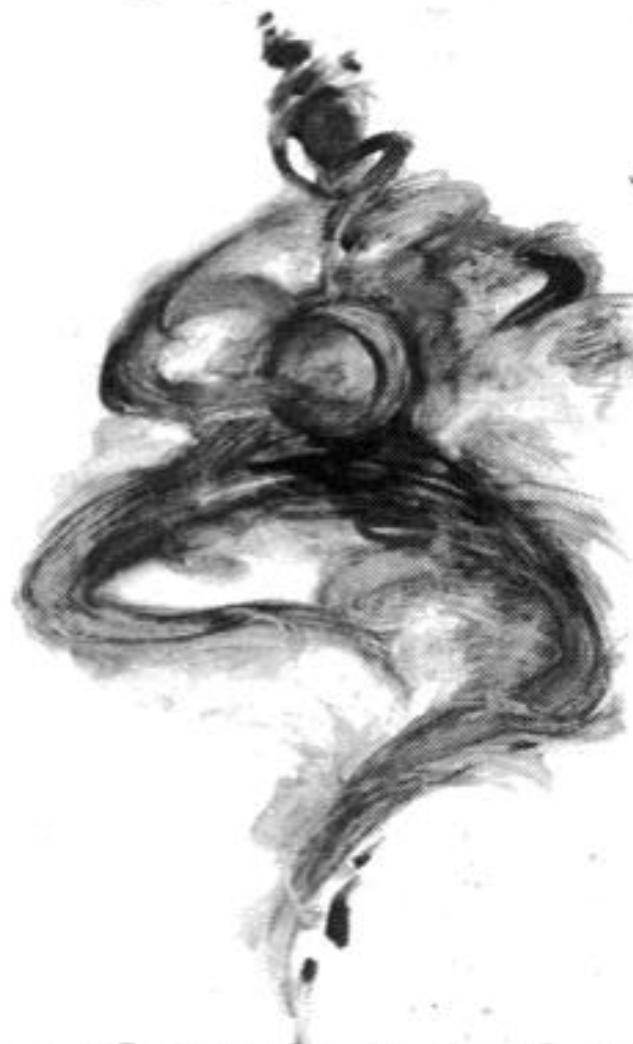


# **The TARA Approach**

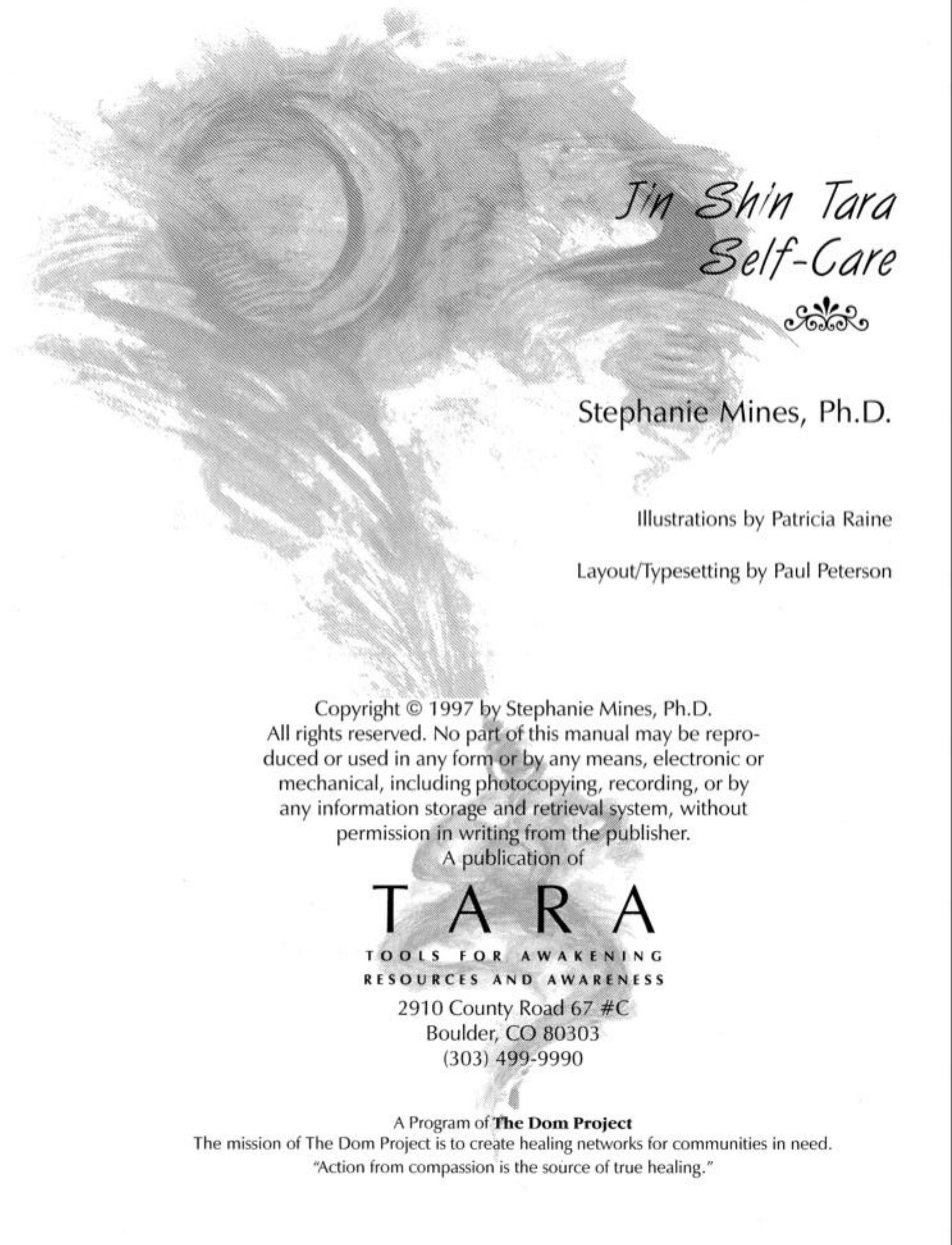


## **JIN SHIN TARA SELF CARE**

**Stephanie Mines, Ph.D.**

Illustrations by Patricia Raine

© 1997 Stephanie Mines, Ph.D.



# *Jin Shin Tara Self-Care*



Stephanie Mines, Ph.D.

Illustrations by Patricia Raine

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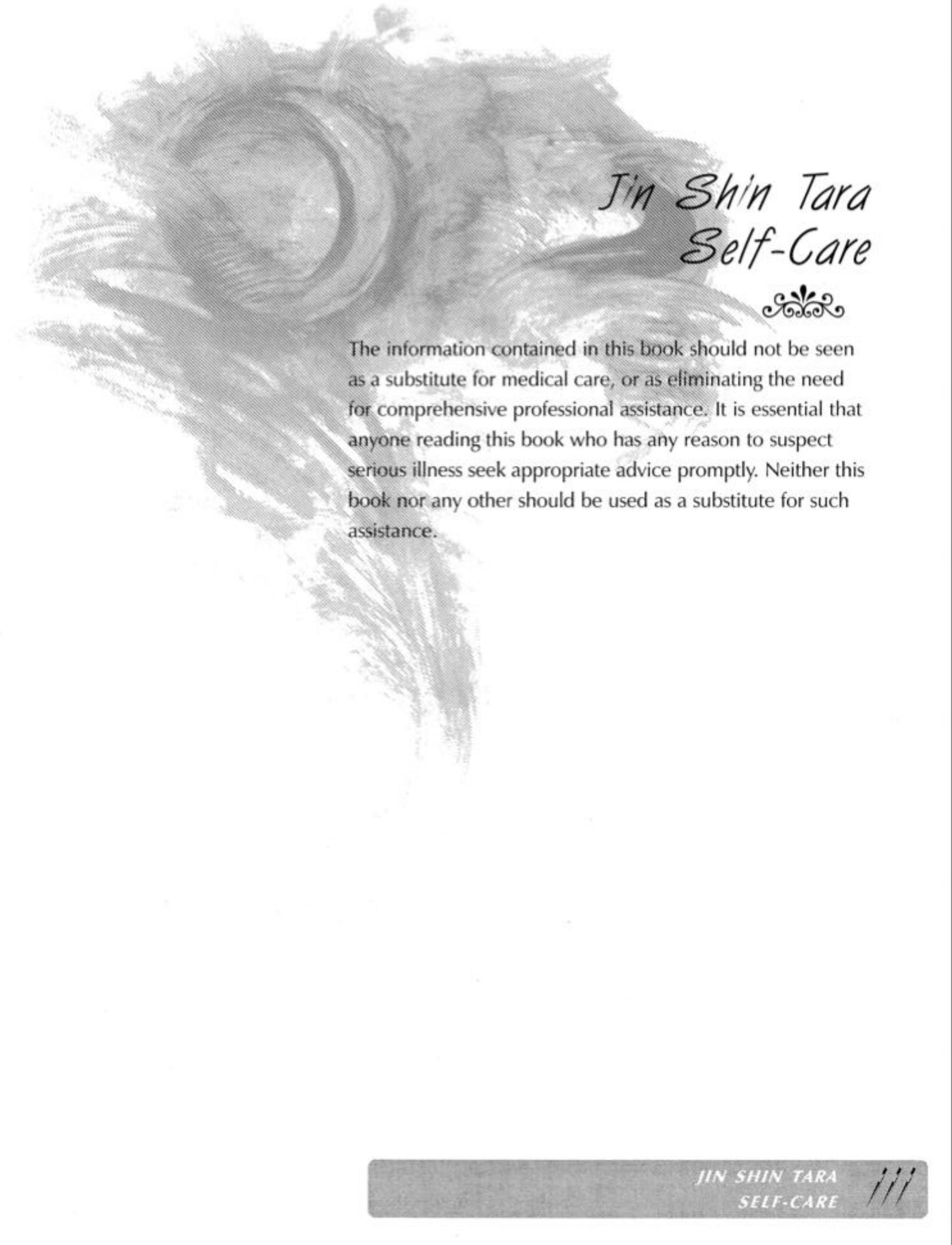
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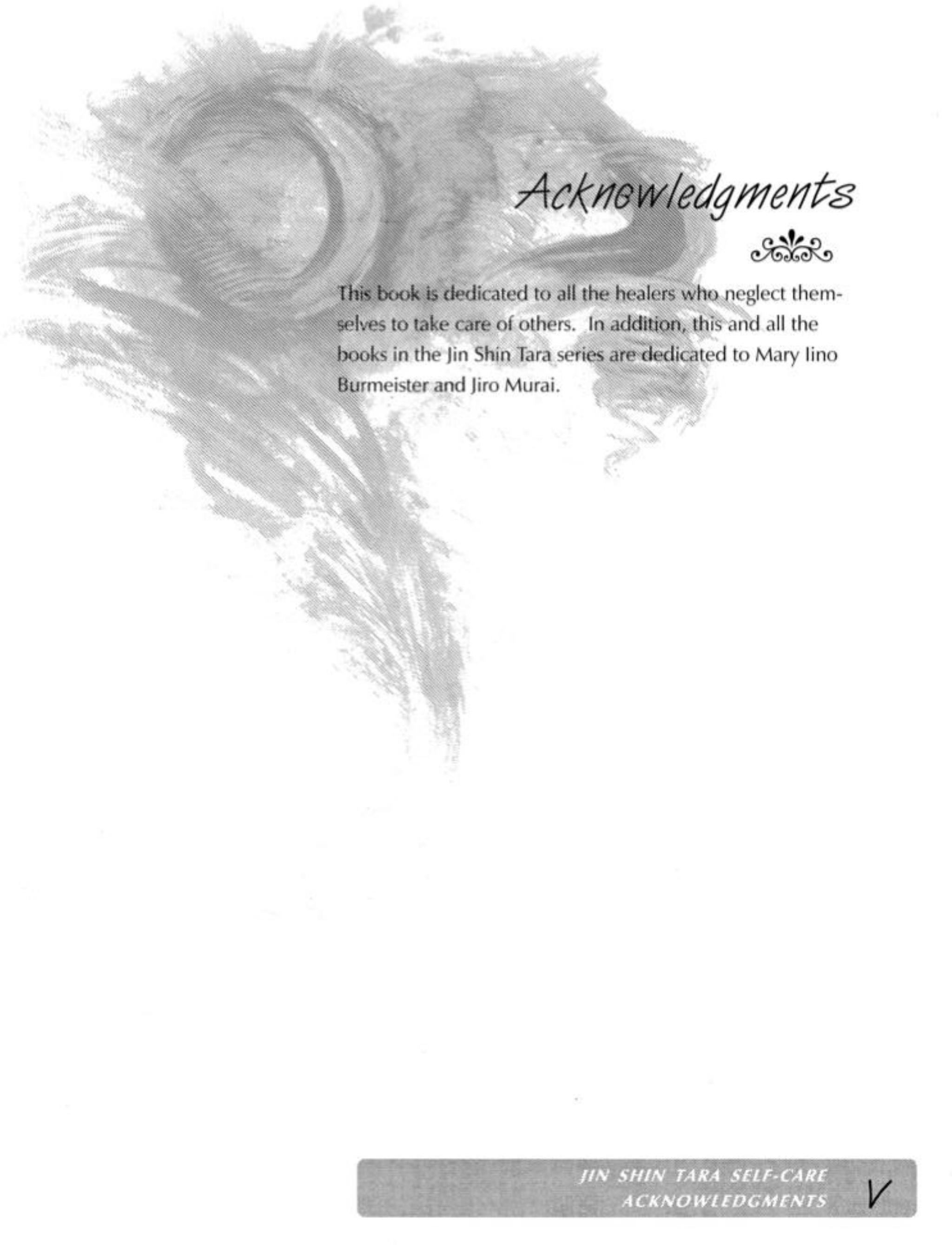


# *Jin Shin Tara Self-Care*



The information contained in this book should not be seen as a substitute for medical care, or as eliminating the need for comprehensive professional assistance. It is essential that anyone reading this book who has any reason to suspect serious illness seek appropriate advice promptly. Neither this book nor any other should be used as a substitute for such assistance.



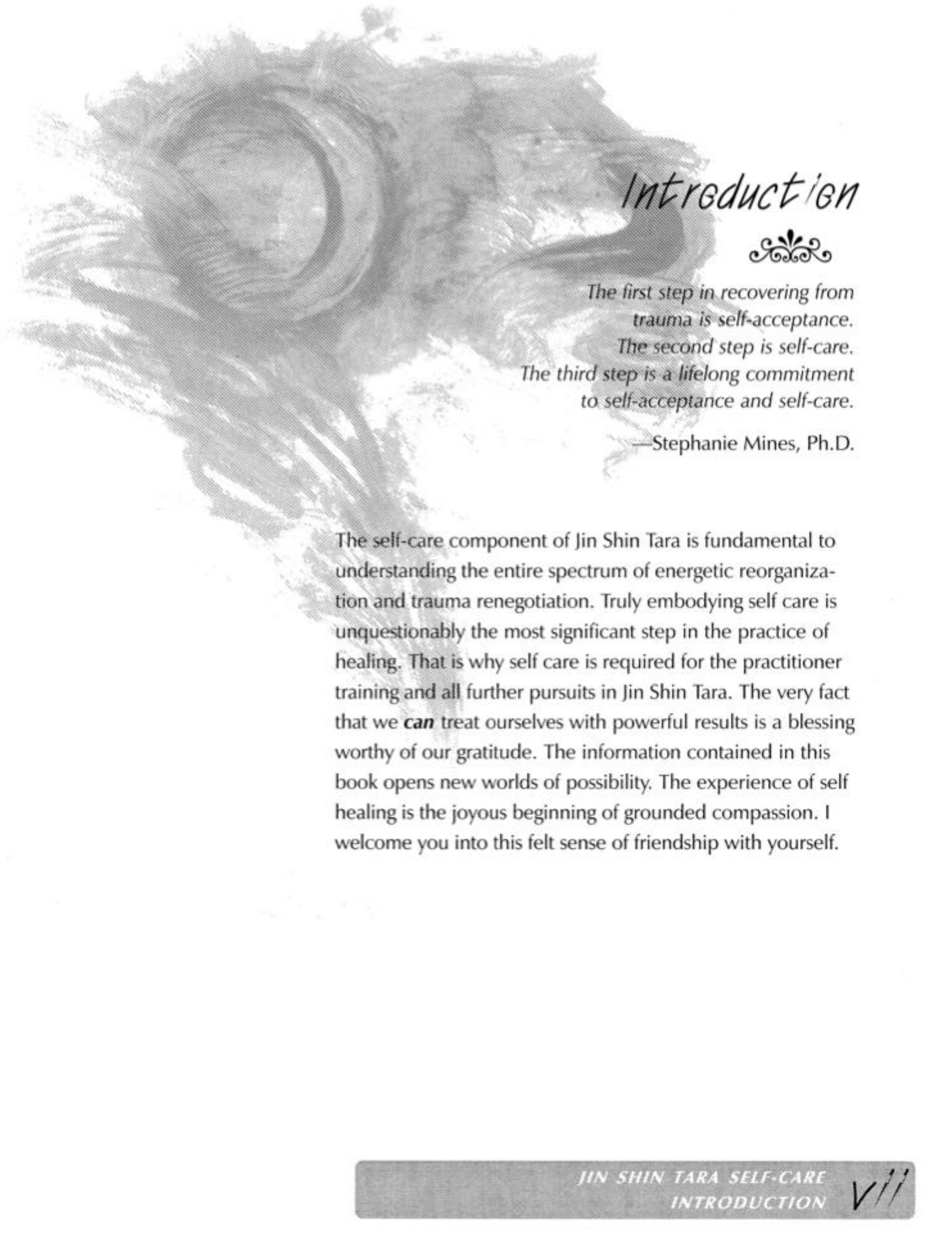


## *Acknowledgments*



This book is dedicated to all the healers who neglect themselves to take care of others. In addition, this and all the books in the Jin Shin Tara series are dedicated to Mary Iino Burmeister and Jiro Murai.





# *Introduction*



*The first step in recovering from  
trauma is self-acceptance.*

*The second step is self-care.*

*The third step is a lifelong commitment  
to self-acceptance and self-care.*

—Stephanie Mines, Ph.D.

The self-care component of Jin Shin Tara is fundamental to understanding the entire spectrum of energetic reorganization and trauma renegotiation. Truly embodying self care is unquestionably the most significant step in the practice of healing. That is why self care is required for the practitioner training and all further pursuits in Jin Shin Tara. The very fact that we **can** treat ourselves with powerful results is a blessing worthy of our gratitude. The information contained in this book opens new worlds of possibility. The experience of self healing is the joyous beginning of grounded compassion. I welcome you into this felt sense of friendship with yourself.



