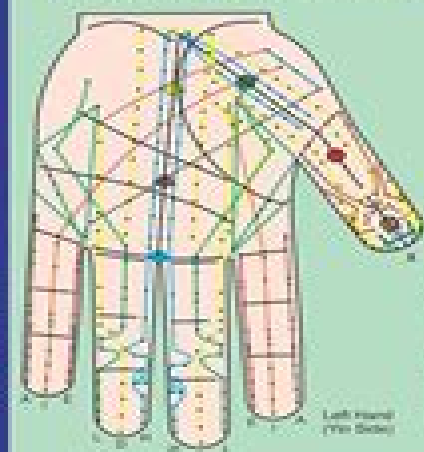


# SU JOK

ENERGY SYSTEMS OF HANDS &



**UM-B**  
 X - Concepts  
 A - Lung Bi-Yol  
 I - Pericardium  
 E - Heart Bi-Yol  
 L - Liver Bi-Yol  
 D - Spleen Bi-Yol  
 H - Kidneys Bi-Yol

**AH-B**  
 Y - Governor  
 B - Large Intestine  
 J - Spinal Cord  
 F - Small Intestine  
 C - Stomach  
 K - Gall Bladder  
 G - Urinary Bladder

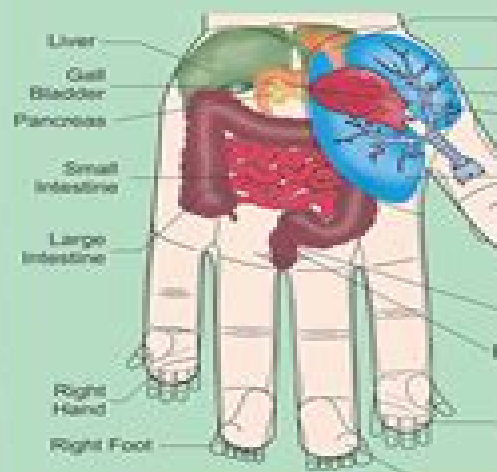
**External**  
 ● Spine  
 ● Wind  
 ● Heat  
 ● Cold  
 ● Dry  
 ● Cold

Left Foot (Yin Side)  
**UM-Bi-Yol-Meridians**

Central Border  
 Bi-Yol-Meridian  
 Sagittal Core  
 Bi-Yol-Meridian  
 Diaphragm Border  
 Bi-Yol-Meridian

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STANDARD SYSTEM  
 TO THE BODY

