

HEALING USING THE ART OF JIN SHIN

THE TWELVE ORGAN FUNCTION ENERGY FLOWS

These flows collectively create a continual movement of energy throughout the body over a 24 hour period. Each flow receives the most abundant life energy during their specific 2 hour period. And during specific seasons pairs of flows receive optimal energy. Balancing a particular flow can be helped by jumper cabling the two specific safety energy locks on both sides of the body, as well as by holding a particular finger. Even though there are specific times for optimal energy, all organ function energy flows can be harmonized at any time of the day or night.

ORGAN FUNCTION ENERGY FLOWS

4 am to 6 am	Lung Function Energy	Ring Finger	Autumn
6 am to 8 am	Large Intestine Function Energy	Ring Finger	Autumn
8 am to 10 am	Stomach Function Energy	Thumb	Hot Summer
10 am to 12 pm	Spleen Function Energy	Thumb	Hot Summer
12 pm to 2 pm	Heart Function Energy	Little Finger	Summer
2 pm to 4 pm	Small Intestine Function Energy	Little Finger	Summer
4 pm to 6 pm	Bladder Function Energy	Index Finger	Winter
6 pm to 8 pm	Kidney Function Energy	Index Finger	Winter
8 pm to 10 pm	Diaphragm Function Energy	Palm of Hand/Prayer Position	Year Round
10 pm to 12 am	Umbilicus Function Energy	Palm of Hand/Prayer Position	Year Round
12 am to 2 am	Gall Bladder Function Energy	Middle Finger	Spring
2 am to 4 am	Liver Function Energy	Middle Finger	Spring

TO HELP JET LAG:

During your flight, hold each of your 10 Fingers one at a time as well as your Palms or Prayer Position