

## What is ON ZON SU?

ON ZON SU is a method of foot manipulation for the health, like prevention, maintenance and cure of the body and the spirit. It helps you to conserve and to improve the health, to balance and to upgrade the physical and psychical energy. As cure method it can make part of the traditional Chinese medicine. It has been handed on in the culture and the habits of the people and masters and Moist, Buddhists, Taoist monks.

ON ZON SU is an art of improvement and self growth. Beginning to study the foot massage ON ZON SU, you must be aware that what you will apply to other people is something more than a simple massage it's a way to establish a contact between individuals and a inner growth.

The massage consists in a series of operations on specific points and zones of the foot but it involves the whole person and it interacts with the mechanisms that put the person in relationship with the atmosphere in which he lives.



In Ancient China there were three greatest men who gave life to three great schools and influenced more than two thousand years of Eastern history. The first one, Lao Zi was great Taoist master. The second, Confucius was a great master of the moral school. The third, Mak Zi was the founder of the “Moism”.

According to Mak Zi, for example, masaging the head and the feet is useful for everybody. Unlike the animals men possess not only the physical body and the five senses, but also knowledge, feelings and ideals. If body and mind are strong, these wealths can obtained, maintain ed and applied.



If physical or mental diseases or loss of the psycophysical balance rise, there are negative consequences on the social life. To help the men obtain and maintain health, Mak Zi taught his main disciple a foot massage method called ON ZON SU. This massage has the power to distribute the vital energy, to open the knowledge, and to calm the spirit in order to regulate and cure the bad and negative psychological moods.



This technique has arrived until nowadays as a method of great benefit to men and to he world.

The foot massage is a technique matured in thousand years from the experience of many practicing and it can for sure be useful to those who want an application in the sanitary field, and, not a secondary matter, would like a valid aid in the everyday life as a method for well-being.

The energetic foot micromassage ON ZON SU is an art, that requires experience and a long practice. The main purpose is to bring back the balance where it lacks, through a complete understanding of the energetic umbalance, with the awareness to act on a part of the body, the feet, that are the roots of the whole organism and therefore they have a fundamental importance for the well-being of all of us.

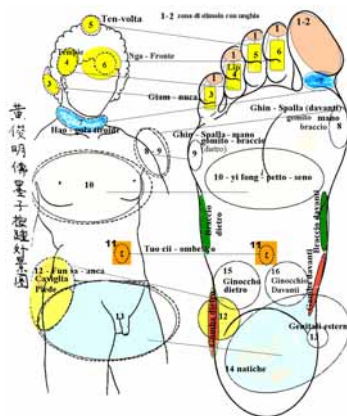
Our interest for the Chinese traditional art of foot massage comes from these considerations which highlight the relationship between feet and mind, in its inner aspects.



## How ON ZON SU acts on the organism

In the first instance it regulates the Yin and Yang system: the human body cannot live in harmony if these two complementary principles that support the life in its inside are not balanced.

It is to this level that the zonale massage ON ZON SU operates through a complex system of specific energetic actions. The massage activates homeostatic mechanisms of self-regulation in the body to rebalance the Yin/Yang equilibrium. Researches in the United States have recently demonstrated that an action on specific points and/or zones of the foot provokes a correspondent reaction in the inner organs.



In any cases it has been proved and experimented that this mechanism of action provokes the regulation of the organic functions and, consequently, a general improvement of the psychophysical conditions.

In second place it stimulates the defensive mechanisms of the organism. According to the Chinese energetic philosophy, the reasons for umbalance are: A) emotional, mental and psychological; B) structural and organic (deriveing from an altered relationship with food); C) energetic. This umbalance generates, anomalous contractions of the muscular system at a psycophysical level.

ON ZON SU helps soothing muscular pains and chronic tensions shocks. And it also contributes eliminating the problems deriving from emotional shocks.

The correct stimulation of the vital energy “Chi”, also works in relation to the hormonal system and affects the operation of the endocrine glands (adrenal hypophysis, thymus, thyroid) and harmonizing the functions.

In third place it works on the main disturbs caused by stress or tensions, relaxing and strengthening the whole body through feet.



Verona – Italy - On Zon Su lesson  
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