

JIN SHIN JYUTSU® SELF-HELP

Experience Harmony at Your Fingertips....

Experience Jin Shin Jyutsu®



“Self-Change starts with Self-Study.” – Mary Burmeister

***Did you know that we all have the innate power
to help and heal ourselves?***

“Love is Understanding”. Quote from Page 14 of “What Mary Says” by Mary Burmeister

Get to “KNOW (Help) MYSELF” by using the following simple practices each day to help arm projects. Use these exercises every day for at least 7 days and see what differences you notice...It’s that simple!

HARMONIZING BREATHING PROJECTS

Try these Methods

A simple way to harmonize a breathing project is to hold the thumb (fig 1), left then right (or vice versa) until you feel a pulse in each (or hold for 2 minutes if pulse is not detected). To maximize the result, exhale, drop your shoulders, smile and naturally inhale as you hold each digit. Many people do multiples of 9 exhalations and inhalations, up to 36 times. You can do this breathing practice with each finger hold or flow below.



Fig1

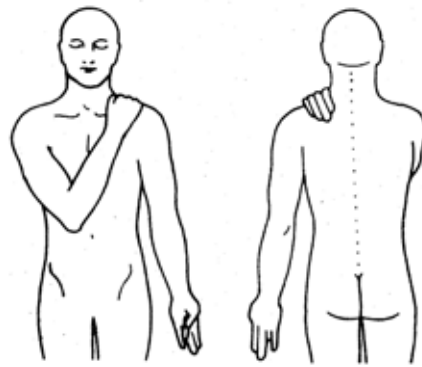


Fig 2

Just quietly hold shoulder (Safety Energy Lock No 11/3) and make a ring with thumb and ring finger



Fig 3.

Or jumper cable upper arm, "Safety" Energy Lock High 19, and opposite thigh area- the High 1:

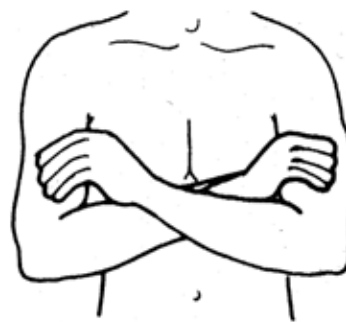


Fig 4.

Just quietly jumper cable (hold) the left and right side of upper arms, "Safety" Energy Lock High 19 and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

It's that simple to start reducing stress and healing yourself! Share this information with others who also want better health for themselves.

JIN – Man of Knowing and Compassion

SHIN – Creator

JYUTSU – Art

Art of the Creator through Man of Knowing and Compassion

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