

29. G-JO: A WAY TO RELIEVE SUFFERING WITHOUT DOCTORS OR DRUGS

For thousands of years, people have been advised to begin their spiritual search and practices as young as possible, so that they might have well-established beliefs and routines before the discomforts and suffering of aging make dedication to such practices most difficult. For that, or "moral" reasons, various schools of spiritual and esoteric thought have taught their followers at least the basics of certain health practices.

In many cases, this begins as a code of eating ethics -- usually vegetarianism. In some cases, these health teachings even include the use of herbs and other natural substances for healing and health maintenance.

And throughout the East, some rather unusual health practices (at least to Western spiritual organizations) have also evolved over many generations. One of the most notable and effective of these is a form of touch therapy collectively known as "acupressure."

Acupressure is a kind of acupuncture ... without the needles. Instead, a fingertip (or other blunt, stimulating tool) is used to "trigger" one or several of the body's many acupuncture points. The goal is the relief of suffering and the healing of illness. When properly performed, this technique accomplishes both these goals remarkably well ... and often in an unbelievably short time.

The origins of acupressure are as obscure as those of acupuncture. It is theorized that man has been using a crude form of acupressure forever ... by scratching and itching various spots on his body, when needed. These daily irritations, if compared to an "acupuncture atlas" (a roadmap of acupuncture points on the body), invariably shows them to fall very near -- or directly atop of -- major acupuncture sites.

Certain Oriental doctor-philosophers began recording the sites or points and their associated symptoms many centuries ago. Acupuncture-type techniques are thought to have been used in India at least 7,000 years ago, and perhaps even earlier in what today is China.

Old as they may be, however, these techniques are as modern as the space-age. And with just a few minutes of training -- and a few seconds of application -- they can provide the spiritual aspirant (or any other sufferer, for that matter) both immediate relief and the stimulation of the body's own self-healing mechanisms. For it is the body -- and only the body -- which heals itself. Acupuncture, acupressure and all other therapies are said to only stimulate and accelerate the body's miraculous, innate self-healing qualities.

The easiest form of self-applied acupressure is called G-Jo. As with all forms of acupuncture therapy, G-Jo works upon -- and affects -- the body's subtle energy system and its electric-like force of vitality (known as ch'i, ki or pranha) that "flows" therein. All that is required to use this self-health technique is the knowledge of a handful of the body's acupressure points and a familiarity with the symptoms or bodily areas that each point "controls."

There are more than 1200 known acupuncture sites or points on the body. Of these, several hundred are highly responsive to fingertip massage stimulation. And of those, nearly 200 qualify as G-Jo acupoints. (All the G-Jo acupoints are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com).

In actual practice however the knowledge of as few as six pairs of these points may spell the difference between suffering and prompt relief of many common ailments. Symptoms such as headache, low back pain, indigestion, menstrual cramps and more than 200 other common

maladies may usually be relieved -- and often "reversed" (healed) -- by the simple application of a few seconds of fingertip massage on one or several of these primary points as soon as the "target" symptom is noticed.

There are two vital rules for using G-Jo. The first is to **FIND THE RIGHT PRESSURE POINT**. The specific spots may be tricky to locate at first, and you must use the tip of your thumb or forefinger -- not the pad or fleshy part -- to probe the general area of the point as deeply as you can ... applying about 20 lbs of finger pressure.

Since these areas of pressure are only about the size of a pinhead, you'll have to practice locating them until you become familiar with their feel and position. You'll know when you've found a pressure point, though: it will announce itself with a "loud" twinge of sensitivity, much like that associated with a pinched nerve or a toothache. The more tender the point is to finger pressure, the better it is likely to be for bringing relief and healing.

The second important rule is to **STIMULATE THE PRESSURE POINT PROPERLY**. Here, again, the secret is to use deep pressure. Massage the tiny spot with a digging, goading motion ... again, using the tip of the thumb or forefinger. If you have trouble applying enough force with your finger- or thumb-tip (or if you have a long nail), you can use the eraser tip of a pencil or something similar. In severe cases, you might have to continue applying pressure for as long as several minutes; but 10 to 15 seconds of self- treatment are usually enough to "unblock" the right control point. Relief should follow immediately.

Pressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- you simply repeat the find-and-trigger process on the opposite side. You'll find generally one side to be more tender than other. That will be the side to focus mostly upon. Rarely, treating one side may relieve a symptom, while stimulating the opposite point may bring the discomfort back. (If that happens, simply reapply pressure to the original side until the symptom disappears again, and do not trigger the opposite point.)

As soon as you notice a problem, stimulate whichever one of the following basic pairs of points best controls that area. If your symptom is not relieved satisfactorily, try another pair of points. (Because the six primary points are so broad-acting, one pair may relieve symptoms usually controlled by another.)

