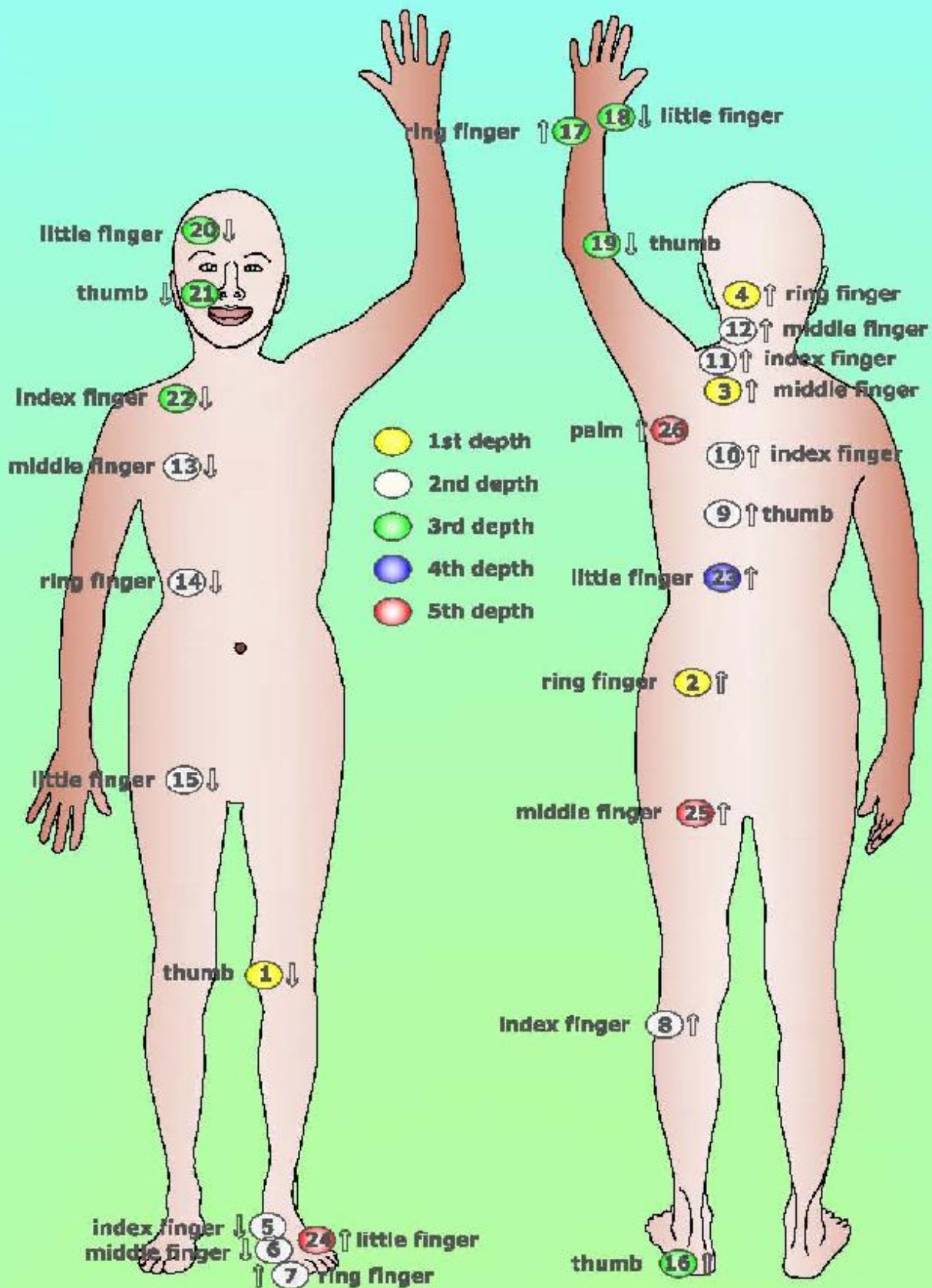


What is Jin Shin Jyutsu?

- **Jin Shin Jyutsu is the art of helping myself. Daily life stresses can divert body energy circulation patterns from their normal pathways through the body and cause fatigue. Discomfort can arise along the pathways where the energy can get locked up. The specific sites are called *SAFETY ENERGY LOCKS* and usually occur at joints.**
 - **The first energy circulation pattern to develop in an individual at fertilization of egg is called the *Main Central*, and circulates repeatedly up the back and down the front along the midline.**
 - **Then from the Main Central, the *left Supervisor* circulation pattern comes into being, and then the *right Supervisor* circulation pattern. The body energy circulates as long as we are alive.**
 - **The energy circulation patterns are invisible. We can think of this energy existing as “gas.” We can feel the energy circulating in the body along the pathways of the circulation patterns**
 - **There are 26 *SAFETY ENERGY LOCKS (SELS)* on the *left Supervisor* and 26 SELs on the *right Supervisor* circulation pattern. Each *Safety Energy Lock (SEL)* of the *left Supervisor* circulation pattern is shown in the diagram.**
 - **The *Safety Energy Locks* first come into being sequentially from #1 to #26 during repeated circulations of the *left Supervisor* followed by the *right Supervisor*.**
- 1) **First sequence of the *left and right Supervisor* when *Safety Energy Locks* #1, #2, #3, #4 come into being, is called the *1st Depth*.**
 - 2) **Second sequence of *left and right Supervisor* is called *2nd Depth* when *Safety Energy Locks* #5-#15 come into being.**
 - 3) **Third sequence of *left and right Supervisor* when *Safety Energy Locks* #16-#22 come into being is called *3rd Depth*.**
 - 4) **Fourth sequence of *left and right Supervisor* when *Safety Energy Lock* #23 comes into being is called *4th Depth*.**
 - 5) **Fifth sequence of *left and right Supervisor* when *Safety Energy Locks* #24-#26 come into being is called *5th Depth*.**