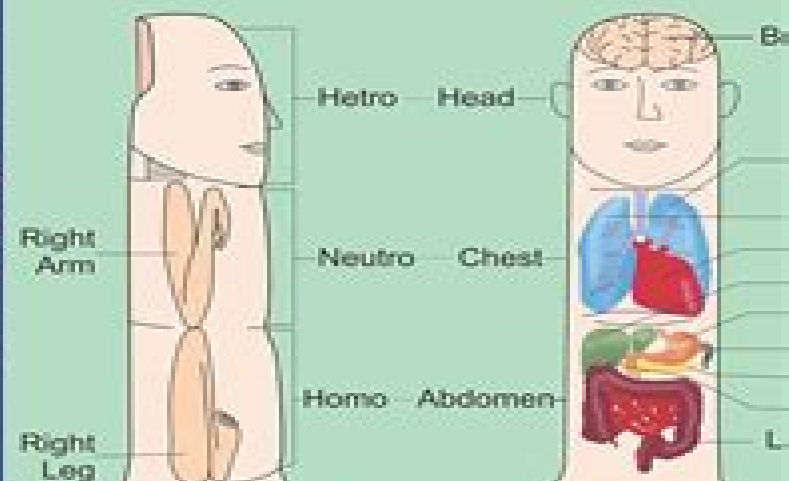


**PROJECTION OF THE  
 STANDARD / INSECT**



# SU JOK THE

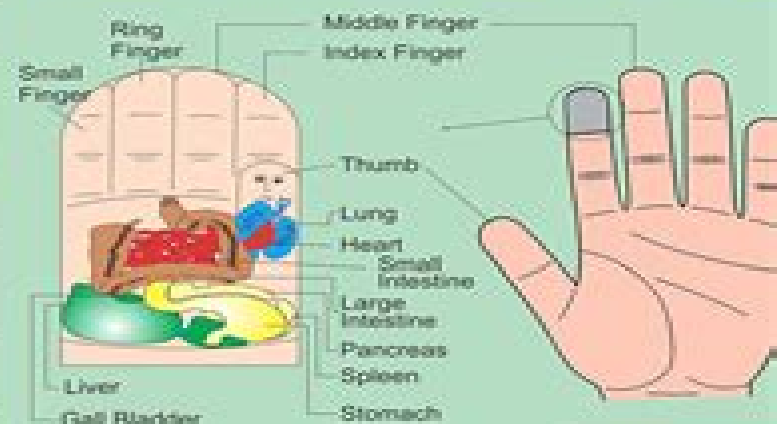
STANDARD CORRESPONDENCE INSECT SYSTEM



Right side surface

Yin surface

STANDARD CORRESPONDENCE MINI SYSTEM



Hands and feet by analogy human body. This truly is possible to realize that off correspondence systems of body. The Homo-systems pe and maintains the balance systems of hands and feet: treatment correspondence

# Guide Su Jok Colors

**William Torrey Harris, Frederic Sturges  
Allen**



## **Guide Su Jok Colors:**

**Color and Number Therapy** Hr Prithvi Dawar, 2022-03-26 After the diagnosis Colour and Number Therapy can be applied on correspondence meridian chakra organ or local affected area of the body It Works dynamically provides instant relief with writing the numbers with the mentioned color on the prescribed area on the Hand with the symbol for the selected health problem Color Number Therapy heals Your Body Mind Spirit Soul Naturally without any Drugs and Side Effects This Holistic Health Care Therapy is very useful in management of Pain Stress Disease Like Blood Pressure Obesity Paralysis Diabetes Sciatica Slip Disc Arthritis Knee Spondylitis Cervical Frozen Shoulder Body Pain Asthma Indigestion Acidity Stress Migraine Memory sinus Varicose Veins etc We can get Better Health Wealth Happiness Harmony Beauty and Fitness by this Technique Energy is the capacity to work so nobody can create or destroy the Universe energy We can transfer the energy The total amount of energy always remains constant and thus its the basis on which the treatment is provided

**SAMPOORNA MUDRA VIGNAN** Dharanipragada Prakash Rao, Dharanipragada Deepthi, 2021-09-24 Mudra is a gesture made with fingers hands or with entire body sometimes coupled with breathing techniques to stimulate the flow of energy in the body Mudras originated thousands of years ago and were very well adopted in ancient India but of late its essence is seen diminishing With an intention to bring the benefits of Mudras to common man Yogacharya and Mudra Specialist Sri Dharanipragada Prakash Rao has published a book in Telugu A language of Andhra Pradesh and Telangana States of India by name Mudralu Bhandhaalu which is result of his vast study and research in the area of Yoga and Mudras Till date it sold around 10 000 copies To further strengthen the reach of this knowledge and benefits to larger audience Sri Prakash Rao along with his daughter Dharanipragada Deepthi have brought forward a book in English by name SAMPOORNA MUDRA VIGNAN which is an encyclopedia to Mudras It covers 810 Mudras with pictures which explains the procedure time limit to perform the Mudras their physical mental and spiritual benefits too Apart from therapeutic use through Chikitsa mudras this book also covers various mudras on Pranayama Dhyana Meditation to activate chakras Puja mudras Mantra mudras Vaastu mudras Natya mudras and many more This book categorizes Mudras based on how they are performed such as Hasta Mudras which are practiced with hands Kaaya Mudras with body Sira Mudras with head Aadhaara Mudras taking an external support Mano Mudras by focusing the mind on something Chakshu Mudras using eyes Bandha Mudras internal locking mechanisms Last part of the book contains a detailed list of ailments with special mention about the Mudras which can prevent or cure specific ailments The reader can find his or her current health issue and practice the specific Mudras proposed in the book to experience direct benefits of Mudras Irrespective of the age if staying fit is your goal then this is a Book of all Times NOTE Though most of the Mudras can be practiced by self to heal the health there are some Mudras which must be learnt and practiced only under the guidance of an expert Mudra Specialist The results may vary according to the level of concentration belief interest and practice More books from same Author Mudralu Bandhaalu Telugu Book Mudraye Aur Bandh Hiindi Book

