

INJU: The Art of Longevity



Inju, or mudra, derive from ancient, sacred wisdom. Repeat these hand postures as frequently as possible, maintaining focused concentration. All these positions may be done on either or both hands. The purpose of these gestures, according to their universal tradition, is to awaken you to your essence. They also have been known to reduce stress and fatigue, increase immune strength and enhance vitality. Special thanks are humbly offered to Jiro Murai, Mary lino Burmeister and Haruki Kato for their transmission of this lineage that is our common birthright.



Great Sun Diamond Inju

Index fingernails touch while middle, ring and little finger palms touch and the thumbs also touch. Use this Inju to balance temperature disturbances such as extreme and unusual cold or heat when the circumstances do not seem to merit it. This Inju is a great help for circulation problems.



Kidney Strengthening Inju

The palms of the index fingers touch while the other fingers fold together and intertwine, forming the image of a temple. Strengthens the bones, balances kidney-adrenal function, enhances immune support and provides endurance and reliance. This is the Physician's Inju.



Outside the Earth Inju

Hold the inner seam of the little finger with the index, middle and ring fingers of the opposite hand. Opens the throat and helps speech flow clearly and easily



Solar Plexus Inju

The index finger of one hand rests in the valley between the index finger and thumb of the opposite hand. Relaxes the shoulders, opens the solar plexus and helps us to let go.



Heart Protector Inju

Hold the middle and index fingers down onto the palm of the same hand. The middle and ring fingers of the opposite hand rest at the base of the little and ring fingers of the hand with the folded fingers. Supports the Pericardium or Heart Protector, thereby relieving the burden of multiple stressors.



Palm or Prayer Inju

Bring the palms of the hands and all the fingers together as in prayer, pressing slightly to create contact. Brings you into a centered place of presence, stops nausea and eliminates confusion. Provides focus.



Fatigue Releasing Inju #1

The palms of both middle fingers touch as the other fingers intertwine.



Fatigue Releasing Inju #2

The middle fingernails meet as the middle fingers bend towards each other. The palms of the remaining fingers are erect and touching.



Fatigue Releasing Inju #3

The pad of the thumb touches the base of the middle finger on the opposite hand, palm side.



Fatigue Releasing Inju #4

The middle finger bends into the pad of the thumb on the same hand while the thumb rests on the top of the bent middle finger.