

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?

“Knowing without experience is not enough.”

From “What Mary Says” a compilation of quotes used by Mary Burmeister

Try the following exercises every day for at least 7 days and see what differences you notice...It's that simple!

HARMONIZING FATIGUE

In the last newsletter we discussed harmonizing eye projects. In this newsletter **we learn to harmonize fatigue.**

For all Figures below; hold until you feel a pulse (or hold for 2 minutes if pulse is not detected).

Fig 1. First hold your middle finger left then right hand, or vice versa. 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 per thumb/finger. **You can also do this breathing practice with any of the holds below.** Just adapt accordingly.

Fig 1.



Fig 2. Place your left hand on your pubic bone and your right hand on your coccyx.

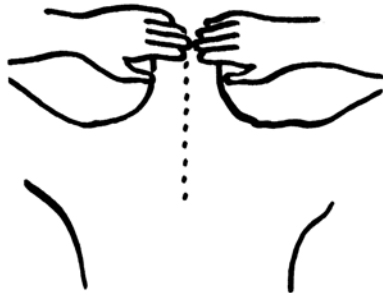
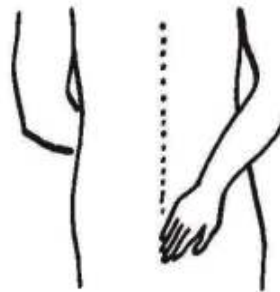


Fig 3. Place thumbs, or finger, or fingers on LEFT and RIGHT base of skull, sitting down, standing or lying down

Fig 4.



Jumper cable (hold) right upper arm, “Safety” Energy Lock high19, with left hand and the left thigh, “Safety” Energy Lock high 1, with the right hand

Testimonial on self help for fatigue:

I taught a two day class on weaving fabric earlier this year. The first day was wonderful, but exhausting. I talked almost non-stop all day. When I woke up the next morning, I was so tired! But as soon as I swallowed it was clear that it was more than just being tired -- I had lost my voice. What came out when I spoke sounded like a very faint imitation of Marlon Brando in *The Godfather*.

As I lay there in bed wondering how I could teach another day, the picture of Lynne Pflueger holding her high 19 while she was teaching came to me. I set my alarm, rolled on my side to get comfortable, and held my high 19/high 1 for 15 minutes, (see fig 4) followed on general principle by 15 minutes with my 1s (holding inside of knees). Although I dozed off, my hands were trapped in place by my position, and they were still in place when the alarm went off.

When I got up, I had energy and my voice was back. After teaching all day, I packed up all the equipment and fiber and made the five hour drive back home without a problem.

Jennifer A. Dickson, TN

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. 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 self-help@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.