

THE OPPOSITE FINGER AND TOE FLOW

Connecting the fingers and toes purifies and regenerates the whole body. The flows from fingers to toes traverse the entire body. The flow can be used for self-healing or to help others.

OPPOSITE FINGER AND TOE FLOW (for others)

Simply begin by standing/sitting on one side of a person and...

- . Hold the left thumb with one hand and the right little toe with the other until it begins to pulsate/smooth - (or two to three minutes each position)
- . Hold the left index finger and the right fourth toe
- . Hold the left middle finger and the right middle toe
- . Hold the left ring finger and the right second toe
- . Hold the left little finger and the right big toe

- . Reverse the sequence for the other side beginning by ...
- . Hold the right thumb with one hand and the left little toe with the other until it begins to pulsate - (or two to three minutes each position) - and etc.

OPPOSITE FINGER AND TOE FLOW (for self-healing)

- . Hold left thumb till pulsates/smooths (or 2-3 minutes)
 - . Hold right little toe till pulsates/smooths (or 2-3 minutes)
- Continue the sequence on yourself as listed above with left index finger/right ring toe and etc.

Or...

- . Pull feet up to chest when lying down or sitting and place hands on toes of each foot with each finger on a toe. (Hold for 2/3 minutes) Switch for opposites so right thumb on left little toe, right index on left ring toe and etc, while left thumb on right little toe, left index finger on ring toe etc. Hold crossed hands on opposite toes for 2/3 minutes or until pulsates/smooths.

SELF-HELP FOR SHOULDERS

- place your hands on left and right SEL 13, or hold the high SEL 19's on upper arms
- hold left SEL 3 with right hand, left SEL 15 with left hand, and then switch sides

ANOTHER FLOW FOR RESPIRATORY PROJECTS:

- LUNG FUNCTION ENERGY FLOW for colds, flu, bronchial asthma, bronchitis, allergies...
Place your left hand on the left SEL 14, and your right hand on the left SEL 22, and then reverse the sequence for the other side of your body
- Or you can hold your ring finger

HEALING USING THE ART OF JIN SHIN JYUTSU

SELF-HELP FOR INSOMNIA/SLEEPING DISORDERS

- Use Safety Energy Lock 4 which is located at the base of the skull, at the occipital ridge, on the left and right. It is the 'window' that lets in the light of knowledge and breath. To jumper-cable, hold each one with your hands for a few minutes.
- Or you can also hold the right SEL 4 with the left hand and the left SEL 21 with the right hand. And then vice-versa.
SEL 21 releases the weight of the world, both mentally and physically.
- Or you can hold SEL 18 which makes us conscious of the physical body and integrates the personality with the physical form.
Hold the left SEL 18 with the right hand and then the right SEL 18 with the left hand.
- Or hold the left SEL 18 with the right hand for about 5 minutes. Then hold the little finger of the left hand for 5 minutes. Repeat procedure vice versa for right hand.
- Or to clear SEL 18s you can also jumper-cable SEL 25 (gently and quietly regenerate and rejuvenate) by holding the left SEL 25 with the left hand and the left SEL 3 (the door of understanding and defense/respiratory and immune specialist) with the right hand, and vice versa.
- Or jumper-cable Heart Function Energy by holding the left SEL 11 with the left hand (unloading burdens of past and future), and the left SEL 17 with the right hand (relaxation of mind and nerves).
- Or jumper-cable Spleen Function Energy by holding the right SEL 5 with the right hand (regeneration/release from fear) and the coccyx (or hip) with the left hand. Reverse the sequence for the other side. Then hold the left SEL 14 with the right hand (equilibrium, sustenance, unity), and the right SEL 13 (unconditional love, creation/key to exhale) with the left hand and again reverse the sequence for the other side.
- Or use the Main Central Vertical Flow.
- Or hold your thumbs, or any other finger you would like to hold.

May you have a restful sleep and wake up refreshed and energized!

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SELF-HELP FOR HEADACHES

- Hold both SELs 7 at the same time, holding them on the same side of the body, and then on opposite sides, with arms crossed
- If inconvenient to reach, SEL 7s can be opened by holding the right SEL 15 with the right hand and the left SEL 2 with the left hand and vice versa
- Hold the left SEL18 with the right hand and then the right SEL 18 with the left hand
- Can hold the left SEL 3 with the right hand and the left SEL 25 with left hand, and then vice versa
- Migraines - Hold both SEL 16s at the same time
If difficult to hold, place your right hand on the left SEL 11, and your left hand on SEL 25 and vice versa
- Can jumper-cable Bladder Function Energy by holding left SEL 12 with the right hand and the left SEL 25 with the left hand and vice versa
- Hold your middle finger / hold your index finger

SELF-HELP USING SEL 17 (Relaxation of Mind and Nerves for whole body calming)

- located on outside of wrists, on little finger side
- Also fosters creative insight and intuition; strengthens circulation and hand trembling
- hold left SEL 17 with right hand, then hold right SEL 17 with left hand
 - can also hold little finger
 - Holding whole wrist SEL 17 and SEL 18 together, one side with opposite hand then do other side, can help ease hyperactivity

