

Personal Energy Analysis

Enrich and Protect Your Health

Learn How to Use Food as Medicine to Balance the Energy You Were Born With



A revolutionary system that shows how your personal energy patterns affect your health, emotions and relationships.

Sunim Formulating Body Character Chinese Herbs



This system was developed by Venerable Hyunoong Sunim, a Korean Zen monk, Taoist Master and oriental herbalist. During twenty years of rigorous Zen training he also spent ten years studying Taoist practices under a Taoist hermit from whom he received sanction to teach. (His Taoist studies included the principles of the I Ching, Yin/Yang and Five-Element principles, energy meridians, Chinese herbs, energy changes of the universe, and the relationship between universal energy and the personal energy of individuals.) In 1985 Sunim taught Zen and Sun-do for one year in Geneva Switzerland. He arrived in North America in 1986 and has established zen centers in Seattle WA and Berkeley CA where he is the resident master. This booklet describes the method he discovered to reveal a person's strong and weak organs according to the principles of the I Ching, and how you can benefit from this knowledge by achieving good energy balance.

Western Medical Doctor Experiences Ancient Oriental System

I have referred over 100 patients, colleagues and friends to MasterSunim for his Energy Analysis, with remarkable success. My whole family, including my wife and two young children have practiced MasterSunim's dietary guidelines for over 3 years. His dietary recommendations are part of a life-long process of staying healthy, based on an understanding of our innate constitution or energy. Sunim has adapted an ancient form of knowledge that allows any of us to be treated as unique individuals, tapping into the healing and nourishing qualities of food that best suits our very specific needs. Results for the great majority of my patients have been so clearly positive that I am convinced that mixing the best practices of Eastern and Western medicine is the future of health in the 21st century. In my opinion, Master Sunim is a master healer who provides a unique service to all that he comes in contact with. I strongly recommend his practices to anyone who is serious about their well-being and willing to learn from a Master.

*Ahvie Herskowitz, M.D.
Clinical Professor Medicine
Attending Cardiologist
UC San Francisco and SF VA Medical Center*

Our baby was strong and healthy up until 12 months of age when he continued to grow taller, but did not gain weight. His cheeks lost their rosiness, his appetite diminished and he became irritable. At about 15 and 18 months of age, he experienced a febrile seizure which was thoroughly evaluated with university pediatric neurologists. There were no explanations, and no remedies other than to begin drug treatment. I sought the advice of Master Sunim because of positive results I had personally experienced. We learned that our son's energy was extremely hot and dry; he needed to begin to eat a cooling diet. Within one month, his pink cheeks had returned, he gained weight, and his enthusiastic and positive personality returned. Our boy is now nearly 4 years old, is large, strong, happy and has exhibited no further seizures. We believe that Master Sunim's solution was the best path to have taken.

*Dr. Victoria Hale
CEO, Institute for One World Health
San Francisco, CA*

Master Sunim's approach was very unique and useful for me. I had honed in on my constitution through other methods but he allowed me to notice even more specifically the difference between hot and cold body systems and foods. I did not know I had excess heat in my upper body and his diagnosis helped me to bring much greater balance through the foods I now choose and the way I work with my body in my yoga practice. Now my energy is more balanced and clear and my health very good. I recommend him to everyone interested in optimal health and vitality.

*Sarah Powers
Yoga Teacher
sarahpowers.com*

Introduction

Once you know your Body Character, the food you eat can be used as medicine for the rest of your life. As a Zen and Taoist Master, Sunim has rediscovered the ancient wisdoms of how to maintain health, prevent illness and cultivate wisdom. The ancient wisdoms were understood long ago but have been gradually lost, so modern day people are no longer aware of them. Sunim has based his work on the medical principles discovered by the ancient saints, creating a very precise, accurate system for understanding and maintaining good health.

The world has developed many different forms of diets and medicines, but we must remember that it is human beings who eat those foods or take medicines. Every medicine or food has its own character, and each human body also has its own character. No matter how “healthy” or organic a medicine or food may be, if the character of the medicine/food and the Body Character of the person do not match, the medicine/food will damage the person instead of helping them. If you take foods and medicine that supply your body’s deficiencies, they will help you. It is the same principle as putting on warm clothes in the winter and wearing cool clothes in the summer. A hot Body Character person needs to eat cooling foods and a cold Body Character person needs to eat warming foods. First, you need to know your Body Character. Second, you need to understand your illness, its underlying causes, and its root. Third, you need to know the foods and medicines that suit you, that supply your deficiencies and remove the root of the illness.

