

***ENERGY LEVEL CONCEPT  
WITH 5-ELEMENT  
THEORY, 6-KI ENERGY,  
8-KI ORIGIN THEORY***

**Prepared By: KACHAM BINDU**



**2009-10**

**Guide:Mr. Jignesh Gokani**

## **PROJECT REPORT ON**

***“ENERGY LEVEL CONCEPT WITH 5-ELEMENT THEORY, 6-KI, 8-KI”***

**This Project is submitted in partial fulfillment for the award of**

**Diploma in “SUJOK THERAPY”**

### **SUBMITTED BY**

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### **ACADEMIC YEAR**

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### **PROJECT GUIDE**

**(Mr. Jignesh Gokani)**

### **SUBMITTED TO**

**Centre for continuing Education – Saurashtra University**

**&**

**(RDIIM)**

**Research & Development Institution of Integrated Medicines.**

## Certificate

This is to certify that ~~Mr./Mrs./Miss~~ KACHAM BINDU has submitted the project work on ENERGY LEVEL CONCEPT WITH 5-ELEMENT THEORY, 6-Ki, 8-Ki(origin) (Subject) to fulfill requirement for the award of diploma in SuJok therapy offered by centre for continuing education – Saurashtra University & research and development institute for integrated medicine – Hyderabad.

Date :

Place : HYDERABAD

(Dr.Kaladhar Arya)

## Declaration

The undersigned, Mr./Mrs./Miss. KACHAM BINDU, a student of Diploma in SuJok Therapy declare that this project work has been carried out under the Guidance of The Course Co-coordinator Dr. Jignesh Gokani

This project report is entirely an outcome of my own efforts and is not submitted, either in part or in whole, to any other University or Institute for any examination or for the award of any other certificate/diploma/degree.

Date: \_\_\_\_\_

\_\_\_\_\_

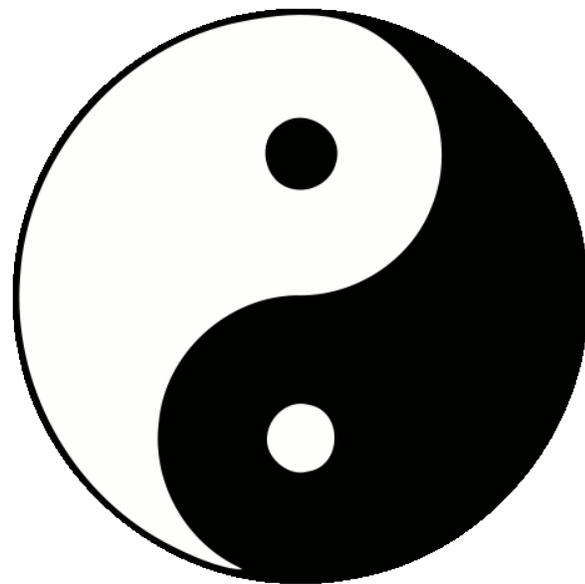
*Signature of the Student*

Place:- HYDERABAD

(Name: **KACHAMBINDU** )

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*Course Co-coordinator*



**YIN - YANG**

# ABSTRACT

## Project on

### ***“ENERGY LEVEL CONCEPT WITH 5-ELEMENT THEORY, 6-KI, 8-KI”***

has been under taken for **Diploma in Sujok Therapy for Saurashtra University, Rajkot, Gujarat** with some specified objectives and certain desired goals. Proposed methodology and plan of action was designed in consultation with my Project Guide Mr. **JIGNESH GOKANI**. The same in brief could be maintained below.

Firstly it was desired to understand the overall view of the different traditional healing systems as an independent system and to find out if any connection or similarity exists among them and the same was achieved by studying different literatures. By eminent personalities then the same was to be verified from expert therapist of that stream.

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# ***INTRODUCTION***

# Project on Energy Level Concept with



## 5-Element Theory, 6-Ki, 8-Ki

### (Diploma in Saurashtra University, Gujarat)

- **CONCEPT OF HEALTH, DISEASE AND ENERGY LEVEL CONCEPT.**

Every Phenomenon in the universe follows certain “Law of Nature” obedience to this law of nature ensures healthy health, disobedience to the law of nature leads to ill health or destruction.

At the time of creation of WHO in 1948, health was defined as being  
“A state of complete physical, mental, social being and not merely the absence of disease or informative is defined as health”.

Our body is made up of Bones, Blood and Flesh. In our body there are 33 organs engaged in a very systematic systems they function with accuracy, because of which we can do our work without any problems. All these organs together make different systems.

In our body these 33 organs and systems are working properly by co-coordinating with each other thereby we can enjoy the state of health.

- **WHAT IS DISEASE?**

Diseases & treatment of disease are connected with each other since beginning of human race. Whenever we have any disease (uncomfortable feeling/disorder) it affects one or more internal organs or systems.

A pathological condition of a part, organ or system of an organism resulting from various causes such as infection, genetic defect, and environmental stress and characterized by an identifiable group of signs or symptoms is known as disease.

Scientifically we are informed that the blood is the basic component of the body which provides us health. So if a person is diseased it means that there is some change in the composition of the blood. For example number of cells or enzymes or hormones or chemicals and any abnormality detected under this is termed as disease.

In the world more than 200 types of therapies are existing. To name a few:-

- a) Ayurveda.
- b) Homeopathy
- c) Siddha
- d) Yoga & Nature Cure
- e) Unani
- f) Acupressure and Acupuncture
- g) SuJok Therapy.
- h) Vama technique (marma) (Ancient way of Indian Acupressure)

The definition of disease defers from science to science and country to country.

For Example:

- ❖ Ayurveda would define the disease in the terms of Vatta - Pitta - Kapha. (5 - Element theory of Indian system).
- ❖ In case of Homeopathy the disease are defined by 5 miasmas.
- ❖ In Acupuncture/Acupressure an imbalance in energy flowing through meridians.
- ❖ In SuJok we define the disease as imbalance of energy flowing through meridians and chakras of the body.

### • **IN HEALTH CONCEPT OF ENERGY CIRCULATION.**

According to modern science we have blood circulation which works as transportation system of body maintains our health. Allopathic diagnosis is mostly based on blood test.

Apart from blood circulation we have another circulation in our body- It is air circulation - breathing. According to Modern science it is only exchange of carbon-di-oxide (CO<sub>2</sub>) and oxygen (O<sub>2</sub>). In Indian system this breathing phenomena has been defined as exchange of prana shakti, where Prana means Life & shakti means Energy and that is why in the world the concept of "pranayam" is only in India.

(Prana+ ayama=Regulation of energy)

Apart from these two circulations there is one more circulation which all of us have experienced every day but we are not aware about it.

When we are tired in the night we go to sleep and we get up fresh in the morning what gives freshness? It is no yet clearly defined in modern science.

If it is the rest and activities of Alfa-Beta-Gamma cells of the brain giving us the freshness then the same cells fails to work if the time of sleep changes.

For example:

If a person sleeps in night at 10pm and gets up in 6am he or she feels fresh. But if they sleep at 6am and gets up at 2pm they do not feel the same freshness. Why? It is not yet clearly defined.

So our body or health is not only dependant on blood circulation but it has connection with energies also- which has been defined very well by ancient scholars in the form of tradition medicines. Famous new age scientist & Philosopher Prof. Park Jae Woo has developed SuJok therapy.

SuJok Therapy includes the basic concepts of

- Chinese Acupuncture,
- Korean Acupuncture.
- Indian chakra system,
- Egyptians pyramid energy systems &
- Mesopotamia spiral energy system.

This is not only a way of treatment but also explains the basic principal of health and existence.

This is a combination of ancient information with effect fast like modern science.

We will be discussing in following chapters.

## CONCEPT OF 5-ELEMENT THEORY IN AYURVEDA.

According to Ayurveda the entire world is made up of 5 elements as follows :-

1. Akash tatva - Universe- Emptiness of the world.
2. Vayu tatva - Air element of the world.
3. Agni tatva - Fire element of the world which has been considered as fundamental for existence.
4. Pruthivi tatva - Earth element, Solid material of the world.
5. Water tatva - Water rectification process and condensation of molecules again it has a very large importance in Ayurveda.

### **The concept of Panch (5) Kosha.**

Any human being is having five coverings call the Koshas. This five(5) Koshas are:

- Annamaya Kosha (Gross matter) - (Physical Cell)
- Pranamaya Kosha (Prana) - (Energy Cell)
- Manomaya Kosha (Manas) - (Mind Cell)
- Jnanamaya Kosha (Buddhi) - (Intellectual Cell)
- Anandamaya Kosha (Heart) - (Bliss Cell)

- **Annamaya Kosha (Gross Matter):**

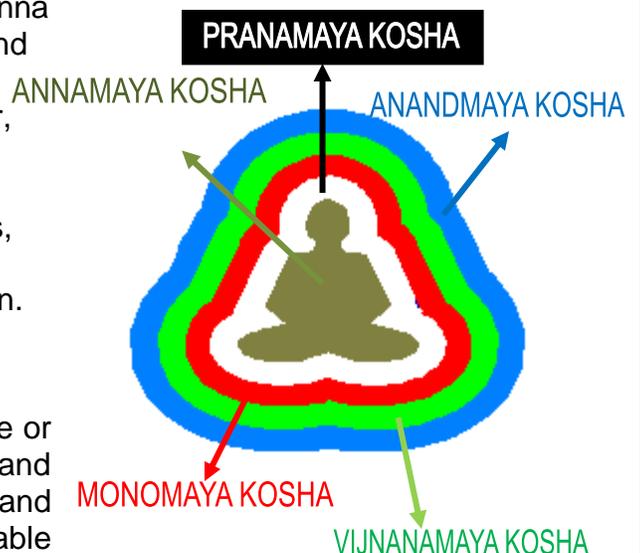
The first of these Koshas is the gross matter, the atom's outer coating which becoming Anna (nourishment), supports this visible world and thus is called the Annamaya Kosha. The atoms, being attracted towards one another, come nearer and nearer, taking ethereal, gaseous, fiery, liquid and solid forms.

Thus this visible world becomes adorned with suns, planets and moons, which we call the inanimate kingdom of the creation.

- **Pranamaya Kosha (Prana):**

The second is the body of energy, life force or prana, composed of the organs of action, and thus called Pranamaya Kosha. and Pranamaya Kosha creates the vegetable kingdom.

In vegetable kingdom they have just acquired the power of growth from the gross matter (Annamaya Kosha) that is why there is no enmity among them on the contrary they have strong desire and love for the growth and that is the reason they start from the earth & goes towards the sky without creating any disturbances and being in harmony with the surroundings (plants & nature).The basic nature of this element is always to provide.



Pranamaya Kosha (the sheath composed of karmendriyas the organs of action.) begins to operate. In this organic state the atoms, embracing each other more closely to their heart, are appearing as the vegetable kingdom in the creation.

- **Manomaya Kosha (Manas):**

The third is the body of the Manas, the mind. Composed of the organs of senses, the five sense organs are (sight, hearing, smell, taste and touch - and being attracted under the influence of Manas, mind) and called Manomaya Kosha. Manomaya Kosha creates the animal kingdom.

When Pranamaya Kosha becomes withdrawn, the Manomaya Kosha (the sheath composed of Jnanendriyas, the organs of sense) comes to light. The atoms then perceive the nature of the external world and attracting other atoms of different nature form bodies as necessary for enjoyment and thus the animal kingdom appears in the creation.

This is the area from where manifestation of anger, jealousy, quarrels, enmity etc. starts. This part again indicates something towards the fundamentals difference between vegetable-Plant kingdom & animal kingdom.

- **Jnanamaya Kosha (Buddhi) :**

This is the Fourth magnetic - aura electricity, manifestation of Buddi the Intelligence that determines what is truth. Thus, being the seat of knowledge, Jnana, It is called Jnanamaya Kosha. This Jnanamaya Kosha creates Mankind.

When Manomaya Kosha becomes withdrawn, Jnanamaya Kosha (the body of intelligence) becomes perceptible. Acquiring the power of determining right and wrong. Truth, can analyze, Judge various things & finally becomes man, the rational being in the creation.

so as modern science says that man is a social animal is partial true. And human being is ultimate creation - most advanced version in creation of animal world its true according to ages old definition.

- **Anandamaya Kosha (Heart):**

The fifth of these five is heart- chitta, the atom, composed of four ideas as mentioned before, which feels or enjoys (Annamaya, Pranamaya, Manomaya Jnanamaya) and experiences happiness & satisfaction, once a human being thus the seat of bliss, ananda, is called Anandamaya Kosha.

