

HEALING USING THE ART OF JIN SHIN

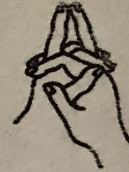
MORE SELF-HELP THROUGH MUDRAS

Finger Position For Your EXHALE

To release stress and bring in harmony from general daily tension. Relieves fatigue, and is good for that morning/afternoon lull. It strengthens your exhale as well as unloads accumulated "dirt, dust and greasy grime."

It works starting from the head down, including your lungs, abdomen/digestion and leg tensions.

Palms together, fold/cross fingers, release and touch palm pads of left and right middle fingers together.

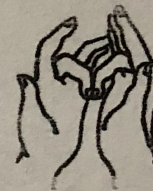


Finger Position For Your INHALE

To strengthen your inhaling energy, as you receive the life force energy of your breath, ascending from your toes to your head.

It promotes general well-being, as well as releases tensions in your back.

Hold your left and right middle fingernails together.



SELF-HELP FOR NECK TENSION/STIFF NECK

- On side of stiff neck, place one hand above bend in elbow on arm at SEL High 19, and the other hand can hold where your neck is sore. Feel around wherever you feel tightness/tenderness and hold that area. Can hold that side longer, and can balance by then holding your other side of your neck/body with that same position.
- Hold both SEL 4's (located at base of skull, at occipital ridge, left and right sides)
- Hold both SEL 11's (placing your hands over your shoulders as if they are a coat hanger.) You can even criss-cross your hands on your shoulders, whatever is more comfortable.
- Hold both SEL 12's (back of neck on each side of cervical vertebrae)
- Hold both SEL 13's (front rib cage, by third rib down from collar bone)-can criss-cross hands over heart position, left over right hand.

SELF-HELP FOR JAWS and TEETH

- For a toothache, hold your index finger on the side opposite the painful tooth
- For jaw discomfort
 - Hold your jaw with that side hand, and place other hand on opposite outer ankle between the ankle and heel, at SEL 16
 - Stomach Function Energy Flow: right hand on left SEL 21, (underside of left cheekbone), left hand on left SEL 22, (under left collarbone). Then left hand on right SEL 21, right hand on right SEL 22. Can hold thumbs for this flow.
 - Large Intestine Function Energy Flow: Place right hand on left SEL 11- (Like a coat hanger over your left shoulder), then take your left hand and hold your right hand index finger. Then place left hand on right SEL 11 and and take your right hand and hold your left index finger. Can hold ring fingers also for this flow.