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**Leahy's Hotel-motel Guide and Travel Atlas of the United States, Canada, and Mexico**, 1957 *Manual de cultivo de plantas nativas y naturalizadas para espacios urbanos de bajo mantenimiento* Lelia Imhof, Natalia Cáceres, Mario Suárez, Emmanuel Hick, Evangelina Matoff, Laura Fraschina, Eugenia Videla, Sonia Fioretti, Mará Rosa Derguy, Leonardo Galetto, 2024-06-24 Este libro es el resultado de 10 años de trabajo de investigación en el área de la evaluación de desempeño de diferentes especies nativas para la región central de nuestro país y de regiones bioclimáticamente similares así como en las tecnologías asociadas al cultivo y multiplicación de estas especies Se evalúa el desempeño de especies nativas en macetas canchales y cubiertas naturalizadas techos verdes para que las mismas puedan ocupar espacios urbanos donde su mantenimiento es bajo o nulo Se presentan con explicación técnica y metodológica las regiones bioclimáticas en donde se considera que este conjunto de especies mantendrá un buen desempeño para los usos recomendados Luego se presentan brevemente distintas técnicas de propagación y trasplante que se pueden utilizar a fin de ilustrar a los potenciales usuarios de las alternativas disponibles para este conjunto de especies

**The Painters Magazine and Paint and Wall Paper Dealer**, 1946 *The Rotarian*, 1945-11 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Gandhi to Kurt Vonnegut Jr have written for the magazine

Subject Guide to Books in Print, 1971 *Boys' Life*, 1990-12 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

HOLISTIC WELLNESS AND SUPER FOODS SUREN VERMA, 2024-12-17 This is a unique book which describes ways and means to maintain good health based on Energy Healing systems and super anti oxidant foods that heal in a natural way without the use of medicines The book is divided into 3 main parts Part 1 General Introduction to Holistic health and wellness Activating the natural intelligence of body to heal by itself Part 2 Natural Energy Healing Systems Ashtang Yoga Kriyas and Yoga Asanas Pranayama Mudras and Bandhas Surya Yoga Meditation and Energy Healing Reiki Energy Healing Pranik Healing Sujok acupressure Acupuncture Emotional and soul healing Therapeutic massage Part 3 Anti oxidant Super Foods that heal and cure Introduction to super foods Calorific Values of food items Vitamins and minerals Proteins and Amino acids Anti oxidant Super Foods Berries Aloe Vera Avocadoes Beetroot Raw Honey wheatgrass extract and many more Dairy products and Camel milk Foods containing hormones Seeds Sprouts Bitter foods Vitamin D3 formation under sun and cholesterol Detox your body Diseases and their treatment with natural energy healing and super foods 15 numbers Glossary

of ailments and their cure with super foods in tabular form 100 numbers I am sure the book will be of great help to all in maintaining good health in a natural way      **Bibliographic Guide to Dance** New York Public Library. Dance Collection,1990      **Resources in Education** ,1978      Webster's New International Dictionary of the English Language. Based on the International Dictionary 1890 and 1900 William Torrey Harris,Frederic Sturges Allen,1911      **Official Gazette of the United States Patent and Trademark Office** ,2003      New International Dictionary ,1920      *The Directory of U.S. Trademarks* ,1993      *Parsiana* ,1995      Youth's Companion ,1877      □□□□□□ ,1993      Jewelers' Circular-keystone ,1996      *Transporte en contenedor 2ª Edición* Jaime Rodrigo DE LARRUCEA, En este libro se analizan los distintos tipos de contenedor la naturaleza de las mercancías que mejor se adaptan a cada uno de ellos y el modo de optimizar su uso y asegurar la integridad de los productos que se transporten en su interior Describe el proceso de transporte del contenedor y su manipulación en las terminales portuarias o ferroviarias especializadas se detallan las características de los buques portacontenedores y sus equipamientos y se dedica un amplio apartado al régimen jurídico del transporte marítimo de contenedores y a la casuística de daños y averías que pueden afectarlo

## Guide Su Jok Colors Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Guide Su Jok Colors**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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