

# 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?*

*“All my miseries are caused by I am ignorant of myself”.*

*Quote from Page 25 of “What Mary Says” by Mary Burmeister*

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

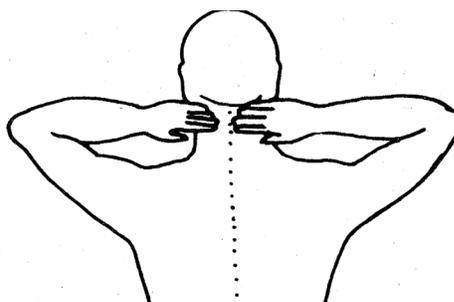
## NECK PROJECTS

### Methods

A simple way to harmonize a Neck project 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.

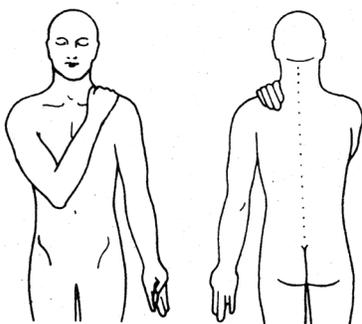


**Fig1**



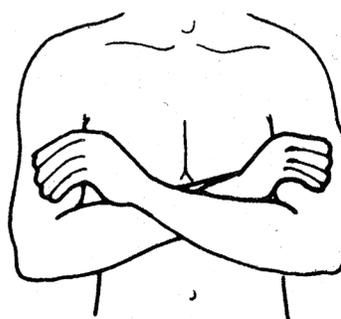
**Fig 2**

Right side, just quietly hold left hand and right hand (Safety Energy Lock No 12) on each side of neck between the tendons



**Fig 3.**

Or jumper cable shoulder "Safety" Energy Lock 11, and make a ring with same side thumb and ring finger



**Fig 4.**

Just quietly jumper cable (hold) the left and right side 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**

**This email you are receiving is from the headquarters of Jin Shin Jyutsu Inc. in Scottsdale, AZ, USA. You can find more information about this profound Japanese art for better health and well-being at [www.jsjinc.net](http://www.jsjinc.net). If you received this print out from a friend and would like to receive future Sharing Jin Shin Jyutsu Self-Help emails directly, please send your email address to us at: [JSJalerts@jsjinc.com](mailto:JSJalerts@jsjinc.com). In order to ensure receipt of these emails please add this email address to your Safe Sender list.**

**The information in this sheet is copyright JSJ, Inc.**

Jin Shin Jyutsu® and the information on this page is not a substitute for conventional medical treatment or emergency care. If you have a medical condition, consult your regular medical professional or emergency care provider.



## **Next Self Help Class@**

### **The Scottsdale Office**

**October 8-9, 2016 (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  
Appointments and Self Help classes.**

**For fees and further information click [Here](#)**