

JIN SHIN JYUTSU FINGER FLOWS

Harmonizing of Attitudes/Emotions through Holding Fingers

- Hold your fingers and release attitudes/emotions
(Ex. we intuitively hold our hands/fingers to calm ourselves when nervous)
- Hold finger most drawn to
- Open-ended practice
- Daily self-help important for success
- There are Energy Pattern Flows connected with the entire body which begin or end in each finger
- Practice restores balance and harmony

Holding THUMBS harmonizes:

- WORRY, depression, hate, obsessiveness, anxiety
- connects to stomach and spleen function energy
- helps to digest nutrients and external stimuli
- strengthens our core
- strengthens self-confidence
- fosters love and compassion for others

Holding INDEX fingers harmonizes:

- FEAR, uncertainty, shyness, perfectionism
- connects to kidney and bladder function energy
- strengthens will to live
- Research shows immune system is more activated in people who are cheerful, happy and free from fear
- It is thought that fear is the cause of all our other emotions

Holding MIDDLE fingers harmonizes:

- ANGER, temper, frustration, aggression, when things don't go our way
- connects to the liver and gallbladder function energy
- helps to translate the "bottled up" creative energy into positive actions

Holding RING fingers harmonizes:

- SADNESS, letting go, crying, grieving, disappointment, feelings of guilt and negative thoughts
- connects to lung and large intestine function energy
- boosts common-sense optimism that things are going to get better again

Holding LITTLE fingers harmonizes:

- PRETENSE, trying too much- the effort and strain when laughing on the outside and crying on the inside
- connects to the heart and small intestine function energy
- living from the HEART and faithful to our own truth
- brings lightness, serenity and life becomes simple

Holding the PALM harmonizes:

- OUR WHOLE BEING on all levels... every cell, restores equilibrium, brings chaos into order
- fingers of one hand resting in palm of other hand
OR...folding hands as in prayer