's hands and foot. Su means hands and jok means foot, this therapy has been so developed and further advanced in such a way that it can be easily integrated with acupressure therapy.

Acupressure and sujok together can work on the following areas which can help with balancing one's energy and thus treating one from any disease:

- 14 meridians (organ source point) on TCM acupoint.
- 9 dr. Voll meridians- cmp points.
- 28 joints on our hands each representing different organs and Glands from our body.
- 10 fingers: 5 fingers for dealing with physical elements and other 5 for Metaphysical elements.
- 12 major organs related to 6 different energies can be located and Treated on hand.
- 7 different chakras can be located and treated on one's hand which Are related to energies.
- 24 hours of our body organ clock.
- Triorigin or triguna therapy.

Using these methods energy which is metaphysical can be treated hence treating one's physical body resulting in healthy body and healthy mind.

Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any mis - information expressed there in.



My experience of Sam Won Gong Challenge



- Nicole Van Wittenberge Dutch living in Paris

It took some time to write my experience, as there are lots of big changes in my life and also because I feel that this first challenge is just a tiny beginning of a more profound and deep change to come with more learnings, which I am eager to obtain. I started SWG in good health.

The changes that I see are more of awareness: Awareness of the body which in the beginning was more stiff, less elastic and my movements were not very smooth and certainly not elegant. I loved watching the homework videos and some looked very gracious in their moves. I believe in the 21 days, that my movements have become more gracious, smooth and that my elasticity has improved. However doing the moves and the breathing together will need more time. V2 and V6 lower, the more you try to stretch up the more difficult it is to breath in, at least not in a relaxed manner YET.

Also my concentration on stretching, counting and breathing all at the same time needs more work. So for me there is still a lot of work to be done, but as you say Dr Minchul we are perfect, just the way we are in this moment, and I will continue to stretch this perfection hard work. I was very happy to follow the challenge so early in the morning. It makes you start the day taking care of your body and mind and the day seems to go smoother. Your body is warmed up, your energy level is ready to take on the day and you are in a calm state, which you try to retain for as long as possible.

As a sophrologist I work on the body and mind already since 2015, so emotionally I have gained in stability.

However the SWG Challenge has given me a deeper understanding of the different dimensions of consciousness and each time we upgrade, we change and not our surrounding as you said on the 9th of August. And this can effectively come with BIG changes if we want to continue to grow, and might mean having to let go of people, objects, situations, conditioning and old habits that hold us back. It changes our perception and creates a different angle to look at the situation.

Since 2015 I have practiced and learned many different disciplines: Sophrology, Neuro Linguistic Programming (NLP), Emotional Freedom Technique (EFT), Technique for the Sensory Identification of Unconscious Fears (TIPI), Auto-Hypnosis,....

However since I learned in September 2019 Triorigin, followed by Sujok, Twist Therapy and now Sam Won Gong, it is Prof. Park Jae Woo who created through these disciplines a cupboard, in which I could store all former knowledge. Naturally everything fell into place thanks to Prof. Park Jae Woo. I will eternally be thankful to him for this. As it creates new space in the brain once it can be stored in a place where it can be retrieved easily.

For the last 3 years with learning Tri Origin, Sujok, Twist Therapy and Sam Won Gong, I feel like I can finally merge all I have learned. Prof Park Jae Woo's teachings create peace of mind and serenity. Yes it is a lot to learn, and the more you learn, the more you see there

“When I saw Dr Minchul do the Sam Won Dong during our first Triorigin seminar in Paris in 2019, I knew that I wanted to learn this art, which was so graciously performed.”

still is to learn and this is endless and that is exactly what I like about it.

I have an incessant need to learn all the time and I think I am exactly where I am supposed to be and learning the disciplines of Prof Park Jae Woo which I truly believe to be the most amazing and efficient way of healing and upgrading yourself. I have gotten to learn more about how the body functions and who I am and even my place in this Universe. It is truly a magical journey since 2019.

When I saw Dr Minchul do the Sam Won Dong during our first Triorigin seminar in Paris in 2019, I knew that I wanted to learn this art, which was so graciously performed. I immediately searched on internet but nothing was posted from which I could learn this art.