**Devata or Angel :** When man, cultivating the divine spirit or omniscient love within his heart is able to withdraw this Jnanamaya Kosha, then the innermost sheath, chitta, the heart, becomes manifest, Man is then called Devata or Angel in the creation. These people are available in society as providers. They don't need anything for themselves what they need is to spread happiness, satisfaction and they want to reduce pains and suffering in society.

This is how the five layers of this world were created. And that's how the visible world was created by HIM.

## According to Ayurveda 5 energies:

1. In Ayurveda the Annamaya Kosha (food) passes through seven stages of the physical form. That means whatever food we consume it passes in the body in different seven stages and the cycle finishes in forty (40) days. Those seven stages are as follows:

According to Ayurveda	According to Modern Science
1. Rasa	- Chyle
2. Rakta	- Blood
3. Mansa	- Flesh
4. Med	- Fat
5. Asthi	- Bone
6. Majja	- Bone marrow
7. Shukra/Aund	- Sperm / Ovum

The food particles which change the seven stages pass through various systems of the body and they change the form and converted into next form through 5 vayus.

These 5 Vayus are:

1. Pran Vayu
2. Vyan Vayu
3. Saman Vayu
4. Udan Vayu and
5. Apan Vayu.

### The two Faces of Ayurveda

- According to Charak
- According to Shushrutha

The origin of Ayurveda as known to us was started by Ashwini Kumar who was sent by Bhramaji to treat Chyavan Rushi. Then it was transmitted to Dhanvantari Rushi. Then the two legends of Ayurveda charak and Shushrutha spreaded this ancient knowledge. where the Charak defined the disease as impurity in the blood and to rectify this we have various herbs, food items (vegetables, fruits etc) and spices. This is the reason the Indian Kitchens are full of spices compared to other countries / civilization of the world.

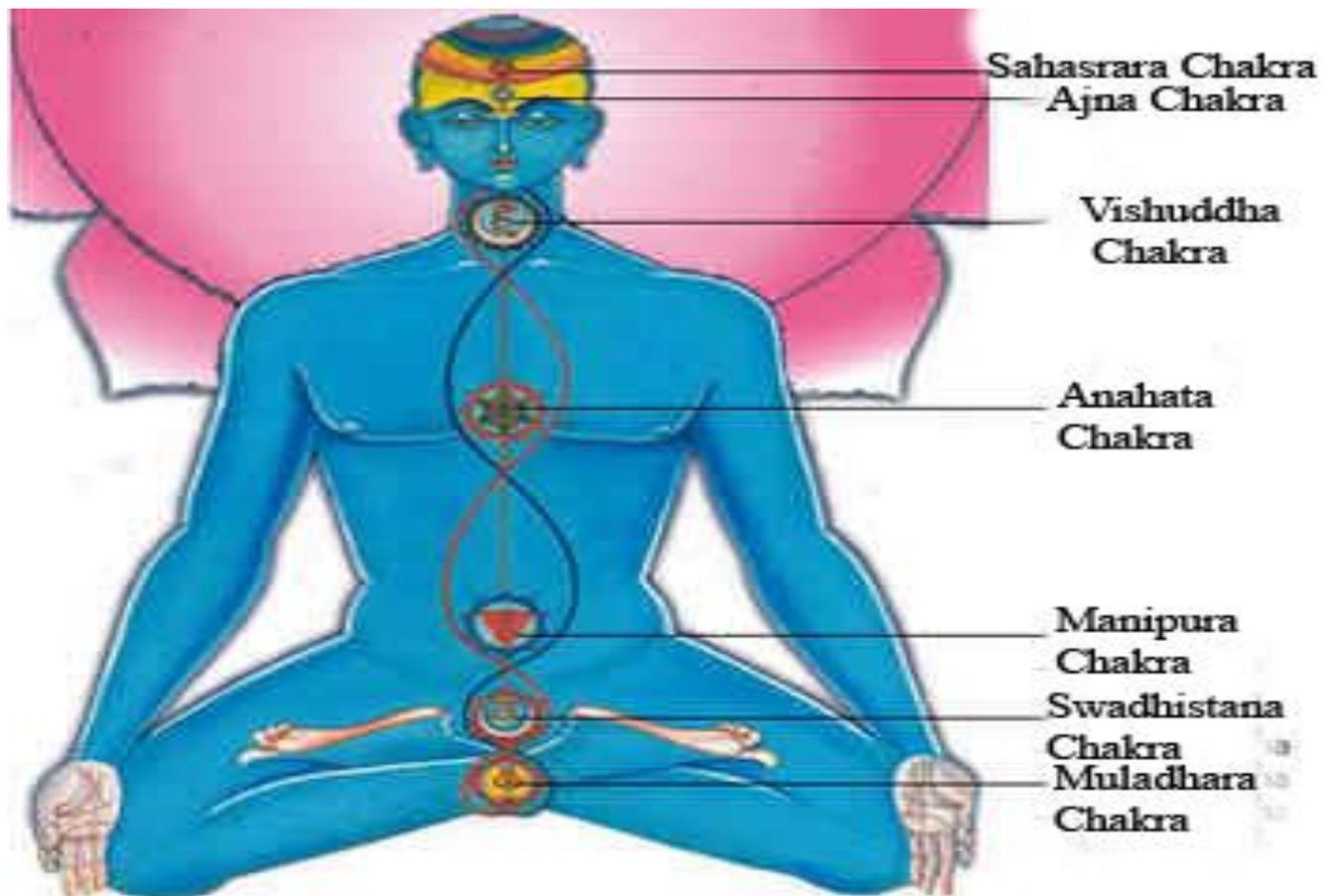
the Shushrutha has defined that the entire body is controlled by 72,000 (seventy two thousand) nadies, and any impurity or block in these nadies is resulting into the disease. This is how the nadi Shasta was developed in India. Is being practiced even today in Indian society.

Shushrutha has defined 72000 nadies in entire body through which prana Shakti (energy) flows. In which major 3 nadies are Ida(left), Pingla (right) and Sushumna (central). when the energy flow in these nadies are harmonious, we enjoy the state of health. There are various ways of increasing and decreasing this prana Shakti. These ways are mentioned under Astangyoga. (Yama, Niyam, Asana, Pranayam, Pratyahar, Dhyan, Dharna and Samadhi). These 72000 nadies are similar to the concept of meridians under Chinese acupuncture.

# According to Indian system Chakras.

There are eight chakras according to Indian system. They are :

1. Muladhara chakra
2. Swadhistana Chakra
3. Manipura Chakra
4. Anahata Chakra
5. Vishuddha Chakra
6. Ajna Chakra
7. Sahasrara Chakra and
8. Kundalina Chakra



1. **Muladhara Chakra :**

It is made up of 4 petals base of material world.

2. **Swadhistana Chakra :**

It is made up of 6 petals and center of self (ego)

3. **Manipura Chakra:**

It is made up of 10 petals and it is center of all energies.(Source of all energies.)

4. **Anahata Chakra :**

It is made up of 12 petals. It is center of Love.

5. **Vishuddha Chakra :**

It is made up of 16 petals. This is the center of purification and it has connection with discriminating power of Brain. It helps in understanding truth & false on higher dimension.

6. **Ajna Chakra:**

It is made up of 2 petals. Directly connected to the intellectuality of man and connecting to the Jnanamaya Kosha. (This is the main controlling centre of whole body)

7. **Sahasrara Chakra :**

It is in the lotus form. It has 1000 petals & connected to the spirituality. An opening by which one can get connected to HIM.

8. **Kundalina Chakra:**

It is 21/2 circles in the form of serpentine. This chakra has energy which ultimately unites with Sahasrara chakra and helps in attaining self realization. This kundalini chakra is located near the Coxxygeal bones.

The exchange of energies among these chakras happens through Ida, Pingla and Sushumna nadies. That is why it is considered main nadies of the body.

# Concept of Five Element Theory based on Chinese Acupuncture.

Concept of the Five Element Theory according to the Chinese Acupuncture are:

Wood, Fire, Earth, Metal & Water.

They also follow some order

- ❖ Creation cycle and
- ❖ Subjugation Cycle.

The five elements according to Chinese Acupuncture are :

1. Wood
2. Fire
3. Earth
4. Metal and
5. Water.

### **Creation Cycle:**

Each five element in the cycle of creation are the creator and created simultaneously. We refer to the creator element as “Mother” and the created Element as “Son”.

#### **❖ Wood Creates Fire**

Wood creates fire means if wood is burnt then fire is being produced, so wood creates fire.

Wood is Mother of Fire &  
Fire is Son of the Wood

#### **❖ Fire Creates Earth**

After burning of the wood with fire, ashes are formed means fire creates earth.

Fire is mother of earth &  
Earth is son of fire

#### **❖ Earth Creates Metal**

Earth creates metal we find metals in the entrails of the earth

Earth is mother of Metal  
Metal is son of Earth

#### **❖ Metal Creates Water**

Metal creates water (cool surface have the ability to condense water vapors)

Metal is mother of Water  
Water is son of Metal.

#### **❖ Water Creates Wood.**

Water creates wood means with the water element (nourishes) the plants & trees are grown, so water creates wood.

Water is mother of Wood

Wood is son of Water

Dynamic changes in the universe, continuous development of societies, science, culture, evolution of the plant and animal kingdom are all as a result of the creation cycle of the five elements. By this action all that existence has been created. All cyclical, repetitive processes are a result of the creation cycle.

For example, seasonal changes:

- Summer always follows spring,
- Autumn always comes after Monsoon,
- After autumn winter comes and
- Spring starts again for next circulation.

From this continuous flow the conception of creation & change vice versa time arises.

## **Subjugation Cycle:**

Subjugation Cycle is one of the most powerful and quick acting interaction among five elements. Subjugation function may be viewed as follows.

### **Subjugation Cycle**

#### **❖ Wood Subjugates Earth:**

Wood Subjugates Earth we can see in nature as all us know that the trees penetrate the earth with their roots i.e. the roots of the trees are always in the earth. Tree is in the beginning in the form of seed and after growing ruptures the surface of earth and grows. So Wood Subjugates Earth.

#### **❖ Earth Subjugates Water**

Earth Subjugates Water means earth absorbs the water.

As 75% of earth is covered with water the whole world would have been drained away with water.

Earth creates boundary for the water eg. Rivers has bank, Ocean has shores, Lake has its own walls etc.

So Earth Subjugates Water,

#### **❖ Water Subjugates Fire**

Water Subjugates fire (water extinguishes fire) means if all of a sudden if there is fire to stop or extinguish the fire we use water, so Water Subjugates Fire.

#### **❖ Fire Subjugates Metal**

Fire Subjugates Metal means fire melts the metals,

To cut metals we use fire.

Different Metals has different melting point. So Fire Subjugates Metal

#### **❖ Metal Subjugates Wood.**

Metal Subjugates wood as metal is used to cut the wood, so metal Subjugates wood. we find all saw mills where furniture wood in created, uses metal blades to cut the wood of shape & size of their desire.

## Why concept of wood and metal as an element was taken in Chinese Acupuncture?

### Concept of Wood:

In ancient times in China, Air element was defined through wood may be because of :

The air is invisible it might not be possible for scholars to show whether the air is there or not.

The language at that time might not be well developed to express everything.

That is why they might have used **trees or movement of the leaves of the tree** to define the blow of air. Even in recent times to see whether the air is blowing or not we have a general criteria to see the movement of the leaves. Even in airport for taking off & landing they have special equipment to see the direction of air. This might be the reason for defining air element through wood in Chinese acupuncture.

### Concept of Metal:

The only difference between Chinese acupuncture and Ayurveda has come in defining the element of sky (Kshiti) as metal. If we try to understand the characteristics of both defined by them then we would come to know that both have defined same characteristics. The only difference is the word they defined to explain the same thing. Here the scholars of Chinese civilization tried to use a very practical visible form to define the element as metal.

Many times for defining the same thing in different Forms we use different words.

For example: the water is defined in various languages as;

- Water in its natural form i.e. in liquid form has various names as

#### Language

Hindi

Sanskrit

Telugu

Gujarati

Tamil

Scientific Language -

#### - Name

- Pani

- Jal

- Neellu

- Pani

- Tanni

- H<sub>2</sub>O and so on.

- If the same Water is kept under high pressure and low temperature i.e. in refrigerator the water changes its shape & gets converted into solid form we define it as Ice.
- The same water under opposite situation i.e. on high temperature and low pressure i.e. on fire again changes its form & gets converted into gaseous form we know it as Water Vapors.

If we try to understand, the basic element is same in all three forms of water i.e.