If you are healthy and follow these principles, you can prevent illness; if you are already suffering from illness you can reduce the illness. Many modern-day diets and medicines are upside-down, vague, confusing methods which have become popular in our society. They lack a precise formula for addressing each person’s exact health needs.

If you follow the diet we provide for your Body Character, within one to two weeks you will begin to experience beneficial changes. You will have a clearer understanding of the foods, herbs and medicines that cause imbalance and illness for your body, gaining confidence in your ability to remain healthy in the future. You will know exactly which foods support and promote your body’s health, and how to include them in correct proportions in your diet. For more severe health conditions Sunim uses Body Character Chinese herbs, making formulas designed for the individual person and the specific imbalances that can cause illness.

“After fifteen years of experience treating people in North America, I believe that the methods I use combine to create the very core of an almost perfect system of healing. I feel confident in treating many kinds of disease, including those which Western medicine considers difficult. If the illness is not too advanced and the patients can give me their trust, I can help 90% of them recover from their health problems “
Hyunoong Sunim

The Sixth Patriarch Zen Center offers zen practice and a variety of modalities of healing. Guest rooms are available for private Healing Retreats and Meditation Retreats. In the Healing Retreats Sunim teaches the Water Rhythm Practice. This is an extremely powerful system through which deep healing occurs, even of serious illnesses which Western and Oriental medicines are unable to treat. Sunim has successfully treated illnesses such as chronic and severe eczema, arthritis, Lyme's Disease and high cholesterol. Cancer is also treatable if it is not in advanced stages. The **Water Rhythm Practice** must be taught in person, allowing Sunim to guide you one-on-one. Benefits are experienced after the first three to five days of beginning the retreat. The zen center has guest rooms for these private retreats. For more detailed information please request our Healing Retreat brochure or access it from our web site. With discipline and wisdom, a true path of health, emotional stability and spiritual cultivation can be achieved for the rest of your life. For more information on our center please refer to our web site www.zenhall.org.

PERSONAL ENERGY PATTERNS

The Body's Energy System and the Five-Element Theory

The body's energy system plays an extremely important role in the maintenance of our health and our very life, yet it has been largely ignored by Western medical science. Although it cannot be seen, all of us at one time or another have felt the movement or sense of blockage or roughness of our energy flow. Via the energy system, all organs, body systems, and functions are interrelated, nothing operates entirely independently

Oriental cultures see our bodies as very much connected with the universe in which we live. The energies which allow us to breathe, to move, to talk, and which allow all our organs and five senses to function are the same as

those which allow seeds to sprout, trees to grow, fire to burn, rocks to form, rain to fall, and wind to blow. Over five thousand years ago medicine men in China, Korea and Japan began to explore and research theories relating our energies to those in the surrounding universe. Eventually they developed a system of five basic energies, or elements, which they identified as earth, gold (or metal), water, wood, and fire. In turn, they related each of these elements to one of our major organs. Thus the name “earth” describes the energy of the stomach and spleen; “gold” is the energy of the lungs and respiratory system; “water”, the energy of the kidneys and urinary system; “wood” the energy of the liver, and “fire” the energy of the heart. These five names were chosen because they most closely describe the characteristics of each kind of energy. For example, our body’s fire energy behaves in similar ways to fire: it is warm, dry, moves in an upward direction, is very active, and so on. Water energy is cool, damp, moves in a downward direction, can extinguish fire energy, and so on.

These early investigators also realized that the five energies exist in the air around us, their balance and proportions changing from morning to afternoon to evening, from day to night, from month to month, season to season, year to year. Eventually they developed accurate charts indicating their proportions in the air for every hour of every day, of every month, of every year. Throughout the Orient, books of these charts are readily available in bookstores. For each category of year, month, day and hour, there are two Chinese characters — a total of eight in a natal chart. Each character is related to one of the five elements.

