

## HEALING USING THE ART OF JIN SHIN

### SELF-HELP USING SAFETY ENERGY LOCK - (SEL) 26

SEL 26 is located at the outer edge of the shoulder blade near the armpit. Fold your arms across your chest. Hands under armpit, four fingers holding the outer edge of the shoulder blade, which connects to strengthening your skeleton and bones. Thumbs on front of body, pointing upwards toward collarbone, which helps with calcium absorption.

This is the last Safety Energy Lock, and is known as Complete, Total Well Being, Total Peace, Total Harmony, The Big Hug, The Director and The Power Nap. Holding this position provides harmony and vital life force energy to your total being. It can be helpful with arm numbness, circulation and fatigue. It recharges, reboots your body, mind and spirit.

This is a popular position when meditating quietly.

Ways of bringing in this energy include:

- You can hold both sides together at the same time as described above, or just do one side at a time beginning with your left and then holding your right side.
- Hold the palms of your hands together one hand over the other, fingers in palms, or hold your palm, one side at a time with opposite hand fingers resting in palm
- Hold each finger starting with the thumb on the left hand one by one. Then do the same with your right hand beginning with holding the right thumb with the left hand.

### SELF-HELP FOR SINUS PROJECTS

- Cross your arms and with your hands hold SEL 19 on both arms, which is known as TOTAL BALANCE - is located at the crease of the elbows, on the thumb side.

- Or hold SEL 21(Profound security and release from mental bondage) - place right hand on right cheekbone, pinky is close to the nose. Place left hand on the back of the neck to the left of the spine, with pinky of left hand touching occipital ridge(Sel 4- The Window/Light of Knowledge and Breath) and rest of fingers resting down on SEL 12 - (Not my will but Thy will). Then change sides with left hand on left cheekbone, right hand holding area on neck to right of spine, right pinky touching occipital ridge.

- Or you can hold your index finger

### SELF-HELP FOR HEADACHES

- Using the Bladder Flow quickie, place your right hand on the left middle of neck (SEL 12)- right hand fingers are to the left of your spine, and stay there for the entire flow on this side

- Place left hand on your coccyx or tailbone

- Then move your left hand to your left sit bone - is SEL 25 ( Regeneration and Rejuvenation) - sit on your left hand, on palm or top of hand, whatever is more comfortable-helps if sitting on a soft chair or lying on a mattress)

- Move left hand to under left anklebone between ankle bone and heel -is SEL 16 - (Transformation)

- Then switch sides, with left hand on right middle of neck for entire time. Right hand on coccyx, then moving to right sit bone, and last to under right anklebone. This helps to move the stuck energy from your head down your body.

- Another headache quickie: Right hand on upper left calf below outside of knee (SEL 8- Rhythm, Strength and Peace) by placing right hand under left leg to rest on calf. Place left hand below outer left anklebone (SEL 16). Then switch sides to right side of body. Left hand on upper right calf below outside of knee. Right hand below outer right anklebone.

Frontal headaches : hold middle finger, switch to other hand middle finger

Back of head headaches : hold your thumb, one hand then the other

Stress related: hold little finger and same time SEL 17 which is outside wrists, switch sides

Migraines: Hold both SEL 16's, then each side SEL 18- on palm side base of thumbs