

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?

“My best teacher is myself”.

Quote from Page 10 of “What Mary Says” by Mary Burmeister

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

HARMONIZING LEG PROJECTS

Try these Methods

A simple way to harmonize a leg project is to hold the ring and little fingers (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.**



Fig 1



Fig 2 Or hold your left and right hips (“Safety” Energy Lock No. 2), together and in a few minutes more or less, one can feel the leg tension/stress beginning to melt away

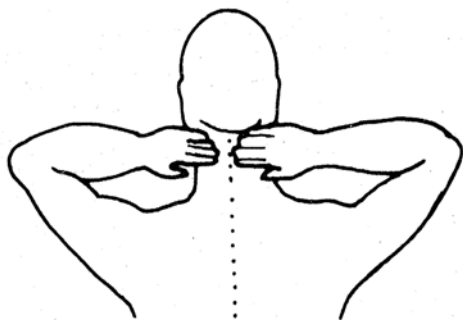


Fig 3 Left hand on left occiput, “Safety” Energy Lock No. 4, and right hand on right occiput, “Safety” Energy Lock No. 4.

To help the 4 to open use the first step of the Stomach flow SEL 21 (under cheekbone in line with pupil of the eye) In tandem with the 4. Ex: Left on Right 4, Right on left 21



Fig 4 hold shoulder, “Safety” Energy Lock No. 11, and groin, “Safety” Energy Lock No. 15, together: Left hand on right shoulder, and right hand on right groin. Right hand on left shoulder, and left hand on left groin,

TESTIMONIALS

Jin Shin Jyutsu flows have helped clients of mine with all kinds of knee and leg issues. For any kind of sciatic pain down the leg, I use several flows such as 5,6,7,8, bladder and opposite back of leg. I have had great success with this combination—almost instantly. People have come with excruciating pain or doubled over not able to stand or walk without pain and they have found relief immediately. For Self help, I give them 11/25 and 11/15.

For knee pain, I use the Stomach flow. First I open up pathways which make it easier for stomach flow to do its job, i.e. it greatly reduces pain when you actually apply the Stomach flow.

Ed note. The Stomach flow in its entirety, appears in the book “The Touch of Healing” by Alice Burmeister and Tom Monte as well as Self Help Book 1, by Mary Burmeister

Susan G. Long Beach, California

It's that easy to start reducing stress and start 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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