



A COURSE FOR SELF CARE AND SELF HEALING  
**ACUPUNCTURE LIFE SCIENCE AND ITS  
THERAPEUTIC APPROACHES**

A'25 SESSIONS' ONLINE COURSE

**CLASSES WILL BE CONDUCTED ON SATURDAYS AND SUNDAYS**  
**TIMING: 6.30AM TO 8AM IST | TEACHING LANGUAGE: TAMIL**

**அக்குபங்சர் வாழ்க்கை அறிவியல் மற்றும்  
மருத்துவ அணுகுமுறைகள்**

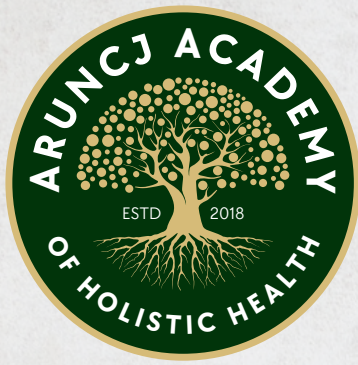
பற்றிய மூன்று மாத இணைய வழி பயிற்சி வகுப்பு

CONDUCTED BY

*Arun CJ*

Consultant for Holistic Wellness  
(Acupuncture, Yoga and Naturopathy)





A COURSE FOR SELF HEALING AND SELF CARE

## THE SYLLABUS OF ACUPUNCTURE LIFE SCIENCE AND ITS THERAPEUTIC APPROACHES

### PHILOSOPHIES TO UNDERSTAND HUMAN CREATION AND ENERGY SYSTEM

INFINITY THEORY  
YIN-YANG THEORY  
FIVE ELEMENTS THEORY  
THEORY OF UNIQUENESS OF THE UNIVERSE  
THEORY OF COSMIC PURITY

### FUNCTIONS AND NATURES OF FIVE ELEMENTS

GENERATIVE CYCLE AND CONTROL CYCLE  
DESTRUCTION CYCLE AND OVERACTING / INSULTING CYCLE

### VITAL FORCE AND THE SOULS OF FIVE ELEMENTS

DIVINE ESSENCE IN HUMAN ENERGY SETUP  
EXPLANATIONS OF 'SHEN - YI - PO - ZHI - HUN'  
GUIDANCES AND SILENCE NATURE OF THE FIVE ELEMENTS SOUL  
SPIRITUAL CONCEPTS OF SOULS OF FIVE ELEMENTS

### CONNECTIONS BETWEEN FIVE ELEMENTS AND HUMAN ORGANS

CONCEPTS OF EARTH ELEMENT ORGANS (SPLEEN & STOMACH)  
CONCEPTS OF AIR ELEMENT ORGANS (LUNGS & LARGE INTESTINE)  
CONCEPTS OF WATER ELEMENT ORGANS (KIDNEY & BLADDER)  
CONCEPTS OF SPACE ELEMENT ORGANS (LIVER & GALL BLADDER)  
CONCEPTS OF FIRE ELEMENT ORGANS (HEART & SMALL INTESTINE)



## FUNCTIONS AND NOTES OF HUMAN BODY'S FIVE ELEMENT ENERGIES

FUNCTIONS AND DIAGNOSING NOTES OF EARTH ENERGY

FUNCTIONS AND DIAGNOSING NOTES OF AIR ENERGY

FUNCTIONS AND DIAGNOSING NOTES OF WATER ENERGY

FUNCTIONS AND DIAGNOSING NOTES OF SPACE ENERGY

FUNCTIONS AND DIAGNOSING NOTES OF FIRE ENERGY

## INTERNAL QI'S AND EXTERNAL QI'S

THE VITAL ENERGY AND THE ENERGY OF MIND

REFINING NATURES IN FIVE ELEMENT ENERGY SETUP

ENERGIES FROM FOOD, WATER, AIR AND COSMIC SPACE

EXPLANATION OF INTEGRATED LIFE FORCE CREATION IN HUMAN BODY

## ACUPUNCTURE POINTS AND ITS ENERGY ACQUIRING NATURES

INTRODUCTION TO ACUPUNCTURE POINTS

THREE BASIC FUNCTIONS OF ACUPUNCTURE POINTS

LOCATIONS OF ACUPUNCTURE POINTS (30 POINTS)