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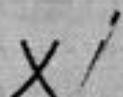
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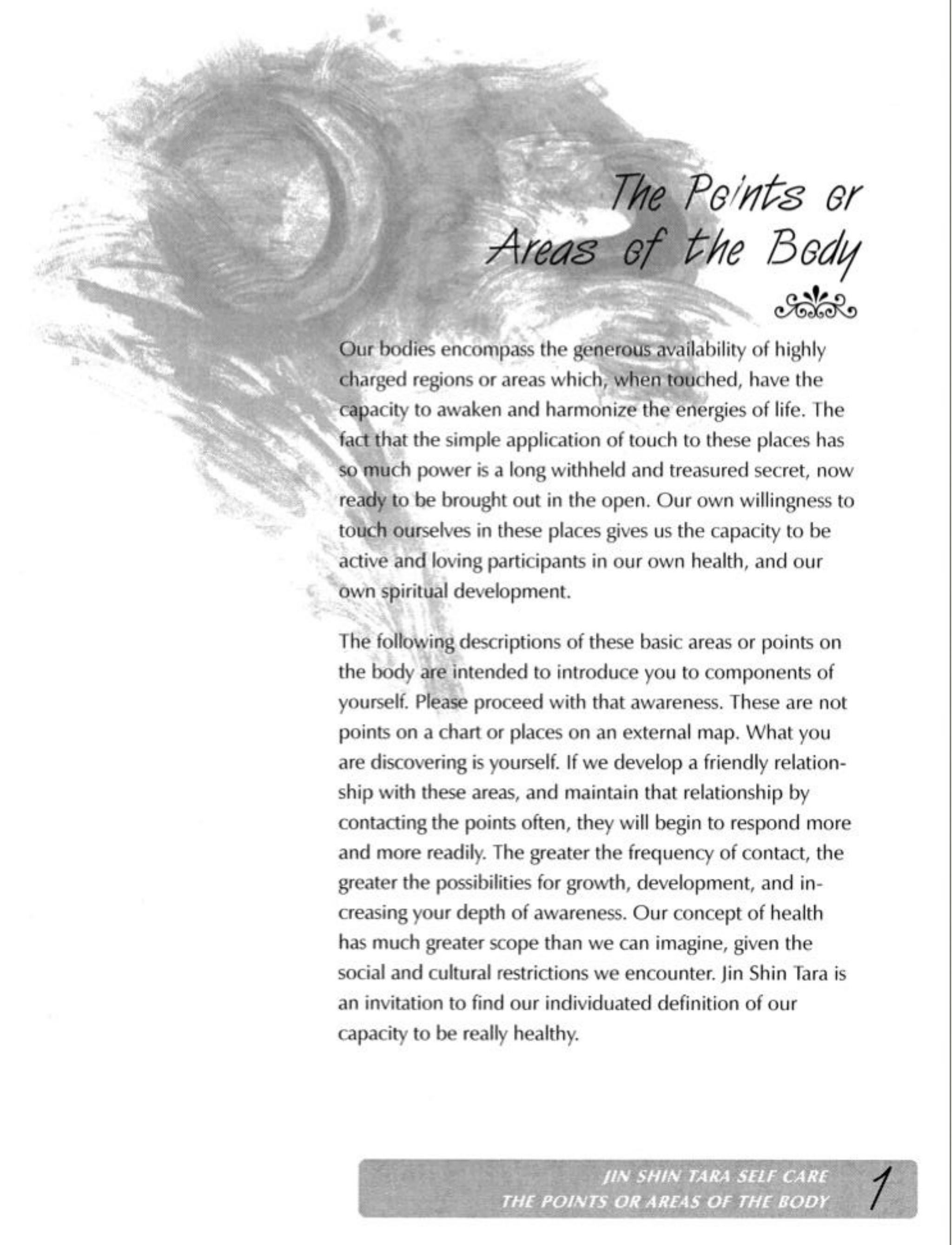
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## *The Points or Areas of the Body*



Our bodies encompass the generous availability of highly charged regions or areas which, when touched, have the capacity to awaken and harmonize the energies of life. The fact that the simple application of touch to these places has so much power is a long withheld and treasured secret, now ready to be brought out in the open. Our own willingness to touch ourselves in these places gives us the capacity to be active and loving participants in our own health, and our own spiritual development.

The following descriptions of these basic areas or points on the body are intended to introduce you to components of yourself. Please proceed with that awareness. These are not points on a chart or places on an external map. What you are discovering is yourself. If we develop a friendly relationship with these areas, and maintain that relationship by contacting the points often, they will begin to respond more and more readily. The greater the frequency of contact, the greater the possibilities for growth, development, and increasing your depth of awareness. Our concept of health has much greater scope than we can imagine, given the social and cultural restrictions we encounter. Jin Shin Tara is an invitation to find our individuated definition of our capacity to be really healthy.

## **HOW TO LOCATE THE POINTS**

Locating the points so that you can befriend them is a gentle process of inquiry. This is not an abstract or objective activity. It is highly subjective and quite intimate. In locating each point, you are actually finding your own energetic power and you are palpating the way in which that power has been obstructed. Your hand's touch awakens the vitality dormant in that place and links the flow of energy there to your entire mind-body system. Thus, you are made more whole, more completely energized. It is this consciousness of the potential of Jin Shin Tara which allows your treatment of yourself and others to be purposeful, intentional, and deeply effective.

It is helpful to conduct your exploration of the points in a peaceful and self-reflective environment. You want to be able to focus and pay attention primarily to yourself and your internal experience on every level, from thought and image to physical sensation. Read the descriptions of the points and see where they are located, in the general sense. Then allow your hand to move into the area of that point, gently and intentionally exploring. Your exploration may result in discovering that a place on your body, just below the skin, feels hard or dense. You may notice a bruised sensation as you contact the point, or, you may feel sensations in other parts of your body when you touch a point. Let your hands be guided. Close your eyes and explore, allowing something other than your physical vision to tell you where to go.

When you contact the point or area with your hand on one side of your body, find the same point, with your other hand, on the other side of your body. It may not be in the same place as the other point. We are not perfectly symmetrical, and our right and left sides reflect different aspects of our experience. Find each side's point independently. Arrange your hands in any way that is comfortable for you. Then sit peacefully, holding each point, perhaps with your eyes closed, "listening." The word "listening" is used often in Oriental practices, and its use in this particular way is intended to expand consciousness. We see with more than our eyes, we feel with more than our hands, and we hear with more than our ears. When we "listen" to the points or areas of the body, we are attuning ourselves thoroughly to hear the hidden messages. To listen as deeply and as thoroughly as possible, we must, at least initially, be quiet and still. Later, when we have become skilled and practiced in the art of listening, we can listen well under any circumstances. But for these initial encounters with ourselves, at which we are sadly unpracticed, a meditative attentiveness is required.

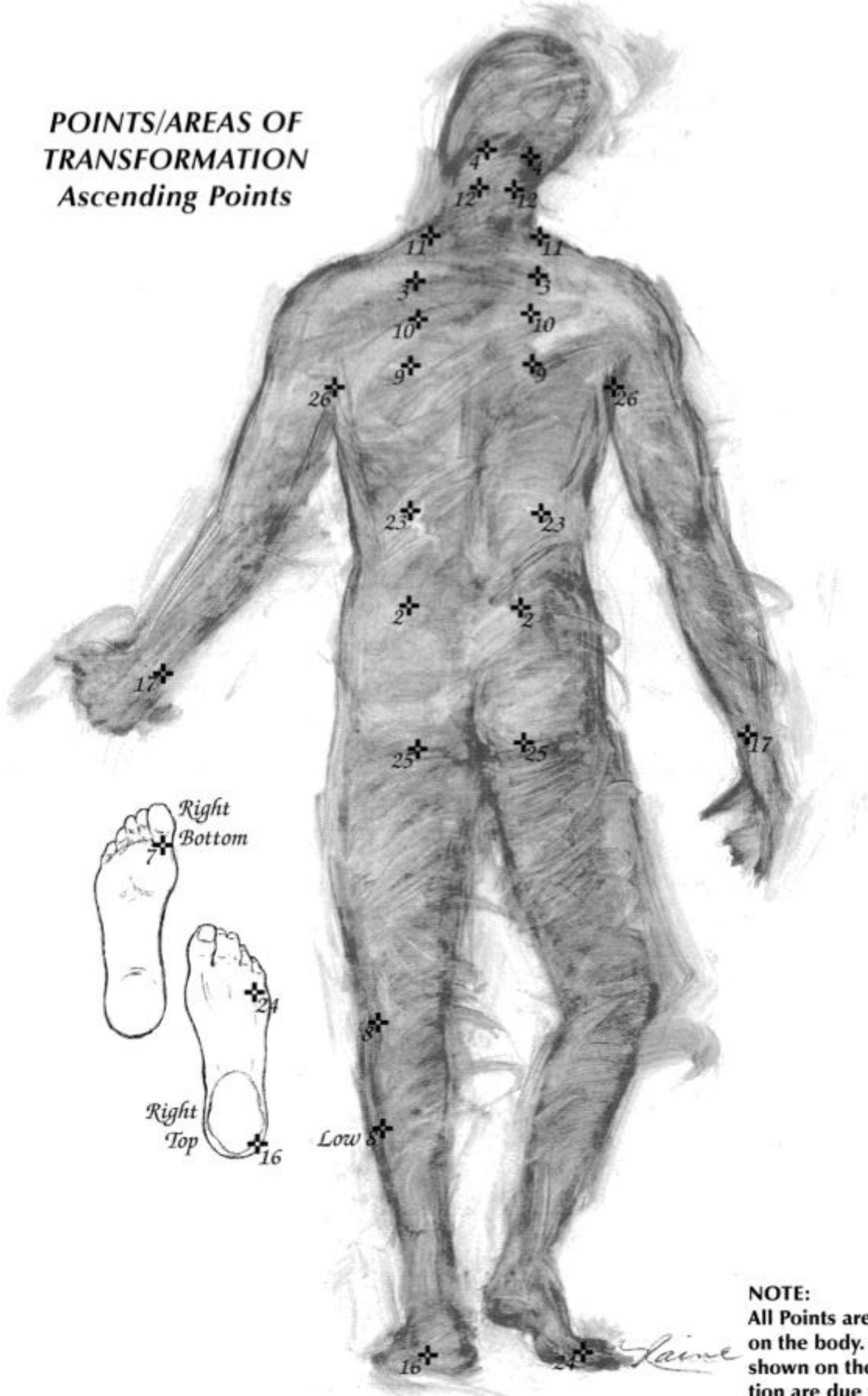
For what are we listening? We are listening to the secrets encoded in these areas of ourselves. The secrets are told in rhythms, called pulses, and our purpose is to balance the rhythms in the areas we are holding. This healing art is about the invisible, despite the fact that we are placing our hands on the fabric of the visible—our bodies. So, it is natural that the mysteries we are solving through this practice should require an attention that is not common, and an understanding which we have to cultivate. We cultivate this rare understanding by being patient, listening, and balancing the pulses simply by keeping our hands intentionally present. We will “hear” the stories of these areas not in words but through the attunement of our entire selves to ourselves. Clues will take the form of feelings, sensations, images, memories, ideas, and awarenesses or insights. Maybe nothing will happen. What is important is that we remain present, without specific expectations. Even if at first we may fear that we feel or “hear” nothing, we remain present anyway, and eventually this waiting bears fruit. Our hands are learning all the time, and it is their education that is the most significant, not what we think we know or what we think we are learning.

We remain holding these two areas until the pulses or the rhythms feel balanced. If you don't quite know what this means, just hold these areas until you feel you have held them long enough. The simplest way to describe the sound of balanced pulses is that they are neither fast nor slow, neither loud nor soft, and upon hearing them, you feel peaceful and lose, if just briefly, the sense of time or place.

Once the pulses are balanced in the two areas you are holding, you can proceed to the next point. It is important not to rush this process. In learning Jin Shin Tara, quality is of the highest importance and quantity is irrelevant. Just as you are attuning yourself to the rhythms of the pulses in these areas, attune yourself to the rhythms of your own learning process. Many people have found that learning four points or areas at a time is a satisfying learning experience—neither too much nor too little (like balanced pulses). See if you can integrate the location of the point or area, the information about the point or area, and your own experience. This assimilative learning is spaciousness and not data oriented.

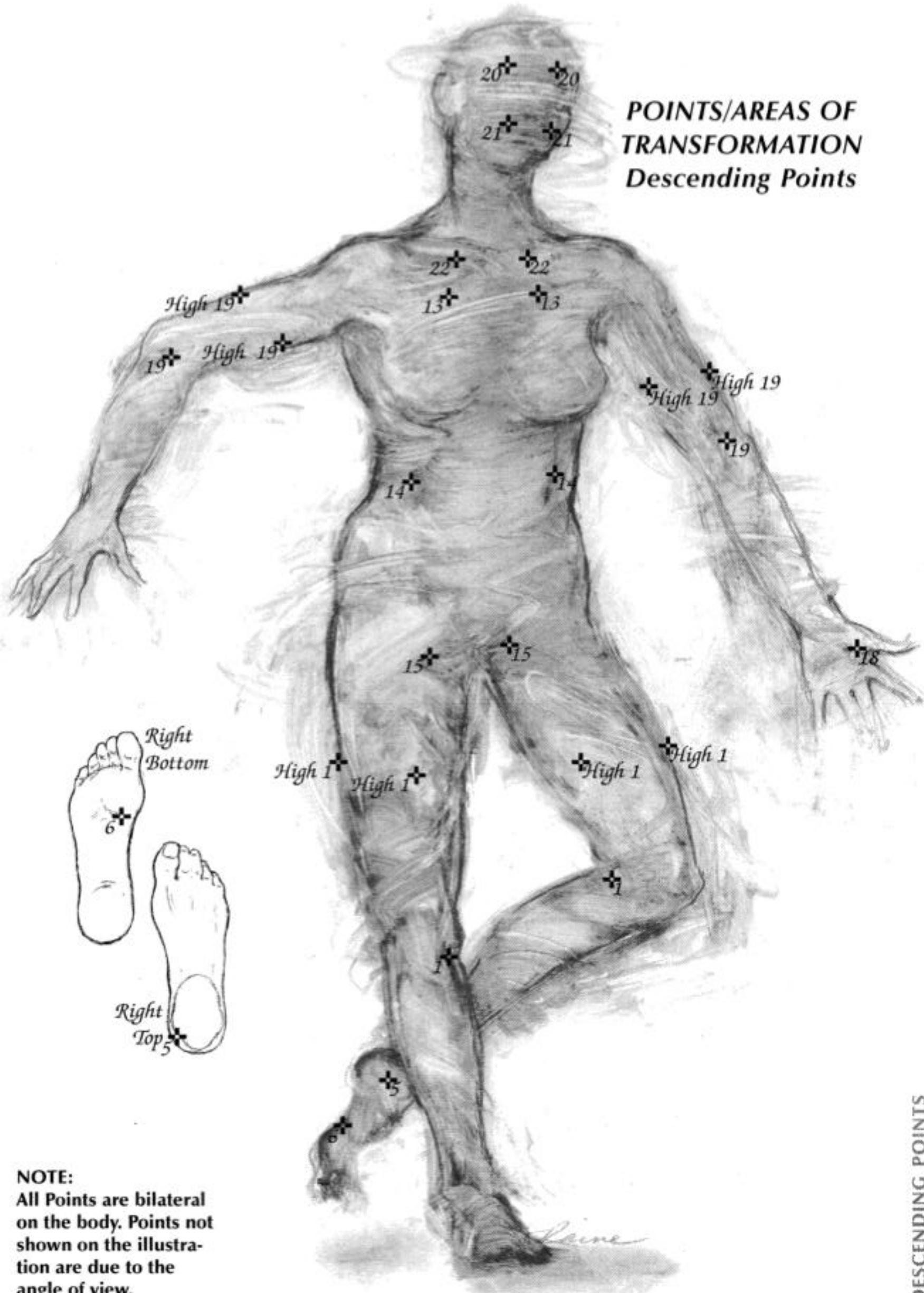
Enough said. Consider what follows as moving into a new neighborhood. Little by little you meet all the neighbors who live in your community, and slowly you begin to feel how familiar they all are. Then, you realize the truth. You didn't move into a new neighborhood—you just came home!

**POINTS/AREAS OF  
TRANSFORMATION**  
*Ascending Points*



**NOTE:**  
All Points are bilateral  
on the body. Points not  
shown on the illustra-  
tion are due to the  
angle of view.

**POINTS/AREAS OF TRANSFORMATION**  
*Descending Points*



**NOTE:**

All Points are bilateral on the body. Points not shown on the illustration are due to the angle of view.

## **ONE** *Awakening, The Prime Mover* *(Descending)*

LOCATION	Medial; below the knee or parallel to the knee, inside and underneath.
FUNCTION	Connects the head with the toes and the toes with the head. Clears the abdomen. Relieves headache pain. Helps the back. Clears the chest. Stops coughing spasms, snoring, and hiccups. Allows breath to deepen.
INFLUENCES	Pelvic girdle, abdominal area, digestion, elimination, back, chest, and head.
FINGER	Thumb



Point #1 pulls energy down the front. It allows you to move, to manifest your ideas, and to be physically strong and active. This is an embodying, enlivening point. It is grounding and activating.

## **HIGH ONE** *The Mover's Support* *(Descending)*

LOCATION	Medial and lateral upper thigh.
FUNCTION	Adds strength and power to all of Point #1's functions.
INFLUENCES	Chest and pelvis.
FINGER	Thumb



When held in conjunction with a variety of other points, the High One dramatically encourages a letting go of accumulated tensions. These tensions hold us back from going forward.

## **TWO** *Wisdom* *(Ascending)*

LOCATION	On the back, at the top of the hip.
FUNCTION	Clears fatigue. Aids in the release of abdominal, hip, pelvic, and leg stresses. The release of the left 2 will clear diarrhea; the release of the right 2 will clear constipation. Helps to establish hormone balance.
INFLUENCES	Skin, hips, reproductive system, pelvis, organs of elimination. Releases the back and the chest.
FINGER	Ring

Point #2 opens up our eyes from within. If it is blocked, that means the pelvic area is blocked. Point #2 tells us about our dualistic thinking. If the point is blocked, it means we are locked into dualistic patterns. There may be issues of com-

mitment to explore, as well as our ability to take risks. Releasing Point #2 will help balance blood pressure and hormonal functions. A sense of insecurity can be relieved by a feeling of fluid internal support, and authentic sexual confidence, when this point is released.



### **THREE** *Release and Receive (Inhale and Exhale)* *(Ascending)*

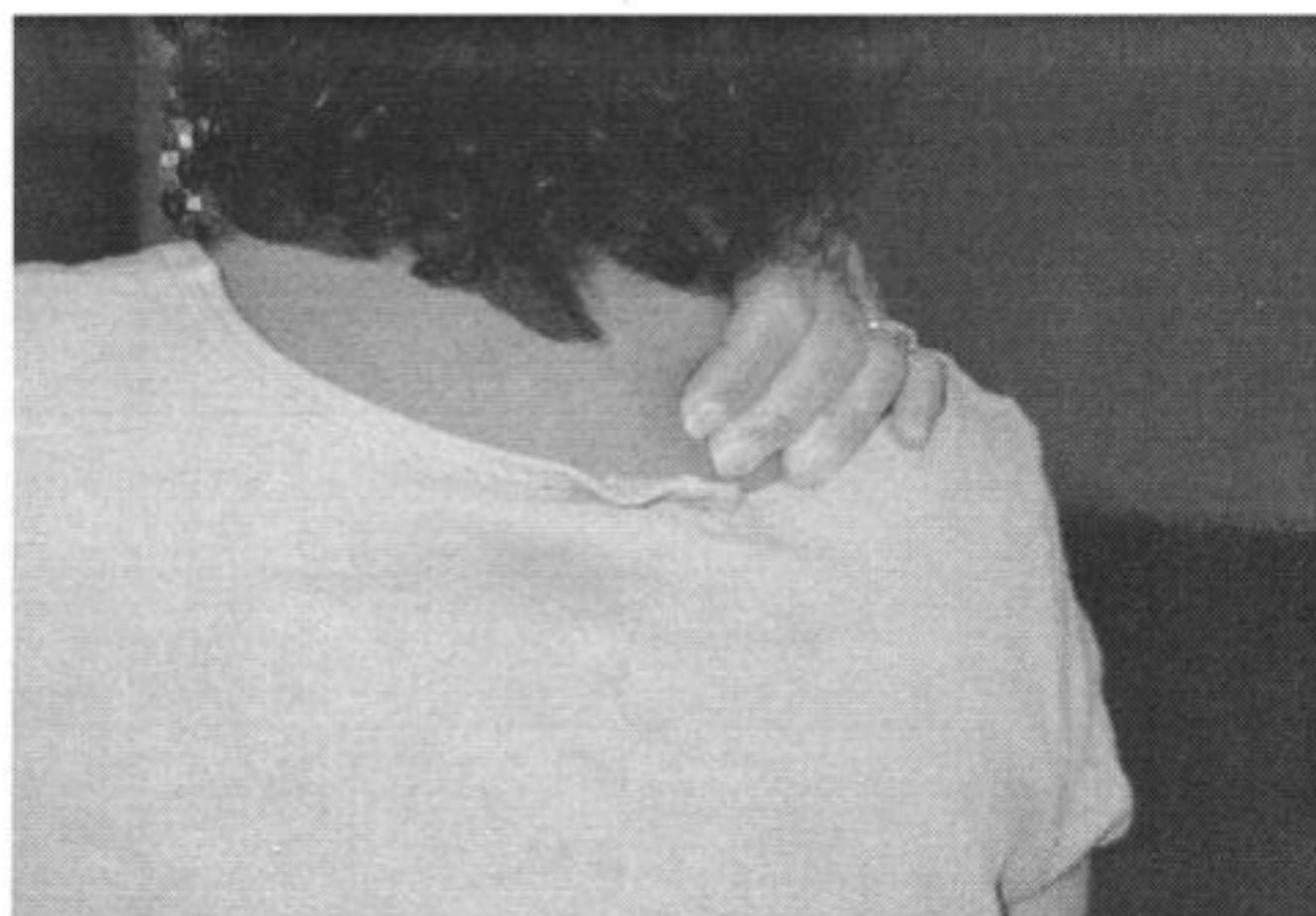
**LOCATION** Tip of scapula.