I saw that there was a possibility in Cyprus in September 2021, but unfortunately this was for advanced students only. I jumped on the opportunity to enroll for the online course starting on the 12th of July 2021, however thought «How are we going to learn the movements online?»

I must congratulate Dr Minchul and Dr Minkyu for their innovative way of teaching online. The teachings start exactly on time, very well explained step by step, movements are structured step by step in front of a webcam making it very clear to follow. We also started of with a given roadmap of the 22 day Challenge, on which we wrote the goals we wanted to achieve in this challenge, colouring each day one of the 22 circles on the Triorigin chart. A great way of staying focused on which day we are. Furthermore they are extremely

professional with surveys, a WhatsApp group in which questions can be asked and homework videos of the movements can be posted. The teachers will look at the homework videos and let the person know, in a very pedagogical way, what needs to be rectified in order to improve.

Dr Minchul keeps putting the emphasis on what is important «keep stretching out», «eyes open», «breath in like smelling», «follow the movement with your eyes» These short sentences can look benign and of no importance, but when you are following the Sam Won Gong classes these simple sentences take you to a whole new level of conscience.

For instance, I have learned many breathing exercises, but not one of these techniques made my brain light up with new interneuronal connections, until I heard the simple phrase « breath in like smelling ». Instantly my brain lit up like stars do in the sky. The air, prana and oxygen went up into my brain first, before being distributed throughout my body.

The same for the phrase «follow the movements with your eyes», as the eyes are close to the brain, the brain directly connects with what you focus your eyes on.

Very logical, but important to hear it and the explanation.«Keep stretching out», that is what Gong means continuous effort.

I also liked the lesson: everything that exists is perfect! If it is manifested then it is exactly

“From the 2 struggling forces Hetero & Homo Harmony appears: Neutro State of Perfection, Harmony and from Neutro it is possible to return to the Origin ”

as it should be, therefore PERFECT.

Sam Won Gong means

SAM : Tri
 WON : Origin
 GONG : Effort &
 DONG : Movements

All together these are the movements done in continuous stretching at its utmost efficiency thus gaining energy.

We can imagine a pizza on the top of our head cut into 8 parts and pulling those lines down onto our body. Those will be the 8 energy lines V1-V8 (V8 being the front central line, V4 the back central line, V2 the left border line and V6 the right border line of the body. In between V8 and V2, will be V1 in between left side nose and ear, The V3 will be in between V2 and V4 left back side, V5 will be in between V4 and V6 right back side and finally V7 will be in between V6 and V8 between right side nose and ear.)

We work through the movements, stretching and breathing, the energy flow by stretching and opening all the joints in our body to optimize this flow.

It is a magical art and it looks like a gracious dance, and it helps merge the physical body and the metaphysical mind with a stable circulation of its energy.

I also was amazed how clearly Dr Minchul explained the Triorigin (fundamental theory of everything) in so little time.

The 4 fundamental forces of the Universe, with each a clear strong meaning and instruction:

Neuto : Origin

Hetero : Force that changes continuously, Chaos, wants to create difference.

Homo : Non changing Force, Order, wants to make all the same

From the 2 struggling forces Hetero & Homo Harmony appears: Neutro State of Perfection, Harmony and from Neutro it is possible to return to the Origin, from here an upgrade is possible

An upgrade of our conscience to another dimension. Triorigin is all about maintaining the existence between the beginning and end of our life.

I sincerely enjoyed the Challenge and look forward to talk about my experience to others around me and incite them to join the next beginners' class.

I will definitely continue on the 30th of August, as I hope to make Sam Won Gong and Dong part of my daily life routine.

I thank both Dr Minchul and Dr Minkyu for their time and effort to transmit their fathers' life's work and will see all of you tomorrow on our last day of the Challenge for the ceremony.

CONGRATULATIONS!!

SJ T. Reshma Suryawanshi



MK Seva Sansthan, Jharkhand is working towards the promotion of the aims and objectives of the Nations and its system for development of society, and in pursuance of its vision and guiding principle. The organization organizes program to facilitate the development of our societies through social work, research work, disseminates knowledge of United Nations and its program as well reaches out to the larger community at local & National levels.