Jin Shin Jyutsu harmonizes



Finger key to Safety Energy Lock

By holding a finger, one can help many functions in the body. One can help change an attitude.

- **Holding the thumb** will help one to dissipate worry. Holding the thumb also helps with stomachache, nausea, and holding the left thumb can help open the right sinus.
- **Holding the index finger** will help erase fear, with whatever one is afraid of: flying, passing an exam, speaking in front of a crowd, a blood test, failing, falling, or holding the left index finger can help the left shoulder. .
- **Holding the middle finger** helps if one is angry or feels frustrated or needs general harmonizing. Also, holding the middle finger helps the eyes.
- **Holding the ring finger** helps if a person is feeling overwhelmed by grief. Also, holding the ring finger is really effective in helping breathing, and holding the right ring finger can help the right hip area.
- **Holding the little finger** helps with pretense, when one is laughing on the outside and crying on the inside. Also, holding the little finger can help digestion or help the heart.
- **We can help ourselves** by holding each finger. Simply wrap the right hand around the left thumb, or wrap the left hand around the right index finger, etc, until one has held each finger for at least 3 minutes, which takes 30 minutes to hold all ten fingers. However, one could hold a finger for 24 hours if one felt inclined.
- **Holding the fingers helps the body to harmonize its functions.** Holding the fingers has helped arthritic hands; fingers have become slimmer at the joints, and more flexible. Mary Burmeister has said that holding the fingers can help with everything. .In the diagram, the numbers refer to places in the body where we can have a knot or feel tension. These places in the body are where the energy can be stagnated, and are termed safety energy locks (SELs). There are 26 safety energy locks, or primary places in the body where the energy can get locked up. The main areas of tension or safety energy locks can be painful to the touch. We naturally place our hands on the locations of the body that need harmonizing. We can think of the hands as “jumper cables”, and they can function just like the jumper cables that hook on to the car battery, and charge another battery.
- **The diagram shows safety energy locks #1-26** along the pathway of the left Supervisor flow which starts at left knee at SEL#1, descends the inside of the left lower leg and footSEL #5, #6, and then ascending the left foot SEL#7, #24, #16, the leg SEL #8, up the left back SEL#25, #2, #23, #9, #10, to SEL #3, where Mediator Flow starts, up the left lateral arm to SEL#17 at the wrist, around the fingers, down the medial side of hand SEL#18, down arm to elbow SEL#19, continue down left arm, then up left shoulder SEL#11, up left neck SEL#12, up base of head SEL#4,cross over and down right front of head SEL#20, down face SEL#21, down right front of body SEL#22, #13, #14, #15. The SELs are listed as numbers, the color of circle around the number indicates the depth of the SEL: yellow for 1st depth, white for 2nd depth, green for 3rd depth, blue for 4th depth, red for 5th depth.
- **The arrow,pointing up or down** indicates if the SEL is on the ascending or descending part of the Supervisor pathway. A safety energy lock may be helped by placing a hand on the SEL, or by holding a finger. Each safety energy lock (SEL) #1 – 25 is harmonized by holding a finger. SEL# 26 is harmonized by holding the center of the palm. In the diagram, the finger key for a particular safety energy lock is written beside the SEL (also see Table below). For example, hold thumb to harmonize SEL# 1, index finger for SEL# 5, middle finger for SEL# 6, ring finger for SEL# 7, little finger for SEL# 24, and then, continuing on the Supervisor pathway to SEL# 16, hold thumb, etc.
- **We can use our hands to help ourselves or help other people.**

| Finger key for each Safety Energy Lock, following Supervisor pathway, starting with SEL#1 | | | | | |
|---|--------|--------|---------|---------|---------|
| Hold: | | | | | |
| Thumb | SEL#1 | SEL#16 | SEL# 9 | SEL# 19 | SEL# 21 |
| Index finger | SEL#5 | SEL#8 | SEL# 10 | SEL# 11 | SEL# 22 |
| Middle finger | SEL#6 | SEL#25 | SEL# 3 | SEL# 12 | SEL# 13 |
| Ring finger | SEL#7 | SEL#2 | SEL# 17 | SEL# 4 | SEL#14 |
| Little finger | SEL#24 | SEL#23 | SEL# 18 | SEL# 20 | SEL# 15 |

Our hands are powerful healing tools.