

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?

“Change in Belief affects a corresponding change in the body”.

Quote from Page 24 of *“What Mary Says”* by Mary Burmeister

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

HARMONIZING BACK PROJECTS

Try these Methods

A simple way to harmonize a Back project is to hold the ring and little 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

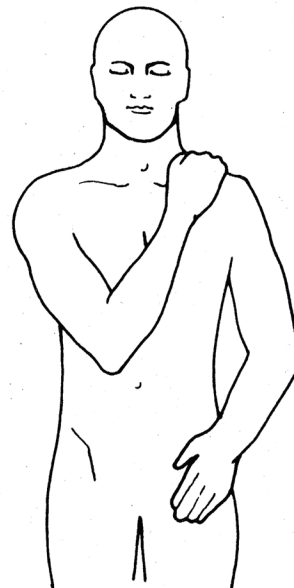


Fig 2 Or hold shoulder, “Safety” Energy Lock No. 11, and groin, “Safety” Energy Lock No. 15, together:

Left hand on right shoulder, “Safety” Energy Lock No. 11, and right hand on right groin, “Safety” Energy Lock No. 15. Right hand on left shoulder, “Safety” Energy Lock No. 11, and left hand on left groin, “Safety” Energy Lock No. 15.

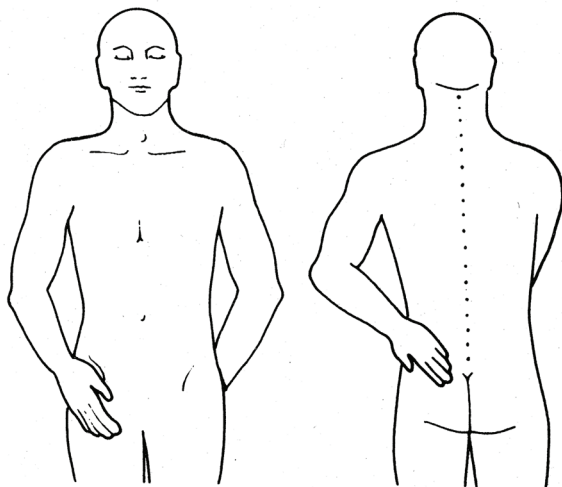


Fig 3 Left hand on left groin, “Safety” Energy Lock No. 15, and right hand on right hip, “Safety” Energy Lock No. 2.

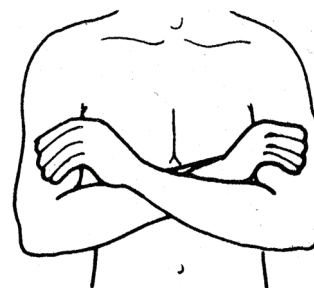


Fig 4 Jumper cable (hold) right elbow. Safety Energy No 19, (between tendons) with the left hand and then left elbow Safety Energy Lock 19 with the right hand.

TESTIMONIAL

I was diagnosed with scoliosis (curvature of the spine) in 7th grade and had to wear a back brace for 3 years to help my spine straighten before I stopped growing. After high school and college I wasn't as active physically by walking, lifting and sports activities that at the age of 22 my back went into severe muscle spasms. It took weeks for my back to release and yes it was very painful! My back did this 2 more times over the next 5 years. I had been looking for ways to help myself and one was to get regular massages. I loved and enjoyed them so much that I decided to become a CMT myself. I had been living with back pain most of my life and after a long day of working on others I would come home almost debilitated with pain. One day my mother handed me a book called "The Touch of Healing" and said maybe you should try this. After one of my long days I sat on my couch and started using some of the holds the book recommended for back pain/issues. I held the SEL 11 and 15 together on my right side and then my left side of my body for a few minutes each. I got up after 20 minutes to start washing my work linens and realized I had NO back pain! I couldn't believe it! (I could now use this method whenever my back would hurt) I had read the book and decided I wanted to take a class to learn more of this Jin Shin Jyutsu acupressure art and guess what, I became a Jin Shin Jyutsu practitioner as well, and have lived with no back pain for 14 years now! Getting that book was truly a life changing moment in my life, I am very grateful for this wonderful art.

Kim S. Roseville, CA

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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