

OPEN POINT software TIPS.

What do you need to use the software?

- 1) small needles for micro acupuncture
- 2) small magnets
- 3) colour markers or felt-pen tips: red, green, yellow, black, white.

You will need small needles for Open Point and Mjeng treatment. Magnets are used in magnet therapy. Magnet therapy is also used in Su-Jok acupuncture, as Su-Jok acupuncture uses different kinds of energy balancing, except acupuncture it includes therapy with magnets, colour, seeds of plants. Colour markers are used for colour therapy.

Run the software and click 'Mode' tab. There you can see 3 selections:

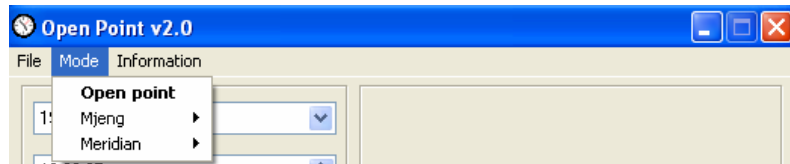
Open Point

Mjeng (which has subcategories according to 5 elements)

Meridian - which is divided into 2 groups:

Magnet

Colour



Treatment with Open Point method

Run the software, choose from the "Mode" tab Open Point method

The software will automatically display the date, month and year, but if you want to calculate the open point for another date, choose another date from calendar provided in the software.

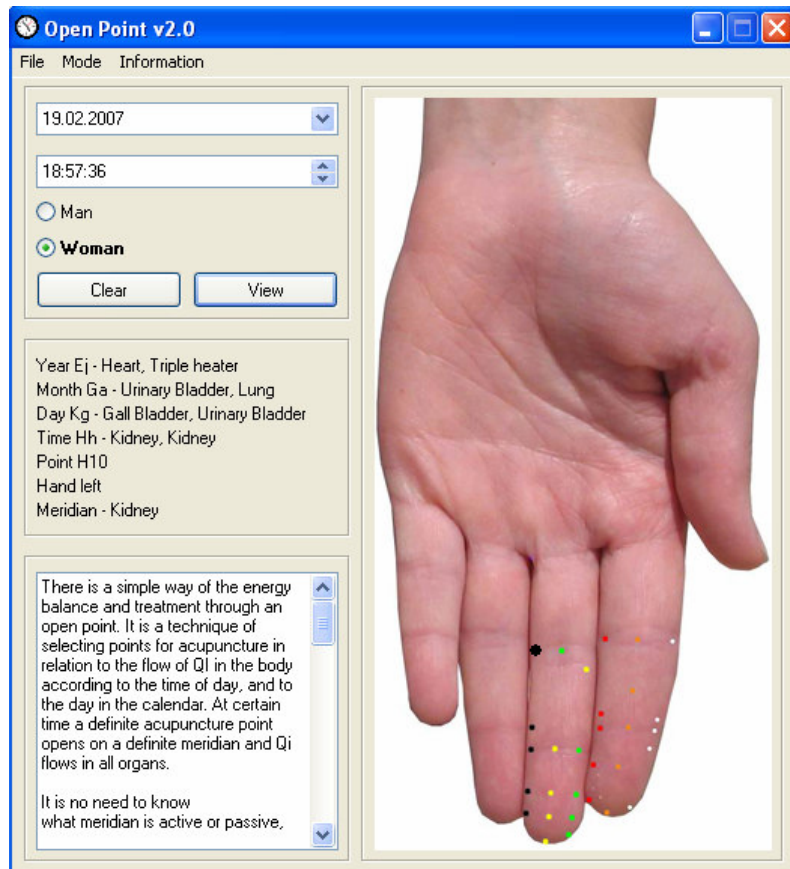
Also the software automatically displays the time. If you want to change the time you can do it also in the special field.

Then check a box **Man** or **Woman** - to calculate the Open point for a man or woman, choose it accordingly.

Press **View** button and the software will display the point where you need to insert a needle (it will be blinking).

