THE ART OF JIN SHIN JYUTSU

JIN SHIN JYUTSU IS AN INNATE PART OF MAN'S WISDOM

GRATITUDE: for everything

INTENTION: energy follows thought

HANDS/FINGERS: bring healing

BREATH: is your vital life force
breathe consciously, gently and rhythmically

NOTICE: your breath
how your body feels

JIN SHIN JYUTSU

is an "ART", not a technique

is a creative, flexible approach

is the ART of the Creator in compassionate and knowing man

is an ART of LIVING

An ART of LONGEVITY

An ART of BENEVOLENCE

An ART of COMPASSION

An ART of GETTING TO KNOW (HELP) MYSELF

*All information shared pertaining to Jin Shin Jyutsu is not a substitute for medical treatment or emergency care. If you have a medical condition, consult your regular medical professional or emergency care provider.

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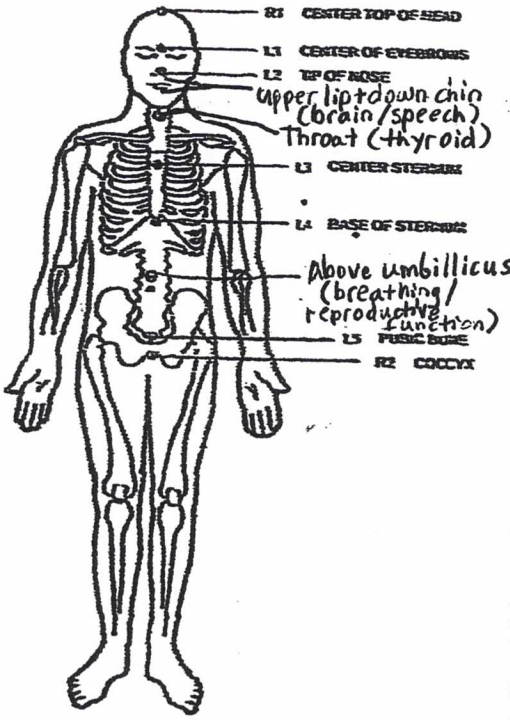
Get to "KNOW (Help) MYSELF" by using the simple 6 steps below each day to harmonize your Main Universal Revitalizing Energy. Try this exercise everyday for at least 7 days and see what differences you notice...It's that simple!

MAIN CENTRAL VERTICAL FLOW

The Main Central Vertical Flow is the source of our life energy. This pathway runs down the center of the front of the body and back up the spine. Here is a Jin Shin Jyutsu® self-help process to harmonize this pathway.

Harmonizing the Main Central regularly helps you feel centered and ensures that you will have plenty of energy. Some people find it calming and use it to fall asleep, while others like to use it to invigorate themselves upon awakening. For optimum results, use this daily.



MAIN CENTRAL VERTICAL FLOW

Step 1: Place the fingers of the right hand on the top of the head (where they will remain until step 6). Place the fingers of the left hand on your forehead between your eyebrows. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Aids: Memory, dissipates senility, helps pituitary & pineal glands, deep energy circulation, blood pressure

Step 2: Now move the left fingertips to the tip of the nose. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Aids: The reproductive and digestive systems, self-image

Step 3: Move the left fingertips to your sternum (center of your chest between your breasts). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Aids: Breathing, harmonizes mental/emotional projects, forever young, immune, pelvic girdle (hips), nausea, appetite, addictions

Step 4: Move your fingers to the base of your sternum (center of where your ribs start, above the stomach). Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Aids: Digestion, balances nervous system, helps all organs, vision, joints, revitalizes energy, diabetes

Step 5: Move your fingers to the top of your pubic bone (above the genitals, center). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Aids: exhalation, strengthens and aligns the spine, releases back tension, harmonizes whole body

Step 6: Keep your left fingertips in place and move your right fingertips to cover your coccyx (tailbone). Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Aids: in circulation of legs and feet, vascular function

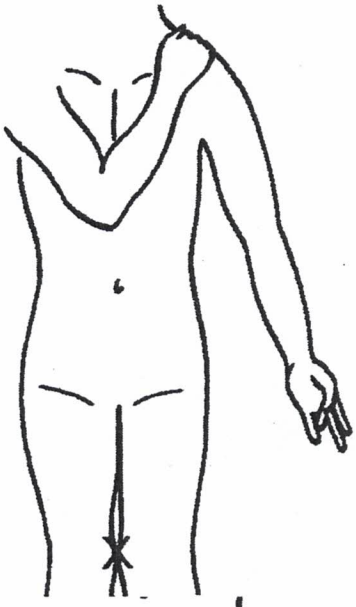
Note: The right hand remains on the top of the head while the left hand moves down the body until the final step.

*Can be practiced lying down or sitting

LEFT AND RIGHT SUPERVISOR and MEDIATOR FLOWS

As we discussed in the last issue, the Main Central Vertical Flow is the source of our life energy. This pathway runs down the center of the front of the body and back up the spine. Amongst other things, it harmonizes what is known as the Left and Right "Supervisor" Harmonizing Energy. This energy supervises the harmony of the left and right sides of the body. The flow pattern of "The Supervisors," begins between the belly button and the groin of the left side of the body, running down the inside left leg and up the back, eventually crossing over to harmonize the right side of the body. As the circulation of this energy continues another very important energy comes into play – the Left and Right "Mediator" Harmonizing Energy. Starting at the third thoracic vertebra and moving through the arms, this energy "mediates" from left to right and right to left sides of the body to see that each side of the body is in harmony with the Main Central Vertical Flow.