Liquid- Water, Solid- Ice & Gaseous- Water vapors. Still have different names.

So the element / product is one but due to different internal molecular space of the same element in general we call it is in different forms- has different names.

So we can understand that the five element theory of Ayurveda and five element theory of Chinese acupuncture are more or less same except their interpretation and methodology to harmonize the five elements in the form of treatment.]

## **Yin-Yang principle basic of Chinese acupuncture and its similar theory according to the Indian System.**

According to the Chinese acupuncture everything in this universe exist under the yin & yang principle. Any object, being or event in the universe may be categorized into one of the two categories Yin or Yang. The materialistic philosophy describes this principle by the law of antagonism and harmony of the opposite.

In other words, each and every object or phenomenon in the universe is the resultant of perpetual interplay of the two complementary and opposing forces yin and yang.

The relationships (of opposition, relativity, attraction and repulsion, interdependence, inter consuming and inter-supporting and inter-transformation) between yin and yang are not isolated from one another, but interconnected, one influencing the other and each being the cause or effect of the other. The relations of yin and yang can be summarized as the law of unity of opposites. In fact our universe represents harmony and unity in diversity and multiplicity.

According to the Indian system also we have defined the same thing as :

Shiv - Shakti

Purusha – Prakruthi

Jiva (Ataman) –Shiva (Paramatma)

So we can say that the yin-yang principle of Chinese acupuncture is similar to the theory of Indian system. There we define the world of Duality as yin and yang Principle and here in Indian System we will be writing as Shiva-Shakti Shiva means yang and Shakti mean yin according to Chinese Philosophy. There is only the difference of names.

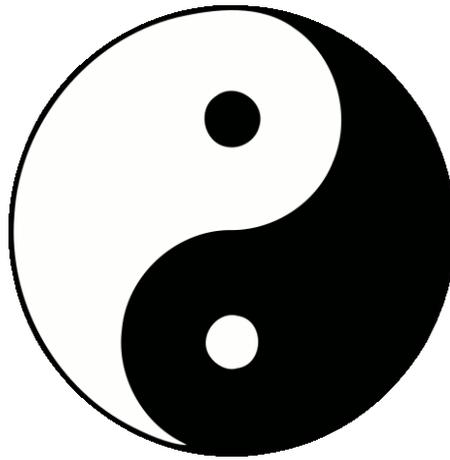
According to the yin-yang principle, each force, being even in the universe may be described in terms of yin or yang characteristics. Yin and Yang are not only opposite in nature, they are indispensable from to each other.

All yang forces have some yin qualities also &  
All yin forces have some yang qualities.

Everything in this world is full of Duality. (Combination of both Yin and Yang)

The main opposite characteristics of yin and yang by ancient philosophers of China have symbolized as water and fire, as the nature of yin may be described by the essence of water and the nature of yang by the essence of fire.

**YANG**



**YIN**

**Yin (Water)**

They are always slow.

They are always Hidden / covered.

They do not like change.

They are no Exhibitive.

They don't have strong power but last long.

They are always easy going / flexible.

They are always at the bottom  
They always run downwards

**Yang (Fire)**

They are always Initiators.

They are always exposing.

They are very prone to change.

They are Exhibitive.

They have strong power but they does not last long.

They are always rigid.

They are always at the top and  
They Always go for upward movement.

Even the internal organs may be divided into yin and yang organ.

Yin organs are solid in nature and full of substance.

The yin organs of the body are represented by the liver, Heart, Spleen, Lung, Kidney and Brain (pericardium).

Whereas Yang organs are hallow in nature and are the passing media.

The yang organs are represented by the Gall bladder, Small intestine, Stomach, Large intestine, Bladder and Spinal cord.

The yin & yang organs establish pairs belonging to the same category of each element. There are six pairs of Meridians connected with different elements in the body as follows:

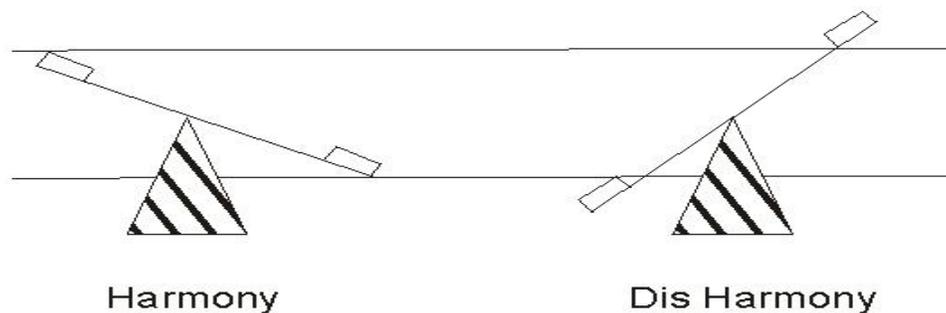
<b>Yin Organs</b>	<b>Element</b>	<b>Yang Organs</b>
• Liver	Wood	- Gall Bladder,
• Heart	Fire	- Small intestine,
• Brain	Fire	- Spinal cord,
• Spleen	Earth	- Stomach,
• Lung	Metal	- Large intestine,
• Kidney	Water	- Bladder.

Whenever yin and yang energies are well-harmonized then a person is normal or healthy. If there is any disharmony between yin and yang then the person is not at ease so Disease appear.

The balance of the two opposites is not fixed. The yin and yang are in relative terms I.e. “See-saw” relationship. When one increases the opposite will accordingly & proportionally decreases. The constant harmony and antagonism between the opposites give the opportunity for change and development to occur in nature.

There is always a struggle between yin and yang in the form of “See-Saw” relationship.

#### Yin - Yang See Saw Relations



According to the Chinese acupuncture the five element encompassing metaphysical principle, exercising its power on all levels of existence together with the yin and yang principle. It is also a meta-physical order of the universe.

According to the yin – yang principle the human body is divided into mind (yang) the body itself (yin). In human body the meta-physical basis and composing part of the individual organism is as follows. It is a force that retains a certain order and determines sequences of interaction within the body and mind. This force not only governs internal interaction, but also establishes the current position of the individual with the universe, together with the yin-yang principle.

All phenomena in the macrocosms may be classified into six metaphysical categories which are described by the five basic elements (Physical). As follows.

## Physical Element

- Wood
- Fire
  
- Earth
- Metal and
- Water

## Meta Physical/ Energy Form

- Wind
- Heat
- Hotness
- Humidity
- Dryness
- Coldness

The five – element categories or 6 energy (Ki) are interconnected, interdependent and influences each other. They are always in a state of movement and are inter dependant. The five element/ 6-Ki (energy) sequences are

- Creation,
- Subjugation,
- Anti creation.
- Anti subjugation,

The whole world is controlled by cosmic energy.

As in modern science Albert Einstein has defined about the energy –

**“Universal energy is constant.”**

“We can't create energy nor we can destroy energy but we can always change the form of energy. “

And the formula he gave for energy is

**E is proportionate to m or  $E = M C^2$**

Where E is Energy; M is mass and C is velocity of light. i.e.  $3 \times 10^{10} \text{m/second} = 30,000 \text{Km/sec}$ .

**For which he received the Nobel Prize.**

The Chinese scholars knew how to change these energies in the body using meridian logy. It is important to understand the yin- yang and five – element principles in regard to the internal organs and meridians. In Chinese acupuncture there are 12 (twelve) meridian system

The heaven is yang and the earth is yin. The human being exists between heaven and earth and is able to maintain life due to the flow of heavenly energy (Ki) and earth energy (Ki) that enter and passes through Human body during the energy (Ki) exchange.

The route through which heaven energy (yang) and earth energy (yin) flows in our body is defined as a “Meridian” which are similar to concept of Nadis in India. The meridians works as a pipeline to carry the energy flow.

There are 12 (twelve) meridian in our body.

6 (six) are yang meridians and 6 (six) are yin meridians.

The Names of the Twelve Meridians are

<b>Yin Meridians</b>	<b>Location</b>	<b>Yang Meridians</b>
• Lung Meridian	Hand	- Large intestine Meridian ,
• Heart Meridian	Hand	- Small intestine Meridian,
• Brain Meridian	Hand	- Spinal cord Meridian ,
• Spleen Meridian	Leg	- Stomach Meridian ,
• Liver Meridian	Leg	- Gall Bladder Meridian ,
• Kidney Meridian	Leg	- Bladder Meridian.

Through 3 yang meridians located on the yang part of hand (large intestine meridian, small Intestine meridian and spinal cord meridian) yang-Ki (energy) enters the human body and flows towards to the earth.

Through 3 yang meridians, located on the foot (Stomach meridian, Gall bladder meridian and Bladder meridian) yang energy leaves the body and enters Earth.

Through 3 yin meridians located on the foot (liver meridian, spleen meridian and kidney meridian),yin – Ki (energy) of the earth enters the human body and flow upwards to the heaven.

Through 3 yin meridians (Heart meridian, Brain meridian and Lung meridian) located on the hands, yin energy leaves the body towards Heaven.

The metaphysical role of the 12 internal organs is to sustain the constant flow of energy in the exchange of earth energy and heaven energy and is influenced by the excessiveness or deficiency of the energy flow through meridian system, governed by yin –yang & five – element principles.

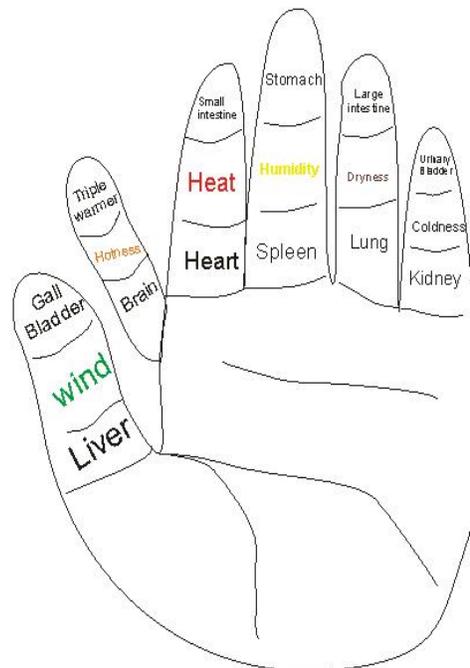
According to Chinese Acupuncture

According to Indian cycle

Organ	Time of energy.	
Lung	3.00to 5.00 am	Brahma Muhurt (3:45 am)
Large intestine	5.00to 7.00 am	This is the time of evacuation (motion)
Stomach	7.00 to 9.00 am	Breakfast time
Spleen	9.00 to 11.00 am	Good absorption period (immunity)
Heart	11.00 to 1.00 pm	Generally lunch time (to give rest to the body)
Small Intestine	1.00 to 3.00 pm	-----
Urinary Bladder	3.00 to 5.00 pm	-----
Kidney	5.00 to 7.00 pm	-----
Pericardium (Brain)	7.00 to 9.00 pm	Generally time of meeting (in old time)
Triple warmer (spinal cord)	9.00 to 11.00 pm	Time for sleep
Gall Bladder	11.00 to 1.00 am	-----
Liver	1.00 to 3.00 am	-----

This is called as the biorhythmic cycle of body.

12 Internal Organs Allocation Chart on the Palm:



- **The origin & concept of 6-ki.**

## **The inclusion of 6<sup>th</sup> element as a concept in 5 elements**

The Ki means the energy in Korean and Japanese language and it is Qi in Chinese language all the 3 (three) means the same.

- ♦ **Why 6-ki not 5-ki?**

The 6<sup>th</sup> element PROF.PARK Jae Woo has included as it was already there as a theory as we have 12 meridians but was not clearly defined its complete meaning. PROF.PARK has filled all the missing links in order to provide good understanding and simplified form for application. The sixth element was included as an addition of fire element. As shown below.

Element	Energy
1. Wood	Wind
2. Fire	Heat
3. Fire	Hotness
4. Earth	Humidity
5. Metal	Dryness
6. Water	Coldness

The elements defined by Chinese Acupuncture is a functional form of element.

Where as SuJok therapy has defined functional and controlling element in the universe.

Thus 6-ki is the addition and completion of yin – yang theory by creating 6<sup>th</sup> element and the harmonization of the energies achieved.