The software will give you an information about the year, month, day, time, point, side of the meridian and meridian name, like in our example:

Year Ej - Heart, Triple heater
Month Ga - Urinary Bladder, Lung
Day Kg - Gall Bladder, Urinary Bladder
Time Hh - Kidney, Kidney
Point H10
Hand left
Meridian - Kidney



Leave the needle in the point for 20-30 minutes. The person should seat comfortably (or lie) and his legs and hands without being criss-cross.

The technique of needle insertion in the open point.

The needle is inserted perpendicular to skin surface. This kind of treatment can be assigned to metaphysical treatment and requires a definite energetic state from a practitioner.

It is necessary to concentrate attention on the needle, to gather your energetics until heavy feeling on the needle. You should feel a sensation of heavy subsidence from the needle and a kind of passing it in the meridian. You need to hold your hand until the moment when you finally feel that the energetics totally entered a point.

Location of the open point on the left or right meridian depends on energetics corresponding to a Sky stem and general energetics to Yin or Yang.

The Open Point changes every 2 hours as the activity of a certain meridian is also changes.

The method of Su-Jok Open Point takes its roots in Chinese bio-rhythmical acupuncture. It can be used for overall health as it influences on the whole organism.

Treatment with Mjeng method

The other method of bio-rhythmical acupuncture in Su-Jok method is **Mjeng**. Whereas Open Point method uses only one point on the meridian, Mjeng method uses 2 points.

When in Open Point method we know the Earth branch, i.e. meridian which is active in a definite period, the software automatically calculates the point which is open on the given meridian.

While treating according to Mjeng acupuncture the calculation is done in reverse order.

First of all we choose a point which will be influenced (correlated with one of the 5 elements – Water, Earth, Wood, etc.) and then the software calculates the point corresponding to this element and the point which will be open at the given moment.

When you choose the element you should take into account symptoms of the disease and then click on the appropriate element and the software automatically calculates the meridian which is active at the current moment.

For example, a person has a running nose, it corresponds to the element of Earth, you choose Earth and click **View** button, the software calculates for you 2 points: 1 point corresponds to the element and the second point corresponds to a meridian which is open at the moment.

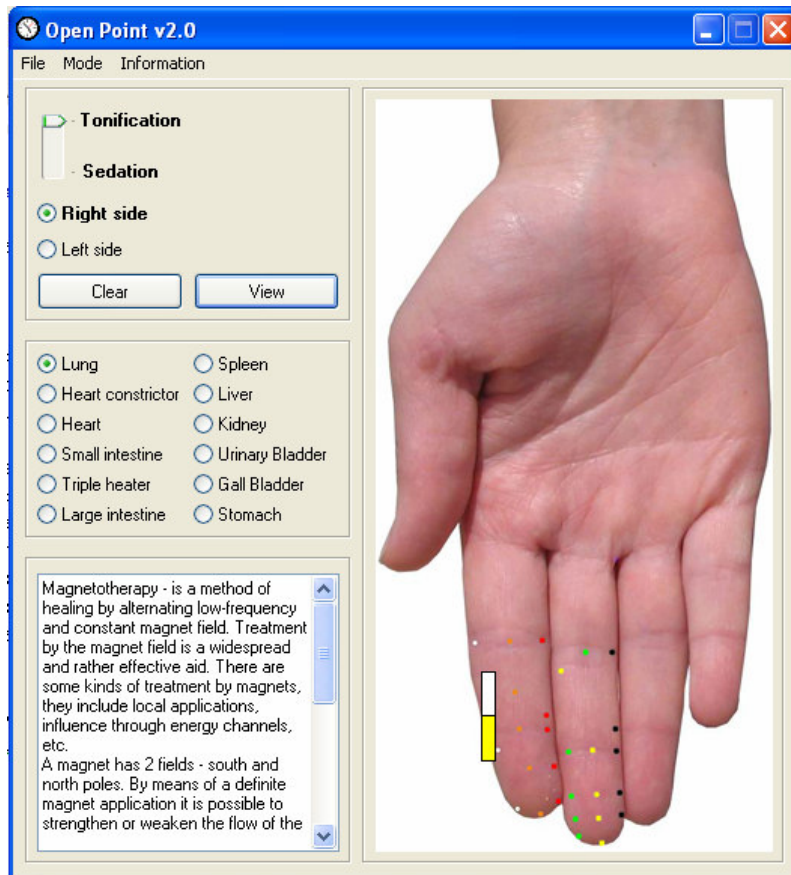
This method can be used for mental and emotional correction of a patient. 2 needles should be inserted for 20-30 minutes also.