SELF-HELP USING SEL 18 (Body Consciousness)

- located on palm side of base of thumb
- Harmonizes mental activity so body can relax. Then as our breath flows freely, we become conscious of our body and perceive it's needs. Can also be helpful with headaches; insomnia; respiration; bronchial asthma
- Hold left SEL 18 with right hand, and then hold right SEL 18 with left hand
- Can also hold little finger

SELF-HELP FOR MUSCLES USING SEL 8 (Rhythm, Strength and Peace)

- located on outer side of back of knees. Sideways 8 is sign of infinity. Connects us with eternal rhythm of universe to experience strength and peace.
- Can be helpful with muscle soreness/ spasms; bladder spasms/overactive bladder; assimilation and elimination; constipation/diarrhea
- hold both SEL 8's at the same time
 - for constipation, place right hand on right lower back at top of hipbone(SEL 2), left hand on outer left knee(SEL 8)
 - for diarrhea, place right hand on outside right knee(SEL 8), left hand on left lower back at top of hipbone (SEL 2)
 - Can hold index fingers

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SELF-HELP FOR KNEES/HIPS/NECK

- If left knee project, place left hand on outside left knee SEL 8(Rhythm,Strength, Peace), and right hand on right side of inside left knee(SEL 1- Prime mover/General Practitioner); for right knee, place left hand on left inside of right knee(SEL 1), place right hand on right outside of right knee (SEL 8)

- We will use SEL High 19(Perfect Balance) for hard to reach SEL 10(Limitless life power):

- For right knee, hip or neck- hold left hand on right High SEL 19- is located halfway up the arm above the elbow, and place right hand on left SEL 13 (Unconditional love)- is located on front of rib cage, a few inches below the clavicle/collarbone, by the third rib down

- For left knee/ hip or neck- hold right hand on left high SEL 19, left hand on right SEL 13

Jin Shin Jyutsu Flows for High Blood Pressure:

- use Kidney Function Energy flow - hold the left little toe with the right hand and the pubic bone with the left hand. Reverse the sequence for the other side. You can use SEL 1 instead of the little toe if you have difficulty reaching.

- hold SEL 9, but since can be difficult to hold, instead hold left SEL19 on the thumb side of the elbow with the right hand, and the left hand holds the right SEL14, and then vice versa

- hold SEL 10, but since hard to reach, hold the high 19 (a handwidth above SEL19) and the opposite SEL 13, and then switch sides

- hold both SELs 11 at the same time.

or hold left SEL 11 with the right hand and the left SEL 25 with the left hand, and then vice versa

or hold the left SEL11 with the right hand and the left SEL15 with the left hand and vice versa

- hold your index finger

Flows to relieve "indigestion" issues:

- Hold the left SEL 14 with the right hand and the right high SEL 1 with the left hand and then vice versa

- Hold the left SEL 4 with the left hand and the right SEL 22 with the right hand and vice versa for Liver Function Energy Flow

- Spleen Function Energy Flow - hold the right SEL 5 with the right hand and the coccyx with the left hand. Reverse sequence for the other side.

Then hold the left SEL14 with the right hand and the right SEL13 with the left hand, and vice versa. Also can hold your thumbs.

HEALING USING THE ART OF JIN SHIN

Three Wonderful Flows for Self-Healing:

To boost your Immune System:

- Use the SPLEEN FUNCTION ENERGY FLOW - hold the right SEL 5 with the right hand and the coccyx with the left hand. Then hold the left SEL 5 with the left hand and the coccyx with the right hand.

Next hold the left SEL14 with the right hand and the right SEL 13 with the left hand. Switch and hold the right SEL 14 with the left hand and the left SEL 13 with the right hand.

- Also can hold your thumbs

To help Physical, Mental and Emotional Digestion:

- Use STOMACH FUNCTION ENERGY FLOW - hold the left SEL 21 with the right hand and the left SEL 22 with the left hand, and then vice versa by holding the right SEL 21 with the left hand and the right SEL 22 with the right hand.

- Also can hold thumbs.

To Detoxify, Purify, Balance and bring Harmony:

- Use BLADDER FUNCTION ENERGY FLOW - hold the left SEL 12 with the right hand and the left SEL 25 with the left hand, and then hold the right SEL 12 with the left hand and the right SEL 25 with the right hand.

- Also can hold index fingers or little toes.

- Or use an EXPANDED BLADDER FUNCTION ENERGY FLOW - With right hand, hold left SEL 12- Keep right hand on SEL12 for the entire flow.

Place your left hand on tailbone/coccyx.

Next place left hand on SEL 8 - outside back of left knee.

Then place left hand on SEL 16 - below left ankle bone

Hold left little toe with left hand/fingers.

Then reverse sides by holding with left hand, your right SEL 12 which stays there for the entire flow. Continue with your right hand holding your tailbone/coccyx; then your outside back of right knee; then below your right ankle bone and lastly, hold right little toe with right hand/fingers.