**FUNCTION** Aids breathing. Clears our lungs. When Point #3 is clear, colds, flus, and viruses are warded off. Harmonizes lymph system. Release three to provide relief from asthma, wheezing, and emphysema. Helps all immune system functions.

**INFLUENCES** Lung, Large Intestine, Kidney and Bladder Meridians. Point #3 supports all our physical needs, as well as our physical structure.

**FINGER** Middle

When we are breathing deeply and rhythmically, we are in perfect balance. When we release Point #3, we may find ourselves being freed of anger and frustration. By allowing ourselves to breathe more fully, Point #3 allows us to feel more, not only emotionally, but to feel ourselves as more of who we are. This point has the capacity to attune us to our essential energy and thereby to heal both our body and our mind. Point #3 is intimately related to the Kidney Meridian.



**FOUR** *The Weaver, The Window, Clear Consciousness*  
*(Ascending)*

- LOCATION Base of the skull (occipital ridge).
- FUNCTION The occipital lobes of the cranial base, which is where Point #4 is located, rules orderly thinking, good decision making, and careful planning. This point is responsible for simple and direct thinking, and, therefore, we want to hold or release this point whenever confusion, disorientation, or shock (physical or emotional) challenges our clarity.
- INFLUENCES Thinking, tonsils, throat, heart, legs, eyes. Liver Meridian.
- FINGER Ring and Thumb
- Release this point to relieve numbness in hands or fingers. Helps ringing in ears. Helps the eyes. Relieves headaches. Point #4 weaves its influence throughout our beings, distributing balanced energetic functioning everywhere. Because it clarifies our thinking and clears the throat, this is a good point to release before we give a speech, have an important conversation, or present ourselves in any way.



POINT FOUR

**FIVE Fearless**  
*(Descending)*

LOCATION Below medial ankle.

FUNCTION Clears the shoulders, strengthens ankles, supports hips, opens pelvis. Helps hearing.

INFLUENCES Ankles, Kidneys, Reproductive System, Pelvis.

FINGER Index

By balancing the energy in this point, we see through our fears. We know which fear is healthy and protective, and which fears are false. This allows us to use our fear well, and to not let fear inhibit us.



**SIX   *Balance***  
*(Descending)*

LOCATION	Medial instep, below mound of big toe on sole side of the foot.
FUNCTION	Governs shoulders, arms and hands. Gives equilibrium. Helps bones and spinal alignment. Relieves migraine headaches.
INFLUENCES	Point #6 allows us to feel our balance and stability on the earth.
FINGER	Middle  Point #6 is located on a minor chakra which is associated with the development of compassion and discrimination.



**SEVEN** *Peace*  
*(Ascending)*

- LOCATION Sole side of big toe.
- FUNCTION Clears the head, eliminates nausea. The free flow of energy through this point awakens an experience of security and peace.
- INFLUENCES Breathing. When Point #7 is balanced energy flows smoothly up the back and down the front, in an oval shape.
- FINGER Ring  
Because of its capacity to evoke peacefulness and contentment, this point can be held to great good purpose when someone is dying or in extreme shock. Use this point whenever you are treating any critical conditions. The release of Point #7 opens our deep intuition, our hidden intelligence.



**EIGHT** *Alchemy*  
*(Ascending)*

LOCATION	Off the head of the fibula.
FUNCTION	Opens the pelvic girdle. Generally supports "letting go" of what we have been unable to eliminate from our minds and our bodies.
INFLUENCES	Reproduction, elimination. Nourishes teeth and gums. Small Intestine Meridian.
FINGER	Index



The most powerful result of releasing this point is its magical capacity to allow us to let go of old thoughts, feelings and old waste material, stored in the colon. This quality of release is rejuvenating and strengthening.

**LOW EIGHT** *The Dispeller*  
*(Ascending)*

LOCATION	Between the knee and the ankle on the lateral side of the leg.
FUNCTIONS	Adds power and strength to the letting go, or elimination, process.
INFLUENCES	Elimination, teeth and gums, and hair growth.
FINGER	Index



The Low Eight may be extremely painful to touch when there is a great deal of resistance to letting go. Nevertheless, approaching it repeatedly will be extremely helpful.

## **NINE** *Transition* *(Ascending)*

**LOCATION** On the back, between the eighth thoracic vertebra and the scapula.

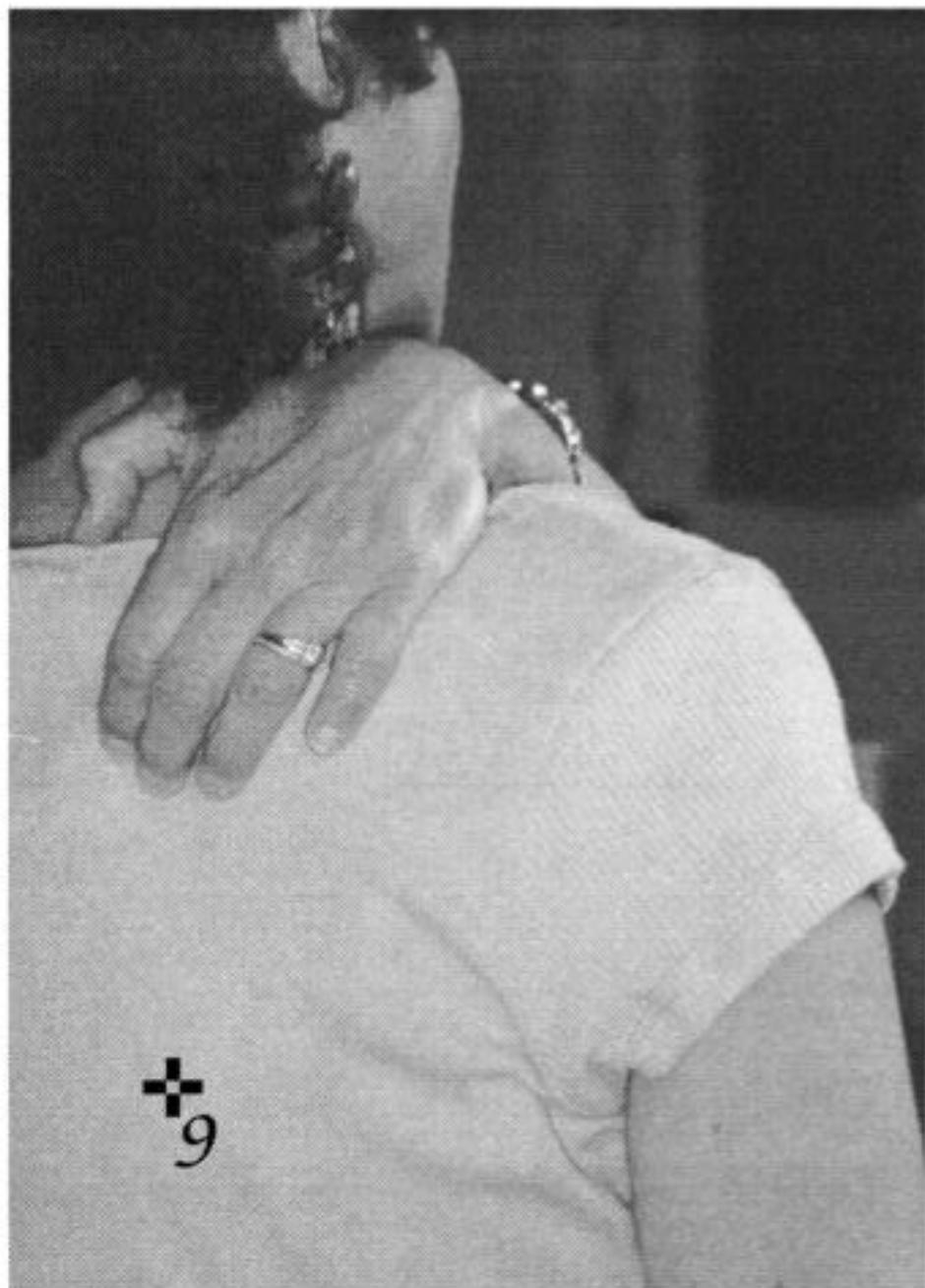
**FUNCTION** Helps open the chest. Releases back and hips. Helps assimilation. Opens upper back. Allows us to step into an unknown, utterly new experience. Point #9 and Point #10 are the back door of the heart. The release of Point #9 encourages the release of Point #14.

**INFLUENCES** Ankles, anger, arms, liver, gall bladder, chest.

**FINGER** Thumb

Point #9 is part of the area behind the scapula called "The Wings." When this area is cleared, the old anger and withheld feeling which limited our advancement forward is

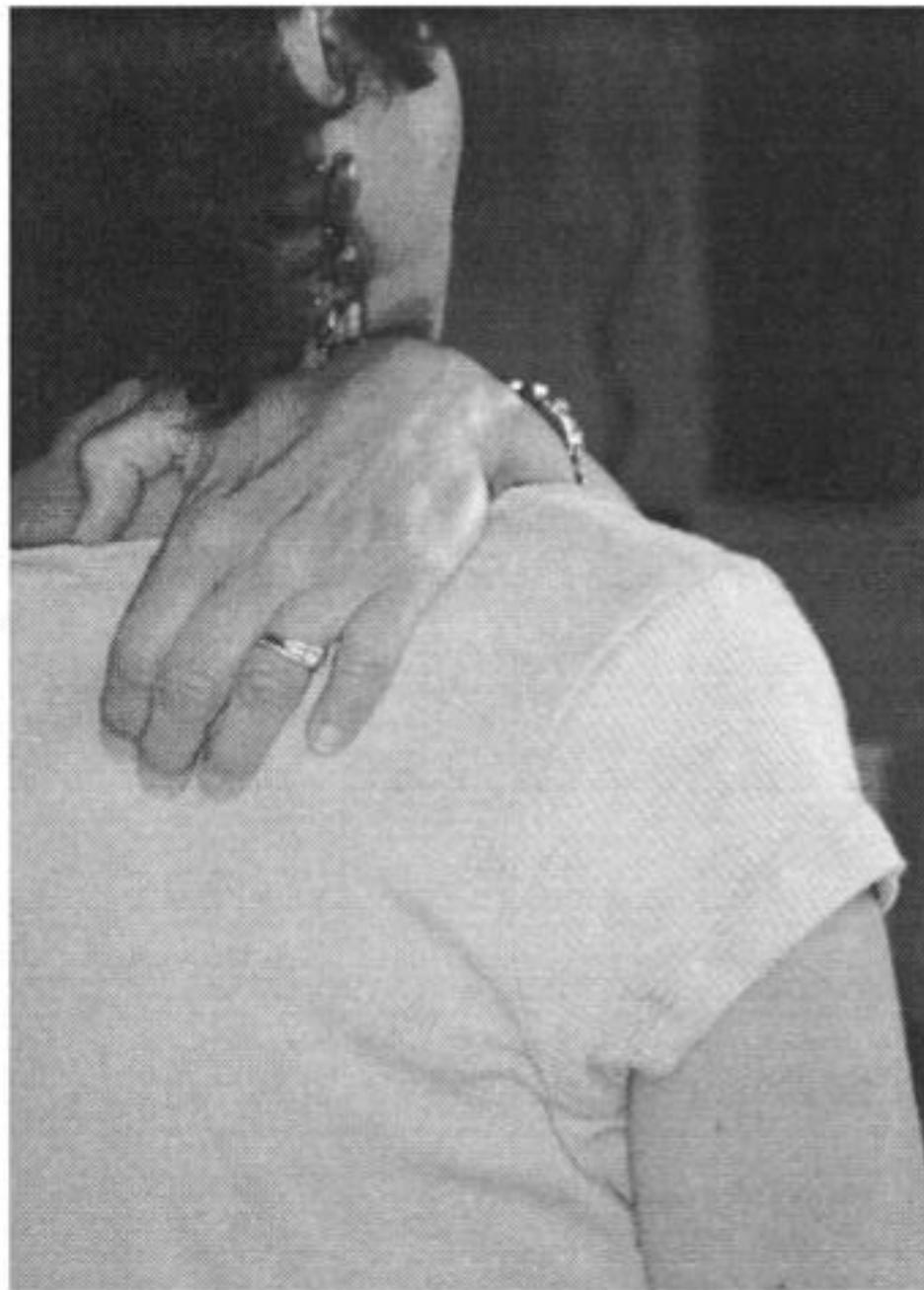
cleared. The back then feels spacious and wide and the arms are free to embrace the future. The energy resulting from the release of Point #9 can be felt into the sole of the foot. The freeing of this point prepares us to serve the world lovingly. Therefore, Point #9 frees us to attain fulfillment in our service to humanity.



<b>TEN (Ascending)</b>	<b><i>Transformation, Beginning Anew, Birth, Completion</i></b>
LOCATION	Middle of scapula—between medial edge of scapula and third thoracic vertebra.
FUNCTION	Opens the throat. Clears the lungs. Releases knees. Helps the hips. Allows us to move forward and speak up. Releases neck.
INFLUENCES	Voice. Helps the heart. Clears the mind.
FINGER	Index

The function of this point is to allow us to step into and inhabit our new place in life. Therefore, the knees become flexible and stable, to carry us forward. Likewise, the voice opens clearly and decisively, saying what we REALLY mean, without hesitation. Point #10 is restorative in the same ways

that it is releasing. This means that for people who have lost clear speech through stroke, polio, heart attack or autism, Point #10's release will aid in restoring those functions. This is an important point for singers. Asthmatic conditions call for the release of this point.



## **ELEVEN** *Unloading* *(Ascending)*

LOCATION	Off first thoracic vertebra (across shoulder and towards neck).
FUNCTION	Helps relieve fatigue from physical stress. Helps bones. Helps relieve mental and emotional stress. Relieves neck and shoulder tension. Release #11 for arm, hand, and finger tension.
INFLUENCES	Hips, digestion, sciatica. Kidney Meridian.
FINGER	Index
	The release of Point #11 helps give us the power to make quick decisions when necessary. It helps prevent dwelling on negativity. Releasing Point #11 releases our tendency to be overly responsible, which is a doer's substitute for faith and trust.



**TWELVE** *Surrender, Be Here Now*  
*(Ascending)*

LOCATION	Below the skull, parallel to ear lobe, towards the neck (midway between ear lobe and neck)—between ear lobe and cervical vertebrae.
FUNCTION	Relieves violent negativity and mental imbalance. Supports throat. Encourages emotional release. Releases neck. Point #12 gives us the gift of surrendering to our body's organic truth. This is the point that teaches us to love our process and accept its rhythm.
INFLUENCES	Throat, head, neck, eyes. Liver Meridian.
FINGER	Middle

Point #12 is the most decisively psychological in its impact of all the points. It addresses, through its disharmony, the ways in which rejection, no matter how subtle, has caused us to tighten and become stiff-necked and stubborn. Holding Point #12 allows us to let go of the holding back which earlier in our lives helped us bear the unbearable pain of rejection. Once released, this point permits us to fully accept where we are in our lives. We stop comparing ourselves to others, and start enjoying the place we are in.



**THIRTEEN** *The Mother*  
*(Descending)*

**LOCATION** Between third and fourth upper rib, on the thoracic dia-phragm.

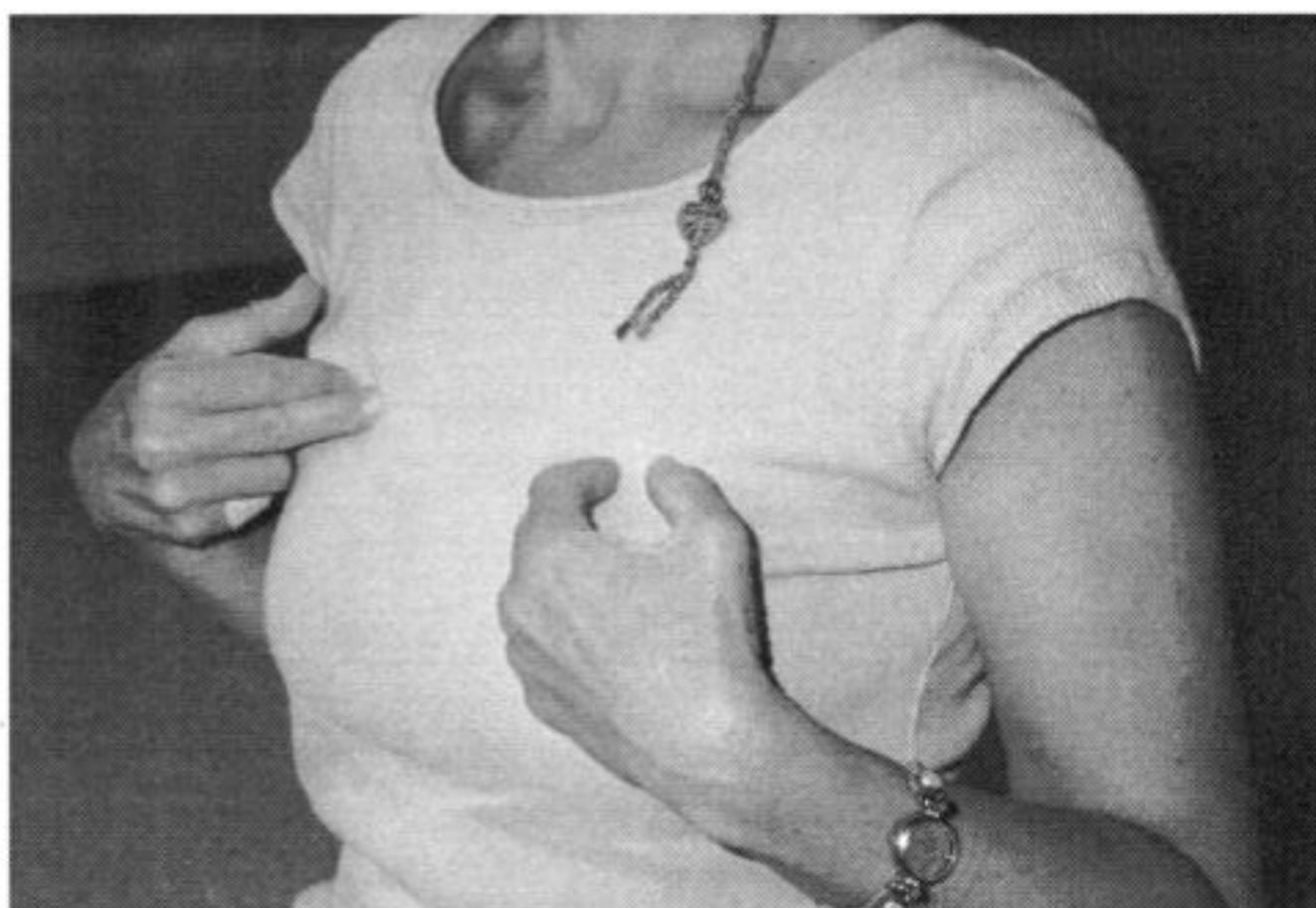
**FUNCTION** Gives strength to the reproductive system. Supports mental-emotional balance. Clears pelvic girdle. Helps relieve chest congestion. Encourages healthy breathing. Balances appetite. Increases our receptivity to love. Relieves nausea.

