

HEALING USING THE ART OF JIN SHIN

THE BODY IS IN THE HEART, AS THE OAK TREE IS IN THE ACORN.

WHEN OUR HEART IS OPEN, WE TRUST IN, AND ARE RECEPTIVE TO THE INSPIRATION OF THE UNIVERSE!

HEART FUNCTION ENERGY FLOW

- place left hand on left SEL 11, right hand holding left wrist at left SEL 17; then vice-versa, right hand on right SEL 11, left hand holding right wrist at right SEL 17
- can also hold Little Finger
- sustains the heart, bringing fire and vitality to all other organs
- helps you to speak and act from your heart in realizing your true self; helps you to express joy, love and enthusiasm
- hold when too much stress!
- also helps the mind in many ways, dry throat, blood pressure, cholesterol, sleep, hot flashes, respiratory projects...
- the daily peak time for optimal energy received for this flow is from 12 pm to 2 pm - however, you can certainly harmonize this flow at any time

SAFETY ENERGY LOCK 13

- can cross hands, left hand over right, over your chest in the heart area
- SEL 13 is located on the front of the rib cage, a few inches below the clavicle, underneath the third rib on the left and right sides of the body
- can also hold Middle Finger
- Known as Unconditional Love for myself and for everyone/ helps to forgive myself and others ; Also: Creation, Key to Exhale
- the number 13 represents infinite cosmic energy which flows when we are in our heart space
- helps us with our creative powers
- called fountain of youth and fertility specialist
- releases emotions and tears as harmonizes all affairs of the heart
- supports the immune system in its correlation with the thymus gland
- eating disorders, addictions, emotional trauma
- can help shoulders, neck, thyroid gland, breast inflammations, respiration, menopausal ailments, blood disorders, cancer