

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?

“Until I can help myself, I cannot help another.”

Mary Burmeister

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

HELPING OUR EYES

In the last newsletter we discussed harmonizing sleep patterns. In this newsletter we learn to harmonize our eye projects (any eye issues, also including vision).

For all Figures below; hold until you feel a pulse (or hold for 2 minutes if pulse is not detected).

Figure 1. First hold your middle fingers (left then right hand, or vice versa. Then hold your middle toes in the same way, or together at the same time. 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 per thumb/finger/toe, which brings you toward a feeling of wholeness and integration. **You can do this breathing practice with any of the exercises below.**

Figure 1.

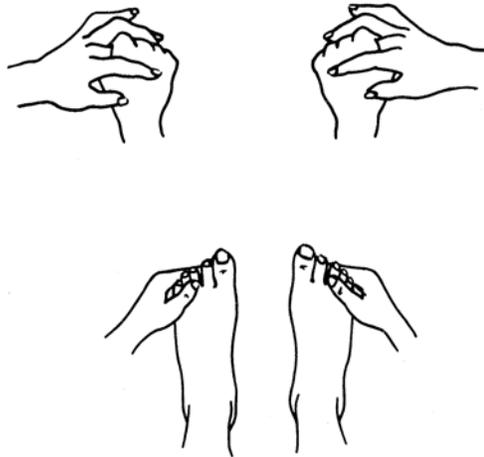


Figure 2.

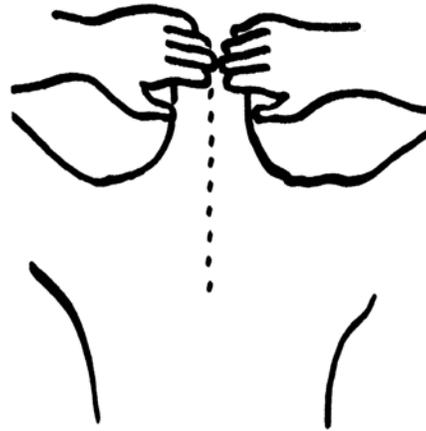
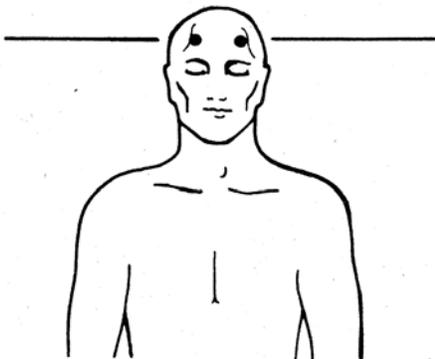


Fig 2 Place thumbs or finger or fingers on LEFT and RIGHT base of skull, sitting down, standing till you feel pulses on both sides.

Fig 3. Cup hands over eyes, covering dots (SELS) on the forehead till you feel pulses on both sides.



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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