**INFLUENCES** Emotional expression, the ability to feel. Heart Meridian, Diaphragm Meridian (Heart Protector or Pericardium), Umbilicus Meridian (Triple Burner).

**FINGER** Middle

Point #13 helps pregnant women throughout their pregnancy by supporting the reproductive system and easing emotional overload. Similarly, during an overwhelming period in life, releasing this point will lighten the stress.

Releasing Point #13 promotes youthfulness, in all regards—expression, movement, skin, hair, sexuality, and our sexual fluids.



## **FOURTEEN** *The Sustainer* *(Descending)*

LOCATION	Center of base of rib cage.
FUNCTION	Harmonizes assimilation of proteins (right) and carbohydrates (left). Assists in overcoming addictions, obsessions, compulsions, and habits. Helps adaptation, adjustment, and coordination. Helps in the treatment of convulsions and epilepsy.
INFLUENCES	Lungs. Weight. Digestion. Large Intestine, Small Intestine, and Stomach Meridians.
FINGER	Ring
	<p>Point #14 addresses the issues surrounding the assimilation of nutrients and the release of toxins. When this sorting process has been confused, Point #14 will feel congested, and energy will not move easily through the middle of the body. There may even be an accumulation of weight around the middle and also around the hips and thighs. Holding point #14 will help enormously in releasing this restriction. Weight may be shed due to increased assimilation, and habits and compulsions will likewise be shed as they be-</p>

come unnecessary. The end result of this balancing process is that we begin to feel more comfortable in our bodies.



**FIFTEEN Wash Your Heart with Laughter**  
*(Descending)*

LOCATION On groin line.

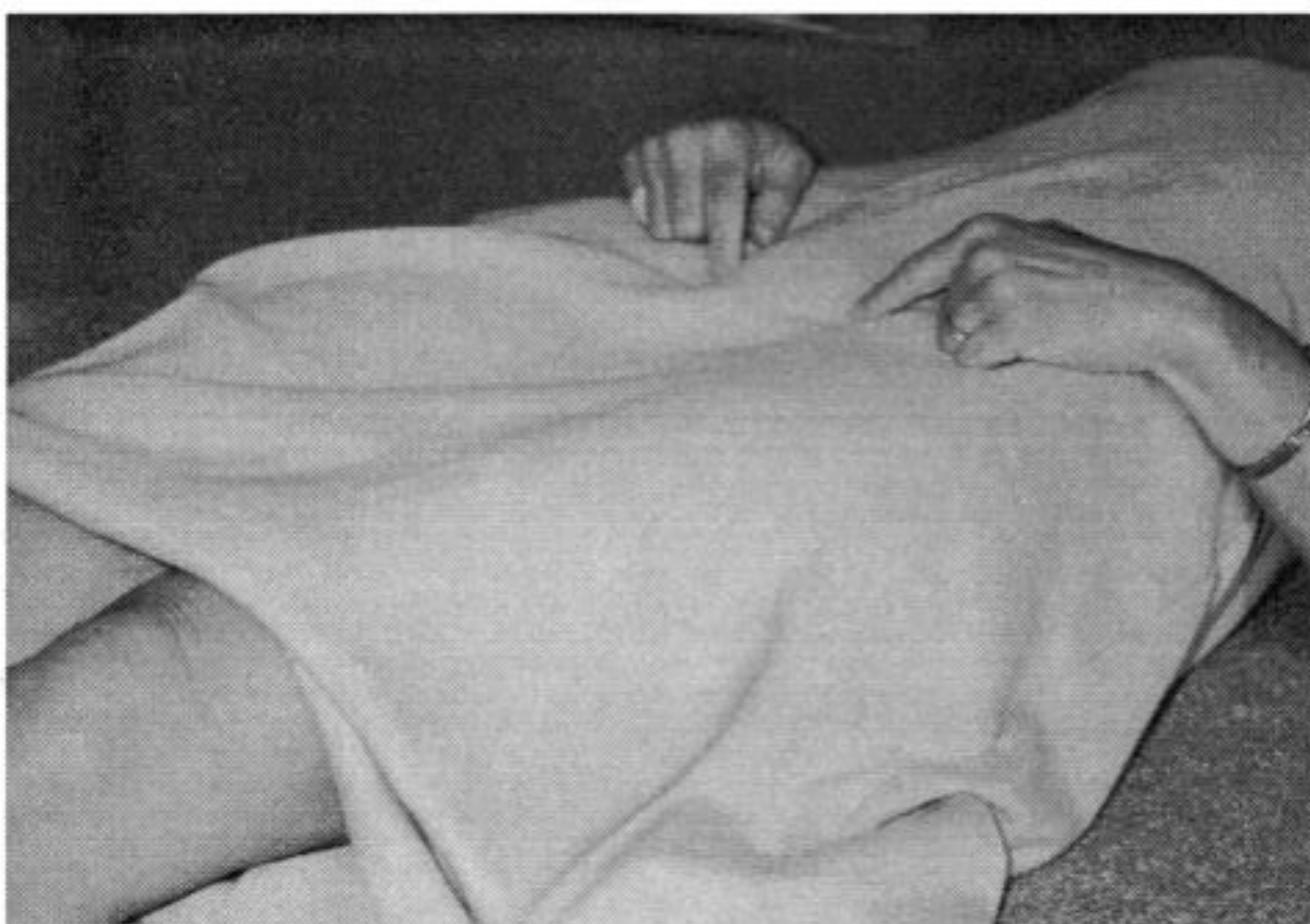
FUNCTION Renews intelligence. Relieves bloat conditions. Important for proper functioning of heart. Clears the mind. Controls the spine. Rules circulation. Energizes the legs. Relieves depression.

INFLUENCES Heart Meridian and Diaphragm (Pericardium). Blood. Pelvis. Hips. Legs.

FINGER Little

Point #15 will help in the treatment of sciatica and back stress. It is crucial in allowing energy to move through the pelvis. Energy must circulate through the pelvis for life to be vital. It is only through the cradle of a living pelvis that the legs can move and the Spirit can soar. Point #15 is synonymous with Dance and with Physical Expression. Use it whenever there has been a sprain or broken bone. Point #15 is related, by a natural kinship, to all the fire energies Heart, Diaphragm, Umbilicus, and Small Intestine Meridians. It is thus deeply linked to all creativity and our

individuated creative expression.



**SIXTEEN** *The Foundation, The Basics*  
*(Ascending)*

LOCATION	Below lateral ankle.
FUNCTION	Releases tension in front of the head. Helps clear reproductive stress and pain. Tonifies muscles. Relaxes intestines. Supports physical energy.
INFLUENCES	Speech. Ankles. Elimination. Pelvis.
FINGER	Thumb
	Point #16 influences all regenerative functions. It is important in relieving muscular stress, particularly in the digestive muscles. When released, this point allows us to feel our physical stability and therefore our mental clarity. Frees us of resentment. Helps voice and speech.



**SEVENTEEN** *The Connector*  
*(Ascending)*

- LOCATION** On the side of the wrist, below the little finger just before the wrist bone.
- FUNCTION** Controls ankles. Allows the right and left sides of the body to work smoothly and harmoniously together. Harmonizes brain and nervous system.
- INFLUENCES** Nervous system. Heart Meridian, Diaphragm Meridian. Creativity and Intuition. Digestion and Breathing.
- FINGER** Ring  
Because of its role in linking the right and left sides of the body and in harmonizing the nervous system, this point awakens our innate intuitive intelligence. Relieves hyperactivity.



**EIGHTEEN** *The Pathmaker*  
*(Descending)*

LOCATION	Below the thumb, on the palm side, at the base of the thumb (in the fleshy mound).
FUNCTION	Governs feet. Controls the back of the head. Helps in the treatment of nightmares, insomnia, seizures and convulsions. Gives body consciousness. Clears the center of the body. Helps in the treatment of headaches. Helps control hunger pangs.
INFLUENCES	Mind. Stomach Meridian.
FINGER	Thumb

Grounding and stabilizing, this point takes us out of our heads and releases our simplicity and common sense.



**NINETEEN** *(Descending)* ***Being in the Center of Your Own Life***

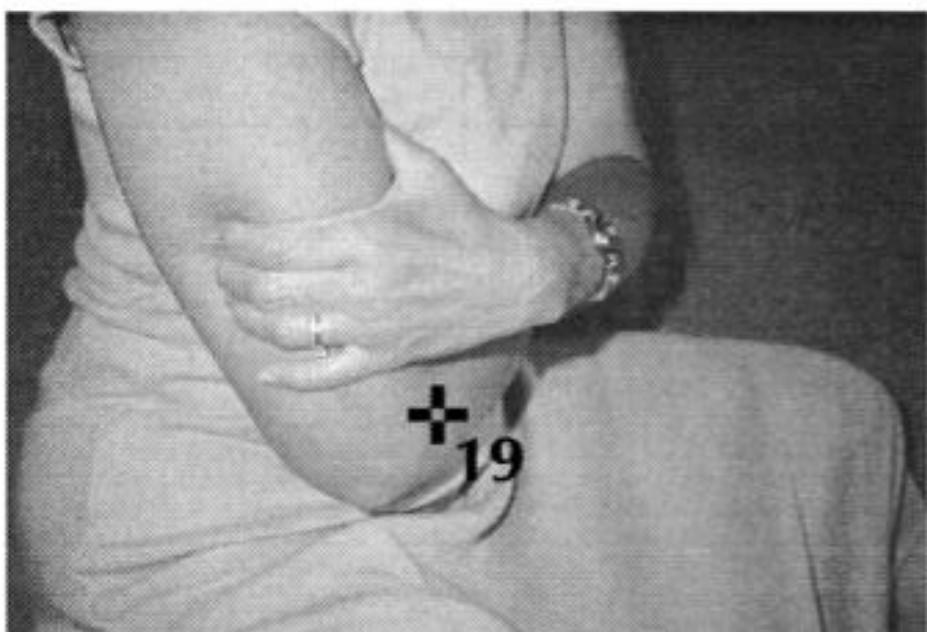
LOCATION	In the bend of the elbow, on the thumb side.
FUNCTION	Awakens a strong, well-boundaried sense of being in charge of your own life. Releases upper back. Opens the chest. Brings the leader in you forth.
INFLUENCES	Throat. Voice. Anger. Relaxes the back. Liver and Gall Bladder Meridians.
FINGER	Thumb  Use this point whenever the back feels tight or restricted.

**HIGH NINETEEN** *(Descending)* ***Selfhood***

LOCATION	Upper arm, between shoulder and Point #19, laterally and medially.
FUNCTION	Supports empowerment, the courage to make clear boundaries with others and for yourself. Helps us define our goals and direction from an internal orientation. Allows us to orient towards and for ourselves.
INFLUENCES	Liver and Gall Bladder Meridians, Solar Plexus, back and chest. Releases Point #9 and Point #10.
FINGER	Thumb

High 19 makes it easier for us to define ourselves without

fear of selfishness or other inhibiting thoughts. Gives us clear, unmitigated self-confidence. Helps us disregard what others think of us. Helps stop comparisons, and other "wishing it were otherwise" thought patterns.



**TWENTY** *Conscious Awakening*  
*(Descending)*

**LOCATION** In groove above eyebrow, between hairline and eyebrow.

**FUNCTION** Releases mental tensions. Restores memory. Calms the mind. Pain Reliever.

**INFLUENCES** Small Intestine Meridian. Bladder Meridian.

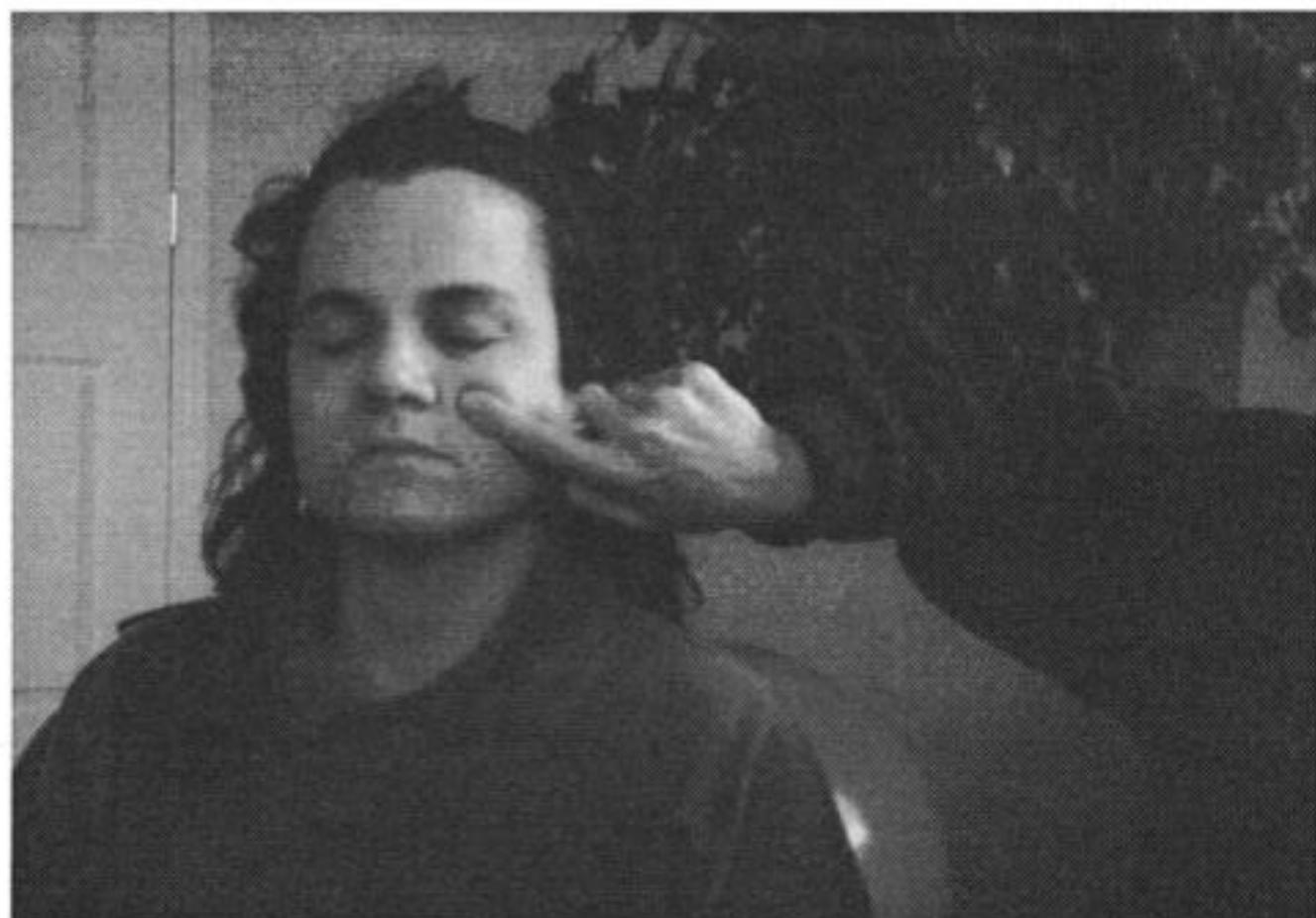
**FINGER** Little

Gently palming this point is soothing. The mind rests. If you are agitated and confused, holding this point will clarify your thinking by easing it.



**TWENTY-ONE** *True Security*  
*(Descending)*

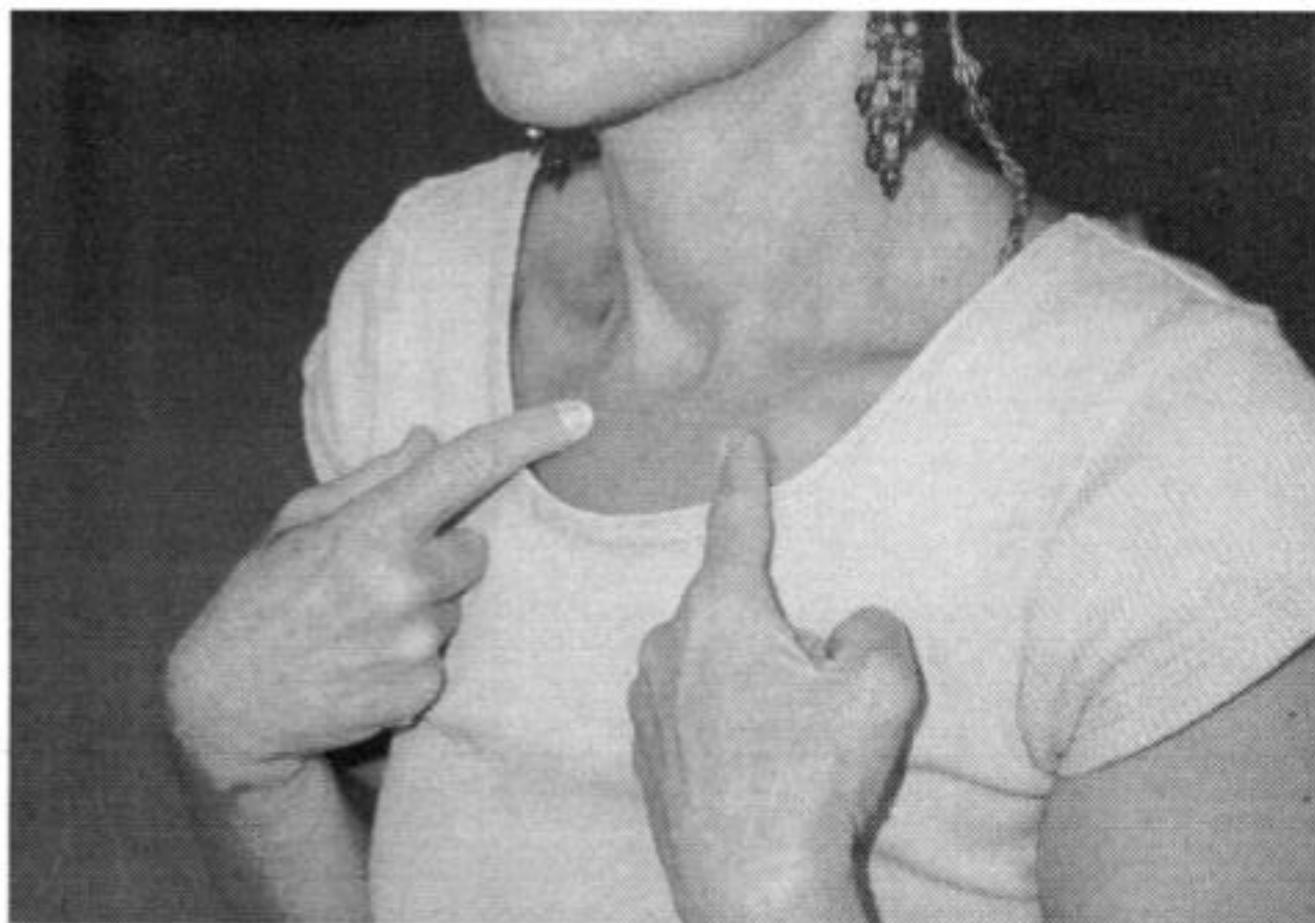
- LOCATION Base of cheek bone (near the nose, or just beside it).
- FUNCTION Clears sinuses. Helps engender a sense of security and practicality. Harmonizes digestion.
- INFLUENCES Jaw (releases tension). Digestion. Weight balance. Encourages practical thinking.
- FINGER Thumb  
This point has a dramatic capacity to halt mental chatter. Whenever there is fatigue, release this point.



