

Self-help for daily use

Jin Shin Jyutsu is a Japanese, millennia-old art for harmonizing energy blockages and stimulating our self-healing powers. Through the application, we can help ourselves to be and stay healthy, happy, and young.

Application: gently hold the corresponding sequence with your fingertips or palms for a few minutes. If you

feel a pulsation, wait until it stops, this means that the energy flows. Sit, stand, or lie down as and wherever it is most comfortable for you. The important thing is you can't go wrong! Try one or more safety energy locks daily and you will see how you will feel better and more relaxed after some time.

Safety energy lock 13

Fertility – Breast Approach



Helps: Immune system, harmonizes emotions, is the fountain of youth, self-love. Hormonal compensation for puberty, pregnancy, lactation, menopause, menstrual cramps, and women's diseases. Eating disorders, regulates appetite, depression, and addictions.

Safety energy lock 21

Escape from mental captivity – cheekbones



Helps: Mental stress/tension, with too many thoughts, energizing, digestion, when losing or gaining weight, colds, toothache. Acts like a natural face-lift and anti-aging agent.

Safety energy lock 14

Balance, food – ribbed arch



Helps: Inner and outer balance, feeling nourished, all digestive problems, regulates weight, fat on the buttocks and thighs, sleep, teeth grinding, eyes.

Safety energy lock 25

Silent renewal – sitting bones



Helps: Harmonizes a chaotic mind, gives concentration and alertness. Detoxifying and draining, invigorates circulation, stimulates metabolism, gaining or losing weight, jammed legs, „jogging for lazy people“, sore muscles. You can simply sit on the back of your hand or palm.

Safety energy lock 15

Joy and Laughter – Groin Bend



Helps: Harmonizes the heart, brings joy, everything for the legs, sexual energy, menstrual cramps, overexertion, neck/back pain, supports the body in general in healing injuries.

Safety energy lock 26

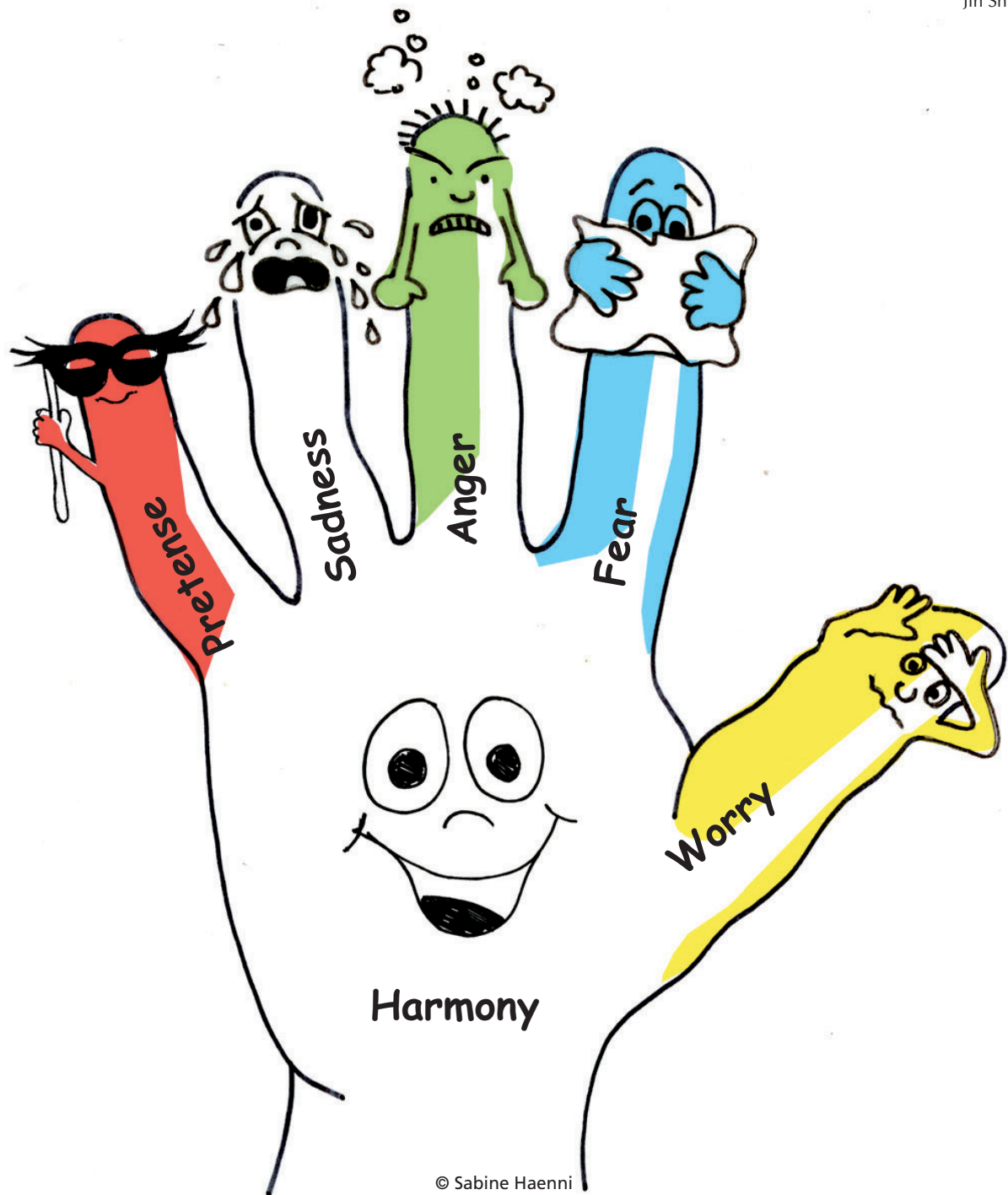
Completeness – At the outer edge of the shoulder blade, accessible via the armpit



Helps: In case of stress, tremors, despair, brings peace and serenity, self-love, vitality, everything for the arms, lymphatic system, against tumours, cysts, and lipomas.

Jin Shin Jyutsu®

The practice of holding fingers to harmonize attitudes



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This is so easy, you can use the following exercises daily on both sides, right or left.

Hold your fingers gently without pressure:

1. Choose the finger of the current emotion (see picture) e.g. if you are angry hold the middle finger for a couple of minutes or
2. hold each finger after each other or
3. fold your hands for complete harmony

Have fun holding your fingers, after a while you will feel much better!

For example:

