

# 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?***

*“Life is Fun and Simple”. Quote from Page 26 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!

## HIP TENSION PROJECTS

### Try these Methods

A simple way to harmonize a Hip 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**



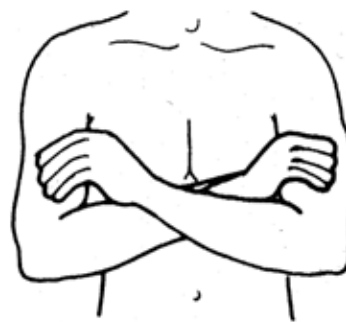
**Fig 2**

Right side, just quietly hold left hand on right elbow (Safety Energy Lock No 19) and left hand on Right thigh. Do opposite for left side



**Fig 3.**

Or jumper cable shoulder  
“Safety” Energy Lock 3,  
and same side groin area  
“Safety” Energy Lock 15



**Fig 4.**

Just quietly jumper cable (hold) the  
left and right side of elbows,  
“Safety” Energy Lock 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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