**TWENTY-TWO** *Adaptation, Contentment*  
*(Descending)*

LOCATION	Below collar bone.
FUNCTION	Breaks down the tendency to procrastinate. Helps prevent stroke conditions and heart problems. Awakens contentment and acceptance.
INFLUENCES	Digestion, blood pressure, heart. Thyroid and Parathyroid.
FINGER	Index

Emotional, mental and physical functions are all harmonized in this point where they gather and then separate to perform their respective jobs. Other completion points are 3, 7, 9, 16, and 26. Contentment in the present awakens our capacity to visualize—to have vision. Thus, Point #22 is key to our psychic and healing capacities. Stops procrastination.



**TWENTY-THREE** *Destiny*  
*(Ascending)*

LOCATION	Base of rib cage, on the back; in the small of the back.
FUNCTION	Maintains physical agility and circulation. Harmonizes ascending and descending energy. Counteracts hypocrisy. Gives patience. Removes the effortfulness of doing. When open, insures against stiffness. Relieves us of panic, shock, and stubbornness. Relieves stubbornness, impatience. Strengthens all immune functions.
INFLUENCES	Brain, appetite, addictions, stress (mental and physical), blood, deep fears and insecurities, adrenals, cholesterol absorption, weight imbalance, overall energy level. Kidney and Bladder Meridians. Circulation. Blood chemistry.
FINGER	Little



Unhappiness and fears are registered in this point. This is a good point to release on hyperactive children. The nervous system is strongly affected by the release of this point. Holding this point and the opposite point twenty-two will help release the accumulation in lumps and cysts.

**TWENTY-FOUR** *Peacemaker, Relationship Counselor*  
*(Ascending)*

- LOCATION Center top of instep, on the front of the foot.
- FUNCTION Prevents jealousy, revenge and competitiveness. Fosters healthy interaction.
- INFLUENCES All mental functions.
- FINGER Little
- If someone needs a flow to release them from a feeling of overall shakiness and disharmony, hold the 24 and the opposite point 26, on each side, holding each pair of points three times.



## **TWENTY-FIVE** *Regeneration* *(Ascending)*

**LOCATION** Base of buttocks, on sit-bones, at either side of coccyx.

**FUNCTION** Energizes the mind, provides alertness accompanied by calm.

**INFLUENCES** Addictions, blood. Relaxation. Overall energy level.

**FINGER** Middle

Releasing this point is a dynamic way to recharge your entire system. Sitting on your twenty-fives, or sitting on your hands (with your hands resting on your twenty-fives) will help rejuvenate you when you are exhausted. Resting quietly holding the twenty-fives is a helpful way to recharge. Sitting on the twenty-fives, while treating, works dramatically to prevent fatigue.



**TWENTY-SIX** *Completion*  
*(Ascending)*

- LOCATION On outer side of upper arm, under shoulder.
- FUNCTION Rules arms and fingers. Point of realization and culmination.
- INFLUENCES Circulation. Self-acceptance. Brings you into the moment.

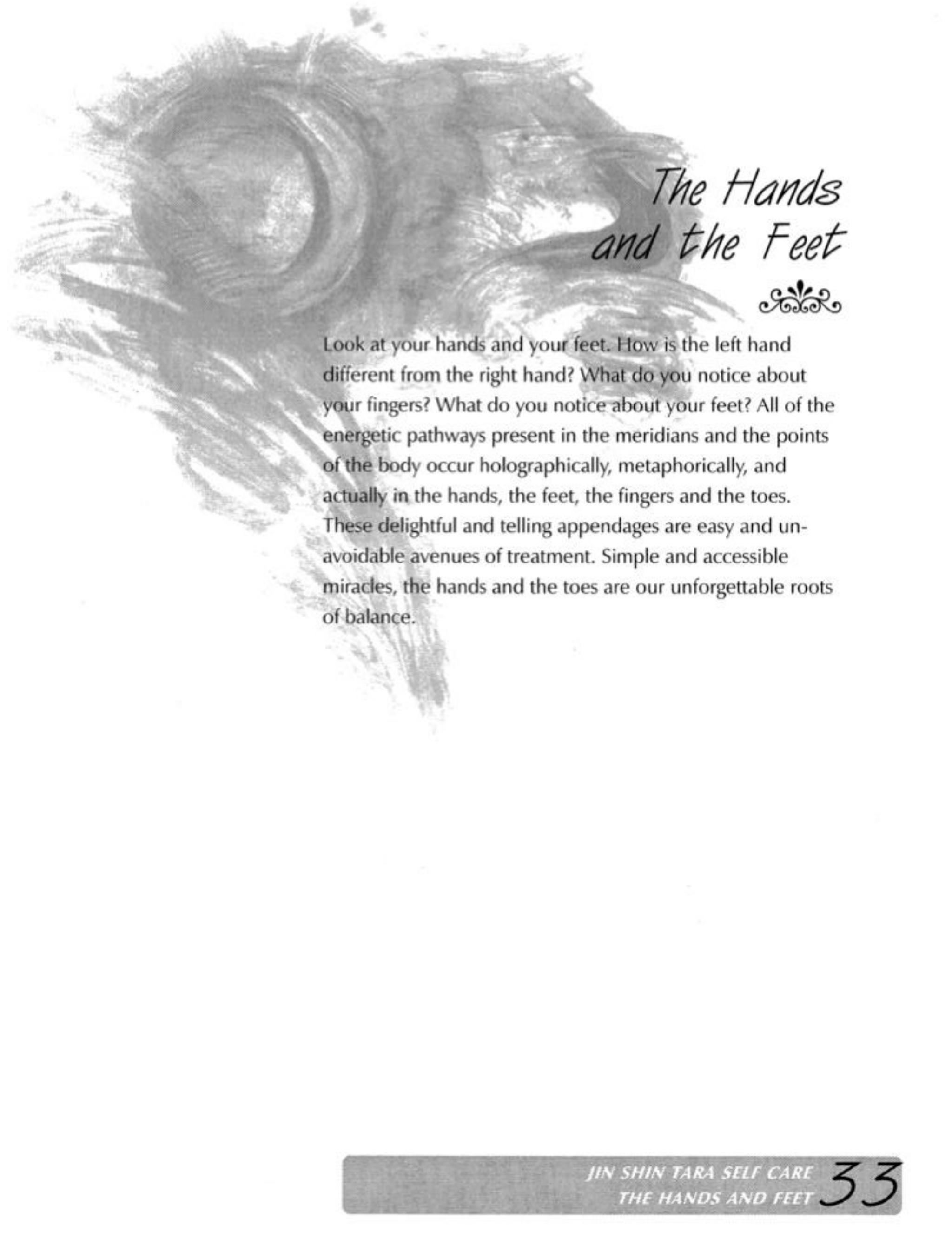
FINGER This point is equated with the center of the palm of the hand.

The release of this point brings peace and harmony to the system. See Point #24 for information on releasing the shakiness which comes from extreme shock, stress or trauma.



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## NOTES



## *The Hands and the Feet*



Look at your hands and your feet. How is the left hand different from the right hand? What do you notice about your fingers? What do you notice about your feet? All of the energetic pathways present in the meridians and the points of the body occur holographically, metaphorically, and actually in the hands, the feet, the fingers and the toes. These delightful and telling appendages are easy and unavoidable avenues of treatment. Simple and accessible miracles, the hands and the toes are our unforgettable roots of balance.

## THE HAND AND ENERGETIC RELEASE



## THE FUNCTIONS OF THE HAND

### THE HAND IS THE SYMBOL OF GOD

If the middle finger bends or sticks out, release 23's.

Mental-  
Emotional

If nails are cracked and broken, release Kidney and Bladder Meridians.

If little finger bends or sticks out, spleen wants help.

Tops of fingers  
helps ankles.

Middle of fingers  
helps knees.

Bottom of fingers  
helps groin.

Physical

Digestive-  
Lifestyle.

Sides of fingers help Meridians.  
*ENERGIZES IMMUNE SYSTEM*

If thumb and index finger point to little finger this means there is a mental emotional need; person is stuck above waist; descending flows need help.

If fingers curve toward thumb, descending need is indicated. If they curve toward the little finger, ascending need is indicated.

If little finger and ring finger bend towards the middle finger, person is stuck waist down; there is an ascending need.

Top and bottom of fingers help Left and Right balance.

*ASSIMILATION AND ELIMINATION*

**EACH PART OF THE HAND IS SACRED TO ONE OF THE DEITIES.**

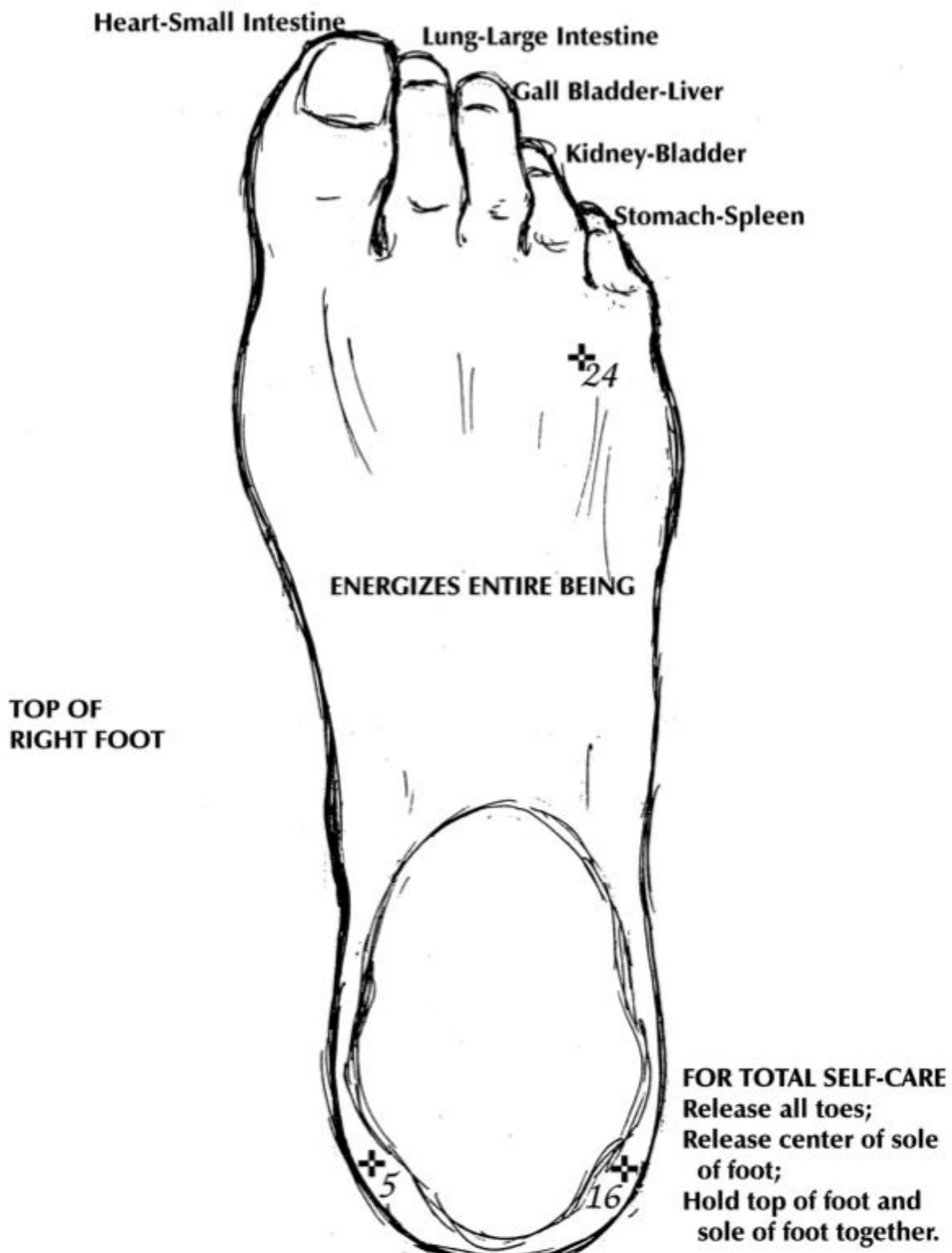
CENTER OF PALM OF HAND IS THE SOURCE OF LIFE—OUR DIVINE ESSENCE.

Open hands allow tension to leave. As the energetic flow is strengthened, the ways the hands are (open or closed) and the way the hands lie on the body, changes.

*"Unconsciously, we are always using our hands, but we are afraid of their simplicity."*

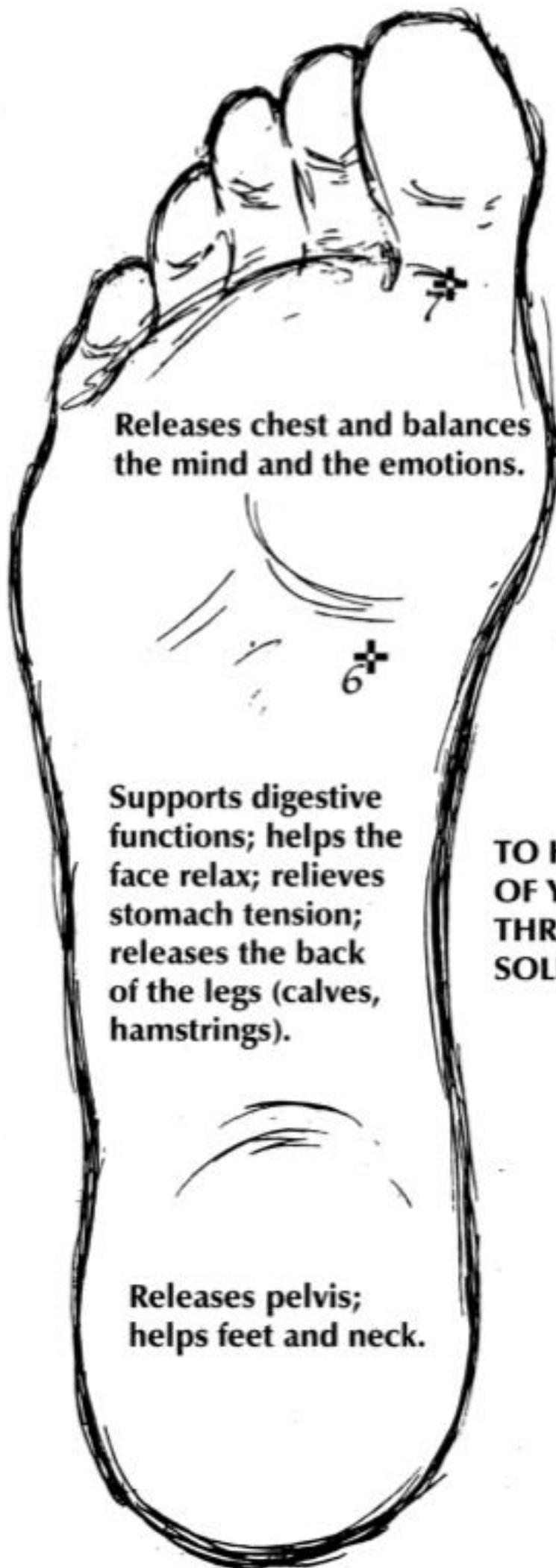
—Mary Iino Burmeister

## THE FOOT AND ENERGETIC RELEASE



## THE FUNCTIONS OF THE FOOT

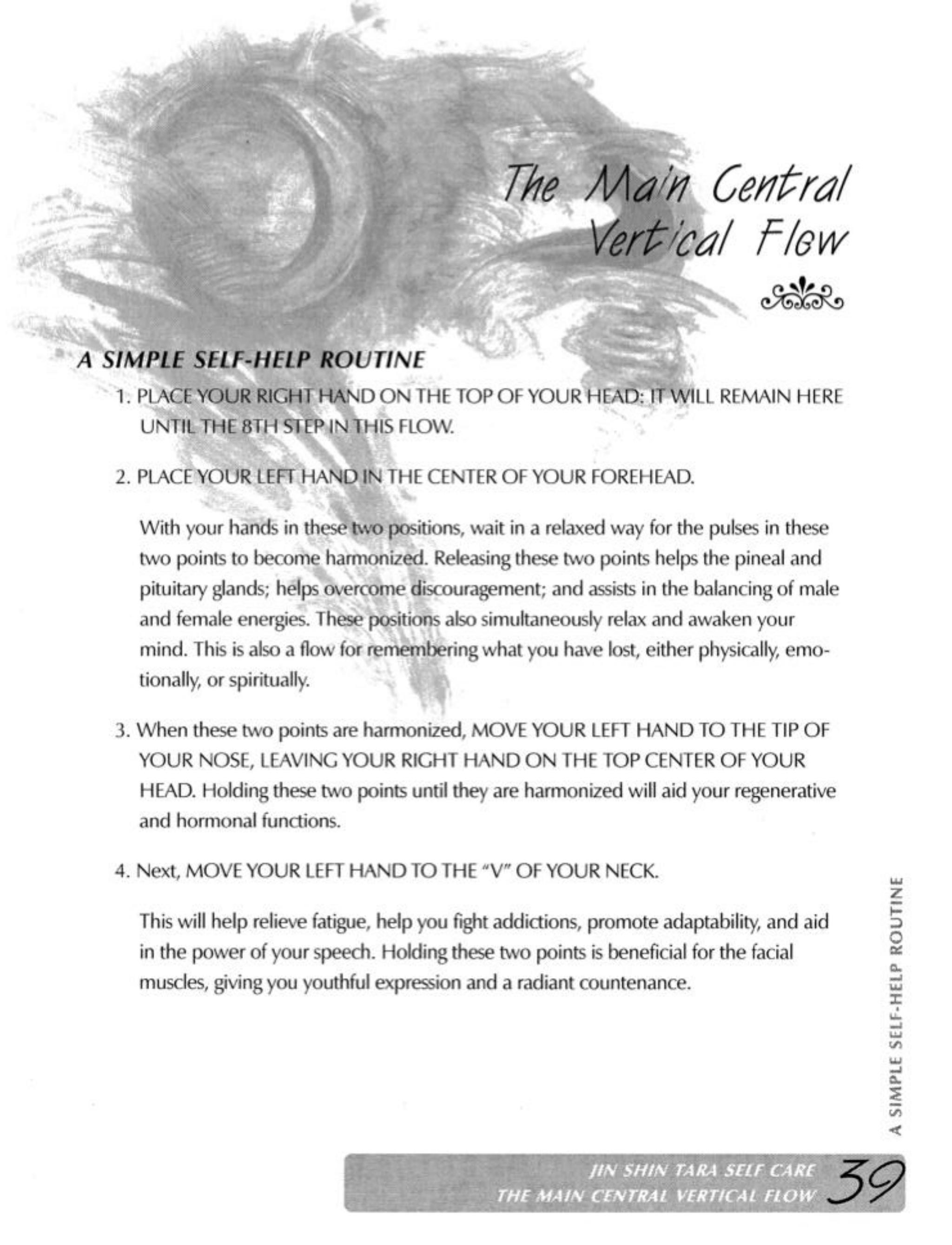
BOTTOM OF  
RIGHT FOOT



**TO HARMONIZE ALL ASPECTS  
OF YOUR BEING RELEASE ALL  
THREE SECTIONS OF THE  
SOLE OF THE FOOT.**

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## NOTES



## The Main Central Vertical Flow



### A SIMPLE SELF-HELP ROUTINE

1. PLACE YOUR RIGHT HAND ON THE TOP OF YOUR HEAD; IT WILL REMAIN HERE UNTIL THE 8TH STEP IN THIS FLOW.
2. PLACE YOUR LEFT HAND IN THE CENTER OF YOUR FOREHEAD.

With your hands in these two positions, wait in a relaxed way for the pulses in these two points to become harmonized. Releasing these two points helps the pineal and pituitary glands; helps overcome discouragement; and assists in the balancing of male and female energies. These positions also simultaneously relax and awaken your mind. This is also a flow for remembering what you have lost, either physically, emotionally, or spiritually.

