

JIN SHIN JYUTSU® SELF-HELP

Experience Harmony at Your Fingertips....

Experience Jin Shin Jyutsu®



***Did you know that we all have the innate power
to help and heal ourselves?***

“Stop! Listen! See Within!”.

Quote from Page 25 of “What Mary Says” by Mary Burmeister

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

BACK DISCOMFORT PROJECTS

Methods

A simple way to harmonize a Back discomfort project is to hold the thumb(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

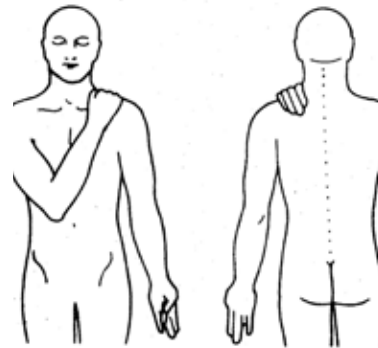


Fig 2

Or, hold shoulders
“Safety” Energy Lock SEL 11, with
thumb over ring finger

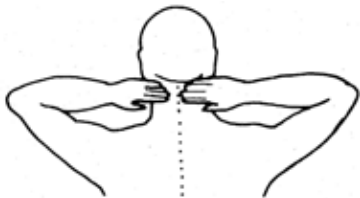


Fig 3.

Or, hold under both
occipital lobes SEL 4



Fig 4.

Or hold both SEL 15's.

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 Classes@ The Scottsdale Office

**Feb 24-25, April 21-22, 2018 (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](#)