

HEALING USING THE ART OF JIN SHIN

***Physical discomforts/pain are often dissolved when the attitudes/emotions which caused them disappear.

SELF-HELP FOR SINUS PROJECTS

See page 23(J) for 2 different flows...

In addition:

Hold both SEL 21's(underside of cheekbones, known as Profound Security/ Escape from Mental Bondage) - right hand on right SEL 21 and left hand on left SEL 21

Also Stomach Flow with holding left SEL 21 with right hand and left SEL 22(under collarbone, known as Complete Acceptance/Adaptation) with left hand

Can also hold thumbs/index fingers

SEL's 16,17,18 and 19

When using all four SEL's as a flow, they harmonize the body, mind and spirit

Also when using all four SEL's as a flow, they release all five attitudes of worry, fear, anger, sadness and too much stress with to do lists, pretending etc.

The four together can also be helpful in preventing tumors and strokes

SEL 16

Located on outside ankles, between ankle bone and heel

Known as Transformation - the breaking down of existing forms

(When used with right hand always on right inner foot SEL 5(area beneath ankle bone on inner ankle) it is anti-inflammatory and a pain-reliever. Another option if not comfortable for you, place right hand on left SEL11 over shoulder as a coat hanger, and sit on left hand for SEL 25(sit bone) and then can hold other side vice versa).

Can hold both 16's at same time, left hand on left SEL16 and right hand on right SEL16

Can also hold thumbs

Can be helpful with muscle tone, cramps, spasms, migraines, paralysis, scar tissue and reproductive functions

SEL 17

Located on little finger side of wrist

Relaxation of mind and nerves/Fosters Intuition/ Inspiration/Insight/Reproductive energy

Hold both SEL 17's, right hand on left wrist little finger side, and then vice versa

Can be helpful for cardiovascular projects(too much trying to); nervousness; trembling; flatulence; the brain, chest and respiration

Can hold little fingers

Holding both SEL 17 and SEL 18 together on each side of the wrist, right hand holding left, then left hand holding right, can calm down hyperactive children and adults