

# 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?***

*“I will give you the keys to the heaven within”.*

*Quote from Page 22 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!**

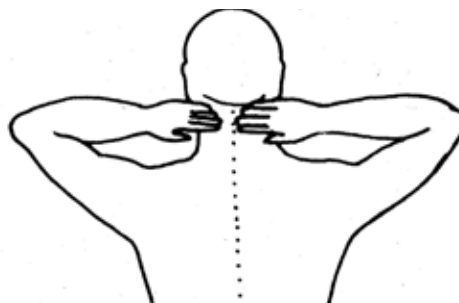
## LEG TENSION & INSOMNIA PROJECTS

### Methods

A simple way to harmonize a leg tension or insomnia project is to hold the Ring 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.

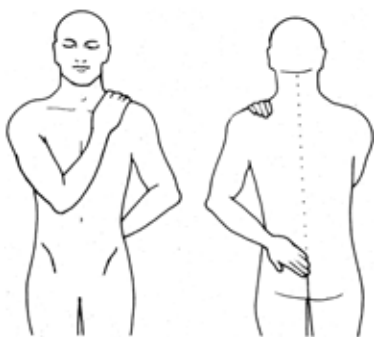


**Fig1**



**Fig 2**

Right side, just quietly hold left hand and right hand (Safety Energy Lock No 4) at occipital lobes, at base of skull



**Fig 3.**

Or jumper cable shoulder  
“Safety” Energy Lock 11,  
and 2



**Fig 4.**

Just quietly jumper cable (hold) the  
left and right side base of thumbs  
“Safety” Energy Lock 18, 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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## **Next Self Help Class@ The Scottsdale Office**

**May 6-7, 2017(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](#)**