In the last weeks before we are born most of us are equipped with healthy bodies, with all body parts and organs in place, ready to function. When we take our first breath of air, the proportion of the five elements in the air at that moment determines what proportion of the related element is received by each of our major organs.

If all five elements are in fairly equal proportions at that first breath, each of these organs receives a relatively equal proportion of energy. Sometimes one or more elements are in greater proportion than the others, or one or more may be virtually absent. Such excesses or deficiencies then affect not only the balance among our five major organs but also the health of the individual organs. Each of our major organs is also related to one sense organ: the liver is related to the eyes (sight), the kidneys to the ears (hearing), the stomach to the mouth (taste), the heart to the tongue (speech), and the lungs to the nose (smell).

There is also an emotion associated with each organ: happiness belongs to the heart, anger to the liver, anxiety and excessive thinking to the spleen and stomach, sadness to the lungs and shock or astonishment to the kidneys. If someone frequently tends to become angry their liver can become weak or diseased, and their sight can also be affected. Anxiety and excessive thinking can result in stomach problems. But there is also a converse possibility. For example, if someone were born with the wood energy was in low proportion or absent, their liver would be weak. This person would be easily susceptible to anger and unable to control sudden angry feelings. Thus the proportions of the five elements at the moment of birth can affect our emotions which in turn affect our health, and to a large extent determine our personality.

If we can know the pattern of the five elements at the time of our first breath, we can learn the balance of energies in our major organs—which are weak and susceptible to disease and which are strong and healthy. We can also understand how we came to have our particular personality and emotional make-up. If we have this information about another with whom we have a close relationship we can better understand them and know why we get along or do not get along with them. (See “Relationship Compatibility”, below.)

The air we breathe and the food we eat contain the same five elements. If, for example, someone were born with little or no fire energy, their heart would be weak, their physical energy would be slow moving and they would tend to have a quiet personality. They could also be prone to weight gain. This deficient fire energy could be increased by eating foods containing fire energy, such as onions, garlic, ginger, chicken, peanuts, honey, etc.

Foods are categorized into four basic kinds:
warming, cooling, clear dry and neutral foods.

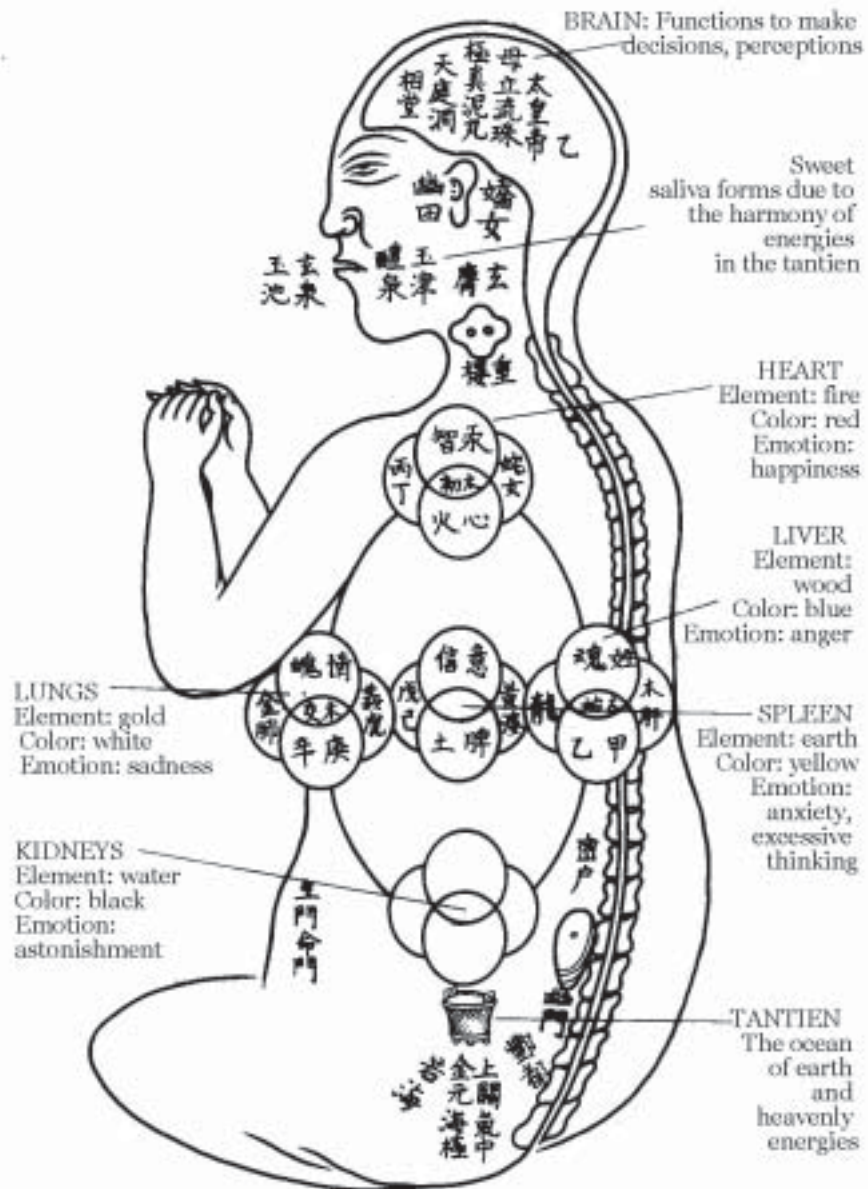
Warming Foods: Onions, garlic, ginger, ginseng, chicken, lamb, peanuts, sweets, honey, dates, apples, citrus fruit, chocolate, caffeine, cinnamon, nutmeg, hot spices and peppers, potatoes, wheat, alcohol, etc.