3. When these two points are harmonized, MOVE YOUR LEFT HAND TO THE TIP OF YOUR NOSE, LEAVING YOUR RIGHT HAND ON THE TOP CENTER OF YOUR HEAD. Holding these two points until they are harmonized will aid your regenerative and hormonal functions.
4. Next, MOVE YOUR LEFT HAND TO THE "V" OF YOUR NECK.

This will help relieve fatigue, help you fight addictions, promote adaptability, and aid in the power of your speech. Holding these two points is beneficial for the facial muscles, giving you youthful expression and a radiant countenance.

5. When these points are harmonized, MOVE YOUR LEFT HAND TO THE POINT MIDWAY BETWEEN YOUR BREASTS.

Holding these points releases emotional tension. You can breathe more deeply. You have more space for your feelings and you regard your feeling state kindly, with the tolerance and compassion you've always longed to have.

6. When these two points are harmonized, MOVE YOUR LEFT HAND TO THE BASE OF YOUR STERNUM.

The harmonizing of these two points benefits the nervous system and the spleen. Fear and deep anxiety are released. You feel secure and confident, even about the unknown. These points help you take risks with clarity and greater security. You believe in yourself!

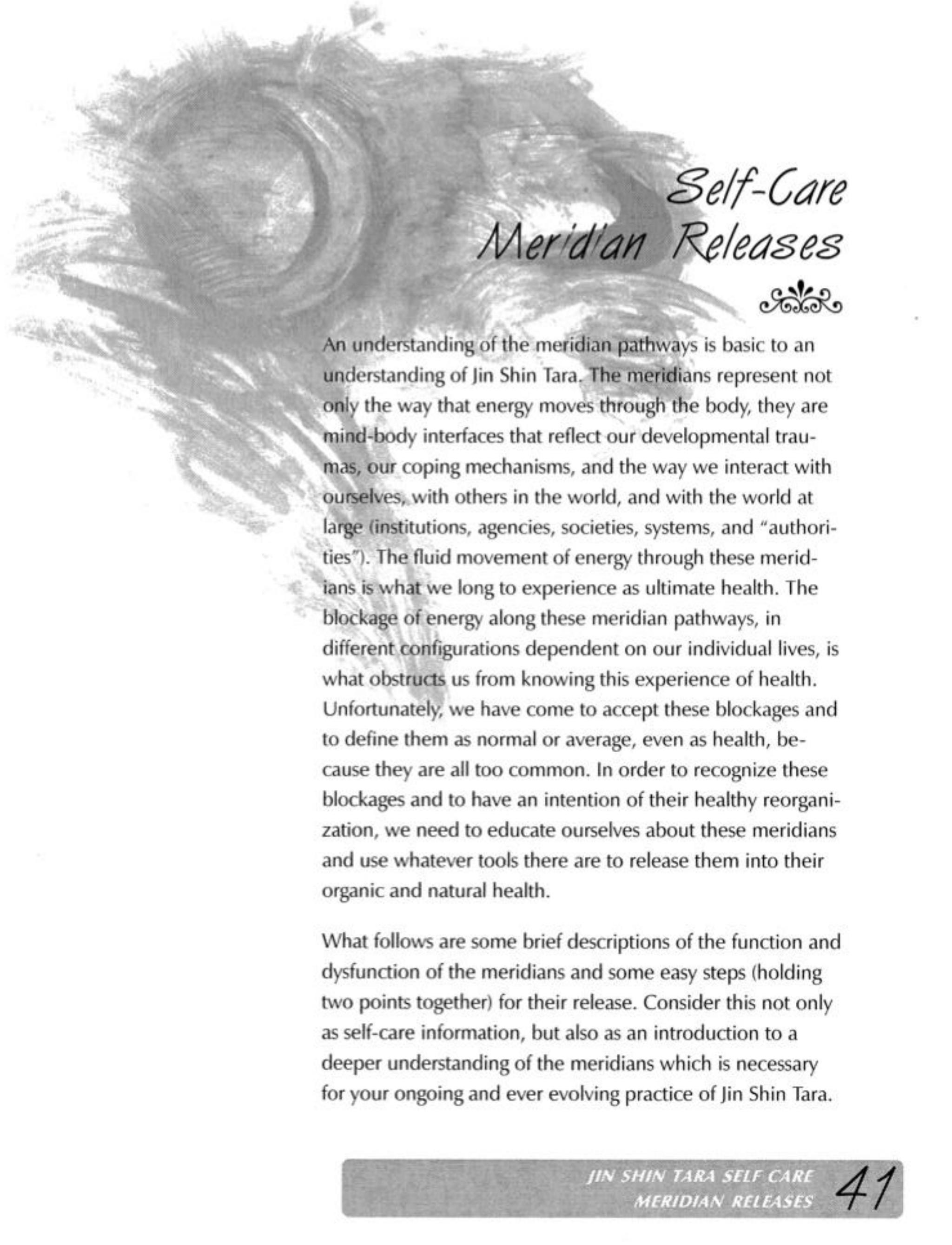
7. When these two points are harmonized, MOVE YOUR LEFT HAND TO THE POINT BETWEEN THE DIAPHRAGM AND THE UMBILICUS, ABOVE THE BELLY BUTTON.

This combination of points allows you to feel centered and connected with your own unique expression. In a quiet and focused way, these points awaken individuation.

8. When these two points are harmonized, MOVE YOUR LEFT HAND TO THE TIP OF YOUR PUBIC BONE AND SIMULTANEOUSLY MOVE YOUR RIGHT HAND FROM THE TOP CENTER OF YOUR HEAD TO THE TIP OF YOUR TAILBONE, THE COCCYX.

Holding these two points gives you grounding and stability. You drop out of your over-active, worrying mind, into the spaciousness of body awareness. You enter the realm of quiet body being , like the animal you are, attuned to the world around you, sensing your physical mass as solid and joyous.

9. When these points are balanced, MOVE YOUR RIGHT HAND TO THE CREASE IN YOUR GROIN, CLOSE TO THE PUBIC BONE. MOVE YOUR LEFT HAND TO THE MOUND OF THE BIG TOE, ON THE SOLE SIDE OF YOUR FOOT. You may do this flow on either the right or left side, or both sides. Holding and releasing these two points harmonizes the organs of reproduction and regeneration. All menstrual difficulties, including PMS and menopause, have the potential for balance and harmony. The prostate is harmonized. Your energy is attuned physically. You are truly grounded and embodied, ready to do your work in the world in a balanced way.



## *Self-Care Meridian Releases*



An understanding of the meridian pathways is basic to an understanding of Jin Shin Tara. The meridians represent not only the way that energy moves through the body, they are mind-body interfaces that reflect our developmental traumas, our coping mechanisms, and the way we interact with ourselves, with others in the world, and with the world at large (institutions, agencies, societies, systems, and "authorities"). The fluid movement of energy through these meridians is what we long to experience as ultimate health. The blockage of energy along these meridian pathways, in different configurations dependent on our individual lives, is what obstructs us from knowing this experience of health. Unfortunately, we have come to accept these blockages and to define them as normal or average, even as health, because they are all too common. In order to recognize these blockages and to have an intention of their healthy reorganization, we need to educate ourselves about these meridians and use whatever tools there are to release them into their organic and natural health.

What follows are some brief descriptions of the function and dysfunction of the meridians and some easy steps (holding two points together) for their release. Consider this not only as self-care information, but also as an introduction to a deeper understanding of the meridians which is necessary for your ongoing and ever evolving practice of Jin Shin Tara.

## **LUNG**

Of all the organs, the lungs are the most sensitive to external pernicious influences. Disharmony of the Lung Meridian results in an inability to cope with life. This will be revealed in shallow breathing, metabolic imbalances, and a dominating feeling of sadness, grief, loss, rejection and abandonment. This configuration is what we often call depression.

### **SELF-CARE RELEASE**

Hold the same side 14 and 22

## **LARGE INTESTINE**

The large intestine is the colon, so the energy of this meridian is primarily about elimination. Rigidity and resistance will reveal itself in large intestine disharmony in the form of constipation, which frequently is offset by diarrhea. Holding feelings in is the cause for the blockage of this meridian. Other signs of disharmony of the Large Intestine Meridian are stiff neck, tension in lower abdomen, problems with teeth and gums, and a stubborn stoicism.

### **SELF-CARE RELEASE**

Hold the same side 11 and 13

## **STOMACH**

Obsessive worrying, lack of trust, a wrinkled brow, a speedy metabolism, and disturbed, unbalanced eating patterns all reflect a need for support of the Stomach Meridian. Jaw tension too will reflect difficulty with this energetic pattern. In its extreme form, the disharmony of Stomach Meridian energies can produce severe mental breakdown and collapse.

### **SELF-CARE RELEASE**

Hold the same side 21 and 22, or the 21 and opposite high 1

## **SPLEEN**

The Spleen Meridian governs the metabolism of thought. A well directed strength of will, accompanied by clear thinking reflects a harmonized Spleen Meridian. Lack of energy, and illogical thinking which is nonetheless obsessive reflect Spleen Meridian disharmony. Whenever there are patterns of fatigue, this Meridian is asking for support.

### **SELF-CARE RELEASE**

Hold little finger and the same side 22

## **HEART**

The Heart Meridian rules our creative expression, both artistically and interpersonally. The Heart is particularly vulnerable to shock and needs to be treated delicately, and with great caring. All overdoing and the inability to be creative ("writer's block," for instance) reflect a need for Heart Meridian support. Always consider the Heart Meridian whenever there has been shock or trauma.

### **SELF-CARE RELEASE**

Hold 11 and opposite 22

## **SMALL INTESTINE**

The small intestine helps us sort out the elements we want to keep and the elements we want to discard on all levels—food, ideas, feelings, relationships. The small intestine is the Heart Meridian's personal computer. Signs of small intestine disharmony are shoulder pain (armoring in the shoulders), cold sores, watery stools, bloating, and difficulties in setting priorities. Overdoers are good candidates for Small Intestine Meridian help. People who repeatedly make the wrong choices in relationships and partnerships are asking for Small Intestine Meridian support.

### **SELF-CARE RELEASE**

Hold 11 and the opposite 13

## **BLADDER**

Chronic fear (panic attacks), watery eyes, and an inability to handle stress all reveal the need of the Bladder Meridian. The Bladder Meridian reveals the way fear has impacted our mental state. Like the Stomach Meridian, imbalance in the Bladder Meridian, can lead to serious mental-emotional distress. If you have suffered ongoing fear, with little opportunity for release (in war time, for instance, or in an abusive family system), the treatment of the Bladder Meridian will restore your sense of safety and security.

### **SELF-CARE RELEASE**

Hold 12 and opposite 25

## **KIDNEY**

The Kidney Meridian reflects our deep reserves of energy. Healthy kidney energy gives us great endurance and stamina. Our original vitality, our essential, core energy is reflected in our kidney energy and so we want to treat it as a precious treasure. A hectic lifestyle, for instance, with ongoing stress, will deplete our kidney reserves. Fear, over adrenalization from ongoing trauma, insufficient hydration and depression will seriously stress the Kidney Meridian. To restore it, give it daily attention.

### **SELF-CARE RELEASE**

Hold 12 and coccyx. Hold coccyx and middle 13

## **DIAPHRAGM (PERICARDIUM)**

The Pericardium or Diaphragm Meridian is the first line of defense for the precious Heart Meridian functions. Shocks and traumas will be buffered by the diaphragm. A joyless person needs pericardium support, as does a person with little sexual vitality and respiratory difficulty. These are signs that the Heart Protector has been exhausted. The self care of this Meridian will encourage you to go on, despite shock, betrayal, loss, abandonment and loneliness.

### **SELF-CARE RELEASE**

Hold 14 and opposite 19

## **UMBILICUS (TRIPLE BURNER)**

The Triple Burner warms the three spaces of the body—the upper, middle and lower regions. The Umbilicus also governs the relationships we have within our body, as well as our family and social relationships. People who have difficulty individuating are reflecting a disharmony of Umbilicus function. Chronic ear problems, poor circulation and an inability to sustain change along with a lack of inspiration for life are telltale signs of Umbilicus or Triple Burner Meridian need. Self-care will improve circulation and brighten your social life, along with clarifying your sense of self in the world.

### **SELF-CARE RELEASE**

Hold 20 and opposite 19

## **GALL BLADDER**

The Gall Bladder Meridian is in charge of decision making and a healthy expression of anger. Disharmony of this Meridian will be revealed by lateral leg pain, joint problems, ankle pain, headaches, and excessive anger or a marked absence of anger. If you erupt in anger unexpectedly or are kept awake by angry thoughts, or if you have violent dreams, you can balance your life and sleep by self-care of this Meridian.

### **SELF-CARE RELEASE**

Hold 16 and opposite 22

## **LIVER**

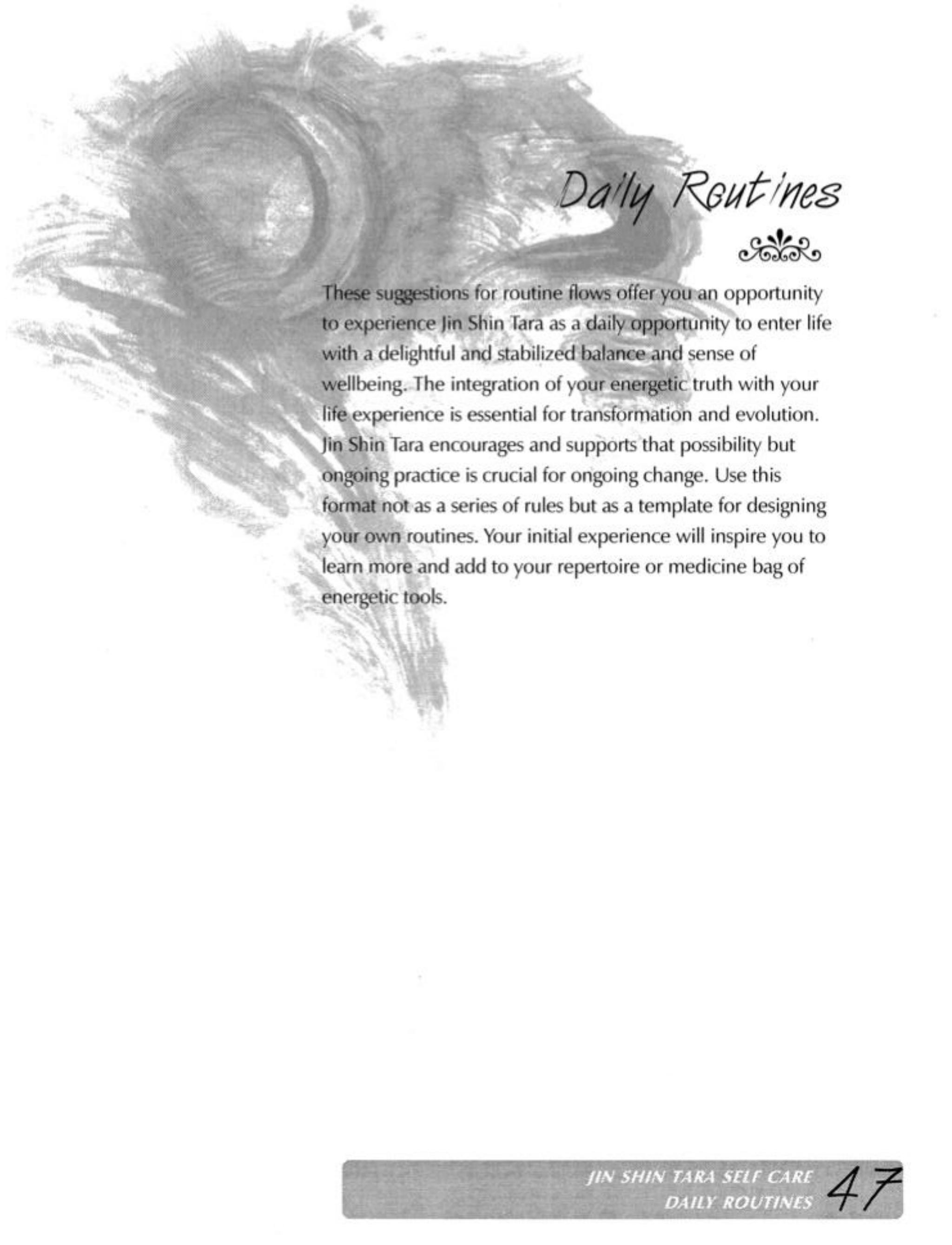
Headaches, confused thinking, foggy headedness, sluggishness in the morning, menstrual cramps, and ongoing eye problems are all talking about Liver Meridian disharmony. Irritability, lack of coordination, feelings of desperation and an inability to plan—these are further stories of Liver Meridian need. The Liver Meridian is particularly impacted by refined foods and addictive patterns. It is also disharmonized by an ongoing pattern of self-critical thinking. This tendency for self sabotage, stemming from trauma, can be as damaging as the abuse of alcohol or sugar.

### **SELF-CARE RELEASE**

Hold 4 and opposite 22

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## NOTES



## Daily Routines



These suggestions for routine flows offer you an opportunity to experience Jin Shin Tara as a daily opportunity to enter life with a delightful and stabilized balance and sense of wellbeing. The integration of your energetic truth with your life experience is essential for transformation and evolution. Jin Shin Tara encourages and supports that possibility but ongoing practice is crucial for ongoing change. Use this format not as a series of rules but as a template for designing your own routines. Your initial experience will inspire you to learn more and add to your repertoire or medicine bag of energetic tools.

## **WAKING UP**

If you begin your day sluggishly, with reluctance and self-doubt, this flow will allow you to know some internal enthusiasm for being with your daily life. This flow will also bring you out of your thinking patterns and into your body's authentic energy.

### ***THE FLOW TO RELEASE POINT #1***

Point #1 is sometimes called AWAKENING or THE PRIME MOVER or THE FIRST MOVER, so it seems to be a natural for starting your day. You may do this flow on either your left side or your right side, whichever feels like it wants the attention. Or, you may do this flow on both sides. All the points are held on the same side of the body.

<u>HAND POSITION</u>	<u>POINT OR AREA ON THE BODY</u>
<b>Place one hand on</b>	<b>Point #2 (this point will be held for the entire flow)</b>
<b>Place your other hand on</b>	<b>Point #1</b>
<b>Move the hand that was on Point #1 to</b>	<b>Point #5 and then</b>
<b>Move that hand to</b>	<b>Point #7</b>

### ***THE HIGH 19'S***

Perhaps the anxiety which delays you in the morning is based on self-doubt, lack of confidence and fear about facing the world. This fear may be vaguely mixed with an anger about why this is all so difficult, and you may also feel some nagging back pain which, perhaps, becomes more the focus than the emotions behind it. This combination of simple and quick release flows can further support you in making an energetic difference in this configuration.

Release both high 19's by crossing your hands in front of you, allowing your fingertips to experience both the medial and lateral aspects of these points. By intentionally bringing your awareness to both the medial and lateral aspects of the high 19's, you are releasing both the worry and the anxiety associated with this pattern of disharmony.

After you have released both high 19's, release the high 19 and the opposite high 1, on both sides. This will clear your chest of the emotions which contract it and it will also clear your pelvis of its resistance to being in the world. Feelings may arise with this release, as with any other, but those feelings will be allowed to flow and move and express

themselves through your body and your words easily and harmoniously, because you have given yourself the energetic support and the energetic space you need to encompass this natural process.

### ***THE MAIN CENTRAL VERTICAL FLOW***

Proceed to support your entry into the world with the Main Central Vertical Flow in its complete form, including the final step of release of Point #15 and Point #6, and you will have a good foundation for what awaits you.

### ***CALMING DOWN***

#### ***SELF-CARE RELEASE FOR POINT #13***

You may greet the day with anxiety rather than sluggishness, or your day may end in anxiety, making it almost impossible to relax enough to sleep. This flow will reorganize your energy so that it no longer afflicts you in this way, but instead gives you the option of releasing rather than repeating this old pattern.

