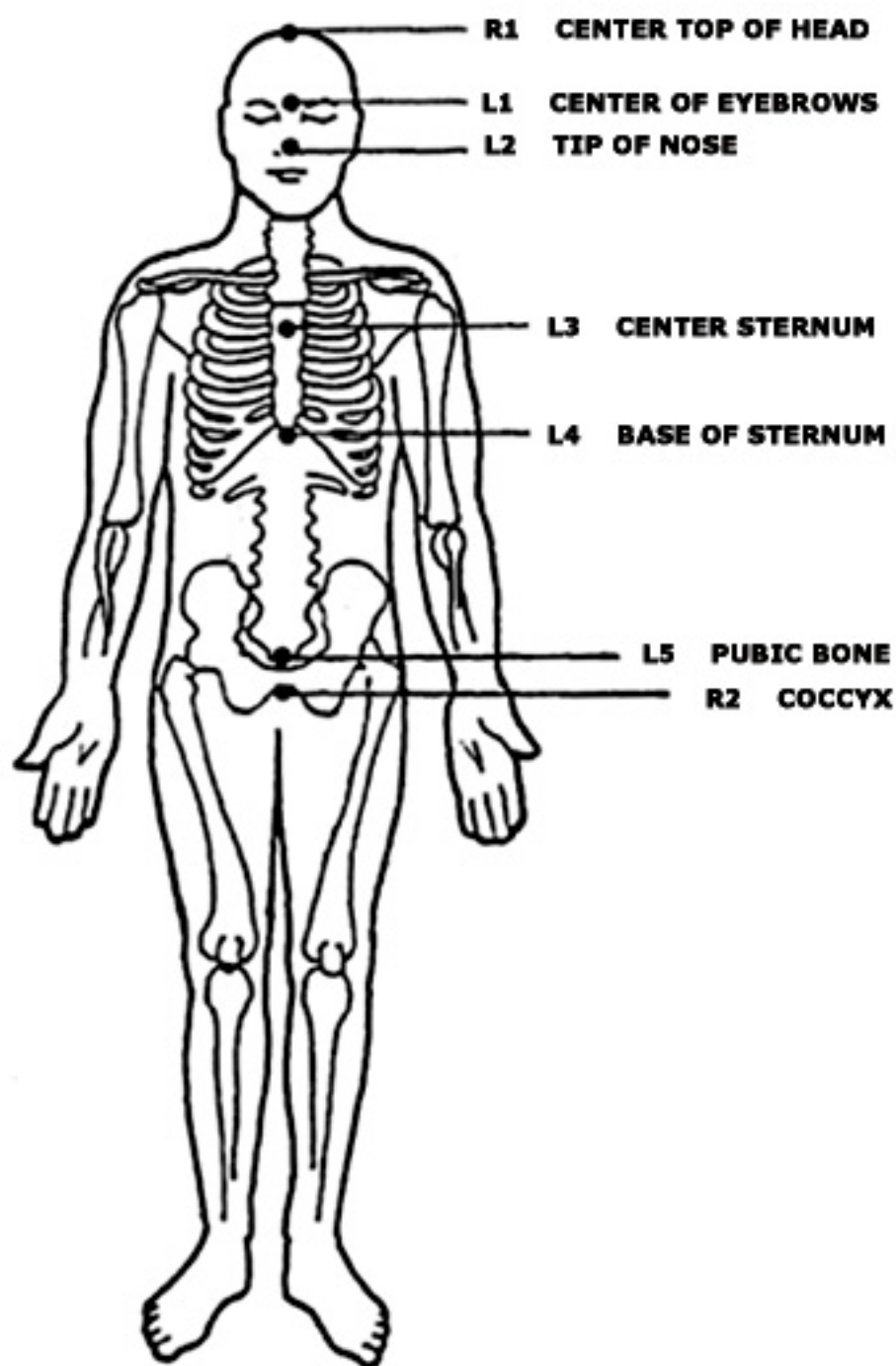


## Jin Shin Jyutsu Main Central Harmonizing Energy Self Help Flow



Place your fingertips of right hand lightly on the top center of your head. Using your fingertips of your left hand, lightly touch and hold each of the areas shown on the diagram above for 2 - 5 minutes before moving your left hand to the next area.

**\*\*Your right hand stays on the top of your head while moving your left hand to the other 8 areas. After holding the coccyx (tailbone) area, move your right hand from the top of your head to your pubic bone (left hand is still on your coccyx/tailbone) and hold for the same amount of time you held the other areas.**

-You can do this lying down, sitting or standing up - whichever is more comfortable. If need be, prop up your right arm with a pillow or lean it on the back of a chair if sitting down.