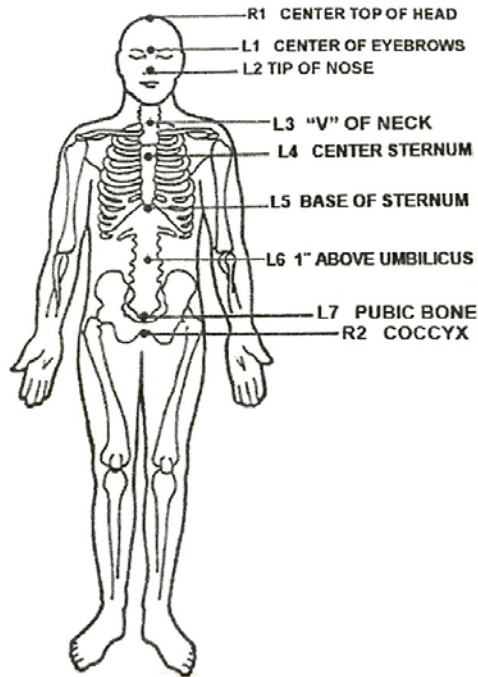


JIN SHIN JYUTSU® Self Help

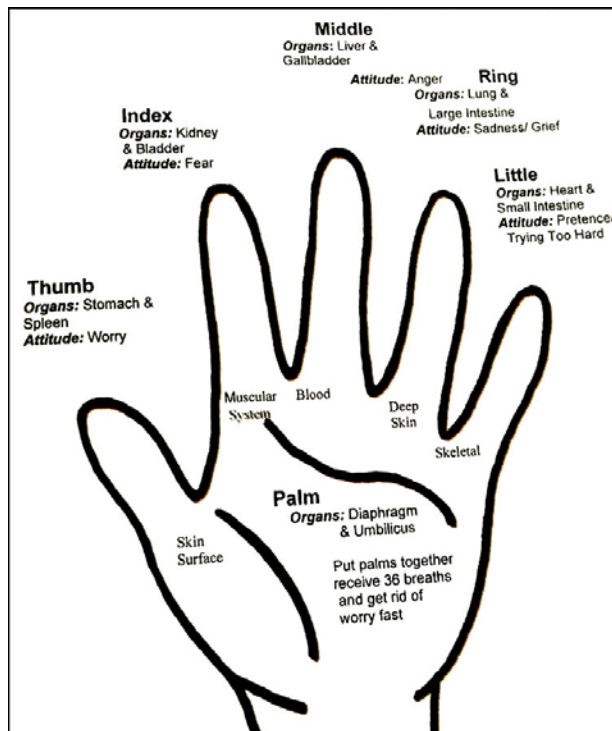


Main Central

Right hand remains on top of head of head until Step 8

- Step 1 Right hand on top of head
Left fingers between eyebrows (revitalizes deep body energy circulation, improves memory, and regulates water balance)
- Step 2 Left fingers on tip of nose (helps with reproductive system, stomach, appetite balance and revitalizes superficial body energy circulation)
- Step 3 Left fingers on "V" of throat (helps with perception, speech, thyroid and parathyroid)
- Step 4 Left fingers on sternum between breasts (helps boost immunity, helps circulatory systems, and revitalizes breathing)
- Step 5 Left fingers at base of sternum (helps with vision, joints, digestion, and liver-spleen function)
- Step 6 Left fingers just above umbilicus (helps with breathing control and reproductive function)
- Step 7 Left fingers on top of pubic bone (this strengthens and nourishes the Spine and helps with body chemistry balance)
- Step 8 Left fingers remain on pubic bone
Right hand holds coccyx (this helps with circulation of the legs and Feet, and vascular function)

This can be used in the morning to energize and at night to help to relax



Harmonizing Attitudes and Body

One of the simplest ways to keep your body in balance is to hold each of your fingers and the palm of your hand every day. As the diagram to the left indicates each finger has an associated attitude and two organ function energies associated with it. Begin by encircling each finger of one hand with the other hand and taking 3 relaxing breaths for each finger and include the center of your palm and then switch hands. This takes about 20 minutes and if done at bedtime each night for 21 days can establish a relaxation pattern that can be very beneficial for insomnia and for harmony.

Individual fingers can be held at any time.

Notice that the thumb helps calm anxiety and can help stomach issues such as nausea and heartburn

The index finger calms fear and can help back discomforts, and headaches

The middle finger helps to calm anger, frustration and helps with tired eyes, circulation and can increase capacity for compassion

The ring finger calms sadness and helps cough, breathing, letting go and be receptive of the new both emotional and physical (lungs and large intestine function)

The little finger helps with sore throat, calms overdoing, calms nervousness and can help the bones

The center of the palm helps everything. It both helps to relax and energize and harmonizes body mind and spirit,