

# 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?***

**“Causes are always within myself”.**

Quote from Page 15 of “*What Mary Says*” by Mary Burmeister

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

## HARMONIZING THROAT PROJECTS

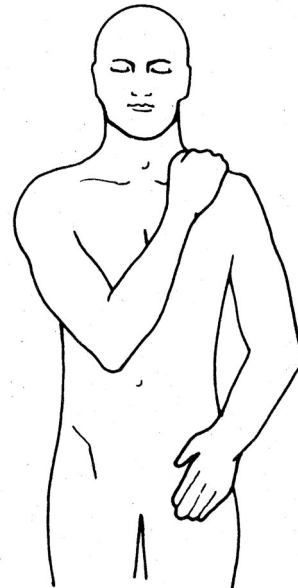
### Try these Methods

A simple way to harmonize a throat project, (especially a sore throat) is to hold the middle finger (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 shoulder, "Safety" Energy Lock No. 3, and groin, "Safety" Energy Lock No. 15, together:

Left hand on right shoulder, "Safety" Energy Lock No. 3 and right hand on right groin, "Safety" Energy Lock No. 15. Right hand on left shoulder, "Safety" Energy Lock No. 3, and left hand on left groin, "Safety" Energy Lock No. 15.

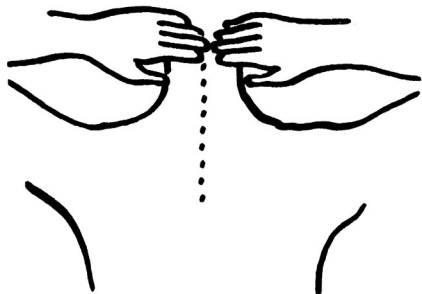
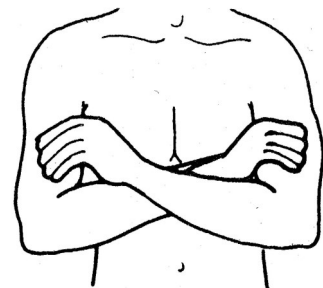


Fig 3

**Fig 4** Jumper cable (hold) right upper arm. Safety Energy Lock High 19, with the left hand and vice versa.



Place thumbs or finger or fingers on LEFT and RIGHT base of skull, sitting down, standing or lying down.

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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## **UPCOMING SELF HELP CLASSES AT THE SCOTTSDALE OFFICE**

**April 25-26th, 2015 (Sat.-Sun.) - Self-Help Books 1, 2 & 3: Presented by Terry Matthews**

A great opportunity to deepen your experience of Jin Shin Jyutsu Self Help Books 1,2 & 3 in a small group setting. Up to 10 students will gather with the Instructor and participate in periods of self help and discussion.

Terry Matthews has practiced Self Help Jin Shin Jyutsu since 1989. He was introduced to this engaging art of self study by an American JSJ practitioner living in the UK. Shortly after gaining practitioner status (1993), he began teaching Self Help classes in Adult education. Terry moved to Arizona in 2001. He now works at the International headquarters of Jin Shin Jyutsu in Scottsdale, where he is available for Jin Shin Jyutsu appointments and Self Help classes.

For fees and further information [click here](#)