Treatment with Meridian mod: Magnet and Colour

Meridian provides you with 2 methods of treatment: with magnets and colour therapy.

To use this option you need to choose the method of influence click “Mode” tab and select magnets or colour.

Your next step is to choose the meridian which needs to be influenced (one of 12 meridians: lung, stomach, kidney, liver etc.) and what you want to do with it, tonify or sedate the meridian and select a side of influence: left or right. Then click **View** button.



Magnets are usually applied also for 30 minutes and then removed.

Apply magnets as it is shown in the software (if you feel somehow uncomfortable, remove these magnets or change the polarity)

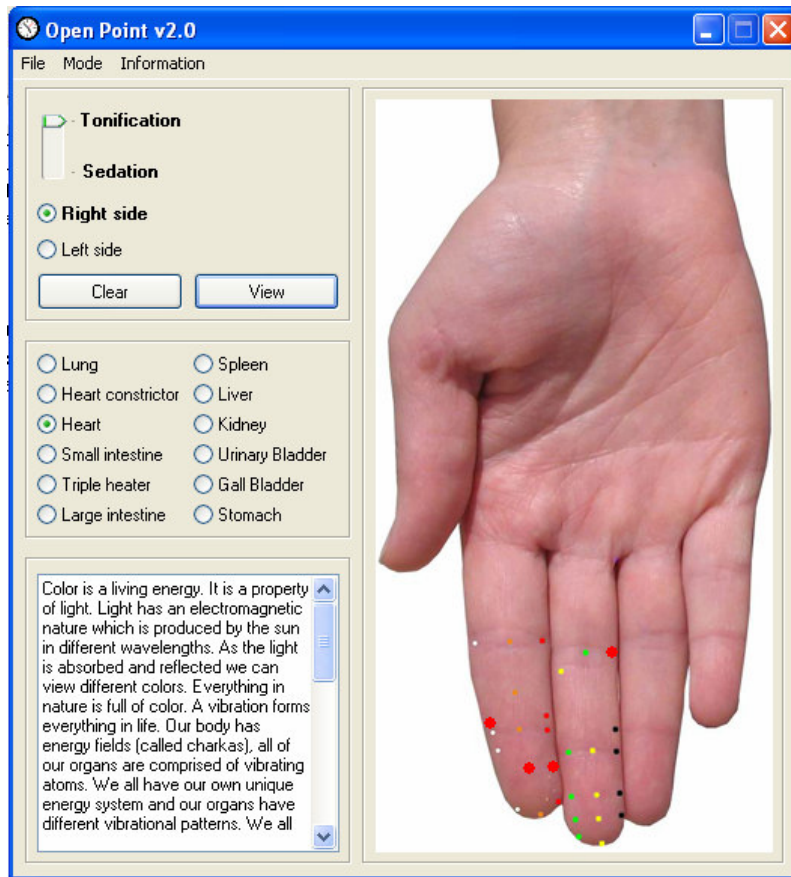
If you want to use colour correction, go to 'Mode' tab, choose Colour.

Then you need to select the meridian you want to influence, its side and the action connected with it: tonification or sedation. Click **View** button and the software will prompt you the points that should be drawn on your fingers.

Special attention required:

Draw colour points only with a colour(-s) shown in the software. The points should be colored constantly within 10-14 days period. As soon as the points disappear, colour them again.

Also if there is an uncomfortable sensation, it is necessary to stop drawing the points and remove them.



If you are not sure which meridian is out of balance try Ryodoraku diagnostics which displays a clear graph for the patient to see imbalances on each meridian system.

More information: <http://www.biopulse.org/>