

JIN SHIN JYUTSU® SELF-HELP

"Self Change starts with Self Study" - Mary Bernkester

Did you know that we all have the innate power to help and heal ourselves?

Try either of these exercises below (or both) everyday for 7 days and see what differences you notice...It's that simple!

THE 36 BREATHS

The simplest and most important SELF-HELP tool we have is our BREATH - The EXHALE and the INHALE. When we exhale consciously and deeply, we release tension and stress. When we inhale naturally, we receive an abundance of life energy. This life energy connects our body, mind, and spirit. A good formula is EXHALE; DROP YOUR SHOULDERS AND SMILE.

Simply and consciously exhale while dropping your shoulders as if they are touching your feet. The smile comes naturally as you release and gently welcome the inhalation. Each day use this formula to EXHALE consciously and INHALE naturally, 36 breaths. You can do this all at once or you can do 9 complete exhales and inhales four times per day.

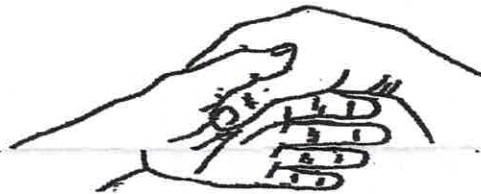
HOLDING YOUR FINGERS

Another exercise is to gently wrap one hand around your other hand's thumb and each finger individually and then hold the palm. Hold each finger, thumb, and palm for at least 2 minutes apiece or longer. You can choose which hand you want to hold or do both. (See the sample hand images below.)

The fingers and palms have energy connections to our mind, body and spirit. Alternatively, you can do both exercises together as well... the 36 Breaths while holding your fingers and palms. While you hold each finger and palm, place your awareness on 6 complete breaths and then move to the next finger/position and repeat.



thumb



palm



finger

It's that simple to start reducing stress and 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

Jin Shin Jyutsu® and the information on this page is not a substitute for conventional medical treatment or emergency care. If you have a medical condition, consult your regular medical professional or emergency care provider.

HEALING USING THE ART OF JIN SHIN

SELF-HELP USING SEL(SAFETY ENERGY LOCK) 19

SEL 19 is located at the crease of the elbows, on the thumb side, and can be helpful with developing self-confidence. It is known as Total Balance and Harmonizing Digestion. Holding SEL 19 with opposite hands can be helpful for digestive projects, as well as chest, lungs and heart.

It can also be helpful for opening SEL 9 (which is on your back and hard to reach for yourself). SEL 9 is known as End of One Cycle/Beginning of a New One/Letting Go. Just hold SEL 19 with one hand and the opposite SEL 14 (located on the front bottom of the rib cage). Then switch to hold the other side of your body.

SEL 9 can be helpful for any foot projects, such as tired feet, corns, calluses and bunions. Or hold your thumbs.

SELF-HELP USING SEL HIGH 19

Using SEL High 19 can be helpful for opening SEL 10, (meaning: Abundance, Limitless -Life Power and The Key to Inhale.) For SEL 10 hold SEL High 19 (a hands width above SEL 19) and the opposite SEL 13 (located on the front of the rib cage, a few inches below the clavicle, by the third rib). Then switch to hold the other side of your body. SEL 10 can be helpful with opening the chest/lungs- with coughing as it helps to clear the lungs and loosens phlegm to release by coughing, cardiovascular projects, knee/hip/neck pain, expressing feelings, gratitude, humility.

An easy flow for high blood pressure is to crisscross your hands and hold SEL High 19 on both arms. Also can hold your thumbs.

SEL High 19 can be helpful with asthma by holding SEL High 19 and opposite side SEL High 1. (SEL High 1 is about a hands width above SEL 1-This position of your lower thigh is the escape route for congestion.) Then switch sides. Holding your index finger can also be helpful. For breast accumulations can hold SEL High 19 on the side of your project, and opposite SEL High 1. Also index finger.

For heart palpitations, right hand on left SEL High 19 and left hand on right SEL High 1. Also little finger.

SELF-HELP USING SEL 1

This SEL is known as the Prime Mover/Regeneration/General Practitioner, and is located on the inside of each knee, at the bulge where the thigh and shinbone connect. It brings movement into any stagnation of energy. It can calm nerves, reduce stresses and strengthen your self-confidence. It can be helpful with headaches, digestion, breathing, knee pain, hiccups- use when feeling out of sorts as this SEL is the General Practitioner.

SELF-HELP FOR INDIGESTION/HEARTBURN

Hold SEL High 1 with both hands (about a hands width above SEL 1) - can hold crisscrossing hands or not.

Can hold thumb afterwards to balance acidity.

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