Cooling Foods: Pork, octopus, beer, barley, aduki beans, black beans, mung beans, cucumbers, bamboo shoots, rhubarb, grapes, melons, watermelon, pears, strawberries, persimmons, black tea, mint tea, salt, etc.

Clear Dry Foods: Beef, duck, chestnuts, pine nuts, millet, ginko nuts, Job's Tears, radish, root of arrowroot, seaweed, mushrooms, lotus root, squash, lima, kidney and soya beans, avocado, artichoke, bananas, pineapple, etc.

Neutral Foods: As all foods have their own balance and combinations of different energies, these foods are not truly neutral. However, foods in this category have an overall energy makeup that anybody can eat, regardless of the person's body type.

Oriental Principles of the Creation and Function of the Five Organs



According to the body character indicated by the natal chart, one is advised to avoid certain food categories and emphasize others, thereby creating balance for the energies one was born with.

The Oriental system of herbal medicine is based on this same philosophy, the herbs containing various proportions of each of the five elements. In Korea a unique method for prescribing herbs was developed about one hundred years ago. The herbs are chosen not only to treat the disease but are also combined to balance the “body character”, the unique proportions of the five elements of each individual patient.

Our personal energy balance of the five elements is called our “body character” or “body-type” and this kind of herbal medicine is called “body-type medicine”. This individualized system of prescribing medicine resulted from the discovery that if several people, all with the same illness and symptoms, were given the same medicine, some became well while in others the symptoms remained the same or became worse. This led to the approach of considering each individual body character and prescribing herbs for the body-type, not simply for the disease alone. Two people with the same illness but different body-types would not be treated with the same medicine. In Korea this system has proved to be very effective but it is still little known in the West, indeed even in other parts of Asia. (Recently, however, Japan has shown interest and Korean herbalists have been invited to Japan on lecture tours.) When Venerable Hyunoong Sunim trained in Zen and Taoist practices, living in remote mountain areas and following a raw food diet, one day he deeply realized the principles of yin and yang and the five elements.

The difficulty in this system of body-type medicine has always been in accurately determining the patient’s body character. An experienced practitioner can see an individual’s most dominant element, and perhaps take an educated guess at one or two others, judging by the person’s build, temperament, style of walking, and so on, but there has never been any reliable method which would provide an accurate and complete picture of all energies in the five major organs. While the oriental system of natal charts has existed for centuries, it was used solely for understanding personalities and relationship compatibility. No concerned parent would permit their child to marry without first having a mutual compatibility reading done. Yet, though oriental medicine and natal charts are based on the same principles, no one had thought of combining them until Venerable Hyunoong Sunim made the simple yet far-reaching discovery that natal charts provide a clear, concise and extremely accurate picture of the balance of the five energies in the individual’s major organs, and thus an accurate assessment of the body character.