SJ T. Reshma Surwanshi received a recognition of India Best Doctor award for the year 2021 from MK Seva Sansthan, Jharkhand for my free lectures given online for fighting COVID-19 in the pandemic situation. International Sujok Association (ISA) congratulate her on this precious achievement and wish that She serve more and more to the Society. SJ T. Reshma is also doing many other good work for the society at by and large. Furthermore she has also served as a faculty for online Training of Sujok Therapist for the preperation of Eligibility Test to be conducted by Maharashtra Acupuncture Council, Govt. of Maharashtra. Her efforts are well appreciated by every single participant. Her Dedication has helped us to achieved 100% result in the said Exam!!



SUJOK SOLIDARITY camp In Brazil

Sr. Pushpamary Susaiappan

Smile greeting from Sr. Pushpamary Susaiappan from Brasil to all sujok family. On behalf of mental health post pandemic 2021, and on behalf of four social work Center, House of support of Mother Maria Gertrudes conducted solidarity camp to share the knoweled of sujok treatment were conducted both presence as well as online. There were 40 members who participated, and they showed interest to learn more about sujok. Thanks to Prof .Park Jae Woo for his knoweled and insights which he imparted to humanity to take care of our health in integrity.

Taking **SUJOK** to the **AUSTRALIA!**

Sujok is not just a method of cure invented by professor Park Jae Woo but a passion he poured to each soul connected to Sujok & Triorigin Scence. He has touched many souls directly or indirectly who are in love with sujok. SJ T. Komal Jain is also one is that kind who brings Sujok therapy with her during her visit to Sydeny - australia. Yes, You heard correctly, She brought Sujok therapy with her, thanks to its simplicity, afoordability, accesibility, and a uniqiness that does not require a huge set-up or Bagful of Expensive instruments to help someone to heal someone. Just before the pendamic She went to Sydney for a Social visit & ofcourse for a Vacation. But the Zeal of Spreiding Sujok motivated her to bring Sujok with herself and She conducted many awareness talks & Treatment camps which not only benefited 100's of citizens of the Australia but she Inspired many to Learn and propogate Sujok to the Society. ISA congratulates her for her efforts.



Awareness is must!!

Camps during past months...

Various Sujok Treatment & Training camps were organised at various places of Rajkot by SJ T. Tapan Padya and his team during last September & October 2021. He has been also awarded with Social Welfare Award - 2019 in recognition to his exemplary awareness programs through the year.



1. Sujok Treatment camp held, at Swaminarayan Temple with my students. With pre-approval of Swami Ji, we have informed visitors 4 days earlier, through the notice board of temple. Great number of patients get benefited.

2. Sujok Awareness Camp held, for the students of Naturopathy Institute. Proven that Sujok is also a natural system as yours.



3. Sujok Awareness Camp held at residential society (Prashil Park) Near Saurashtra University. They invited us in the meeting of female wing of their association. We presented how Sujok can cure various diseases.

4. Sujok Awareness Camp held at Rajkot City Police Training Centres For the police officers & the staff under training.



5. Sujok Awareness Camp held at Rajkot Rural Police Training Centres For the police officers & the staff under training.

“

Webinar Series by ISA

Ever since inception of international sujok association by prof. Park jae woo, ISA is making sincere efforts in developing methods of treatment & knowledge upgradation of therapist to serve humanity. In above efforts ISA initiated upgradation webinar by renowned faculties like **Dr. Sankar TSR Mohanaselvan & SJ T. Ashok Kumar Kothari.**

The 1st webinar's subject was “**Medical Case Taking**” (MCT) which was conducted by **Dr. Sankar TSR Mohanaselvan** (MBBS,D.Ac., D. S. Ac., C. BERM, QBI(AB), President : ISA – India, Gen. Sec. ISA Global) keeping in mind attendance by Novice in medical science to specialist in medical fraternity practicing Sujok Therapy.

Combination of Allopathic knowledge & Sujok Therapy, explanation of diagnosis of various chronic & acute ailments were imparted which help in understanding treatment modality through sujok therapy.

In the webinar important aspects like History taking which is reason behind every successful treatment outcome & faithful communication between Doctor & patients.

It also necessitates taking past history for commencement of disease, also family history, social history etc. also presentation of complaints which should be in simple terms unlike allopathic terminology for general examination & system enquiry.