So in SuJok we have 3 (three) Yang and 3 (three) Yin energies which contributes in creation of this world. In other words the whole Universe is made up of these 6-Energies (Ki)

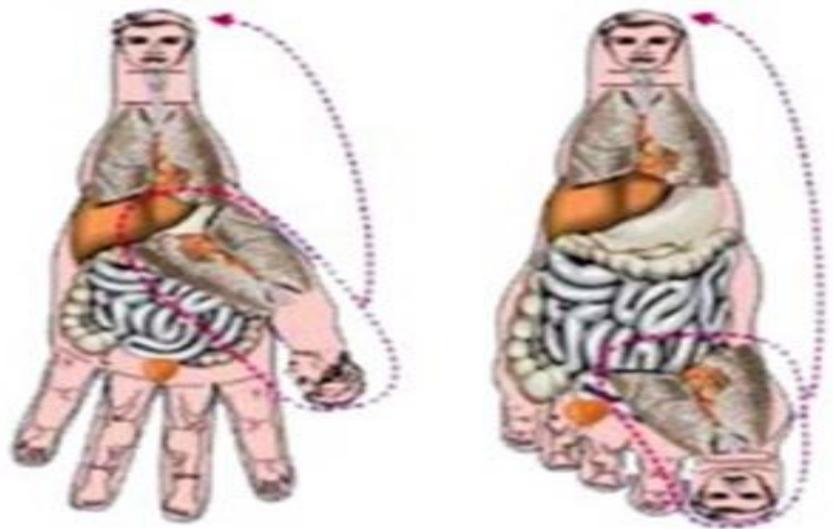
# SUJOK (HAND & FOOT) ACUPUNCTURE

SuJok Acupuncture is invented by scientist PROF. PARK JAE WOO of Korea. He has incorporated and clarified various concept which was not clearly defined earlier. He also converted the complicated form of energy levels in the whole body into the simplified form of byol – meridians. (Small meridians ) in hand and foot.

Sujok Therapy is made up of two words

SU - PART OF HAND – PALM

JOK – PART OF LEG – SOLE



The Sujok is the Science of Common Sense and it is an intentional treatment to help the Mankind in restoring their healths. It is purely based on Law of similarity.

1) Why it is intentional treatment?

It is intentional treatment because the God created the Universe according to some Fundamental Law. And the same Law is applied in the patient's body

2) Why the God created the Palm & Sole in similarity to the body?

Because HE wanted to help us in restoring our health.

3) Why God wanted to help human being?

Because HE loves us.

4) Why HE loves us?

Because, we are the sons and daughters of HIM. And the way parents want to help the children unconditionally the same way GOD wanted to help us. So HE created palm & soul very similar to the body.

## What is the similarity between palm/soul & body?

Prof PARK, JAE WOO who has invented SuJok therapy which is purely based on common sense as it follows the law of similarity.

The similarity in Body and Palm/ Sole is as follows.

- Total no of projections from the body and palm/sole are similar.
- According to the height of the projections in the body palm/sole.
- According to the number of regions in body and palm/sole have equal number of divisions
- The body and palm/sole can be divided into two equal half's by central line
- According to yin – yang principle
  - Yin is the female power (Hiding qualities)
  - Yang is the male power (Exposing Qualities.)
- Thumb is Head.

In SuJok we not only have the yin and yang principal. But apart from the interaction of yin and yang forces we have some other functions also as follows:-

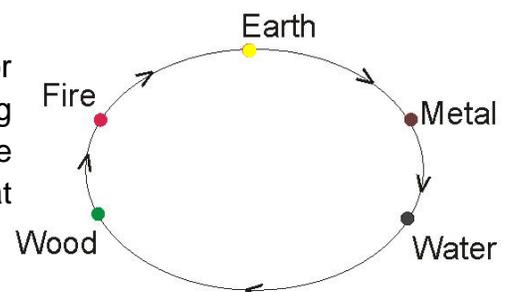
- ❖ Creation function
- ❖ Subjugation function.
- ❖ Anti -creation function and
- ❖ Anti – subjugation function.

### ❖ **CREATION FUNCTION :**

Wind      Creates Heat  
Heat      Creates Humidity  
Humidity Creates Dryness  
Dryness   Creates Coldness  
Coldness Creates Wind

In creation function Wind creates Heat. For example if there suddenly fire in forest along with the fire there is blowing of wind then the fire spreads more faster .So wind creates Heat Similarly the creation function goes on .

Creation Function of Five Elements

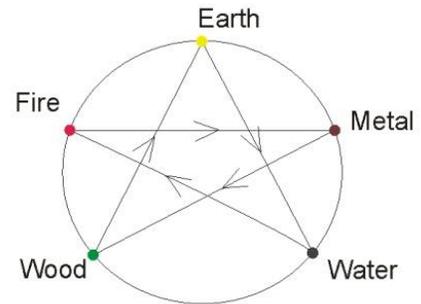


❖ **SUBJUGATION FUNCTION:**

Wind Subjugates Humidity  
 Humidity Subjugates Coldness  
 Coldness Subjugates Heat  
 Heat Subjugates Dryness  
 Dryness Subjugates Wind.

In subjugation function Wind subjugates Humidity. For example while preparing food in the kitchen there will be excessive humidity formation at that time we switch on exhaust fan through which the wind comes and removes the humidity. In this way wind subjugates humidity. Similarly the subjugation function goes on.

Subjugation Function of Five Elements



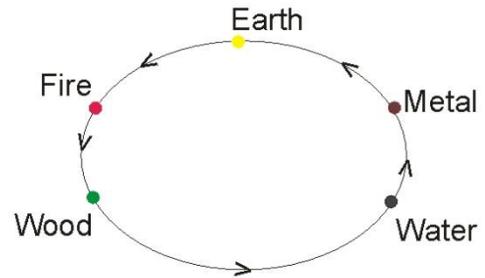
❖ **Anti creation function:-**

Wind Anti – Creates Coldness  
 Coldness Anti Creates Dryness  
 Dryness Anti- Creates Humidity  
 Humidity Anti Creates Heat  
 Heat Anti – Creates Wind.

Coldness anti Creates Dryness.

In Anti creates function. For example generally all of us have felt in winter season the dryness appears more on skin that is why we all use moisturizing creams to prevent dryness. This way coldness anti- creates dryness. Similarly anti- creation function goes on.

Anti Creation Function of Five Elements



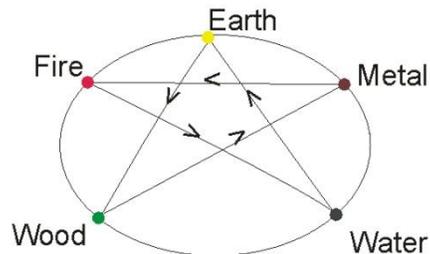
**4. Anti-subjugation function :-**

Wind Anti-Subjugates Dryness  
 Dryness Anti-Subjugates Heat  
 Heat Anti-Subjugates Coldness  
 Coldness Anti-Subjugates Humidity  
 Humidity Anti- Subjugates Wind.

Coldness anti-subjugates humidity.

Generally this phenomenon is visible in day to day life. When we use refrigerator the normal water which is in the form liquid (Humidity). When is kept inside refrigerator under constant cooling effect of it - becomes cold and solid in form of ice. This way coldness anti-subjugates humidity. Similarly anti-subjugation function goes on.

Anti Subjugation Function of Five Elements



All events and objects in the universe may be classified into one of the six -ki (energy) that have existed from the beginning of time also correspond to one of the five elements.

The six-ki are as follow:-

- WIND ENERGY
- HEAT ENERGY
- HOTNESS ENERGY
- HUMIDITYENERGY
- DRYNESS ENERGY AND
- COLDNESS ENERGY.

There is no life on sun due to an imbalance of six-ki .Heat and Wind six-ki dominates. There is also no life on the moon, as the disharmony of six-ki dominates is caused by the absence of wind energy. When there is no harmony, there can be no life. On the earth the six -ki are balanced and thus, human beings may exist.

The six-ki not only surround and circulate through the human being, they are a fundamental element in forming the human body and mind as a integral vital (important) organism.

That is why it is more convenient to view the healthy and diseased state from the perspective of the six- ki than from the five elements perspective

Each six -ki belongs to one of the five element categories.

Wind belongs to the same category of Wood of five element.

Heat and Hotness belong to the Fire element.

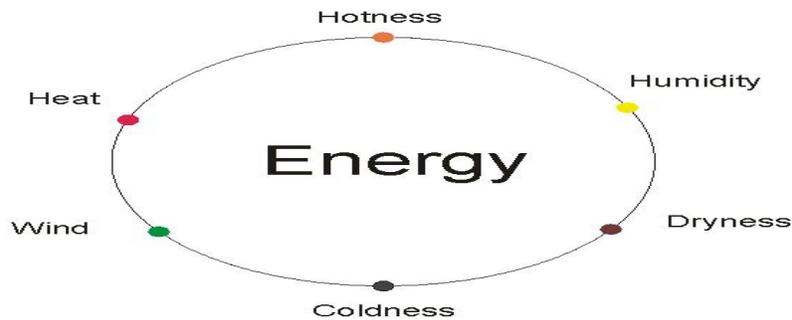
Humidity belong to Earth element .

Dryness belong to the Metal element .

Coldness belong to the Water element.

## Nature of six -ki

Each of the six- ki has its own nature granted from Heaven.



### Wind energy

- Wind has no colour, noise or smell. Wind is the movement energy
- Every change , every process start with movement .
- The beginning stage of any phenomena belongs to wind.
- Wind belongs to the same category of wood of five elements.
- Green colour connected with wind energy .
- There are two types wind energy, Yin wind and yang wind.
  - Yin wind energy is supplied by liver meridian.
  - Yang wind energy is supplied by the Gall Bladder meridian.

### Heat energy

- Heat energy follows wind energy in cycle of circulation
- Heat is aggressive in nature as yang and causes warming of and expansion .
- Heat belongs to the same category as Fire of five elements .
- Red colour is connected with heat energy
- There are two types of heat energy Yin heat and yan heat .
  - Yin heat is supplied by heart meridian .
  - Yang heat by small intestine meridian.

### Hotness energy

- Hotness is the climax of yang point
- When full growth and ripeness is achieved.
- When heat accumulated for a long period time hotness of appears
- Hotness belongs to the same category as fire of the five element
- Orange colour is connected with hotness energy
- There are two types of hotness energy ,Yin hotness and yang hotness
  - Yin hotness energy is supplied by brain (Pericardium) meridian.
  - Yang hotness energy supplied by spinal cord (Triple Warmer) meridian

### Humidity energy

- When water vapours that accumulate during hotness stage reach a point of saturation it starts raining
- Humidity belongs to same category as Earth of five elements
- Yellow colour is connected with humidity energy
- There two types humidity energy ,Yin humidity and yang humidity
  - Yin humidity energy supplied by spleen meridian
  - Yang humidity energy supplied by stomach meridian

### Dryness energy

- Dryness comes after the humidity of the rainy season , brings cool weather
- Dryness belongs to the same category as metal of five element
- Brown colour is connected with dryness energy
- There are two types dryness energy, Yin dryness and yang dryness
  - Yin dryness energy is supplied by lung meridian
  - Yang dryness energy is supplied by large intestine meridian

### Coldness energy

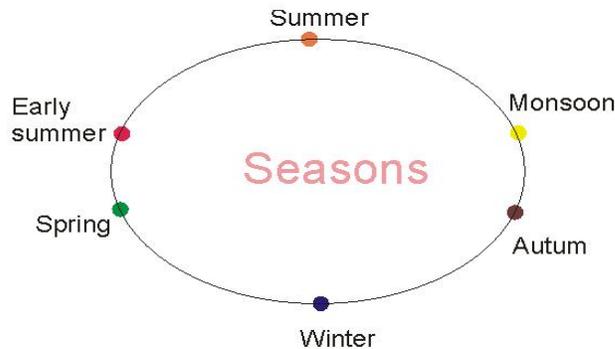
- Coldness energy comes after the dryness as the sun moves further away from the earth
- Coldness belongs to the same category as water of five element
- Black colour is connected with coldness energy
- There are two types of coldness energy ,Yin coldness energy and yang coldness energy
  - Yin coldness energy is supplied by kidney meridian
  - Yang coldness energy is supplied by urinary bladder meridian

This is how we can observe the 6-ki in nature.

Lets discuss how this 6-Ki is being manifested in the form of seasons.

# Seasons

As we have discussed that everything in this universe follows 6-ki, so let's see 6-ki of seasons



**Wind energy:** Every year begins with spring when every living thing is freed from its long winter confinement and gains the ability to move. Spring season comes in the month of January and February. This is wind part of season.

**Heat energy:** Heat is aggressive in its nature as yang. And causes warming up and expansion. Early summer as the seasons of the year. Early summer comes in the month of March and April. This is heat part of season.