THE FIVE ELEMENTS CYCLE



This diagram shows the cycle of the five elements. The outer circular arrows represent the positive, creative cycle. Wood produces fire; fire when it burns produces ashes which become earth; within earth is found rocks or metal (gold) and the elements which produce it; out of gold (or the rock layers in the earth) flow springs and this water in turn nourishes trees (wood). The inner arrows represent the negative, destructive cycle, showing the elements that weaken, attack or control other elements. This is the underlying foundation of the principles on which the interpretation of oriental natal charts is based.

PERSONAL PATTERNS OF THE FIVE ELEMENTS IN ORIENTAL NATAL CHARTS

time, day, month and year. The following charts indicate the element related to each character. The upper character in the “day” category represents the Personal Element. This is the ruling element which is most obviously expressed through the personality. The examples will better clarify why we believe it is so important for everyone to have their energy patterns analyzed. Not only is it an extremely sophisticated form of preventive medicine, but it also provides a clear, detailed picture of who we are, so that we may better understand in what areas and in which directions we must change and adjust in order to become happier, more relaxed, more balanced and at peace with ourselves. With each of the following sample charts, Sunim explains his analysis.

SAMPLE CHART: WOMAN I

Personal Element			
Yang Water	Yang Wood	Yang Water	Yin Fire
壬	甲	壬	丁
申	申	子	亥
Yang Gold	Yang Gold	Yang Water	Yin Water
TIME	DAY	MONTH	YEAR

On examining the elements in this chart we will see two obvious things: the earth element is absent, and the water element is greatly in excess. The four water elements indicate an excess of cool, damp energy. Though there is one fire it can only faintly flicker, because it happens to be a yin (cool) fire. Since it is also surrounded by three water elements it is very weak and on the verge of being extinguished. The month in which this woman was born is significant — December, a cold month.

Her Personal Element is wood, but it is also a cold water wood. Nearby are two gold elements and gold is cold and hard to the touch. Referring to the five-element cycle diagram we see that gold (metal) destroys wood. (We can use metal to chop wood.) Because the wood is cold it is very brittle, making it even less resistant to the gold. All in all, this chart represents a very dangerous health imbalance. This woman is desperately in need of warmth — of hot earth and fire energy. As earth represents the stomach and spleen energy the lack of earth gives rise to a weak stomach and stomach problems. Due to the weak fire element her energy is sluggish and cannot circulate well. Even worse, she has a great amount of energy, which because it cannot circulate, becomes stagnant, creating a perfect environment for disease. If this person were to eat foods that create cold energy in the body (“cooling foods”) she could have stomach aches and diarrhea. This woman would be sensitive to the cold, would lack confidence in her work and would not be an active person. The spleen is the organ related to anxiety, worry and thinking. When it is cold and weak, anxiety easily arises and there are frequent feelings of unhappiness. So this woman would be an emotional person.

She had developed breast cancer. From her birth chart it was obvious why she was ill. To verify what the chart showed me, I asked her if she felt she had a weak stomach. With a startled look she replied yes, her stomach frequently gave her problems. Her cancer doctors had given her a special diet of raw foods. While for those with an excess of warm, dry, yang energy, raw foods would be balancing, they are the coldest, wettest foods she could eat and only served to increase her imbalance. Though her doctor had cautioned her that his diet did not work for everyone, she had already begun and wanted to give it a chance. She was torn between following my advice and theirs. I suggested a treatment of oriental herbs designed to balance her body character, to which she agreed. Although she also continued the raw food diet, she did compromise by avoiding the cooling foods I considered to be imbalancing for her. After ten days she reported feeling generally warmer, her digestive problems decreased, and her general energy level increased — all indications that the herbs and diet were providing the balance her body needed. After two months of treatment she felt well enough to make a journey to Europe to visit family.