So with all these vital roles you can see that is important to keep these flows in harmony. Here is a Jin Shin Jyutsu self-help process to harmonize these pathways.



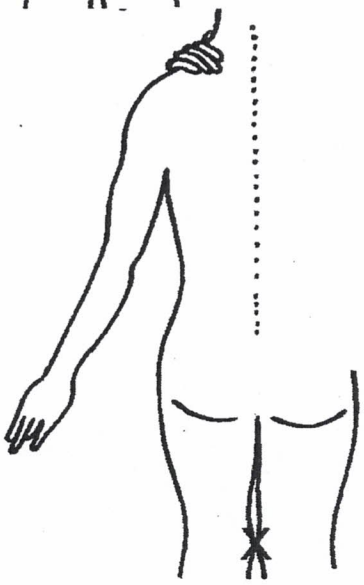
Harmonizing the Supervisor and Mediator flows regularly helps you feel balanced and importantly will also harmonize the 5 attitudes – Worry, Fear, Anger, Sadness and Trying to. This ensures that you will have plenty of energy. Some people find it calming and use it to fall asleep, while others like to use it to invigorate them upon awakening. For optimum results, use this daily.

SUPERVISOR/MEDIATOR FLOW - For left side energy *(For right side energy, just replace left side directions with the equivalent right side directions.)*

Step 1a: Place left thumb over left ring fingernail (Make a circle with palm side of thumb over ring fingernail.)

Step 1b: Place right hand over left shoulder. (Simply place hand over shoulder as one would a coat hanger.)

Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.



Step 2: Bring medial (inner sides) of left and right knees, together (feet apart or together). Or place right instep against left inner knee.

Hold for 2 to 5 minutes or until the pulses you feel at your knees synchronize with each other.

These steps help to: Clear the Chest and revitalize ascending and descending energy.

HARMONIZING OUR ATTITUDES WITH SIMPLE FINGER HOLDS

In the last newsletter we discussed the role of the Supervisor/Mediator to help you feel balanced and harmonize the 5 attitudes: **Worry, Fear, Anger, Sadness and Trying to.** One of the attractive features of Jin Shin Jyutsu is that there is often more than one way to achieve the same objective.

So a simple way to harmonize **Worry** is to hold your thumbs (Fig 1), left then right (or vice versa), until you feel a pulse (or hold for 2 minutes if pulse is not detected). To maximize the result, exhale, drop your shoulders, smile and naturally inhale as you hold each thumb. Many people do multiples of 9 exhalations and inhalations, up to 36 times per thumb. **You can do this breathing practice with each finger hold below.**

Fig 1

Harmonizes Worry

A simple way to harmonize **Fear** is to hold your Index Fingers.

A simple way to harmonize **Anger** is to hold your Middle Fingers.

A simple way to harmonize **Grief** is to hold your Ring Fingers.

Pretending/overdoing

A simple way to harmonize **Trying to** is to hold your Little Fingers.

It's that easy to start reducing stress and start healing yourself! Share this information with others who also want better health for themselves.

JIN – Man of Knowing and Compassion
SHIN – Creator
JYUTSU – Art

Art of the Creator through Man of Knowing and Compassion

Holding Our Fingers
- harmonizes/releases our thought patterns
- stimulates the parasympathetic nervous system which is responsible for relaxation

JIN SHIN JYUTSU FINGER FLOWS

Harmonizing of Attitudes/Emotions through Holding Fingers

- Hold your fingers and release attitudes/emotions
  (Ex. we intuitively hold our hands/fingers to calm ourselves when nervous)
- Hold finger most drawn to
- Open-ended practice
- Daily self-help important for success
- There are Energy Pattern Flows connected with the entire body which begin or end in each finger
- Practice restores balance and harmony

Holding THUMBS harmonizes:
- WORRY, depression, hate, obsessiveness, anxiety
- connects to stomach and spleen function energy
- helps to digest nutrients and external stimuli
- strengthens our core
- strengthens self-confidence
- fosters love and compassion for others

Holding INDEX fingers harmonizes:
- FEAR, uncertainty, shyness, perfectionism
- connects to kidney and bladder function energy
- strengthens will to live
- Research shows immune system is more activated in people who are
- cheerful, happy and free from fear
- It is thought that fear is the cause of all our other emotions

Holding MIDDLE fingers harmonizes:
- ANGER, temper, frustration, aggression, when things don't go our way
- connects to the liver and gallbladder function energy
- helps to translate the "bottled up" creative energy into positive actions

Holding RING fingers harmonizes:
- SADNESS, letting go, crying, grieving, disappointment, feelings of guilt and negative thoughts
- connects to lung and large intestine function energy
- boosts common-sense optimism that things are going to get better again

Holding LITTLE fingers harmonizes:
- PRETENSE, trying too much- the effort and strain when laughing on the outside and crying on the inside
- connects to the heart and small intestine function energy
- living from the HEART and faithful to our own truth
- brings lightness, serenity and life becomes simple

Holding the PALM harmonizes:
- OUR WHOLE BEING on all levels... every cell, restores equilibrium, brings chaos into order
- fingers of one hand resting in palm of other hand
  OR...folding hands as in prayer