

JIN SHIN JYUTSU® SELF-HELP

Better Health For Yourself!....

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?

“You don’t stop laughing because you grow old; you grow old because you stop laughing”

Quote from Page 20 of “*WHAT MARY SAY’S*” by Mary Burmeister

Get to “KNOW (Help) MYSELF” by using the following simple steps to Help Harmonize Blood pressure. Try these methods each time you have a blood pressure project and see what differences you notice...It’s that simple!

HARMONIZING BLOOD PRESSURE PROJECTS

Blood pressure projects of all kinds can be harmonized utilizing finger holds and certain flow patterns from the **Jin Shin Jyutsu Self Help Books**. With any kind of discomfort we are looking to move energy to a greater place of harmony.

Try these Methods

Hold your little finger, left then right (or vice versa), until you feel a pulse (or hold for 2 minutes if pulse is not detected). Hold your middle finger in the same way (Fig 1). To maximize result, exhale, drop your shoulders, smile and naturally inhale as you hold each finger. Many people do multiples of 9 exhalations and inhalations, up to 36 times per finger. **You can adapt this breathing practice to each method below. This will also help you de stress and relax**



Fig 1

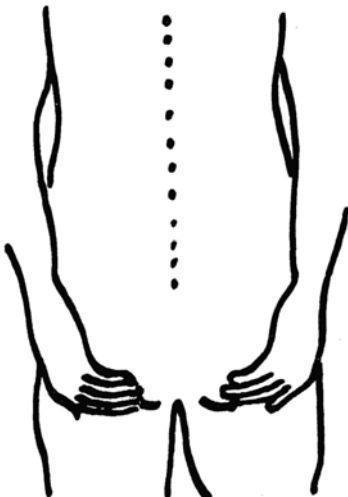


Fig 2

Place both hands on your sit bones. Feel the pulse.

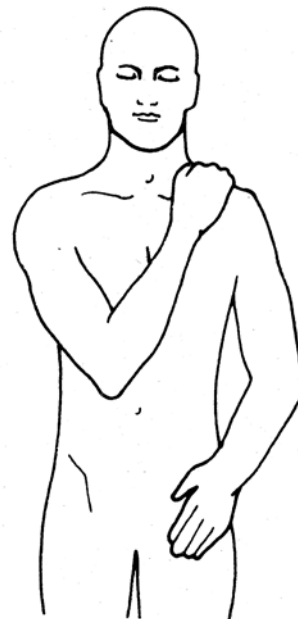


Fig 3

Place Left hand in left groin area and Right hand on left shoulder. Feel the Pulse. Can follow with Rt hand in Rt groin area and Lt hand on Rt shoulder.

TESTIMONIALS

From: MO, JSJ Practitioner.

My mother-in-law suffered a stroke just 2 weeks after my first class. I had my husband hold his right hand on her neck with his left palm on top until I could get to the ER. I was 20 minutes away from the hospital when he called me. When I got to her room, I immediately looked at the monitor and it looked really bad. Her heart rate was 150 and her blood pressure was through the roof. My father-in-law told the doctor she had not taken her BP medication for almost 3 weeks. Even on blood pressure meds, her blood pressure was very high and uncontrollable.

When I got there, she was hooked up to everything in sight and I remembered hearing if someone was having a heart attack, to hold the left little finger and the other hand between the blades on the back. I could not get to her back so I just held the little finger while my husband continued to do the right hand with left palm over it. I thought she would either have another stroke or have a heart attack with the numbers I was seeing on the monitor. The doctors would not give her anything and they wanted her to "bleed out". Every time I grabbed her little finger, the monitor would go from 150 heart rate IMMEDIATELY to 70 the very next beat. It was a miracle.

Of course, holding the little finger was too simple for me and I thought I should do something more. However, I didn't know enough having only learned JSJ just 2 weeks earlier. Finally, out of frustration because of the hospital bed and the monitor connections, I simply sat down to hold the little finger. After 15 minutes of holding that left little finger only because my other hand could not get under her back, her Blood pressure came down to a normal numbers and her heart rate calmed down to a steady 70. My husband, who thought this was all quackery, saw the same thing. It was on the monitor. This was verifiable. He is now a believer in the art and I was too that night. I had medical proof that holding the left little finger brought her heart rate down and high blood pressure without the use of any interventional drugs. The proof was on the monitor and with my mother-in-law, who survived the stroke without having a heart attack.

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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