SAMPLE CHART: WOMAN II

Personal Element			
Yang Earth	Yin Earth	Yang Gold	Yang Fire
戊	己	庚	丙
辰	未	子	戌
Yang Earth	Yin Earth	Yang Water	Yang Earth
TIME	DAY	MONTH	YEAR

This chart is very different from the first but equally unbalanced. This woman has a tremendous excess of earth energy, far too little water energy and virtually no wood energy. Wood and water are related to liver and kidneys, thus both organs are weak. This woman would not be a calm and composed person. A weak liver produces much emotional excitement and frequent anger. The more earth energy she consumes through her diet the more it weakens her water energy, therefore her diet must emphasize a large proportion of cooling foods to provide water energy. As her earth energy is hot it tends to deplete what little water energy she has.

This woman is a macrobiotic teacher and after following the macrobiotic diet for several years she had experienced some benefits. But the macrobiotic system does not create diet according to body character. This woman was very talkative, had much excitement and had problems with controlling urination. Her diet included onions, ginger and other warming foods which did not benefit her health. She eliminated all warming foods from her diet and after three days felt calmer, more relaxed, less angry and less talkative. I prescribed herbs and after taking them for three days her ability to control her urination greatly improved.

SAMPLE CHART: MAN I

Personal Element			
Yin Wood	Yin Wood	Yin Water	Yin Gold
乙	乙	癸	辛
酉	丑	亥	巳
Yin Gold	Yin Earth	Yin Water	Yin Fire
TIME	DAY	MONTH	YEAR

This man has a quite well balanced chart. He has all five elements, and each of them are in fairly equal proportions. He does, however, have one small problem. His Personal Element is wood, and a tree must have good, solid nutritious earth to put its roots into if it is to grow tall and healthy. He does, indeed, have an earth element below his wood, but he was born in December, when the earth is cold, damp and frozen. This indicates that it requires a great deal of work and effort to achieve the heights he is aiming for. His health is basically sound and his personality is quite well-balanced.

RELATIONSHIP COMPATIBILITY

Man I is married to Woman II. At first glance the two charts seem very compatible. He has plenty of gold which is water-producing, he also has plenty of water, both of which could nicely balance her hot earth. Most of all he has wood, which is absent from her chart. She has plenty of earth, just what his wood needs to sink its roots into. But the problem is that within each element there are many varieties, and the variety of his wood exactly opposes her variety of earth. As well, his variety of earth opposes her variety of earth, creating two direct clashes. Although this couple has been married a number of years the marriage has been difficult, and both partners were experiencing health problems. Her complaint is that he leans too heavily on her. This is his wood energy constantly trying to settle its roots into her opposing earth. He feels frustrated and dissatisfied because she does not provide the support and comfort he needs to flourish. Initially they would be attracted to each other, but with time the oppositions would become more and more apparent. Understanding their charts has helped these two people to accept each other better and to realize why each feels frustrations with the other. Such an understanding, together with work on themselves, can help to improve the relationship. Of course, for real harmony there must be some compatible areas between two charts.

As in the above example the energy pattern of one person can have a profound effect in combination with the energy pattern of another. If the combination is positive, the relationship can be a long, healthy and happy one, in which each person actually helps the other to be healthy and reach their full potential. In contrast, if the combination is not positive, both people can suffer not only years of a difficult relationship but also actual physical health problems.

In other family relationships such as between parents and children, brothers and sisters, or with in-laws, a clear picture of an individual's energy patterns can help to resolve the otherwise confusing and difficult conflicts. Understanding why someone is the way he or she is can help us better accept them. Such acceptance in turn can

open doors to avenues of change, both within our own attitudes and those of the other person. In weighing the choice of a business partner, for example, the compatibility of both person's charts, and the inherent aptitude for business of either one can virtually mean the difference between financial success or failure.

Be assured that this is not a method of prediction or psychic intuition, but a study of facts clearly shown in each person's chart. These energy principles come from an ancient philosophy and the explanations are given according to the principles of yin and yang. Whether it is financial skills, a spouse or spiritual growth one is seeking, if such potentials are indicated by the energy patterns, without a doubt one was born with the inherent skill, aptitude and correct attitude to meet or achieve it. Regardless of the stage of your commitment with another person, if there are difficulties in the relationship an understanding of both individuals' charts can be of tremendous benefit to your present and future happiness.