To understand difference between mainstream medicine & sujok therapy treatment many system like musculoskeletal, respiratory, gastrointestinal, urological, cardiovascular, metabolic, endocrine, central nervous system, skin, emotional/mental systems were explained.

Information like various investigations, drugs taken, imaging studies of x-rays, CT scans, MRI, USG, EEG, ECG, along with living/hygienic conditions, professions, dietary habits, likes & dislikes, education level & IQ to be gathered to arrive at the diagnosis & Treatment.

The webinar was very much welcomed by participants who came from different walks of life.

”

“

Webinar Series by ISA

The onther intresting Subject was “**Practical Tips For treatment by Sujok Therapy**” (PTFT) which was specially developed for Sujok Therapist & specialists in medical fraternity practicing Sujok Therapy. It was Conducted by **SJT Ashok Kumar Kothari** (Sujok Master Qualified, Vice president : ISA India & Head of Publication, ISA - Global)

It was a treat learning from a seniormost practitioner & lectrurer having vast knowledge & experience of the subject to understand diagnosis & practical approach to apply treatment.

The webinar covered detailed explanation of tools, applications of seeds, colours, magnets, needles, laser lights etc. Proper ways of treatment application like stimulation, needling, moxa & different massage instruments etc.

Organs related to different diseases & understanding syttems, diagnosis, & treatment by Sujok Therapy.

Beauty of the webinar was the medium of instructions in Hindi & English for better grasping the subject.

Many diseases were taken up for treatment with sujok therapy with thorough understanding of medical science behing it like occurance, reccurance, after effects of organ related diseases, though exhaustive but in brief.

At the end Q & A session was taken up for querries from defferent participants & were explained satisfactorily.

All participants were grateful to ISA for conducting such webinar & future webinars to follow.

”

UPCOMING COURSES

BY DR. VIOLETTA NIKOLAEVA
MOSCOW - RUSSIA



Dear Sujok Family
Smile Greetings,

Hope all of you are keeping good health and staying safe. ISA is pleased to announce the most demanded **Six Ki(1) & Six Ki (2) Webinars** with some advance information by **Dr. Violetta Nikolaeva** from Sujok Academy, Moscow - Russia.

This course is organized on special requests to Dr. Violetta from many Indian participants. It will be conducted ONLINE on SUJOK GLOBAL PLATFORM as per the following schedule.

SIX KI (1)

Dates : Nov 27 to Dec 02, 2021
(5 days Class, 1-day Exam & Evaluation may be revised if needed)

Time : 03.00 pm to 07.30pm (IST)

Language of lectures : English

REGISTRATION PROCESS :
Online / Offline

IMPORTANT DATES :

Registration Starting Date:
Nov 01, 2021

Closing Date :
Nov 25, 2021 (midnight)

SIX KI (2)

Dates : Dec 04 to Dec 09, 2021
(5 days Class, 1-day Exam & Evaluation may be revised if needed)

Time : 03.00 pm to 07.30pm(IST)

Language of lectures : English

REGISTRATION PROCESS :
Online / Offline

IMPORTANT DATES :

Registration Starting Date :
Nov 01, 2021

Closing Date :
Dec 02, 2021 (midnight)

FOR MORE DETAILS & REGISTRATION

<https://www.sujok.com>

**“Count your life by smiles, not tears
count your age by friends, not years”**

INTERNATIONAL SUJOK ASSOCIATION

**Wishes sujok family members
Smile birthday & smile time all the time.**

Smile Birthdays...

SNIGDHA ANAND (New Delhi.)

Sujok Qualification : Basic, MSKi, Six ki-1 & 2.
Ph.no. : 9086346403
Date of birth : Oct. 04th.

MADHURI JOSHI(Nagpur.)

Lecturer : Basic,
Sujok Qualification : Basic, MSKi,
Six ki-1 & 2. Triorigin
Ph.no. : 9890020566.
Date of birth : Oct. 09th.

Dr.DHANANJAY H. DESHMUKH(Amravati.)

Sujok Qualification : Basic, MSKi, Six ki 1 & 2.
Orivular
Ph.no. : 8275899822.
Date of birth : Oct. 18th.

VANDANA VYAS(Nagpur.)

Sujok Qualification : Basic, MSKi, Six ki 1 & 2.
Ph.no. : 9822458808
Date of birth : Oct. 21st.