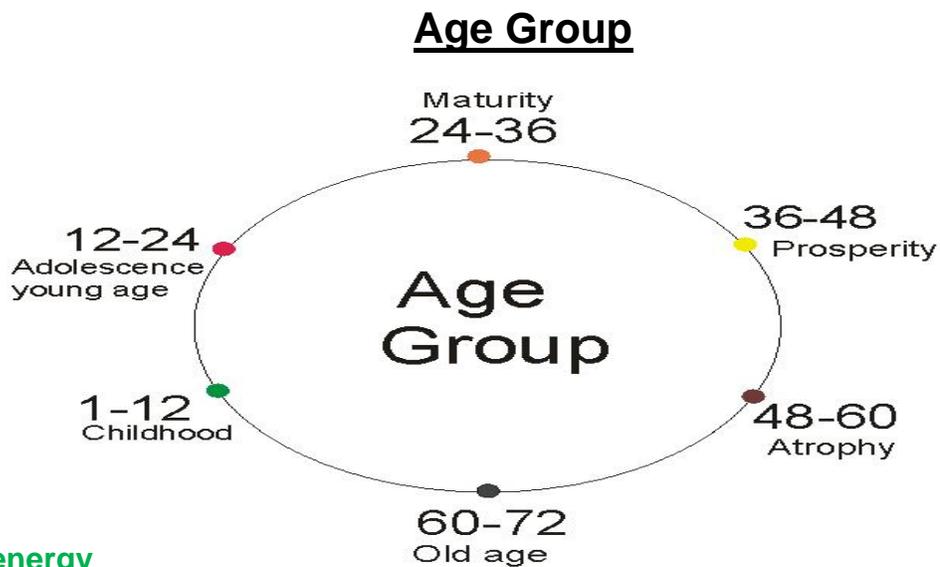
**Hotness energy:** Hotness is a climax of yang a point when full growth and ripeness is achieved .when heat is accumulated for a long period of time, hotness appears. Midsummer as season of the year. Midsummer comes in the month of May & June. This is hottest part of year.

**Humidity energy:** Then follows the humidity. The (rainy) season monsoon. When water vapors that accumulate during the hotness stage reach a point of saturation .After getting cooling environment it starts raining. Monsoon comes in the month of July and August.

**Dryness energy:** Then comes dryness that dominates during autumn. Dryness comes after the humidity of the rainy season, brining cool weather. In autumn season every thing start to shrink. Autumn as a season of the year, this comes in the month of September and October. This is dryness part of season.

**Coldness energy:** Coldness comes after dryness as the sun moves further away from the earth. Coldness has winter as a season of the year. Everything becomes still and contracts in winter. Winter comes in the month of November and December. This is coldness part of season.

This is how we can observe the 6-ki in nature in seasons.



### Wind energy

Age group of 1-12 is wind energy period. During this period wind energy dominates in children. As they are always moving, their movements are quick. It is very difficult for them to concentrate on things and be attentive for long period of time. Their mood always changes very fastly. They are loud, noisy and curious. The children of this age are always moving here and there without any rest. Wind is well expressed in childhood.

### Heat energy

The Age-group of 12-24 is heat energy period. As a life cycle adolescents / young age. They always like to talk and laugh with the people who are with them. They are always ready to help the people who need the help. They do all the work without any selfishness. They do it just because they have the desire to help the people. They are full of great expectation for their future. They have many unrealized desires.

### Hotness energy

Age group of 24-36 is the hotness energy period. As a life cycle maturity. The people at this stage attains full maturity- at this age group people are physically and mentally strong. People at this stage are very ambitious to achieve their goals. During this period desires are realized in practice, the person may reach harmony and happiness.

### Humidity energy

Age group of 36-48 is humidity energy period. As a life cycle prosperity. During this period there is a tendency to move less. The people of this age group are very consciouns. They can concentrate and word hard. But they are always worried about their friends, children and loved ones. Thinking is always their in there mind and also they reach the spiritual prosperity.

### Dryness energy

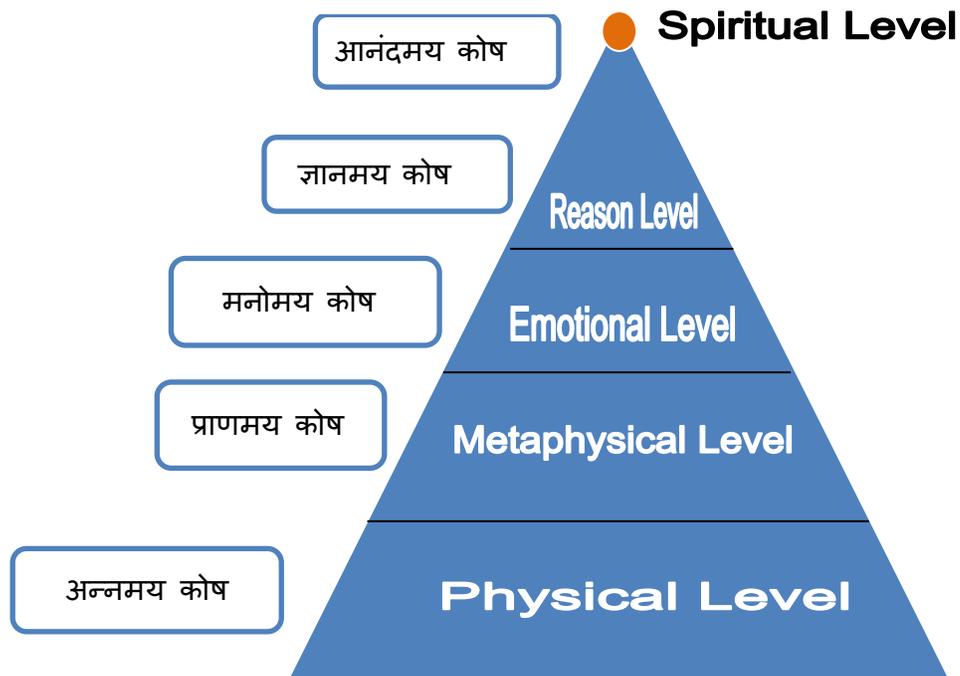
Then comes the age group of 48-60 which is dryness energy period. Atrophy as part of the life cycle, at this age people lose the appetite, body loses their tendency to water retention, weight also decreases. The skin becomes dry, wrinkles appear. When his desires and goals have been realized in the previous periods, a light feeling of sadness appears about the "Good old times". When they were full of energy and desire. If the desires or goals were not achieved, long period of sadness may set in, leading to depression.

### Coldness energy

Then comes the last of age group cycle is 60-72 which is the coldness energy period. As a life cycle old age/death. This is the ending of the cycle at this stage a person always has a fear of death. In this period people are wise and become cautious, calculative. During this period physical power is lost. The body temperature decreases and illnesses of coldness prevail.

This is how we can observe the 6-ki in the whole life cycle,

Human existence has been defined by Prof. Park in pyramid form as follows:

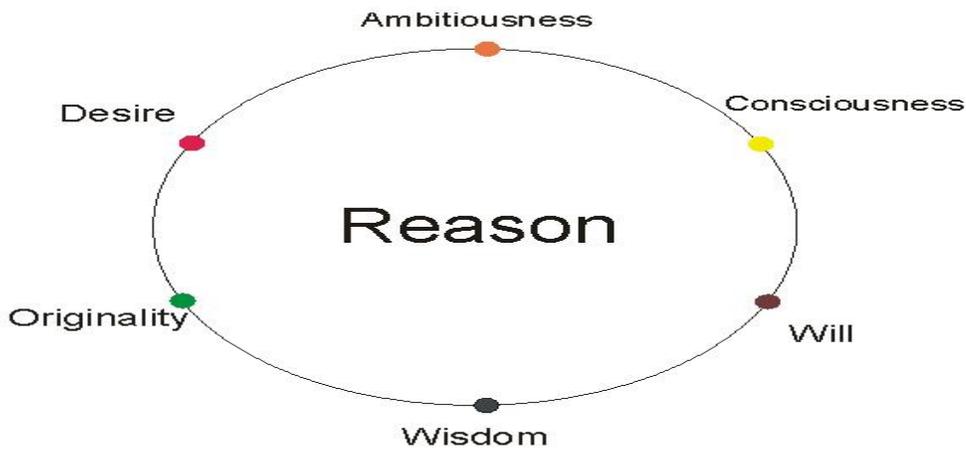


Human existence has been defined by PROF.PARK,JAE WOO in pyramid form that has four levels/forms as follow:-

- The lowest and the largest area at the bottom of the pyramid is purely the physical level of existence i.e material world that we see every where Physical level is the realized form of existence in this world .This is similar to Annamaya Kosha
- From the second level upward metaphysical level starts. It is some what smaller in size and it is meridian level. The route through which the energy flows in the human body is called as “Meridian “.They work as the pipelines to carry the energy flow .The metaphysical role of the 12 internal meridians is to sustain the constant flow of energy exchange for the proper functioning of the organs in 28 human body as discussed earlier .Which is similar to Pranamaya Kosha
- The third level is the emotional level. Emotional level is the mind cell of any human being. There are different types of emotions in human beings /every person like (Anger,Joy,Happiness,etc). All the activities related to these are taking place in this emotional level i.e mind. Which is invisible so it is a metaphysical form this is similar to Manomaya Kosha.
- The fourth level is the Reason ( Intellect)level. The most powerful level is reason level . Reason level is the area of brain in all human beings .This is the main controller of the whole human body. All mental and reason activity is governed by brain . These all metaphysical form (Meridian Level, Emotion Level and Reason level) are not visible as physical level . This is similar to Jnanmaya Kosha existence.
- Above all these four levels (i.e physical and metaphysical levels) there is one point . This point is indication of the spiritual level. Through which a person gets self realization .From here he can understand his direct connected to GOD. This is similar to Anandamaya Kosha.

This is how we can see 6-ki in different forms of existence existing in the universe. To give few examples we can see the order of universe following 6-ki.

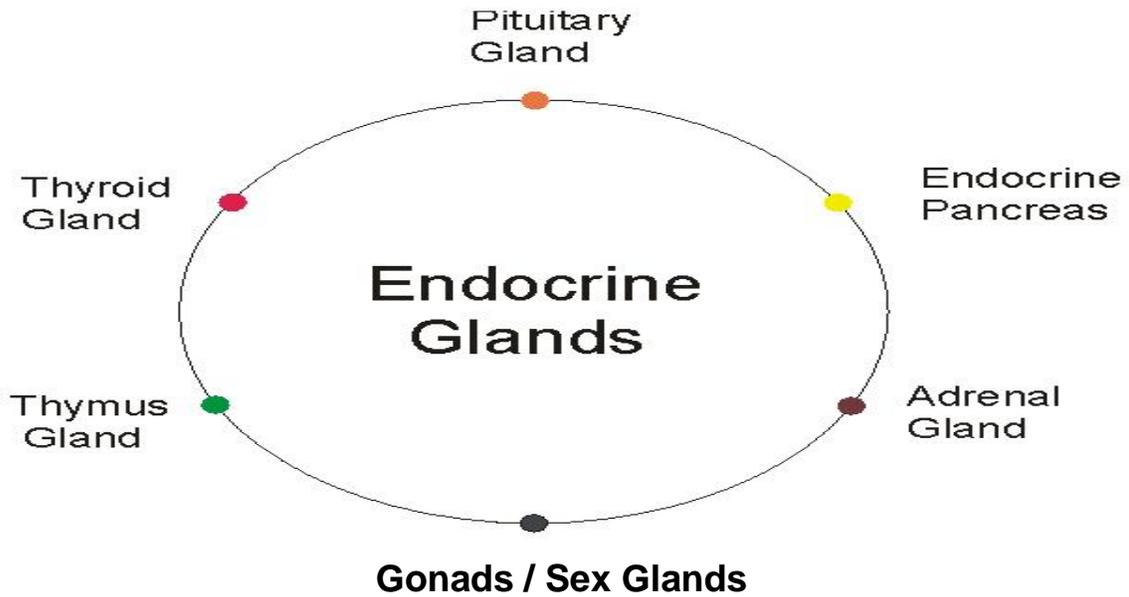
**This is how we can observe 6-Ki in Reason**



