

# 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?*

“Love is Understanding”.

Quote from Page 14 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!

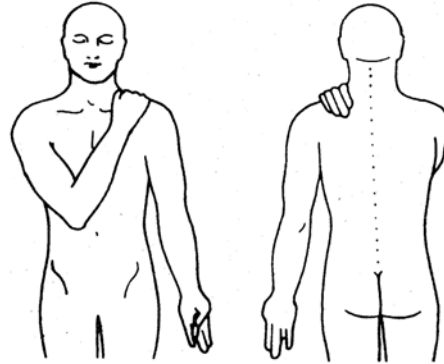
## HARMONIZING ARM PROJECTS

### Try these Methods

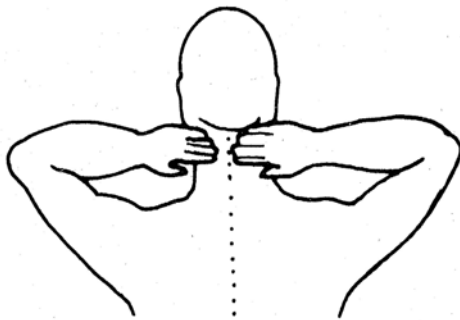
A simple way to harmonize an arm project is to hold the index fingers (fig 1), left then right (or vice versa) until you feel a pulse in each (or hold for 2 minutes if pulse is not detected). To maximize the result, exhale, drop your shoulders, smile and naturally inhale as you hold each digit. Many 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.**



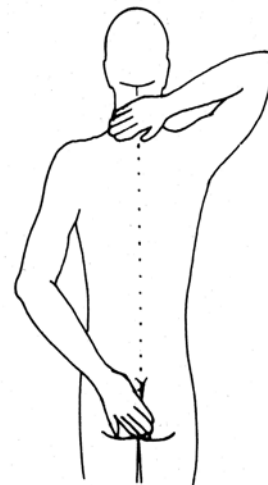
Fig 1



**Fig 2** Hold your left (or right) shoulder with the opposite hand (“Safety” Energy Lock No. 11), and make a ring with your same side index finger and thumb. In a few minutes more or less, one can feel the arm tension/stress beginning to melt away



**Fig 3** Hold left and right side of neck, “Safety” Energy Lock No. 12



**Fig 4** Hold “Safety” Energy Lock No. 12, and the coccyx, together

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**

**This flyer 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.*