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Jin Shin Jyutsu physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into relative obscurity when it was dramatically revived in the early 1900's by Master Jiro Murai in Japan.

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### **Jin Shin Do Wikipedia**

Jin Shin Do ("The Way of the Compassionate Spirit") is a therapeutic acupressure technique developed by psychotherapist Iona Marsaa Teegarden, beginning in the 1970s. Jin Shin Do classes teach the use of gentle yet deep finger pressure on specific acu-points and verbal Body Focusing techniques.

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What Is Jin Shin Jyutsu? Officially known as Jin Shin Jyutsu Physio-Philosophy, this practice is a disarmingly simple style of acupressure. It works with a set of 26 points (called Safety Energy Locks or SELs) along energy pathways.

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### **Jin Shin Institute**

Jin Shin Jyutsu is a Japanese healing art that balances the energetic body, mind and spirit by using our hands. Learn with Us Whether you're wanting to learn simple tools for everyday self-maintenance or become a certified Jin Shin Jyutsu practitioner, we have a variety of classes, workshops, and certifications for every level.

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### **Jin Shin Jyutsu UK HealthCare**

Jin Shin Jyutsu is the ancient art of balancing the body's energy system through light touch to facilitate healing and restore the body to a more harmonious state of being. The body contains pathways that feed life energy into all cells and functions.

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### **Jin Shin Jyutsu The Simplicity Of Using Hands To Heal**

It turns out Jin Shin Jyutsu, or JSJ as I now call it, originated in Japan like Jujitsu, but is NOT a form of martial arts. Instead, it is a process that works to keep the physical body's energy pathways clear and the energy balanced and flowing.

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