ANAMIKA MALPANI(Nagpur.)

Lecturer : Basic,
Sujok Qualification : MSKi, Triorigin,
Hypertension Diabetes.
Ph.no. : 9284946771
Date of birth : Oct. 22nd.

MALU R. THAKARE(Nagpur.)

Sujok Qualification : Basic,
MSKi, Six ki 1, Smil Meditation.
Ph.no. : 8605821097.
Date of birth : Nov. 02nd.

PRAFUL PANDIT(Mumbai.)

Sujok Qualification : Basic, MSKi, Triorigin.
Ph.no. : 9820987571.
Date of birth : Nov. 07th.

SHUBHA MAHESHWARI(Nagpur.)

Lecturer : Basic, MSKi,
Sujok Qualification : Six ki 1 & 2. Triorigin,
Smile meditation. Diabetes
Ph.no. : 9822458808
Date of birth : Nov. 08th.

Sujok Family Member :

Please Note : Birthday wishes or condolence messages are to be conveyed on personal level only. No message to any member will be entertained through this e-magazine / News letter.

Smile Birthdays...

DEEPA SUDHAKARAN(Mumbai.)

Sujok Qualification : Basic,MSKi, Six ki 1 & 2.

Triorigin

Ph.no. : 7506255657

Date of birth : Nov. 13th.

PIYUSH RAJYAGURU(Rajkesh.)

Lecturer : Basic,MSKi, Six ki 1 & 2.

Trio, Siwg, Twist Therapy.

Ph.no. : 9824011306

Date of birth : Nov. 16th.

ANITA JADHAW(Pune.)

Sujok Qualification : Basic, MSKi, Six ki 1&2.

Triorigin,

Ph.no. : 9527993445.

Date of birth : Dec. 10th.

SHOBHA M. YADAV(Mumbai).

Ph.no. : 9699411051.

Date of birth : Dec. 20th.

GIRIJA KRISHNAN(Mumbai.)

Sujok Qualification : Basic, MSK, Six ki 1&2.

Triorigin, Smile Meditation.

Ph.no. : 9833944506.

Date of birth : Dec. 25th.

Dr. JAYANT ACHYUT SATHE (Mumbai.)

Sujok Qualification : Basic meridian,

Ph.no. : 9967503754

Date of birth : Dec. 28th,

BALJEET KAUR(Thane)

Lecturer : Basic,

Sujok Qualification : Meridian, Six ki-1, Six ki-2.

Ph.no. : 9920852909

Date of birth : Jan.05th

JAISHREE PATEL(Nagpur.)

Lecturer : Basic, MSKi,

Sujok Qualification : Trio. Smile Meditation,

Hypertion Diebeties, Six ki 1 & 2.

Ph.no. : 9665402838.

Date of birth : Jan.13th.

AJAY P. SHARMA(Pune.)

Sujok Qualification : Basic, MSK, Six ki 1 & 2.

Triorigin. SWD, Twist Therapy

Ph.no. : 9822994422

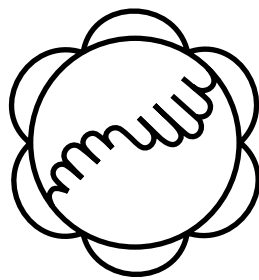
Date of birth : Jan. 20th.

Sujok Family Member :

Please Note : Birthday wishes or condolence messages are to be conveyed on personal level only. No message to any member will be entertained through this e-magazine / News letter.

“

“This world is a world of wonders,
& it is also full of bright smiles,
The purpose of this world is the
realization of wonder & smile”



ISA

International Sujok Association

”



2021

Note :

Next issue of the Sujok World Newsletter will be published in the last week of January 2022 for which articles received up to 20 Dec. 2021, will be taken up for consideration. Submit your article(s) at sujoknewsletter@gmail.com

Address :

International Sujok Association®

C/o, Sujok Clinic & Research Centre, Near Sharda Ispat Ltd.,
Automotive Square, Kamptee Road, Nagpur - 440026.
Maharashtra - BHARAT



+91-7620-262683 | 0712 - 2640279



www.sujok.com | www.sujokglobal.com



sujoknewsletter@gmail.com | info@sujok.com