

HEALING USING THE ART OF JIN SHIN

SELF-HELP IN YOUR HEART SPACE

Ask your mind to connect to your heart

Hold SEL 13 - right hand over your heart, left hand crossing over your right as you are holding both SEL's (13) at the same time

You are now in your heart space - Ask your heart to give you guidance and healing.

See page 25J - Attachments: Jin Shin 8.pdf

SELF -HELP FOR FATIGUE

Right hand gently resting on right top of head

Left hand gently resting on left top of head

You will feel relaxed and rested but not sleepy

SELF-HELP FOCUS FLOW

Right hand on left SEL12 (Right hand fingers on back of neck, fingers to left of spine)

Left hand fingers on area above right eyebrow (SEL 20)

Then vice-versa: Left hand on right SEL12 (Left hand fingers on back of neck to right of spine). Right hand fingers on area above left eyebrow(SEL20)

This helps with focus, clears your mind and jogs your memory.

SELF-HELP IMMUNE SYSTEM

Can use RESPIRATORY/IMMUNE SPECIALIST - SEL 3 and SEL 15

Right hand on left shoulder SEL3, Left hand on left groin SEL15

Then left hand on right shoulder SEL3, right hand on right groin SEL15

See revised page 14 - Attachments: Jin Shin3.pdf

SPLEEN FUNCTION ENERGY FLOW - See page 22(J) - Attachments: Jin Shin4.pdf

Also can hold thumbs.

IMMUNE SYSTEM QUICKIE

-Right index finger in left elbow crease (SEL 19), then place left hand on top of Left shoulder (is SEL 11 and SEL 3)

Then vice-versa: Left index finger in right elbow crease (SEL19). Right hand on top of right shoulder (SELS 11 and 3).

LUNG FUNCTION ENERGY FLOW - which strengthens immune and respiratory systems

See revised page 10 (J) -Attachments: Jin Shin4.pdf

Left hand on left SEL14, right hand on left SEL 22. Then left hand on right SEL 22, right hand on right SEL14

Also can hold ring fingers.

SELF HELP FOR SKIN - PSORIASIS, ECZEMA

Right hand on right calf of leg, left hand on left calf of leg

Then criss-cross hands and place right hand on left calf and left hand on right calf

Can use LUNG FUNCTION ENERGY FLOW

See LUNG FUNCTION E.F. hand positions above under IMMUNE SYSTEM

Revised page 10 (J) - Attachments: JinShin4.pdf

This helps to moisturize your skin.

Also can hold ring fingers.

HEALING USING THE ART OF JIN SHIN

ORGAN FUNCTION ENERGY FLOWS

SMALL INTESTINE FUNCTION ENERGY

- Hold the left SEL 11 (Unloading Burdens of Past and Future) with the left hand and the right SEL 13 (Unconditional Love) with the right hand, and then vice versa, holding the left SEL 13 with the left hand and the right SEL 11 with the right hand.
- Or hold little fingers
- To help with pretense/too much trying to/overstimulation and discernment/sorts nutrients and helps heart and physical constitution/shoulder, arm and elbow pain/ear, nose, throat, colds, allergies/digestive, heartburn, diarrhea and intestinal ailments

DIAPHRAGM FUNCTION ENERGY

- Hold the left SEL 14 (Equilibrium, Sustenance) with the right hand and the right SEL 19 (Perfect Balance) with the left hand. Reverse for other side, holding the left SEL 19 with the right hand and the right SEL 14 with the left hand.
- Or place fingers in palms of hands/prayer pose.
- To help in protecting everything above the waist- all other organs/heart problems, rapid pulse, cholesterol, hot flashes, diabetes mellitus/night shift workers, insomnia

LIVER FUNCTION ENERGY

- Hold the left SEL 4 (Window admitting Knowledge and Consciousness) with your left hand, and the right SEL 22 (Complete Adaptation and Acceptance) with the right hand, and then reverse, holding the left SEL 22 with the left hand and the right SEL 4 with the right hand.
- Or hold your middle fingers.
- Important for free flow of fluids and emotions/detoxifies the body/fosters creative development, intuition, dreams, visions/frustration, anger, boredom, depression/spine, joints, hip pain/migraines, eye projects, nausea/thyroid, gout/ PMS, heavy menstruation/ digestion/ dizziness

GALLBLADDER FUNCTION ENERGY

Two Steps:

- First: Hold the left SEL 12 (Not my will but Thy Will) with the left hand and the right SEL 20 (Eternity Everlasting) with the right hand, and then the left SEL 20 with the left hand and the right SEL 12 with the right hand.
- Second: Hold the left SEL 12 with the left hand and the coccyx with the right hand. Then hold the right SEL 12 with the right hand and the coccyx with the left hand.
- Or hold middle fingers.
- Inspires new ideas, releasing deadlocked feelings/making decisions/frustration, depression, anger, aggression/bossy, spiteful, stubborn behavior/lateral headaches, migraines, neck stiffness/lower back herniated discs, hip joint, lumbago, sciatic nerve pain, outer ankle pain/ digestion, flatulence/ nausea, gallstones