Relief should be instantaneous and complete (or nearly so, depending on the severity and chronicity of the target symptom). It should last a minimum of several hours, at least for minor symptoms. If/when the symptom returns, simply restimulate the right spot. Even with more severe problems, such as gaping wounds, burns, shock, etc. (yes, G-Jo is extremely useful even for this kind of emergency), simply restimulate the right point and -- as a judge to know if it is the right point -- expect to have increasing spans of "relief time," even though you may only get a few minutes of relief at first.

When -- if -- the symptom returns, simply restimulate the best G-Jo point(s), again. This time, you should get longer relief. But if you find that you need to retrigger a G-Jo point more than four or five times a day for an apparently minor problem -- or for more than several days in a row -- it usually means that you're using the wrong G-Jo point or that your problem is chronic and you should try getting to a doctor (or doing more advanced self-health techniques).

Since G-Jo is a natural, drugless technique, it's as safe for treating children as it is for adults: one should simply apply less pressure when finding and triggering the points on a child's more sensitive body. Also, when measuring to find these points on the child's body use his/her own hand as a guide (see instructions below), not your own. This is because acupuncture points

are located relatively to each individual's body.

Within humane limits, it is difficult to stimulate your own points too deeply; on the other hand, it is quite easy not to stimulate them deeply enough. And since each point is small -- less than a centimeter or two in diameter -- it is vital to be precise. The printed instructions only give approximate locations -- the "loud" twinge of sensitivity is your true indicator.

If you've done G-Jo properly, not only should you have immediate relief of the target symptom, but often there will be other interesting, usually pleasant side-effects. For instance, nearly always there will be a profound sense of sudden relaxation and easing of muscular tension throughout your body. It's been described as feeling "like a balloon with its air let out in a rush"; it's true -- usually one feels like sighing "aaahhhh ... " in deep relief. Then, too, you'll frequently experience a tingling sensation, or a sense of "energy flowing"; or you might feel a burst of warmth, causing a light flush of perspiration to form across your brow or shoulders. These very typical responses are called "acupressure reactions," and nearly always occur when a good point is triggered properly.

You might even feel a bit faint or lightheaded (unusually strong acupressure reactions, which generally indicate you've found and triggered a particularly good point), and have to sit down for a few minutes. In any event, it's always better to be relaxed when you use G-Jo -- do it either seated or lying down, if possible.

While G-Jo is safe and harmless, there are several people who should generally avoid the use of this technique (except in emergency or limited-use situations):

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);
3. And a pregnant woman (especially beyond her third month of pregnancy) should also avoid the unlimited use of acupressure (especially points #5, 7, 9 and 13; however, those same points may be used in natural, drugless childbirth -- after labor has begun -- to ease the process and problems associated with childbirth; and these points are also helpful in stimulating healing after the birth, too).

Also, as a general practice:

- Wait for about four hours after taking any drug, medication, alcohol (or other intoxicant) before applying G-Jo...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercise before applying G-Jo...
- Avoid any G-Jo pressure points that fall beneath scars, moles, warts, varicose veins or any other blemishes or disfigurements -- use the point(s) on the opposite side of the body, instead.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of the following six, primary pairs of basic G-Jo points and some of their many uses.:

G-Jo Point #7

Important use: Indigestion, lower tract distress, certain sexual dysfunctions and more than 30

other symptoms and health disorders.

Location: The width of one hand above the crown or bony bulge of the inner ankle bone (medial malleolus), just behind the shinbone (tibia), in the "valley" or depression formed between that bone and the calf muscle (or actually along the inner rear edge of the shinbone).

G-Jo Point # 5

Important use: Lower back pain, hemorrhoids, knee and leg discomforts, as well as at least 20 other symptoms and health disorders.

Location: In the hollow or soft depression just behind the bony bulge of the outer ankle (lateral malleolus), just ahead of the Achilles tendon.

G-Jo Point # 13

Important use: Headache, tired feet, and more than 40 other symptoms and health disorders -- this is probably the most powerful acupressure point in the human body.

Location: In the webbing, between the thumb and forefinger; squeeze the thumb and forefinger together and place the other thumb tip on the fleshy mound that is formed between them. Keep the thumb tip on the mound and relax your hand; then probe until you find the tender spot and begin the stimulation.

G-Jo Point # 4

Important use: Tennis elbow, pain in the hand, arm or shoulder and at least 24 other symptoms and health disorders.

Location: The width of two thumbs above (toward the elbow) the most prominent crease of the upper or outer wrist ("hairy" side of arm), in line with the middle finger. Specifically, this point is in the deepest part of the depression formed between the two arm bones, the radius and the ulna.

G-Jo Point #10

Important use: Menstrual cramps, chest pains and more 30 other symptoms and health disorders.

Location: The width of two thumbs above the most prominent crease of the inner (lower) wrist, in line with the middle finger (directly beneath G-Jo point #4).

G-Jo Point #9

Important use: Indigestion, lower tract distress and more than 40 other symptoms and health disorders -- this is also an extremely powerful and broad-acting acupressure point.

Location: The width of one hand below the bottom of the kneecap, then the width of one thumb toward the outside of the leg, in the "trough" formed between the shinbone and outside calf muscle.