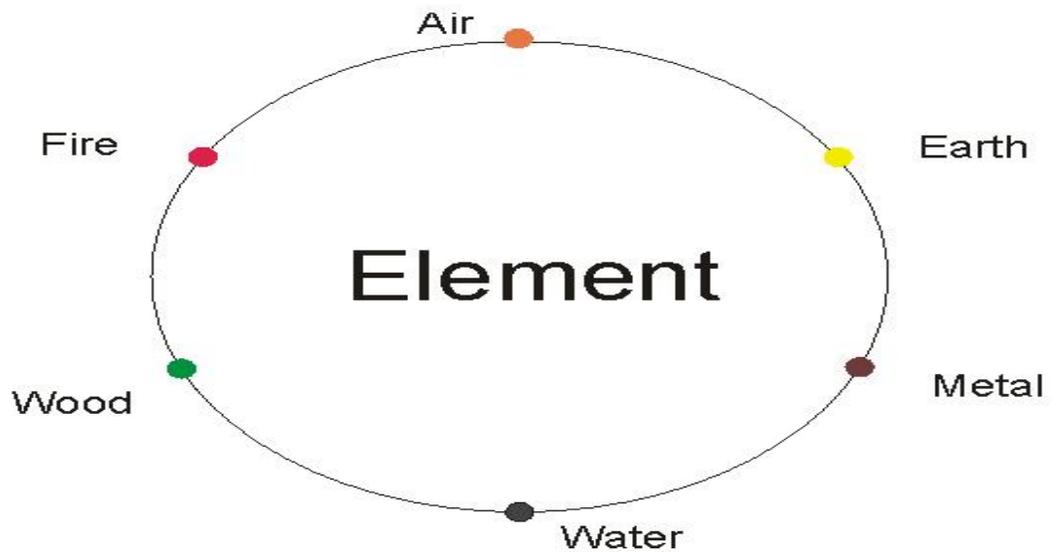
**This is how we can observe 6-Ki in Emotions**



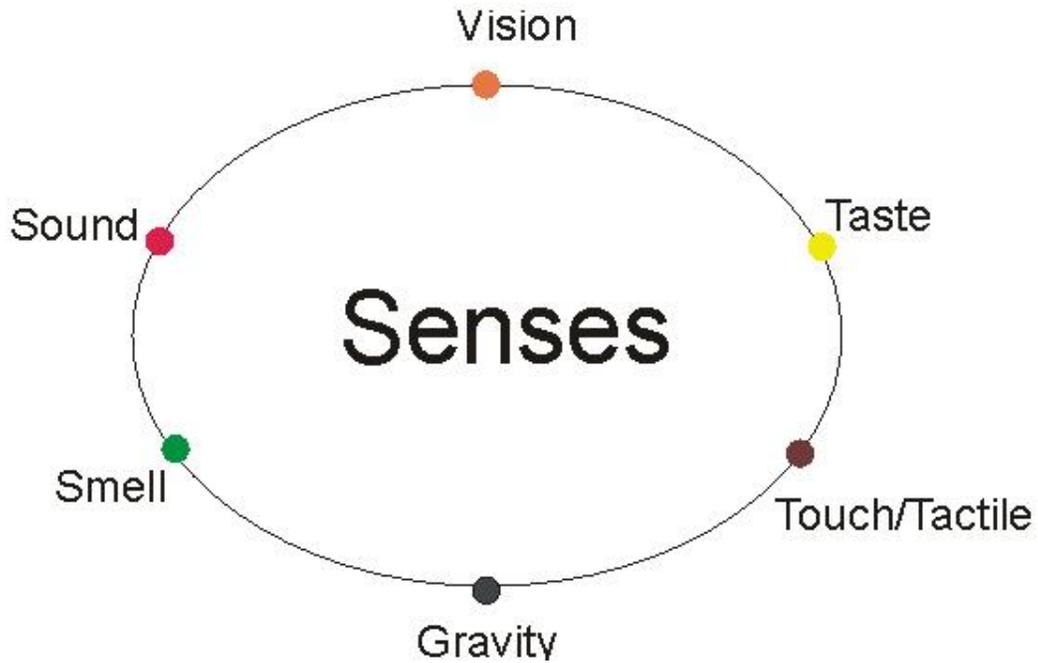
This is how we can observe 6-Ki in Endocrine Glands



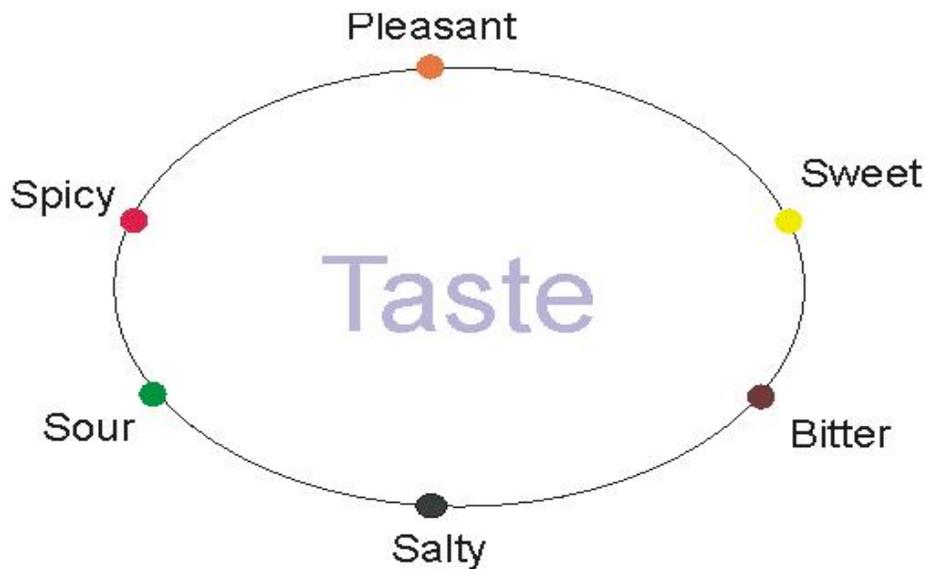
This is how we can observe 6-Ki in Element



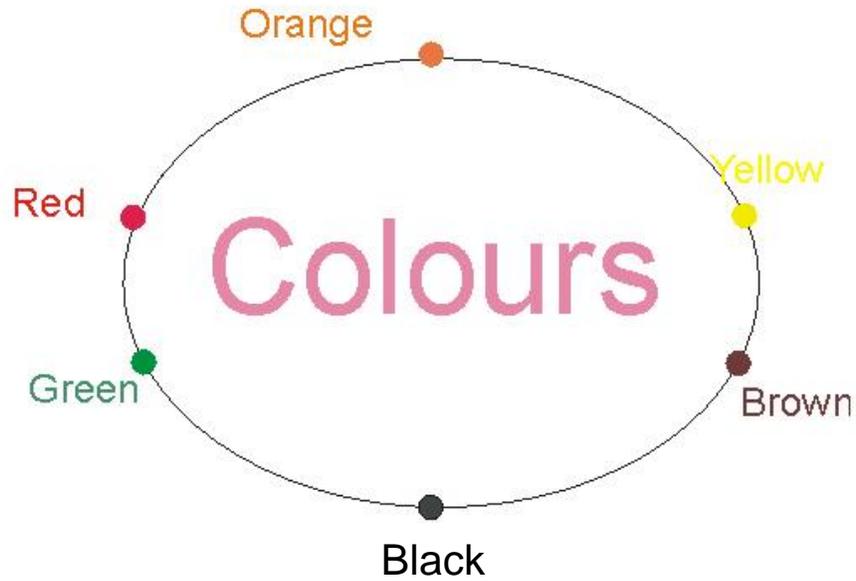
This is how we can observe 6-Ki in Senses



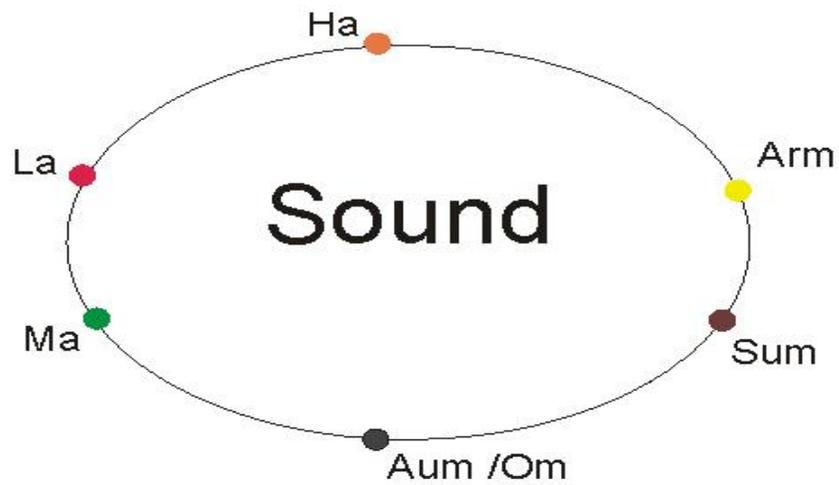
This is how we can observe 6-Ki in Taste



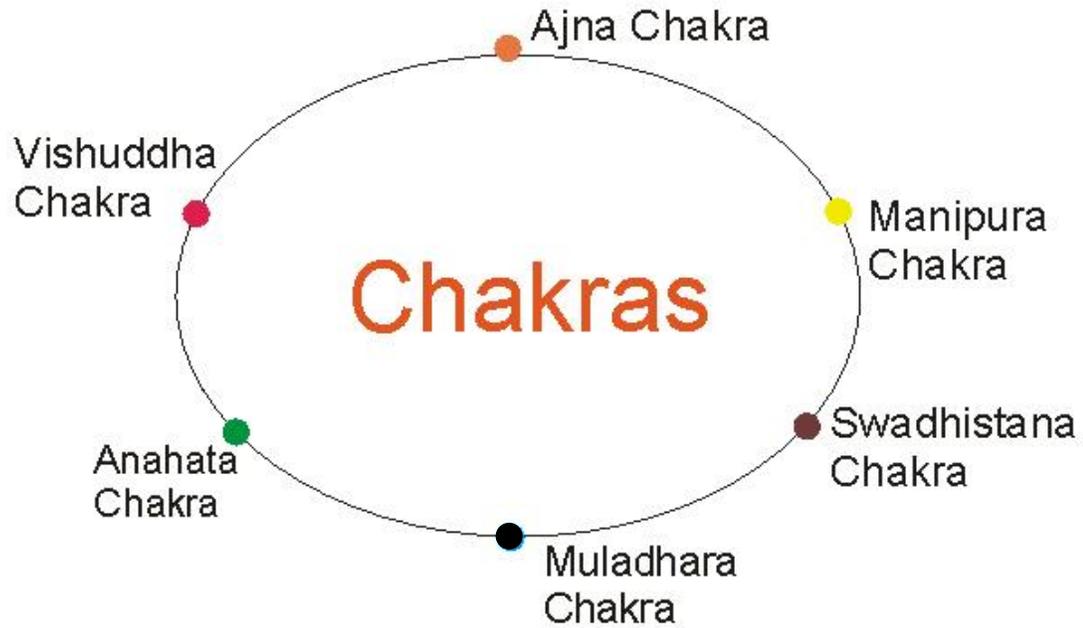
This is how we can observe 6-Ki in Colours



This is how we can observe 6-Ki in Sound



This is how we can observe 6-Ki in Chakras



## ◆ The Basic concept of 8- ki.

In Chinese Acupuncture we have mentioned about 12 (twelve) meridians as namely

1. Wind – liver and gall bladder.
2. Heat – heart and small intestine.
3. Humidity – spleen and stomach.
4. Dryness – lung and large intestine.
5. Coldness – kidney and bladder.

These all are the functional energies.

The 6<sup>th</sup> (sixth) energy i.e. Hotness is controlling energies operated by 2 (two) organs Pericardium (Brain) & Triple warmer (spinal cord).

Apart from these 12 (twelve) meridians in Chinese Acupuncture they have defined another 2 (two) meridians which are very important in our body they are:-

1. Conception vessel or Ren
2. Governor vessel or Du

They are starting from the Bi-Quei which is located between Genital organ and Anus point. The conception vessel starts from this point and goes up from the center of the body from the front and ends below the lower lip.

The governor vessel starts from the center of the upper lip below the nose and runs down through the center of the body through back.

Another name for Conception vessel is (Ren) and Governing vessel is (Du).

The Governing point 20 (Du) is having a very high importance in Chinese Acupuncture. This is considered as meeting point of 100 meridians which is Quiet similar to Sahasrara chakra.

The concept Conception vessel and Governor vessel was not included in five element theory or in 6-ki (Six-Ki).

But under specific conditions (Particularly emergency condition) when the disease is to be treated we can use conception and Governor vessel under spirit of survival. These meridians are also used to treat chronic diseases and deep rooted diseases.

Generally if there is problem on the functional level i.e. five energies (5) and then we use hotness energy as a controller.