<u>HAND POSITION</u>	<u>POINT OR AREA ON THE BODY</u>
<b>Place the fingertips of your right hand on</b>	<b>Central 13, or the point between your breasts</b>
<b>Place your left hand on</b>	<b>Central 4, or the middle of the base of your skull</b>
	<b>then</b>
<b>Hold both high 19's, medially and laterally, and then</b>	
<b>Release the index and ring fingers of both hands, one at a time, and then</b>	
<b>Place your right hand on your</b>	<b>Pubic Bone</b>
<b>Place your left hand on your</b>	<b>Coccyx</b>

#### ***SELF-CARE RELEASE FOR POINT #26***

You can further support this movement towards stress reduction and anxiety relief, by doing this flow which encourages your faith in yourself and your deep knowing that there is a place for you in the world to be who you are and to do what you are meant to do.

<u>HAND POSITION</u>	<u>POINT OR AREA ON THE BODY</u>
<b>Place one hand on its opposite shoulder, thereby holding with both your palm and your fingertips the</b>	<b>26 (this point will be held throughout the flow)</b>
<b>Place your other hand on its same side</b>	<b>12, then</b>
<b>Remove this hand to make a mudra with the</b>	<b>thumb and little finger</b>

## **GETTING CENTERED**

Many of us have difficulty organizing our energy, even when it is released. Jin Shin Tara can help you change this chaotic pattern by giving you the opportunity to center and balance your energies on the right and left sides of your body. This right-left balance is crucial and essential not only for mental and physical health, but for developing a spiritually based understanding.

<b>Balancing The Right and Left Sides</b>	
<u>HAND POSITION</u>	<u>POINT OR AREA ON THE BODY</u>
<b>Place one hand on its opposite shoulder, thereby holding with both your palm and your fingertips the</b>	<b>11 and 3</b>
<b>With your</b>	<b>thumb and ring finger</b>
<b>make a mudra with the</b>	
<b>hand that is free</b>	
<b>Use your big toe as a finger</b>	<b>Point #1 on the same side as the 11</b>
<b>and place on</b>	<b>and 3 you are releasing</b>
<b>Do this on both sides</b>	

You may follow this release of the right and left sides by the Main Central Vertical Flow, or you may choose to do the Main Central Vertical Flow before you release the right and left sides.

## **BRINGING IT ALL TOGETHER**

Here are two flows that deepen the centering process you have ignited by balancing the right and left sides of your body.

## **THE MIDDLE FLOW**

With your right hand, or the fingers of your right hand, hold the middle 13, or the point between your breasts. With your left hand, grasp both big toes, releasing the 7's. Hold these 3 points until they are all balanced.

## **RECEIVING**

Putting your arms in front of yourself, over your chest, contact both 26's with your fingertips. Close your eyes and receive 36 complete breaths of life, emphasizing the inhalation, concentrating on receiving.

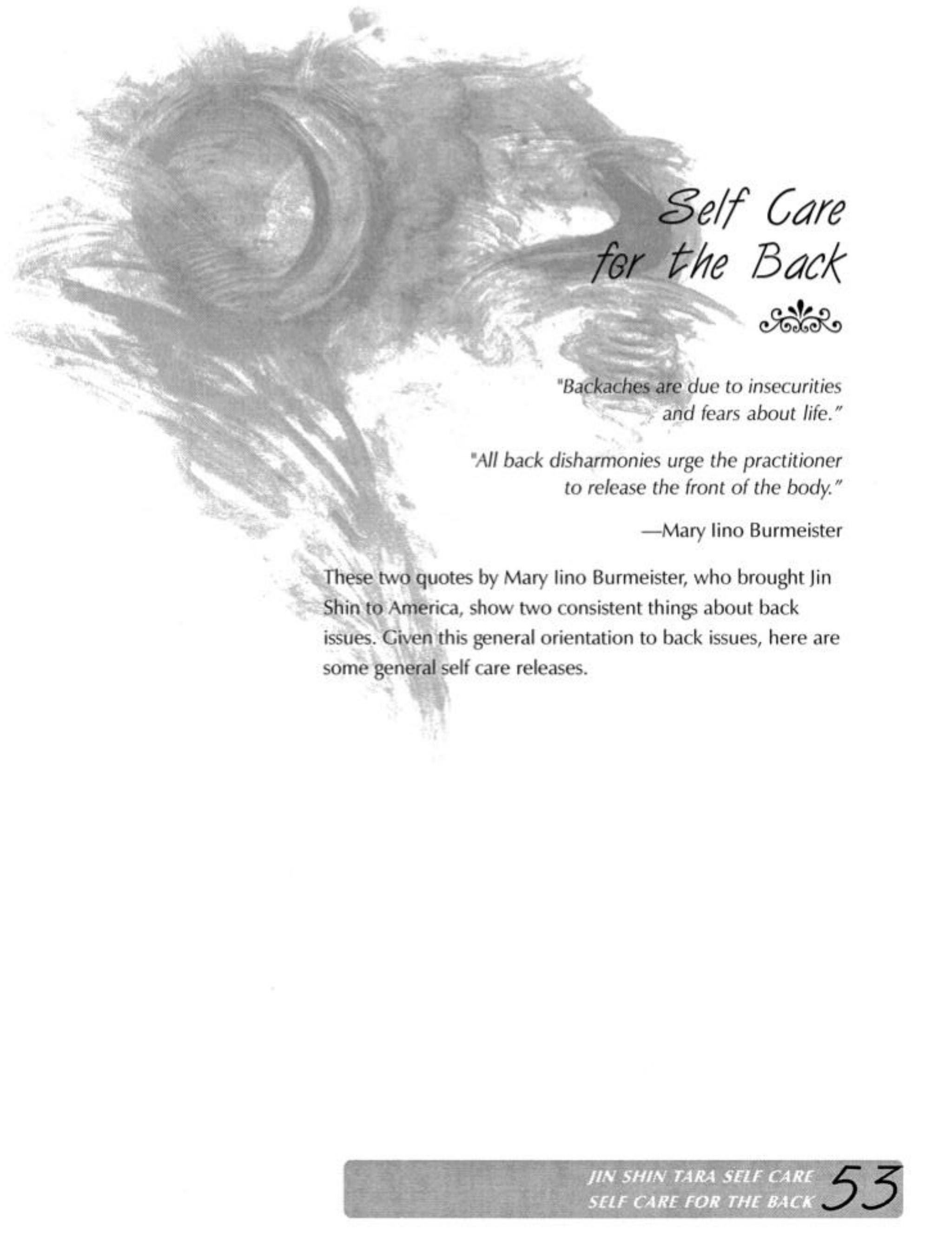
## **AN IMPORTANT REMINDER**

Please incorporate the Self-Care Meridian Releases that appeal to you into your daily practice. These choices will vary from day to day, but including them will add substantial personal support for you.

In addition, release all the fingers, or those which seem appropriate, either by your intuition, observation, or internal sensation. These finger releases can occur throughout the day, as well as during your daily practice routine.

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## NOTES



## *Self Care for the Back*



*"Backaches are due to insecurities  
and fears about life."*

*"All back disharmonies urge the practitioner  
to release the front of the body."*

—Mary Iino Burmeister

These two quotes by Mary Iino Burmeister, who brought Jin Shin to America, show two consistent things about back issues. Given this general orientation to back issues, here are some general self care releases.

Chronic, though non-specific ..... back pain	Release same side (s/s) 15 and 11; Hold middle finger; Hold s/s 15 and 6; Release high 19's.
Back stiffness .....	Release 17's and 18's on both sides; Release 12 and opposite 13.
General Back Tension .....	Release high 19's; release 15's.
Low Back Pain .....	Release s/s 11 and 25; Hold ring finger; Hold s/s 11 and 13; Release 2's; Release s/s 2 and 15.
Mid Back Pain .....	Release center of palm of hand; Hold 14 and opposite 19.
Upper back stress .....	Hold s/s 2 and 15; Release high 19's; Hold little finger; Hold 11 and opposite 22; Release high 19 and opposite high 1.
For back adjustments .....	Release both 6's.
For disc projects .....	Hold index finger; Main Central Vertical Flow; Release both 4's.
Scoliosis .....	Release 14's; Release s/s 19 and 15; Hold s/s 11 and 25; Hold s/s 3 and 12.
To support lumbars .....	Release 12's; Release 4's.

To strengthen a vulnerable back.....Release 2's;  
Release 15's;  
Release 12's;  
Hold s/s 15 and 11.

Having explored these general approaches to helping your back, you may wish to go deeper and become more specific in your understanding of your back complaints. If your back problems are chronic ones, you will be strongly urged to seek specific resources and to gain the tools you need to listen more carefully to what your back is telling you.

There are four conditions that tend to afflict the back:

### **1. INFLEXIBILITY**

Are your movement patterns rigid and repetitive? What movements do you prohibit? Are you afraid to reach out, to rotate your hips, to stoop low? Explore new movement possibilities in soft settings that don't induce tension, such as in water, in micromovements, through slow paced yoga exercises, or in gentle stretching. Consider movement re-education, or changing your obsessive structural habits. Slowly introduce the possibility of variety to your back. For enhanced movement flexibility, release the LIVER MERIDIAN. Release 4's and 12's. Release 15's by holding s/s 15 and 6.

### **2. LACK OF SUPPORT, BOTH INTERNALLY AND EXTERNALLY**

How can you give yourself more support for who you are? Are there people in your life who don't support you for who you are? Can you let go of them and invite more supportive energy into your experience? To bring more support into your life, release the 26's (give yourself a big hug), release the 13's and the 22's. Do the Self Care Receiving Release. Hold 26 and s/s little finger.

### **3. SPIRITUAL EMERGENCY**

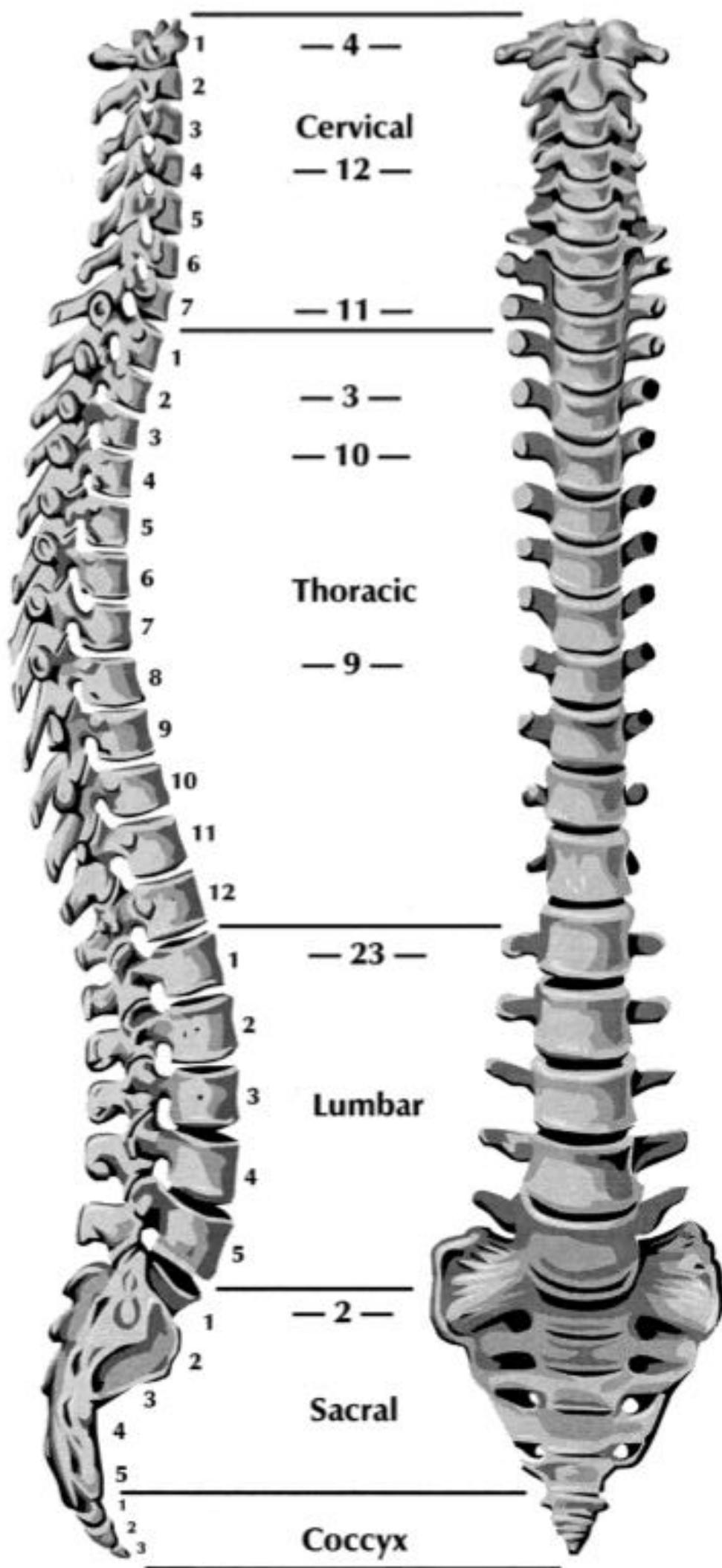
The back is a conduit for spiritual energy (kundalini) and if there are obstacles to the movement of that energy, it may cause severe discomfort. If you are meditating or doing intensive spiritual practices of any kind, you may encounter this pain in different areas of your back and neck. The pain can be sharp, aching, sudden or chronic. Headaches are also common expressions of kundalini blockage. To keep the spine open as a clear channel for spiritual energy, release the 14's and release the 15's. Keep the chest open by releasing high 19 and opposite high 1. Hold 19 and opposite 15 to stay in your body. Balance your spiritual practice with physical activity. Find ways you can determine for yourself whether or not you are in your body. Don't stay over-focused or too serious about your spiritual practice. Include laughter, simple loving human contact, and creativity in your movement towards enlightenment.

### **4. DEFENSIVENESS**

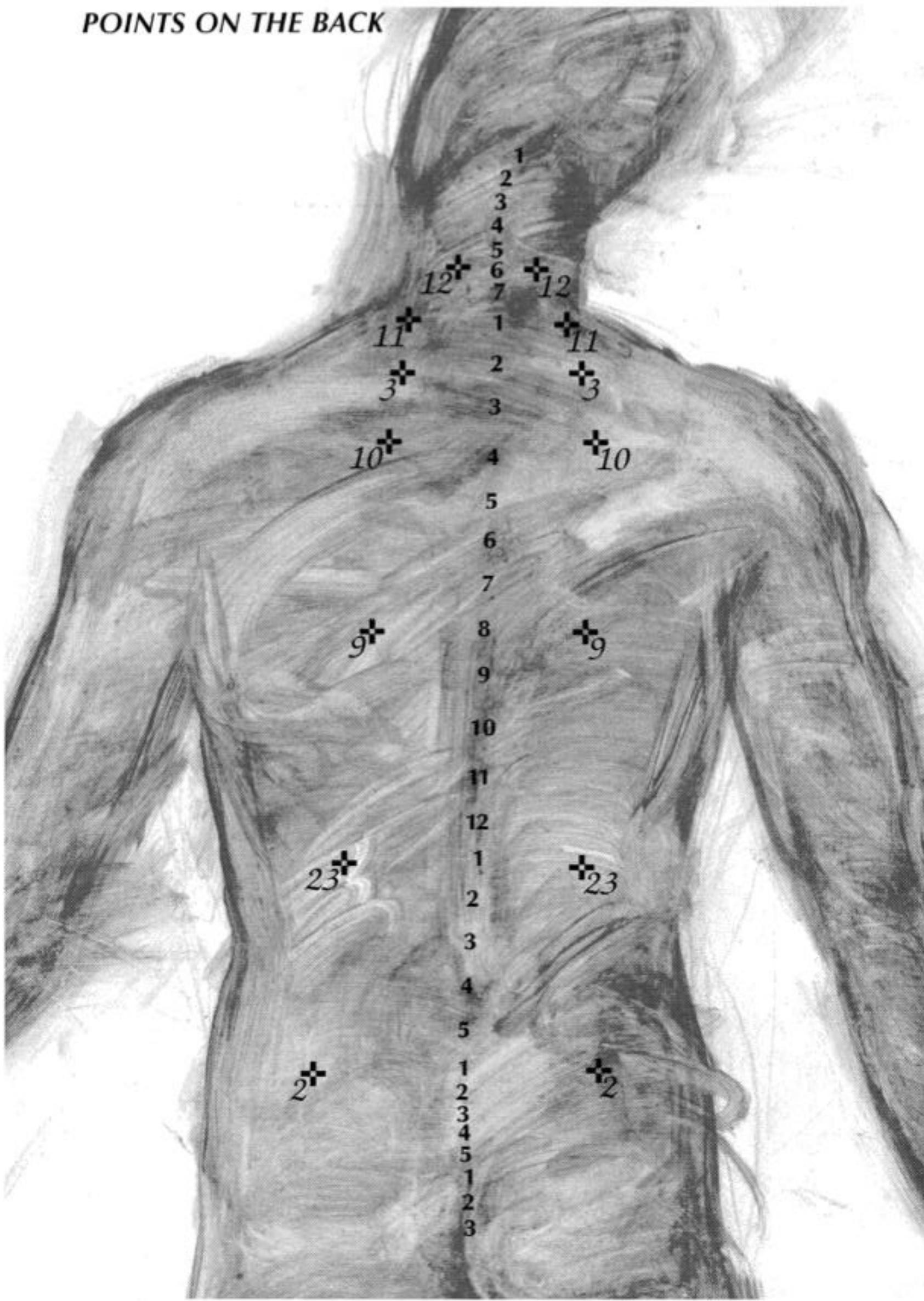
The back is designed to protect and support us, but if we overdo this supportive function by being too much in a defensive mode, then the back becomes strained. If you are in a defensive posture too often, ask yourself why you remain there, despite the pain of that position? What are your other options? How can you move from a defensive to a receptive stance? How can you move from a place of always having to protect yourself to a place of relaxing into the safety of your life? Is the defensive stance familiar? Was that how you had to remain in your family? Are you willing to try another way of living? Releasing the BLADDER MERIDIAN will help enormously in surrendering to your desire to not always have to be in the defensive mode. Support this energetic shift by releasing 5, 16, and 6, on the same side of both feet. Hold the index finger. Hold the s/s back of the knee and 12.

Iona Marsaa Teegarden, in her book about Jin Shin Do, *The Joy of Feeling*, notes: "With chronic back tension or pain, whatever the cause, there are likely to be some powerful suppressed feelings." Whatever allows you to safely release feelings will help your back. Maybe that's dancing or drumming. Maybe it's letting yourself get down on the floor and play with your children. Maybe it's finding a friend who you can talk to, going on a hike, or taking a bike ride. Maybe it's writing poetry, short stories, or a novel. Surrendering to your need for support and release is the best beginning for healing your back.

