

HEALING USING THE ART OF JIN SHIN

SEL18

Located on palm side of base of thumb

Known as Body Consciousness and Functions Affecting Personality

Holding SEL 18, left hand with fingers of right hand and then holding right SEL 18, harmonizes the body's mental activities so the body relaxes, and the breath then flows freely, and then we become more conscious of our body and can perceive its needs

Can be helpful with insomnia; respiration/lungs; bronchial asthma; pain in thumb basal joint; migraine headaches- hold SEL 16, left hand holding under left outside ankle, right hand holding under right outside ankle- then hold left 18 under left base of left thumb with right hand, and then hold right SEL 18 with left hand. If when holding SEL 16 it is too uncomfortable, then hold SEL 11 and SEL 25- right hand across left shoulder and sit on left hand under SEL 25 and then hold other side of body also. This can be done instead of holding SEL 16. Then hold SEL 18 as given above. Can also hold little fingers

SEL 19

Located at crease of elbows on thumb side

Cross arms and hold both arms at crease of elbows on thumb side. If it is uncomfortable, to jumper-cable both elbows at the same time, just hold one elbow and then hold the other one.

Known as Perfect Balance/Authority/Leadership

We gain self-confidence in our own authority as we trust our inner source/higher authority

Raising our mental attitudes then renews our physical bodies

Promotes perfect balance and physical fitness as well as revitalizing overall energy; helps respiration, chest, lungs and heart; hand discomforts/projects; digestive projects of both food and information; allergies; itchiness; throat irritations

Can also hold thumbs

Holding SEL 19 also opens up SEL 9 which is very hard to reach for Self-Help.

SEL 9

Located on the back, between the bottom ends of the shoulder blade and the spine

Known as End of one cycle, /Beginning of a new one/ Letting go

"What the caterpillar calls the end of the world, the master calls the butterfly."

Hold left SEL 19 on thumb side of elbow and opposite SEL 14 which is front bottom of the rib cage. Then hold the opposite side SEL 19 and the opposite SEL 14.

Supports all digestive processes/food intolerances; liver, spleen and pancreas; sinus, stuffed nose; feet-corns, calluses, bunions; blood pressure; diaphragm and respiration; bronchial asthma; allergies

Can also hold thumbs

SEL 10

Located on back, between shoulder blades and spine at about middle of shoulder blades

Is Limitless Life Power/ Abundance /Key to Inhale

As with SEL 9, SEL 10 cannot be reached easily for Self-Help, so hold High SEL19 which is one hands width above SEL 19 and the opposite SEL 13 which is Unconditional Love/Creation

Associated with the heart- expressing feelings, joy, love, vitality radiating outwardly; releases emotions accumulated in upper back; gives powerful voice; expands gratitude, humility, and calmness

Can help cardiovascular; voice ;lungs- hold High 19 and opposite High 1; knees, hip and neck pain; facial palsy, Parkinson's, Alzheimers

Can also hold index fingers