

JIN SHIN JYUTSU
HEALING HANDS SELF-CARE
BASIC SEQUENCES SERIES
by Lonner Holden

Application guidelines:

- * Place the hands on the body gently over clothing. Rubbing, pressure or massaging is unnecessary and interferes with effectiveness.
- * You may use the fingertips, palm side or back of the fingers, palm side or back of the hands.
- * Maintain the hands on each point of contact in the prescribed series for approx. 3 minutes. Stay longer if you are inclined.
- * You may or may not feel the pulse of vital energy at the points of contact. If you do, still maintain contact for approx. 3 minutes before moving to the next position. If you do not, still maintain contact for the 3 minutes. No need to be concerned, the pulse is there and it can take a bit of practice to become aware of it.

GENERAL MANAGER (the Main Central Vertical Flow)

The hands move down the center of the body in the following sequence:

- step 1) Right hand to center of top of head
- step 1) Left hand between eyebrows
- step 2) Left hand to tip of nose
- step 3) Left hand to hollow of throat (just above collar bone)
- step 4) Left hand to center of breast bone
- step 5) Left hand to solar plexis (hollow at base of ribs)
- step 6) Left hand 2" above navel
- step 7) Left hand 2" below navel
- step 8) Left hand to base of the front of the pelvis (pube)
- step 9) Right hand to tail bone

FINGERS:

Each thumb and finger are the simple keys to harmonizing emotions and all physiological functions. Simply wrap the holding hand around the finger or thumb being held.

Experiment with any order to learn what feels most helpful to you. You may discover different finger holding sequences help you more in different situations.

Worry: Thumb

Fear: Index finger

Anger: Middle finger

Grief: Ring finger

Pretense or over-effort: Little finger