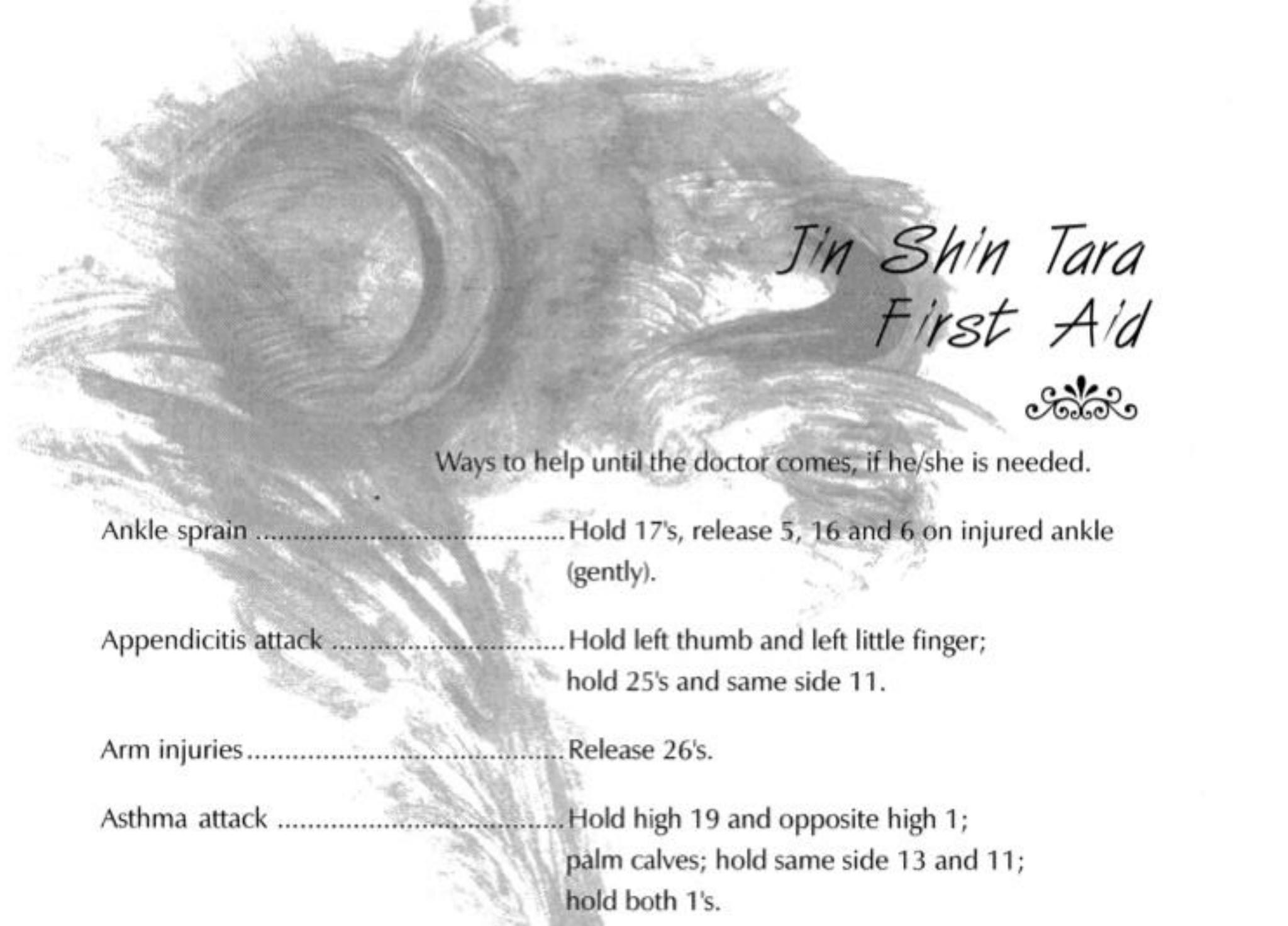
## POINTS ON THE BACK AND SPINAL COLUMN



## POINTS ON THE BACK



POINTS ON THE BACK



# Jin Shin Tara First Aid



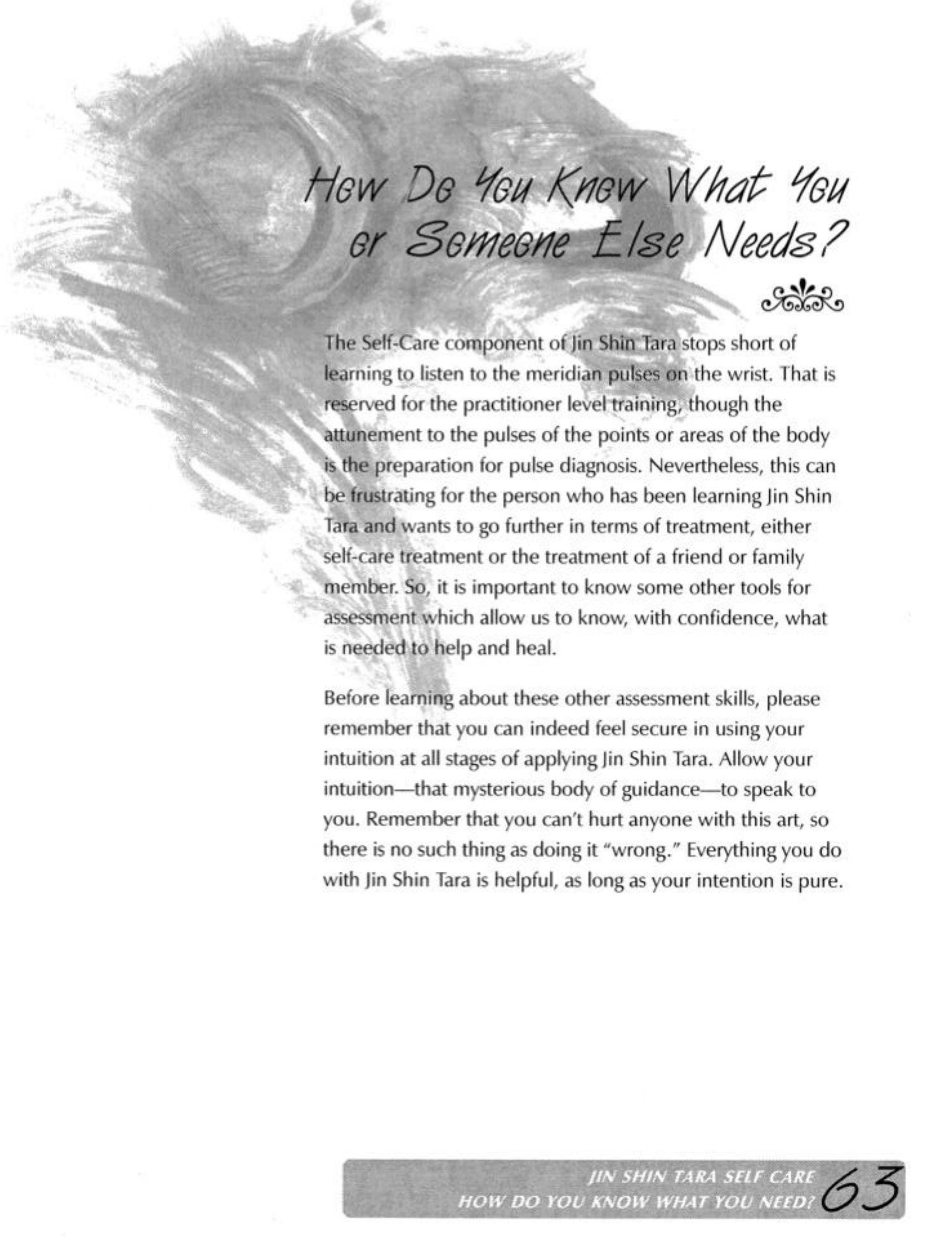
Ways to help until the doctor comes, if he/she is needed.

- |  |  |
|--|--|
| Ankle sprain .....                                     | Hold 17's, release 5, 16 and 6 on injured ankle (gently).  |
| Appendicitis attack .....                              | Hold left thumb and left little finger; hold 25's and same side 11.  |
| Arm injuries.....                                      | Release 26's.  |
| Asthma attack .....                                    | Hold high 19 and opposite high 1; palm calves; hold same side 13 and 11; hold both 1's.  |
| Bladder infection .....                                | Hold 15 and same side 3; release 12's; hold index finger.  |
| Breathing emergencies .....<br>(e.g. hyperventilation) | Hold 3 and same side middle finger in mudra, with thumb over middle fingernail; hold 26 and opposite 24, 3 times on each side. |
| Bruises, cuts and falls .....                          | Release 15's; palm injured area; palm calves.<br>Hold 15, and with free hand, palm bruise.                                     |
| Burns.....   | Palm calves; palm area of burn, or if area of burn is too sensitive to touch, palm area above burn.                            |
| Choking .....  | Release 1's.   |
| Colds.....   | Release 3's and release 11's; hold index finger.   |

Coma .....	Release 1's; release 4's; release 20's; hold crown of head and base of occiput.
Convulsions .....	Palm calves. Hold high 19 and opposite high 1; hold 26 and opposite 24, 3 times on both sides; release 24's; release 14's.
Coughing spasm .....	Hold middle finger in mudra, with thumb over middle fingernail and opposite middle toe; release 1's.
Depression .....	Release 15's. Release both 13's. Release both 26's. Release 1's.
Digestive discomfort .....	Release 12's; release 14's and 1's.
Distress and Confusion .....	Release 4's; release 20's; hold crown of head and middle 13; release 3's and 11's.
Dizziness .....	Hold index finger; Hold thumbs, one at a time; release 7's; hold base of spine and pubic bone; release high 19's.
For a person saved from drowning, ..... while other measures are being taken	Hold 7's; release 1's; palm calves.
Ear Infection or Discomfort .....	Release ring fingers.
Elimination Difficulties .....	Release 2's and 8's.
Epileptic seizure .....	Release 7's; release 14's; release 26 and opposite 24, 3 times on each side.
Facial injuries.....	Release 23's; palm calves; palm injured areas. Release 4's; Release 12's.
Fainting .....	Release 4's; release 20's. Palm forehead while holding base of skull.

- Fatigue ..... Hold same side 23 and 25; hold coccyx with left hand and center 13 (between breasts) with right hand; release 3's and 11's; release both 25's; Main Central Vertical Flow; release 11 and 25 on both sides.
- Fear, acute attack ..... Hold index finger. Hold both 26's.
- Fever ..... Hold thumbs; release all fingers; release all toes; hold 5 and 11 on the same side.
- Hair loss or thinning ..... Hold 23's; hold index finger; release low 8 with same side little toe.
- Headaches ..... Headaches vary in cause and location.  
Here are a few suggestions:  
Hold 7's; release front, palm, and sides of little fingers; release 14's, release 4's and then release 20's. The Main Central Vertical Flow will help relieve headaches, and if done regularly, will prevent them. Palm the base of the skull (covering both 4's), while also palming the forehead (covering both 20's); release all toes; release 16's; release 1's.
- Heart attack ..... Hold 5th thoracic vertebra and little finger in mudra with thumb over little fingernail; hold little finger; release 15's; palm calves.
- Heart flutters ..... Release both 17's.
- Injury to face and head ..... Release 4's; palm injured area. Release 22's, 21's, 3's and 11's. Palm 14's. Release 26's.
- Insomnia ..... Release 18's; Main Central Vertical Flow; hold same side 26 and little finger in mudra, with thumb over little fingernail

Insulin shock .....	Release 23's; release 4's; release 7's; hold 5, 16 and 6 on both feet; release little toes; hold middle finger.
Leg injuries .....	Release 15's.
Nausea .....	Hold center of palm with opposite thumb; release 7's; palm calves.
Neck pain.....	Hold 8 and/or low 8 little toe on the same side as the neck pain.
Numbness of limbs .....	Hold pubic bone and coccyx; release 17's and 15's.
PMS and other menstrual difficulty .....	Hold the same side 15 and 6; hold middle 13 and middle 4.
To calm a person in shock .....	Palm calves; hold both 7's; release 3's and 11's; palm 20's.
Sinus Congestion or Infection .....	Release 21's; hold 21 (on congested side) and opposite 20.
Skin rashes (chronic) .....	Release 22's; hold left ring finger; palm calves; release 8's; release 26's; hold same side 26 and little finger in mudra, with thumb over little fingernail.
Stomach ache.....	Release 1's; release high 1's with opposite high 19; hold thumbs.
Toothache .....	Hold same side low 8 and little toe.
Unconsciousness .....	Release 1's; release thumbs; release 4's.
Vision problems .....	Release 4's and release 12's; hold center of both armpits.



## *How Do You Know What You or Someone Else Needs?*



The Self-Care component of Jin Shin Tara stops short of learning to listen to the meridian pulses on the wrist. That is reserved for the practitioner level training, though the attunement to the pulses of the points or areas of the body is the preparation for pulse diagnosis. Nevertheless, this can be frustrating for the person who has been learning Jin Shin Tara and wants to go further in terms of treatment, either self-care treatment or the treatment of a friend or family member. So, it is important to know some other tools for assessment which allow us to know, with confidence, what is needed to help and heal.

Before learning about these other assessment skills, please remember that you can indeed feel secure in using your intuition at all stages of applying Jin Shin Tara. Allow your intuition—that mysterious body of guidance—to speak to you. Remember that you can't hurt anyone with this art, so there is no such thing as doing it "wrong." Everything you do with Jin Shin Tara is helpful, as long as your intention is pure.

## OBSERVATION

Observation is an ancient system of diagnosis, and needs to be cultivated as thoroughly as pulse listening to understand what is needed at any given time. But the phrase “ancient system” shouldn’t scare you. Many “ancient systems” are just simple common sense, and observation for the purposes of assessment has that quality. This is another of those “coming home” experiences—the experience of remembering what you had always known but forgotten.

### OBSERVE THE FACE AND EXPRESSION

- A furrowed brow and clenched jaw tells you to release Point #21 and Point #22. A worried person needs help letting go, and holding these points will energetically support that movement. If the face is also somewhat yellow tinged, use the release for the Stomach Meridian found in the SELF-CARE MERIDIAN RELEASES.
- A joyless, saddened or frowning face is crying out for the release of Point #15.
- A reddened face is also asking for the release of Point #15.
- A sunburned or blotchy face is asking you to “palm my calves.”
- A person whose energy seems to be accumulated in their face and who may also complain of a headache, is suggesting that you treat the feet by holding the toes, or releasing points on the feet, such as Point #5, Point #16, Point #6, or Point #7.
- A shocked face is asking for the release of Point #20, Point #26, and Point #24.

### OBSERVE THE FEET

- If the feet fall out, equally on both sides, fatigue and exhaustion are being expressed. Release Point #25, Point #23 (you can hold these two together, on either side), and Point #4.
- If the right foot falls out more than the left when lying down on the treatment table, hold 11 and 15 on that side. If the left foot falls down, hold 11 and 15 on the left side.

- The way the feet fall also reflects the way the hips and the back feel, so use all that information to find the most help with Jin Shin Tara. Point #15 supports and rejuvenates the hips and the back, and so does Point #2.
- If the feet are cupped, release Point #13.
- If the toes are pulled towards each other, release 11 and 3 on both sides.

#### OBSERVE THE HANDS

- See which fingers call your attention and use the Self-Care Meridian flows for those fingers.
- Notice if the hands are open (meaning the person is receptive, ready for change) or closed (meaning there is fear and resistance).
- Notice where on the body the hands rest, and consider treating that part of the body.

#### OBSERVE THE BREATH

- Is the breath full, or does it stop at Point #13? If it does, treat that point. Maybe the breath stops at Point #14 or Point #15? If it does, or if it seems stuck in any area, treat that area.

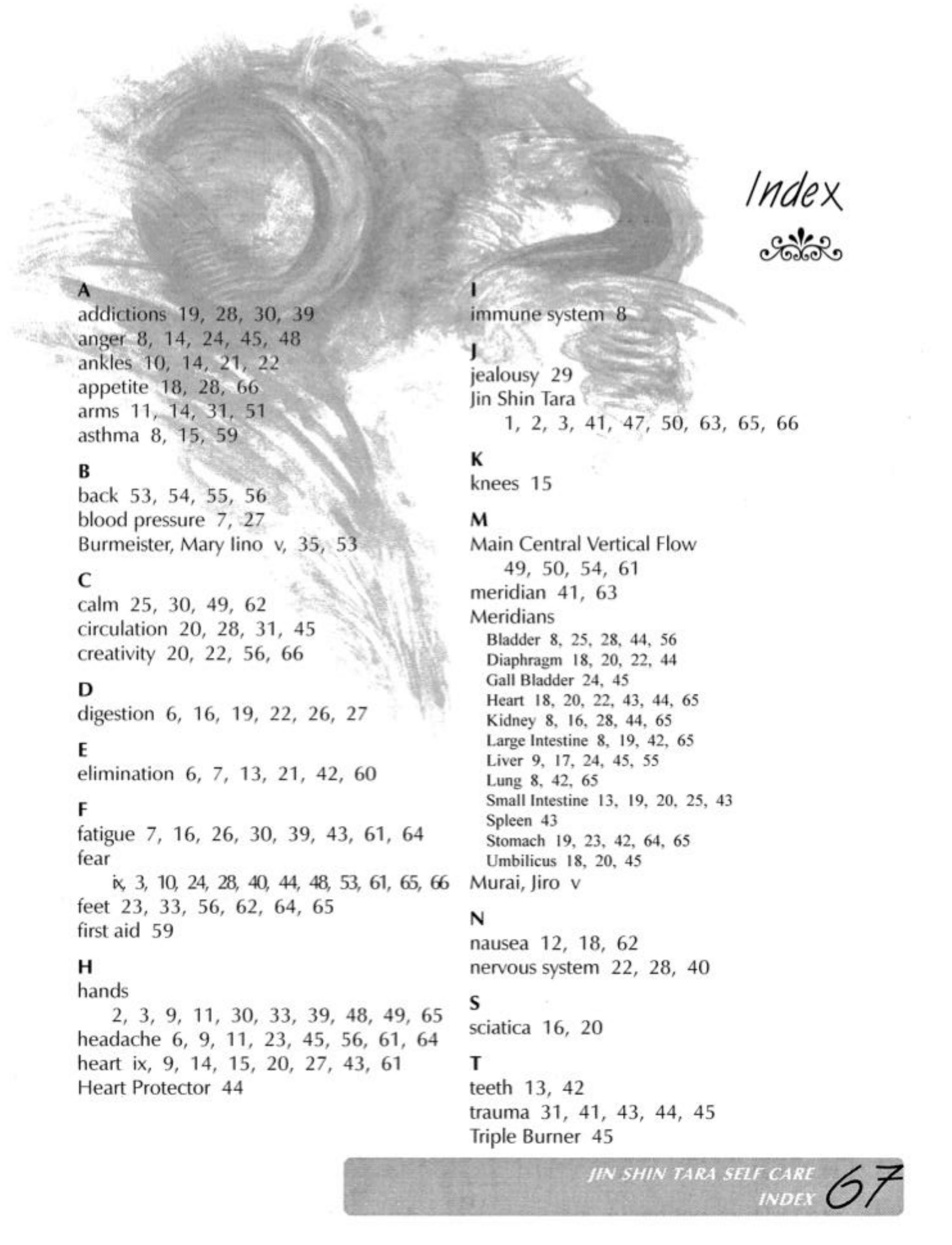
#### • OBSERVE THE COLOR AND TEXTURE OF THE SKIN:

- A yellow tint to the skin means look for Stomach Meridian help.
- A red tint to the skin means look for Heart Meridian help.
- A white tint to the skin means look for Lung Meridian help.
- A green tint to the skin means look for Liver Meridian help.
- A black tint to the skin means look for Kidney Meridian help.
- If the skin is dry, use Stomach Meridian Self-Care.
- If the skin is broken out with sores or rashes, use Lung Meridian or Large Intestine Meridian Self-Care.

## ***LISTENING***

- Are you coughing? If you are, release Point #1.
- Are you angry, denouncing everyone and everything? Hold the middle finger. Release Point high 19.
- Listen to your own words. Notice what you repeat. Do you speak of what you fear? Hold your index finger, your Point #23, Point #5, and Point #8. Do you speak very little, holding back what you feel? Hold your ring finger and Point #2 and Point #8.
- Is everything you say full of self doubt and self rejection? Hold Point #26 and Point #4.
- Are you talking too much, afraid to be silent, using words to prevent intimacy and feeling? Release Point #21, Point #2, and Point #1. Release 3's and 11's.

The two assessment tools of Observation and Listening are meant to encourage your intuition and creativity in applying Self-Care information. Much more will be learned about the other diagnostic tools as you proceed with Jin Shin Tara. Hopefully these introductory suggestions will whet your appetite for more!



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