

24. G-JO: A NATURAL WAY FOR RELIEF OF SUFFERING: PART ONE

Only the body heals itself. And left to its own devices in a wholesome climate, it will normally do this admirably well. But whether coincidentally or because of "karma" (self-generated accumulated destiny, according to Oriental philosophy), we have been born into this highly industrialized society at this time in humankind's history.

Here, with its pollution and spiritual decay, we find ourselves on a difficult uphill trudge to restore or even maintain good health. And the "sweat" we produce in this ongoing struggle to stay sane and centered often comes in the form of pain and suffering. These are the body-mind's natural forms of purging and cleansing, according to many Eastern beliefs.

We have three choices when pain and suffering occur. First, we can suffer through the process as the body slowly attempts to heal itself. Or we can (usually unwisely) reach for the medicine bottle and attempt to "kill" the symptoms.

Finally, we can stimulate the body's own wondrous self-healing mechanisms to speed up this natural process ... and in most cases bring ourselves immediate relief as we do so. There are many ways of stimulating and accelerating "self-health," most of which are easy, effective and work within the "body-mind's" natural, existing systems.

A fruitarian -- or at least a vegetarian -- diet has long been suggested as one important way to help oneself restore and maintain prime health. For millennia before the Bible (at least in its original, Aramaic version) proposed man should live by fruits and nuts, alone, saintly beings in the East had followed a fruitarian "healthstyle." And that tradition continues to this day.

But generally their belief was (and still is) that, while good health is not possible without a good diet, food alone is not enough to keep us always well. If eating naturally was all that was needed to stay well, then ancient man -- who ate a completely natural diet -- would never have suffered. Unfortunately, this is not the case. Fossils of early man reveal he suffered from many of the same diseases which also plague modern man -- arthritis ... cancer ... and other ailments which still cause so much pain and suffering.

Some illnesses, according to these thinkers are karmic -- unavoidable reactions to unhealthy practices earlier in this, or perhaps even previous lifetimes. These reveal themselves in the constitutional weaknesses we have inherited from our parents. Other suffering occurs from accidental injuries, and such.

So what of this pain or suffering that sometimes does arise ... even in the most natural-living of us? There are, as mentioned, many easy yet effective ways to use the body's own miraculous properties to promote relief and healing. One of the most remarkable of these techniques is called "G-Jo."

G-Jo comes from the Chinese calligraphic characters that mean "emergency first aid," and is a basic form of finger-pressure acupuncture ("acupressure"). In using G-Jo, you simply stimulate one or several pairs of your body's various "acupoints" -- tiny, pressure-responsive therapy points (the same ones used in acupuncture) -- in a deep, goading or digging massage for a few seconds. If you have selected the right pair of points -- the one that "controls" your "target" symptom -- by the time this slightly painful message is finished, the "target" symptom has literally been "erased."

G-Jo is a safe, natural technique, one that we all use regularly without realizing it. How? Each of us has itches and irritations that occur regularly around the body -- normal itches that feel like tiny bug bites, and that we unconsciously scratch to relieve. If you were to check the

sites of your own itches against an "acupuncture atlas" -- a map of acupoints of the human body -- you'd quickly see that this "random" itching and scratching occurs very near or directly atop some of your most important therapy points.

How G-Jo works is not completely understood. Western science has already proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing bio-chemicals are immediately released when an acupuncture or acupressure point is stimulated. But more than that seems to happen when a good point is triggered.

For example, nausea (a symptom not usually associated with pain) may be promptly relieved with G-Jo. Even depression -- or various other forms of emotional suffering -- may also be relieved. (But true healing of chronic emotional or physical distress nearly always means a change in diet and other improvements in one's healthstyle.)

It is said that at least one acupressure point exists to control nearly any symptom, ailment, discomfort or distressed bodily area. That includes diseases, too, since in the traditional viewpoint there are countless symptoms and illnesses, but only one, true disease. This is an irregular (or "imbalanced") flow of the bodymind's life force (called ch'i, ki or prahna by Orientals).

Not only does G-Jo relieve suffering, but, when used as soon as a health problem occurs, it helps potentially serious problems "reverse" (heal) themselves before they become a threat to continued good health. And since it is a natural technique, one that relies only on an existing, bodily healing system, it is difficult to abuse.

There are several secrets to this art. First, the sooner you stimulate the right G-Jo point, the better your chances are for success (total, immediate relief). This is especially true for more serious or painful problems such as sprains, whiplash, lacerations, burns and such. Lesser symptoms (like headache, indigestion or menstrual distress) don't require such fast action, even though it's still a good rule of thumb to stimulate as soon as you notice a symptom.

Another important secret is to use the right acupressure point for the target symptom. There are nearly 200 G-Jo acupoints on the human body (illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). Each of them controls at least one area or function of the body-mind. Triggering the wrong point will bring little or no benefit (but no harm, either, in contrast to many Western medicines), while triggering the right one brings almost unbelievable relief.

As soon as the ailment occurs, simply reach for the best G-Jo point ... trigger it in the special G-Jo way ... and sigh in relief. It's just that simple -- and it really does work immediately. Much faster than any drug or medication.

While G-Jo is usually self-applied, it may also be used on others, even children. Simply probe and stimulate more gently and cautiously than you would upon yourself. As most children's problems are of a minor or acute nature, G-Jo is particularly effective for youngsters. And because it is natural, it is much safer than most drugs or medicines.

G-Jo is a two-step process. Step one is finding the right pressure point (they are tiny -- only about the size of a pinhead, so this may be just a bit more difficult than it seems at first). For example, G-Jo point #13 is a most useful point for headache (and many other kinds of) relief.

To find that spot on yourself, place your (right or left) hand so the palm is facing the floor. Put your fingers out straight, side by side. Lay your thumb tightly against the index or forefinger until you see the fleshy, muscular mound rise on the back of your hand between the thumb and fore-finger. Now place the tip of your other thumb (for the most specific pressure) on

the top of that mound. If you have a long thumbnail, use the bent knuckle of your index finger, or even the eraser tip of a pencil.

Then, keeping your thumbtip in place, relax the hand on which you are finding the mound. Now begin to probe that fleshy "web" deeply -- you are feeling for a sensitive "ouch point" (many people claim it feels like a toothache or pinched nerve when contacted). If you have difficulty locating it, move slightly back toward the "vee" near your wrist where the thumb and index fingerbones meet. Feel it? If not, keep probing.

Step two is massaging the point properly. This is also done with the deep, digging or goading kind of fingertip massage. Most of the body's acupressure points are duplicated bilaterally (on either side of the body, that is), so as soon as you find and massage the point on one side, you immediately duplicate the technique on the opposite side. That's all. In most cases, you only need to massage the points about 15 seconds apiece to get prompt relief.

There are several people who should normally avoid the use of G-Jo (except in an emergency or for limited-time use). These include chronic heart sufferers, especially those who wear pacemakers or other mechanical energy regulators and people who take regular, daily medications (except vitamins or other mild "preventive" medicines). Pregnant women should also avoid the use of G-Jo, especially after the third month of pregnancy.

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