If we have any problem in Brain(Pericardium) or Triple warmer (Spinal cord) as an organ then we can treat through higher control i.e. spiritual control in the form of conception vessel and Governor Vessel.

They have higher level of connection in healing at spiritual level.

As this entire universe is working on functional level and controlling level. Then it must be having the beginning point and an ending point.

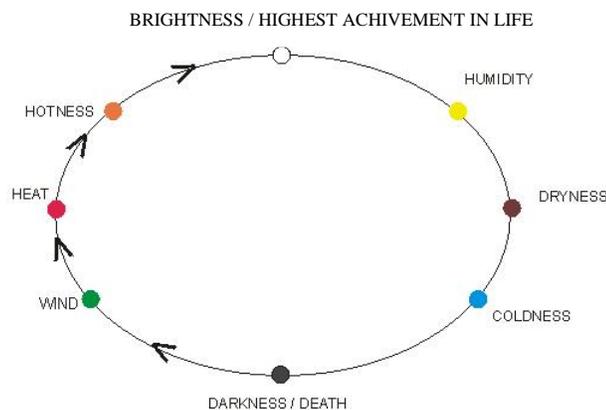
The beginning point is defined as darkness energy which is something similar to vacuum Or concept of black hole.

The highest point is considered as Brightness point which represents perfection or the complete expansion/Expression this can also be called as purpose of existence (Goal).

The Darkness point & Brightness point both is connected to higher dimension of existence which is considered to be spiritual level of powers.

That is how the 8-origin has come into existence. The 8-origin has a 2 (Two) explanation for circulation of energies.

### **Type 1 Circulation**



# SEASONS



**Wind energy:** Every year begins with spring when every living thing is freed from its long winter confinement and gains the ability to move. Spring season comes in the month of January and February. This is wind part of season.

**Heat energy:** Heat is aggressive in its nature as yang. And causes warming up and expansion. Early summer as the seasons of the year. Early summer comes in the month of March and April. This is heat part of season.

**Hotness energy:** Hotness is a climax of yang a point when full growth and ripeness is achieved .when heat is accumulated for a long period of time, hotness appears. Midsummer as season of the year. Midsummer comes in the month of May & June. This is hottest part of year.

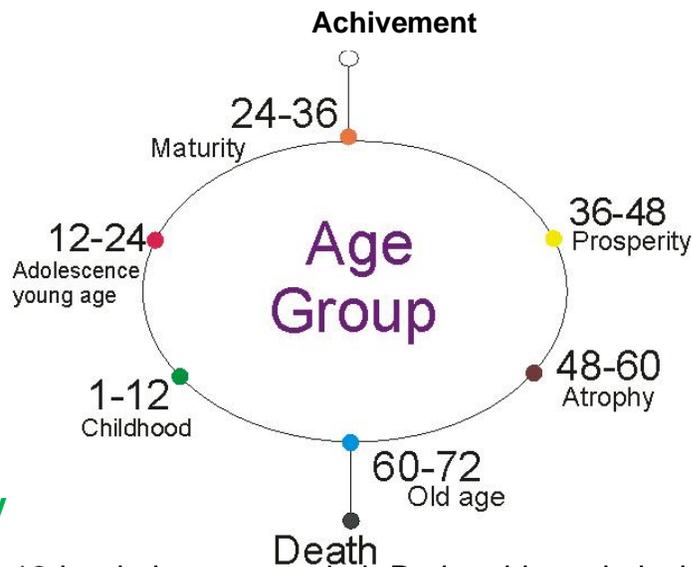
**Brightness energy** Longest day of the year is 22<sup>nd</sup> June every year. Among :all the hotness days this is the longest day i.e 22<sup>nd</sup> June. This is the manifestation of Brightness energy in the cycle of season

**Humidity energy:** Then follows the humidity. The (rainy) season monsoon. When water vapors that accumulate during the hotness stage reach a point of saturation .After getting cooling environment it starts raining. Monsoon comes in the month of July and August.

**Dryness energy:** Then comes dryness that dominates during autumn. Dryness comes after the humidity of the rainy season, brining cool weather. In autumn season every thing start to shrink. Autumn as a season of the year, this comes in the month of September and October. This is dryness part of season.

**Coldness energy:** Coldness comes after dryness as the sun moves further away from the earth. Coldness has winter as a season of the year. Everything becomes still and contracts in winter. Winter comes in the month of November and December. This is coldness part of season.

**Darkness energy:** Longest night of the year comes on \_22<sup>nd</sup> December every year. This is longest night . This is the manifestation of darkness energy of seasons. **This is how we can observe the 8-ki in nature in seasons.**



### **Wind energy**

Age group of 1-12 is wind energy period. During this period wind energy dominates in children. As they are always moving, their movements are quick. It is very difficult for them to concentrate on things and be attentive for long period of time. Their mood always changes very fastly. They are loud, noisy and curious. The children of this age are always moving here and there without any rest. Wind is well expressed in childhood.

### **Heat energy**

The Age-group of 12-24 is heat energy period. As a life cycle adolescents / young age. They always like to talk and laugh with the people who are with them. They are always ready to help the people who need the help. They do all the work without any selfishness. They do it just because they have the desire to help the people. They are full of great expectation for their future. They have many unrealized desires.

### **Hotness energy**

Age group of 24-36 is the hotness energy period. As a life cycle maturity. The people at this stage attains full maturity- at this age group people are physically and mentally strong. People at this stage are very ambitious to achieve their goals. During this period desires are realized in practice, the person may reach harmony and happiness.

### **Brightness energy**

Hotness is generally of 10 years which is called decade of any individual and somewhere in middle stage of this they enter into the Brightness mentality i.e once he has achieved what is desired in the life he starts thinking to do something for the benefit of the society and help the people who need the help or support .And expose themselves more among the people. This is period where he wants to show his influences and interact with the people .Here they feel to do something different for the benefits of large masses or society from what they were doing all these years with selfish motives

### **Humidity energy**

Age group of 36-48 is humidity energy period. As a life cycle prosperity. During this period there is a tendency to move less. The people of this age group are very conscious. They can concentrate and work hard. But they are always worried about their friends, children and loved ones. Thinking is always there in their mind and also they reach the spiritual prosperity.

### **Dryness energy**

Then comes the age group of 48-60 which is dryness energy period. Atrophy as part of the life cycle, at this age people lose the appetite, body loses their tendency to water retention, weight also decreases. The skin becomes dry, wrinkles appear. When his desires and goals have been realized in the previous periods, a light feeling of sadness appears about the "Good old times". When they were full of energy and desire. If the desires or goals were not achieved, long period of sadness may set in, leading to depression.

### **Coldness energy**

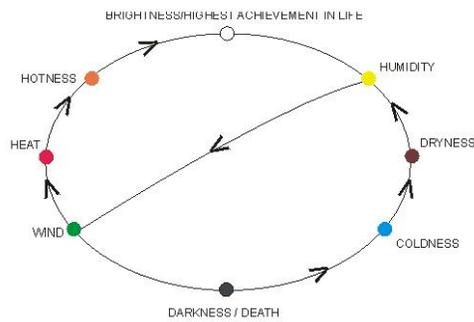
Then comes the last of age group cycle is 60-72 which is the coldness energy period. As a life cycle old age. This is the ending of the cycle at this stage a person always has a fear of death. In this period people are wise and become cautious, calculative. During this period physical power is lost. The body temperature decreases and illnesses of coldness prevail.

### **Darkness energy**

In the life cycle this is the terminal point in the form of death .After this point for every individual everything vanishes. And everything ends there .This is similar to the vacuum in terms of life on this planet and after death the soul goes back to HIM.

**This is how we can observe the 8-ki in the whole life cycle,**

### **Type 2 Circulation**



This circulation we find in embryology. In the beginning before conception there is nothing i.e Darkness stage .After conception the newly formed zygote cell becomes blast cyst. This is the Coldness stage of embryo. The embryo gets implanted in the uterus with the help of placenta. There the embryo is in the tubular form this is Dryness stage of embryo.

After this as the exchange between Mother's body and embryo starts its starts getting bulged up. This is humidity stage of embryo. Till this stage there is purely domination of yin energies are there.

After this stage the embryo receives the power of yang and it starts developing locomotors organs (Arms and Legs).At the same time the Mother starts feeling the developmental stages of child. This is the Wind stage of embryo .

After this internal organ starts getting manufacture and starts growing in shape and size. This is the expansion and growth of the embryo. This can be treated as Heat stage of embryo.

After this all internal organs are created and many of them starts functioning also. Here already the embryo starts movements inside the womb. This can be treated as Hotness stage of the embryo.

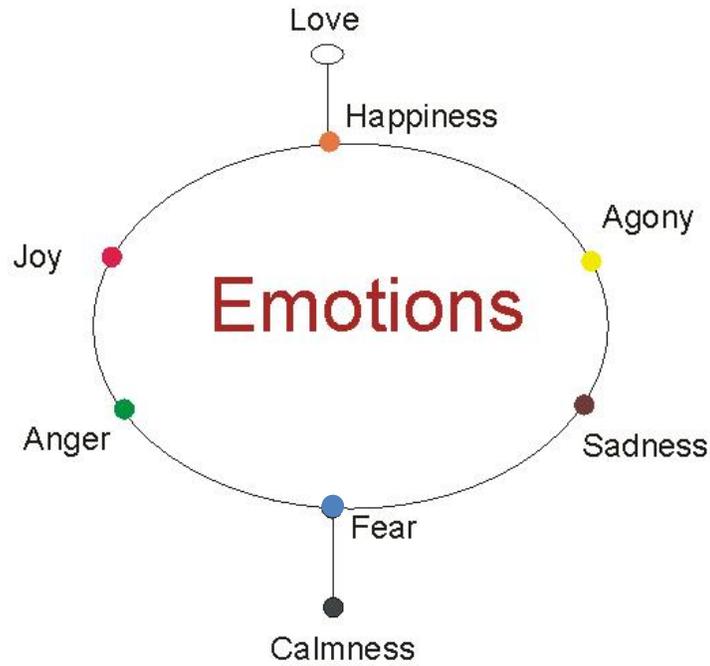
Finally after nine months the baby is delivered by Mother as an individual identity. This is the manifestation of Brightness stage .By this process the purpose of creating a new life is achieved.

This is how we observe manifestation of 8-ki in type 2 circulation in nature.

So this is how the 8-origin is originated or conceived.

This is how we can see 8-ki in different forms of existence existing in the universe. To give few examples we can see the order of universe following 8-ki.

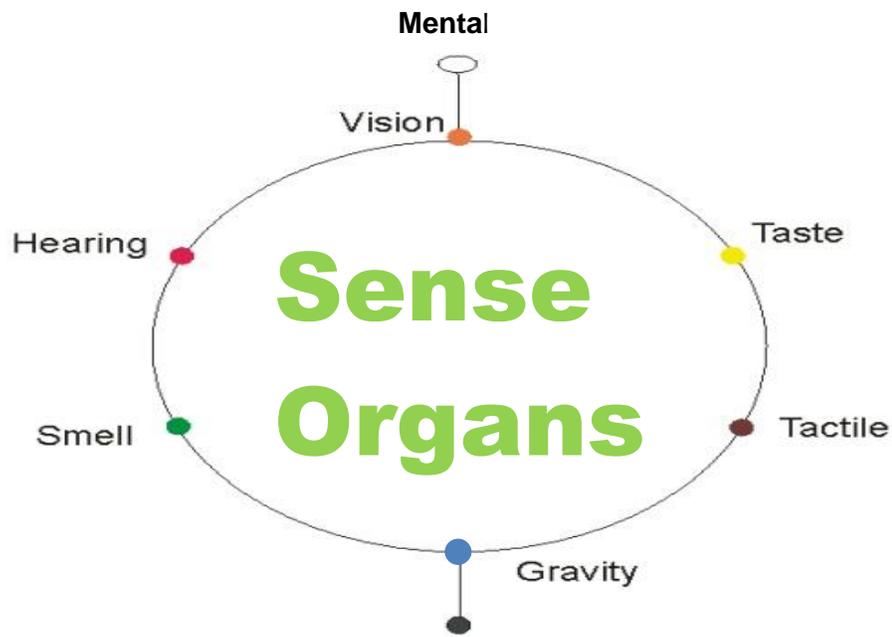
**This is how we can observe 8-Ki in Emotion**



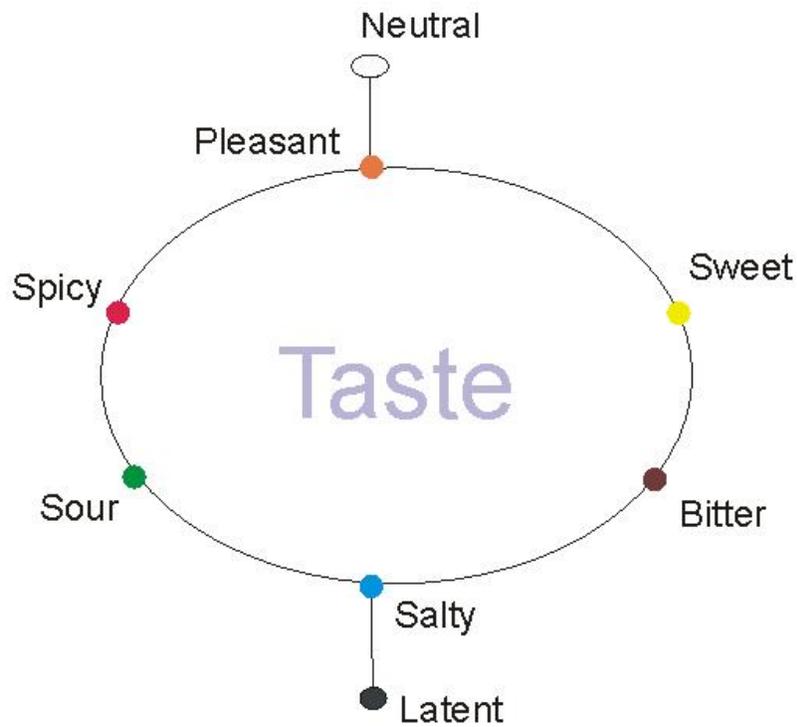
**This is how we can Observe 8-Ki in Reason**



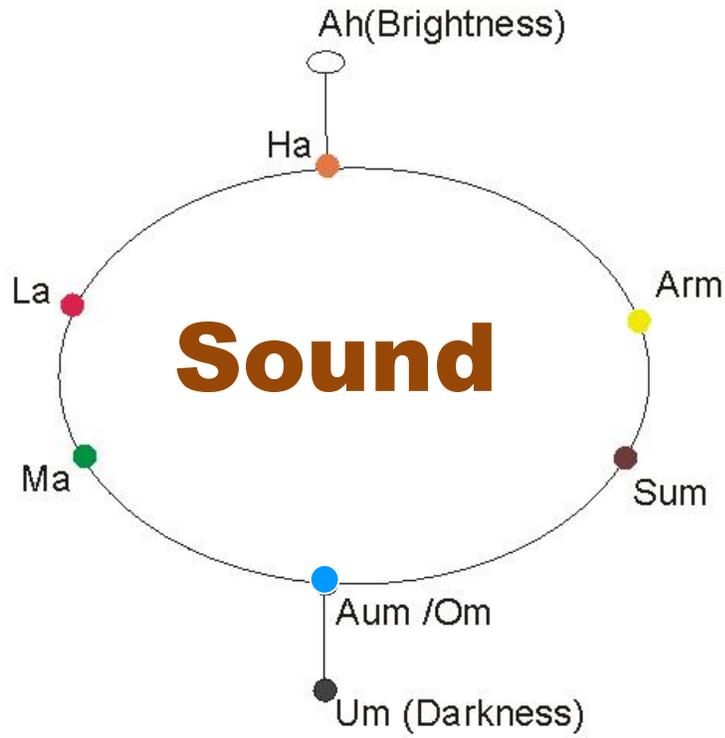
This is how we can observe 8-Ki in Sense Organs



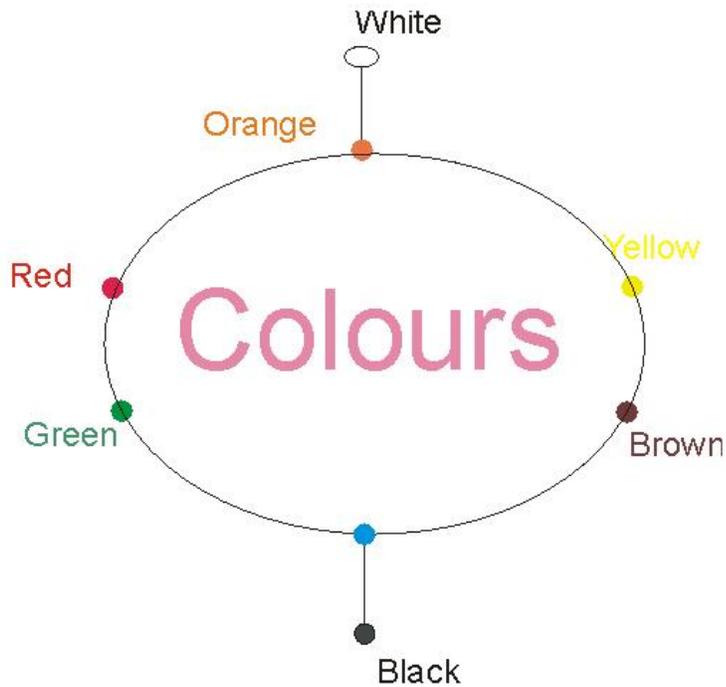
This is how we can observe 8-Ki in Taste



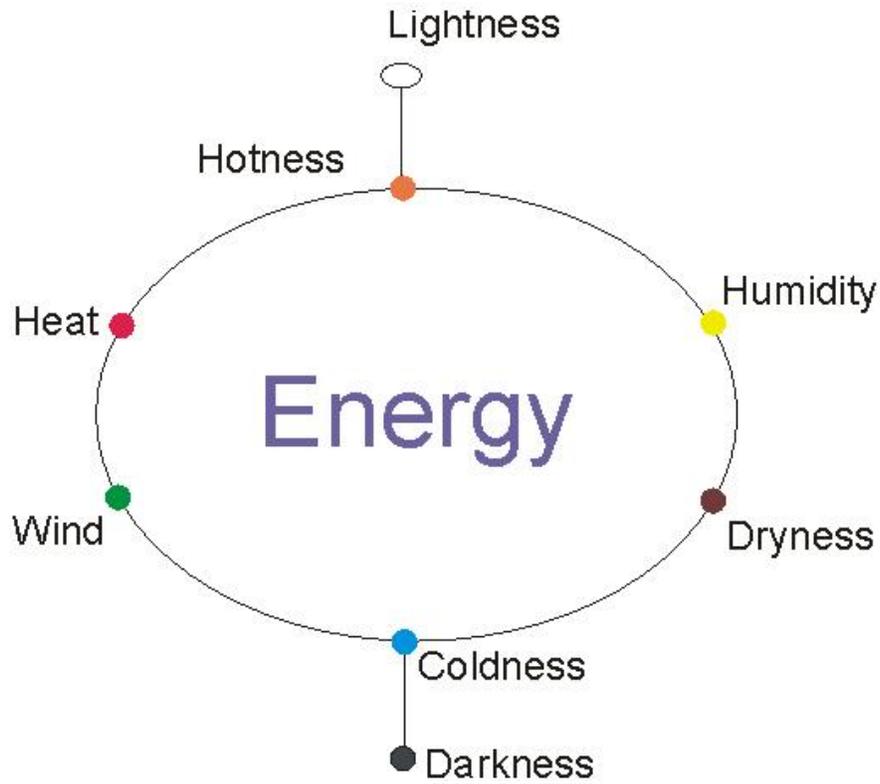
**This is how we can observe 8-Ki in Sound**



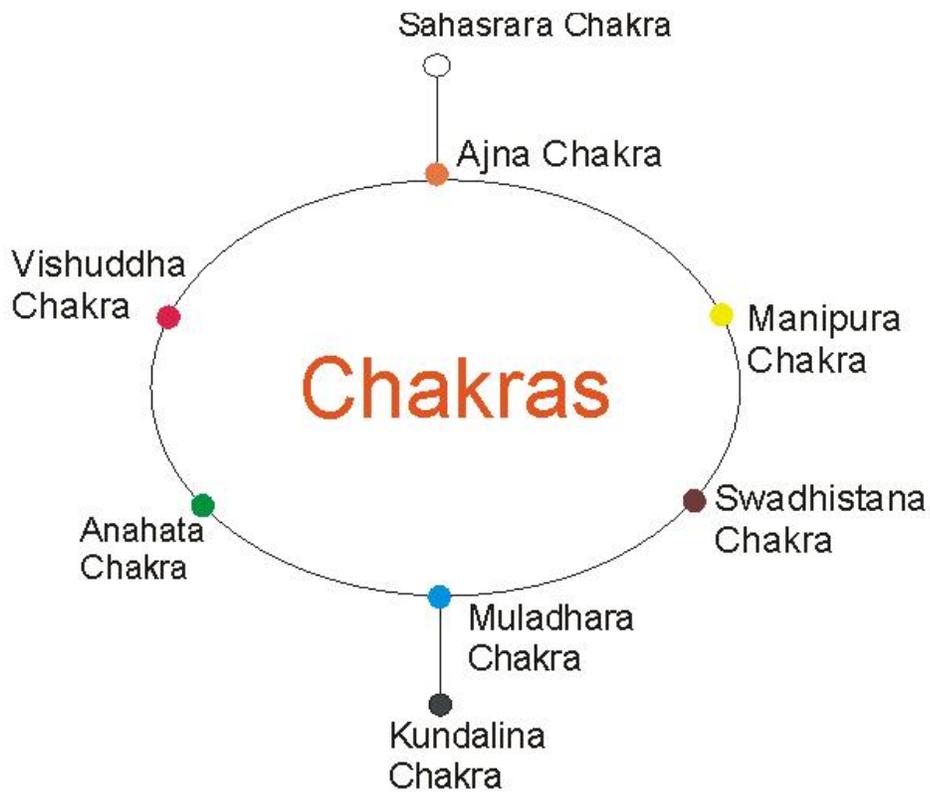
**This is how we can observe 8-Ki in Colours**



**This is how we can observe 8-Ki in Energy**



**This is how we can observe 8-Ki in Chakras**



## **CONCLUSION**

From the above project report it can be noted that the human existence creation of universe and creation of human body is very well defined in traditional form of healing systems.

Even about the human body complete information of all organs and internal systems . In India Ayurveda has defined 5 element theory very well and they use various ways of diagnosis like 1.Vatta 2.Pitta 3.Kapha (Tridoshas) and to treat these doshas they have various forms of treatments like Herbs, Species, Asana's, Pranayam, Mud therapy, Water therapy, Oil therapy etc.

In Chinese tradition form of treatment they have defined 5 element theory according to visible elements. They also have their different ways of diagnosis and for treatment they have Acupuncture , Herbal medicines and Moksha.

The meridian logy defined by Chinese Acupuncture and the energy system defined by Sushrutha (72,000 Nadies) as nadi sastra are quite similar to each other except for the names given to them.

The new age scientist and philosopher PROF.PARK JAE WOO added few theories which gives clear picture for understanding and simpler systems for implementation of treatment.

He has develop the concept of six-ki which was partially defined in traditional form of information and he also created a connection among Physical body ,Energy level body, Emotional body, Intellectual body.

PROF.PARK JAE WOO also developed 8-origin theory which defines any process of the universe from beginning till end. The 8-origin theory consists of spiritual aspect of individual as it explains everything about human life from birth to death. This is inclusive of everything like Seasons, Age-group, Colors, Sound, Taste, and Emotion, Reasons, endocrine glands etc. If we try to look at the things then we can say that every theory talks about the same thing in different languages, different words and different perspective.

- For example 5-element theory talks about five functional elements. Six –ki energy system talks about

1. Five functional energies (as that of five element theory) and

2. One controlling energy.

So together they become 6 energies of existence.

- 8–ki (Origin) talks about

1. Five functional energies (as defined by 5-element theory)

2. One controlling energy (as defined by 6-ki)

3. Two spiritual controlling energies covering six energies (6-ki)

Again it can be understood chakras defined by Indian scholars also follow the six-ki and 8-ki origin.

So we can conclude that the different languages and different countries has all the information about existences, disease, Treatment in the form of traditional medicines the only difference is in defining terms for different elements as we have discussed about water.

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- |   |   |
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| 3. THUMB IS HEAD  | PROF. PARK, JAE WOO                       |
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| 5. ACUPUNCTURE<br>A UNIVERSAL TOTAL OUTLOOK<br>IN MEDICAL SCIENCE | DR. DILIP DAS                             |

## ❖ **RESEARCH METHODOLOGY:**

The various literatures was studied to understand the traditional form of medicines (healing) . Then referred books are mentioned in Bibliography and the same information was verified by consulting various Therapists.