

HEALING USING THE ART OF JIN SHIN JYUTSU

Jiro Murai once said to Mary Burmeister: "One day, you will understand that everything we need for harmony and balance is connected to the breath and fingers."

JUMPER -CABLING

We can place our fingers/palm on two safety energy locks at the same time so that energy can flow between those two points. Energy flowing can relax and release stresses.

Placing hands next to each other - for self-healing/healing others for all pains, (but for burns, hands should not be laid directly on the body, but hovering over it.)

LEFT HAND OVER RIGHT

Energy is pushed into the body when the right hand is placed on the body with the left hand on top. Can be used for bleeding wounds or hernias- this positioning helps to direct energy into the body.



RIGHT HAND OVER LEFT

To pull energy out of the body as a splinter, pus etc., place right hand over the left.



SELF-HELP THROUGH MUDRAS

Are gestures to facilitate the flow of energy, as well as creating unity between body and mind. Can be applied for as long as desired as no time limits. You can hold one hand and then the other. What is shown pertains to one hand only. Invert the sequences for the other hand.

This finger position harmonizes our entire being on all levels of life. It purifies and energizes all our body functions.

Can help with fatigue, exhaustion, mood swings, cravings for sweets, skin regeneration ...

Make a circle with your fingers by placing the palm side of your right thumb on the nail of your right middle finger. Slip your left thumb between the circle of the right thumb and middle finger. Then hold other hand.



This position primarily strengthens the respiratory function and opens the chest. It helps the ears and facilitates altitude adaption. Can be used for strengthening during hikes/running, emotional sensitivity, skin disorders...

Make a ring by placing the palm side of your thumb on the nail of your ring finger. Can do both hands at same time.



JIN SHIN JYUTSU IS AN ART, NOT A TECHNIQUE

All information shared pertaining to Jin Shin Jyutsu is not a substitute for medical treatment or emergency care. If you have a medical condition, consult your regular medical professional or emergency care provider.

HEALING USING THE ART OF JIN SHIN

SELF-HELP FOR UNCONDITIONAL LOVE / HAPPY AND CONTENT WHEREVER I AM

- Cross hands over your heart (SEL 13), left over right hand, fingers up touching bottom
- of collarbone (SEL 22), and sit with this amazing love for as long as you wish...
For this flow, or for any finger holds or any flows, you can also include ...

THE 36 BREATHS

- Can be used by itself when sitting, or with any hand position, or anytime you have time
Begin by counting your exhalations - "One, exhale, inhale. Two, exhale, inhale. Three, exhale, inhale." And so on for 36 breaths, you can count in four groups of 9, or any combination to 36. Breathe naturally and in time your breathing will automatically become deeper and more rhythmic

SELF-HELP FOR TIREDNESS

- Fatigue Flow - right hand on right half of head, left hand on left half of head;
- Jumper-cable SEL 25 (quietly regenerating and rejuvenating) by simply placing both hands on the buttocks (sit bone), or you can hold the right shoulder SEL 3 with left hand, and right hand on right buttock SEL 25 with right hand, and then vice versa

SELF-HELP WHEN NOT SURE?-USE SEL 1-THE GENERAL PRACTITIONER, PRIME MOVER

- Hold your left and right knees at the medial or inner sides SEL 1 - can criss-cross hands
- Place your left hand on the right inner knee (SEL 1), and your right hand on the right hip (SEL 2), and then vice versa

SELF-HELP FOR RESPIRATORY (Fever, colds, sore throats) AND ANY IMMUNE ISSUES

- Use SEL 3 (NATURAL ANTIBIOTIC/ THE DOOR to unload tension and receive purified energy), and SEL 15 (WASH OUR HEARTS WITH JOY AND LAUGHTER) - place right hand on left shoulder SEL 3, left hand on left groin SEL 15, and then vice versa
- Keep right hand on left shoulder SEL 3, left hand on SEL 25 (REGENERATE/REJUVENATE/ALERTNESS), and vice versa

For lowering a fever, hold SEL 3 with one hand and form a ring with the thumb and each finger of the other hand - first index, then middle, ring and little finger, and vice versa other side

SELF-HELP FOR PAIN

- left hand ALWAYS on SEL 16, right hand ALWAYS on SEL 5 - do left and then right foot

SELF-HELP FOR ARTHRITIS

- Self-help for Pain (above) helps arthritis
- Little finger
- Umbilicus Flow (see below)

UMBILICUS FUNCTION ENERGY FLOW

Works as a thermostat for body temperature/helps hormonal fluctuations

- Hold the left SEL 20 (ETERNITY EVERLASTING) with the right hand and the right SEL 19 (PERFECT BALANCE/HARMONIZE DIGESTION) with the left hand, and vice versa
- Hold palms of hands

HEALING USING THE ART OF JIN SHIN

SELF-HELP FOR BACK PAIN

- Hold hands directly on left and right SEL 2 (CHIROPRACTOR)
- Right hand on left SEL 3, left hand on left SEL 2, and vice versa
- Bladder Function Energy by holding left SEL 12 with right hand and left SEL 25 with left hand, and vice versa
- Supervisor/Mediator flow
- Hold index finger

SELF-HELP FOR DIZZINESS

- Hold both SEL 4's (WINDOW OF LIGHT OF KNOWLEDGE/CONSCIOUSNESS)
- Hold both SEL 20's (ETERNITY EVERLASTING)
- Hold left SEL 20 with right hand and right SEL 4 with left hand, and vice versa
- Hold ring finger

JIN SHIN SAFETY ENERGY LOCKS

- * When unable to reach SEL 9 or SEL 23 comfortably, use SEL 19 instead
- * Can use SEL High 19 (halfway up the arm) in place of SEL 10 or SEL 13 when unable to reach 10 or 13

QUICK CHART

Releasing stresses by holding FINGERS:

Thumb: skin, stomach

Index finger: back, headaches, digestion

Middle finger: vision, tiredness, circulation

Ring finger: coughs, ears, breathing

Little finger: sore throat, nervousness, bones, heart

Resting fingers from one hand into palm of other hand and vice versa or holding your hands in any variation of prayer position: These positions connect us to our eternal energy source, harmonizing all energy circulatory systems and every level of our being.

Releasing stresses by holding TOES:

Big toe: headaches

Next toe: eyes

Middle toe: ears

Ring toe: stomach

Little toe: back