

JIN SHIN JYUTSU: THE MAGIC TOUCH

Similar in theory to acupressure or reflexology, Jin Shin Jyutsu ("jin-shin-JIT-soo") is a healing method that uses gentle pressure to free up energy blocks in the body. The idea is that as the energy flows freely, the body will heal itself from everyday stress. Potential illness will be staved off, since all systems are working harmoniously. Think of it as "tuning up" your energy system, with the hands of the practitioner serving as jumper cables.

For almost 1200 years, the art of jin shin was lost. It was not until the early 1900's that this subtle method of rejuvenating touch was rediscovered in Japan. With all the stress of modern life, jin shin is particularly suited to replenishing lost energies and providing relief from things like neck and back pain, insomnia, PMS, immune system problems, headaches, PMS and depression.

In a session, which lasts about an hour, you lie on a table fully clothed. The practitioner first "listens" to your pulse by holding both wrists. This indicates which areas of your body are weak and need balancing. He/she then "holds" particular pressure points (through your clothes): a spot on your shoulder together with one on the opposite knee for example. These spots correspond to specific areas in your body. The touch is gentle, steady and never involves force. It's generally pain-free: any tenderness in a particular area is caused by a blockage and tends to dissipate as the area is held.

Jin shin advocates self-help. Between sessions, many of the "holds" can be done on yourself for general well-being. Fingerholds are easy to do: gently hold the appropriate finger on either hand, allowing negative attitudes to melt and physical symptoms to ease:

THUMB: Corresponds to worrying, depression, anxiety. Physical symptoms may be stomach aches, headaches, skin problems and nervousness.

INDEX FINGER: Corresponds to fear, mental confusion, frustration. Physical symptoms are digestive problems and muscle problems like backaches.

MIDDLE FINGER: Corresponds with anger ("give someone the bird"), irritability, indecisiveness. Physical symptoms are eye or vision problems, fatigue, circulation problems.

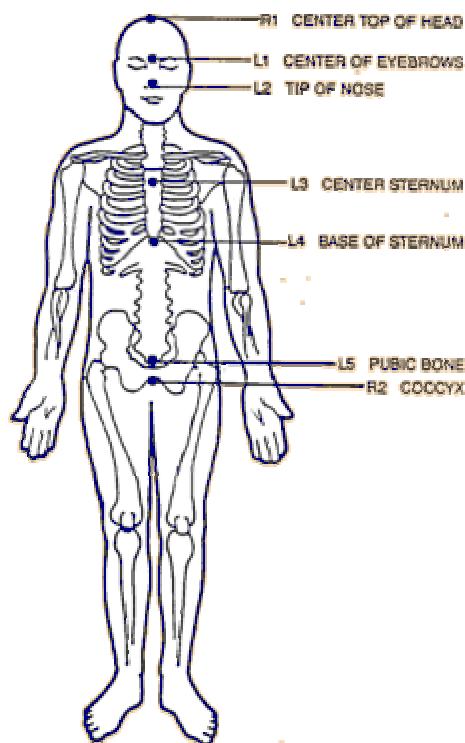
RING FINGER: Corresponds with sadness, fear of rejection, grief, negativity. Physical symptoms are digestive, breathing or serious skin problems.

LITTLE FINGER: Corresponds with overdoing it, insecurity, effort, nervousness. Physical symptoms are bone or nerve problems, sore throat.

While our western society is conditioned to view physical work as effective only if it's vigorous, jin shin is extremely subtle. In fact, you may wonder if anything is happening at all. Practitioners say that individual reactions vary and suggest a minimum of three sessions to see if jin shin jyutsu is a useful addition to your personal wellness regimen.

The following is an example of a powerful self help application called the **MAIN CENTRAL VERTICAL FLOW**

The Main Central Vertical Flow is the source of our life energy. This pathway runs down the center of the front of the body and back up the spine. It is a self-help process to harmonize this pathway. Harmonizing the Main Central regularly helps you feel centered and ensures that you will have plenty of energy. Some people find it calming and use it to fall asleep, while others like to use it to clear away the cobwebs upon awakening. For optimum results, do this daily.



Step 1: Place the fingers of the right hand on the top of the head (where they will remain until step 6). Place the fingers of the left hand on your forehead between your eyebrows. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Step 2: Now move the left fingertips to the tip of the nose. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 3: Move the left fingertips to your sternum (center of your chest between your breasts). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Step 4: Move your fingers to the base of your sternum (center of where your ribs start, above the stomach). Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 5: Move your fingers to the top of your pubic bone (above the genitals, center). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Step 6: Keep your left fingertips in place and move your right fingertips to cover your coccyx (tailbone). Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Note: The right hand remains on the top of the head while the left hand moves down the body until the final step.

The Art of Living - A Self Help Video and Booklet in the Art of Jin Shin Jyutsu

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Practical Jin Shin Jyutsu