HOW YOU CAN BENEFIT FROM YOUR OWN PERSONAL ENERGY ANALYSIS

As you have seen, an imbalance of the five elements can make us susceptible to physical illness and even sometimes emotional illness. It can cause us to have an unexplainable illness or lack of control over our emotions, a lack of clarity, of strength, of self-confidence. Things which may be troubling you or which you cannot understand about yourself can often be clearly explained by your energy patterns. The mystery and confusion can be removed and replaced by insight, new ways of change, and refreshing new perspectives on yourself. Only when the cause and source of your problems is revealed can truly effective solutions be found.

Even if you are not sure of your exact time of birth, an Energy Analysis can still be done. Often all possibilities are covered in the remaining three categories, or enough is revealed to at least indicate your body character. Of course, the more accurate your time of birth, the more accurate the analysis

NOTE: For someone who is already seriously or even critically ill, the Energy Analysis and diet guidelines can provide an understanding of the energy imbalance which is the source of the illness, and a diet which can help to re-establish balance. However, Sunim cannot take responsibility for the complete treatment of the illness without meeting the individual in person. Treatment through body-character oriental herbs and breathing techniques can be offered if the individual is able to see Sunim in person at regular intervals during treatment. If someone has recovered

from an illness the diet guidelines can provide an energy balance which decreases the possibility of the illness recurring. We emphasize that serious illness can be pre-vented BEFORE it appears by knowing one's energy balance and following a diet which complements it. Most people are unaware of their energy imbalance until serious illness strikes, when it may be too late for effective treatment.

The interpretation of these natal charts is not a simple task. After achieving a deep realization of the principles of the five elements, one then needs much experience in interpretation. Venerable Hyunoong Sunim studied Zen and Taoism in Korea for twenty years and was then invited to teach in Geneva, Switzerland where he had fifty students. He has been teaching in North America since 1986, through Workshops, Retreats and Residential Training programs.

As you have seen, the charts themselves are made up of eight Chinese characters. Each character expresses the yin or yang energy of one of the five major organs. In fact, each character represents a vast complexity of principles which cannot be easily or briefly described, but the analysis is explained in practical terms of what it means for you and your health, in language anyone can understand. The analysis of your chart will describe your weak and strong organs, why they are so and how this affects your physical and emotional health. If the interplay of elements produces personality traits which can be damaging for your health, these will also be described. You will be given recommendations and diet guidelines for achieving ideal balance for your energies. The diet guidelines can be easily incorporated into your regular eating habits, providing more energy to strengthen your weak organs and avoiding further strengthening of your excessively strong organs. In this way your energies can be consistently balanced through your daily diet. After you have tried the diet recommendations for a few weeks you will realize how valuable this information is.

Our work is with people. As Spiritual practitioners we are concerned about relieving human suffering, the suffering of physical and emotional ills, the suffering of conflicts between people, and the suffering of the spirit which longs for peace and happiness. To ease the suffering of the spirit we teach meditation. To ease the suffering of the body we teach Taoist breathing methods and provide Energy Analysis. Through the mail we cannot teach meditation, but we can help people with difficulties on a more physical and emotional level.

Testimonials for Energy Analysis and Herbs

“Most of my life I had suffered from allergies, chronic excruciating headaches, stomach ulcers, constipation, kidney infections and arthritis. Later in life I also developed low energy, angina, high cholesterol, occasional high blood pressure and candida albicans. After following Sunim’s diet recommendations for one year most of the above problems vanished. Six months ago I began the Water Rhythm Practice which he teaches in the Healing Retreat. I have now lost my excess 20 pounds and my cholesterol has dropped 100 points to a normal level. At age 70 I have the blood pressure of a 20 year old. These diets only require faith and discipline. What a gift!! Thank you Sunim.

- Sister Pat H., Catholic Sister

“In 1989 I became seriously ill with severe pain and inflammation of my joints, and in addition suffered from diarrhea and bronchitis. With the pain in my joints I could barely walk and needed two hands to hold a glass. I sought out the best doctors available in both western and oriental medicine but my condition deteriorated. I was treated by an herbalist who was the dean of herbology at a herbal college in China, but my condition still deteriorated. Finally, my physician told me to put my affairs in order and I did so, feeling I would soon die. Then a friend called and told me about Sunim, who did my Energy Analysis and sent me herbs by mail, without ever having seen me. After the first two weeks of taking Sunim’s herbs my improvement was so dramatic I could walk a few blocks. Now I am back working full time and even my annual bouts with bronchitis are gone. My 5 year old daughter knows who I am because of Sunim.”