SHIFTING NATURES OF ACUPUNCTURE POINTS

## CONNECTIONS BETWEEN ACUPUNCTURE ENERGY MERIDIANS AND ACUPUNCTURE POINTS

ENERGY MERIDIAN AND ENERGY FLOW CONCEPTS

EXPLANATIONS OF DU-REN MERIDIANS

EXPLANATIONS OF 8 IMPORTANT MERIDIANS OF HUMAN BODY

CONCEPTS OF CONNECTION IN THE FIVE ELEMENT'S MASTER CYCLE

## BASIC ANATOMY AND PHYSIOLOGY

ANATOMY AND PHYSIOLOGY OF DIGESTIVE UNIT

ANATOMY AND PHYSIOLOGY OF WASTE EXCRETION UNIT



## ENERGY MERIDIANS AND ACU POINTS OF PRIMARY ENERGY ORGANS (DETAILED EXPLANATIONS OF THOSE POINT'S CLINICAL USES AND JUSTIFICATIONS)

SPLEEN MERIDIAN AND CLINICAL USES OF ITS ENERGY POINTS  
LUNGS MERIDIAN AND CLINICAL USES OF ITS ENERGY POINTS  
KIDNEY MERIDIAN AND CLINICAL USES OF ITS ENERGY POINTS  
LIVER MERIDIAN AND CLINICAL USES OF ITS ENERGY POINTS  
HEART MERIDIAN AND CLINICAL USES OF ITS ENERGY POINTS

## DIAGNOSING AND TREATMENT APPROACHES

DIAGNOSING CHART FOR EASIER DIAGNOSING  
HOW TO SELECT ACUPUNCTURE POINTS FOR TREATMENT?  
MEASURING METHODS TO LOCATE ACUPUNCTURE POINTS

## THE TOUCH THERAPY (TOUCHING AND STIMULATING)

SPIRITUAL EXPLANATIONS OF TOUCH THERAPY  
TOUCH THERAPY PROCEDURE  
IMPROVING OUR TOUCH HEALING POWER  
FAITH AND HEALING

## SELF CARE AND SELF HEALING

LIFESTYLE - MEDICAL NEEDS - SPIRITUALITY  
PRINCIPLES OF ACUPUNCTURE LIFESTYLE  
FACTORS OF WASTE ACCUMULATION  
REGULATING WASTE EXCRETION PROCESSES  
CONCEPTS FOR RIGHT DIET (TASTE THERAPY)  
NATURAL LIVING WITH SPIRITUAL MINDS SP  
IMPROVING OUR CONSULTING SKILLS  
PRAYER METHODS  
IMPORTANCE OF SELF CARE AND SUPPORTING OTHERS





CLASSES CONDUCTED BY

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(ACUPUNCTURE, YOGA AND NATUROPATHY)

CLASSES WILL BE CONDUCTED ON SATURDAY AND SUNDAYS.

TIMING: 6.30AM TO 8AM (TOTAL 25 SESSIONS)

CLASS RECORDINGS (AUDIO AND VIDEO) WILL BE PROVIDED  
ALONG WITH CLASS NOTES (PDF)

ALL CLASSES WILL BE LIVE ONLINE CLASSES NOT PRE RECORDED

THIS COURSE IS DESIGNED ONLY FOR SELF KNOWLEDGE AND SELF  
HEALING PURPOSES.

PARTICIPATION CERTIFICATE WILL BE PROVIDED AFTER THE COMPLETION  
OF THE COURSE AND THAT WILL BE A PRIVATE CERTIFICATE WHICH  
CANNOT BE USED AS A LICENCE TO PRACTICE ACUPUNCTURE AS A  
PROFESSION. PLEASE KEEP THESE NOTES CLEARLY.

THOSE WHO WISH TO PRACTICE ACUPUNCTURE AS A PROFESSION, KINDLY  
FOLLOW THE GOVERNMENT GUIDELINES AND PROCEDURES.

COURSE TEACHING LANGUAGE : TAMIL

FOR ADMISSION AND FURTHER ENQUIRIES KINDLY CONTACT



**91 - 8939294031**