-Paul Sonia, Financial Planner, Seattle WA

“I had been suffering from severe fatigue from a weakened immune system. I had been seeing an acupuncturist for two years, but was responding very slowly to treatment. In 1992 I met Sunim and began herbal treatment with him. My condition responded quickly and positively to his herbal formula and my energy has come back. I am currently very healthy, practicing law, engaging in regular workouts and having a full social life.”

Kathy Fong, Attorney, Sacramento CA

“Combining Physical Therapy with Energy Analysis has created fantastic clinical improvement in my clients with fibromyalgia, early multiple sclerosis, rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, incontinence and digestive disorders. I encourage anyone practicing health care to explore this unique and valuable contribution to the rehabilitation of your patients.

Dr. Osa Jackson, Ph.D., Physical Therapist

"Your Energy Analysis is the single most healing experience I have had in my fifty-four years. Over the past fifteen years I have tried acupuncture, astrology, chi gong, tai chi, yoga, numerology, Western drugs, Chinese herbs and many forms of body work. None has touched the core of my imbalance like your profoundly accurate Analysis. Since beginning your diet I have experienced more joy and aliveness than I can ever remember -- it's as though my body has finally found the right fuel. You have discovered a profound truth about the physical body. Your Analysis can change lives and I thank you deeply."

Linda Jennings, Reflexologist

"My 72-year-old mother-in-law, whose name is Jinsoon Kim, suffered from life-long stomach problems. She regularly had severe stomach cramps and as she grew older she developed severe constipation. In the winter of 1991 the pain was so unusually intense that she went to the hospital. The doctors found a large tumor near her stomach and said they would have to operate. At this point I suggested she see Sunim. Although she felt reluctant because she had tried so many kinds of western and oriental medicine without success, she agreed to see him. For three months she took the herbs he prescribed. After a week her constipation began to improve and eventually disappeared completely. Slowly she could eat larger amounts of food and the daily spasms decreased. Gradually she was able to reduce the medication the hospital had given her and she became less sensitive to the cold. Previously her knees and shoulders had ached in the chilly San Francisco air but she became so much healthier that she was fine with just light clothing. She was simply amazed at how her body had changed. In the end she didn't have to have the operation. Her cramps, digestion and sensitivity to the cold improved immeasurably and she feels very indebted to Hyunoong Sunim.

- In Kyung Kim, Cafe owner, San Francisco CA

HOW TO ORDER YOUR OWN PERSONAL ENERGY ANALYSIS

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Personal interviews with the Master are available to those who can come to us. For those who cannot, mail-order service can provide you with valuable information about yourself. Order forms and prices are enclosed. If you need more order forms feel free to copy them. If you have any health problems or even minor, chronic health difficulties, please provide us with full details. For those requesting Relationship Compatibility, please provide details of the relationship and any difficulties so that we can discuss the particular areas you are interested in.

The Translator:

Venerable Hyunoong Sunim is assisted in the Personal Energy Analysis by his translator Jaguang, who studied zen in Songkwangsa Monastery for eight years, under the guidance of the late Zen Master Ku San Sunim. It was here that she met Venerable Hyunoong Sunim and began to study under him. In 1986 she accompanied him to North America where she assisted him in establishing zen centers. She is currently the director of the Sixth Patriarch Zen Center.



8	7	6	5	4	3	2	1
Earth	Mountain	Water	Wind	Thunder	Fire	Pond	Heaven
GREATER YIN		LESSER YANG		LESSER YIN		GREATER YANG	
YIN				YANG			
<p style="text-align: center;">TAI CHI (Nature of the Universe)</p>							

**Front
Cover
Diagram**

I Ching Principles of Yin & Yang Producing Four Body Types

Diagram Explanation:

First line: Basic I Ching numerals

Second line: Elements on the planet earth and how they relate to the numerals. Heaven is expressed as one; pond as two, fire as three, etc.

Third line: The four body types come from I Ching Principles

Fourth line: Yin and Yang

Bottom line: The "One" from which the universe appeared.



Sixth Patriarch
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