

Discovering Jin Shin Jyutsu

Notes and Simple Holds from Lesley Croxton

These notes are shared as general self-help information from Lesley's introductory Jin Shin Jyutsu session. They are not intended as medical advice. Please work gently, listen to your body, and seek professional support for any health concerns.

Thanks to the incredible work of Jiro Murai and Mary Burmeister, and many others, we have available to us the art of Jin Shin Jyutsu.

Some foundational principles:

The concept of depths

Of creative expression emanating from pure potential, deepening through our attitudes, functions and form.

The concept of energy flows

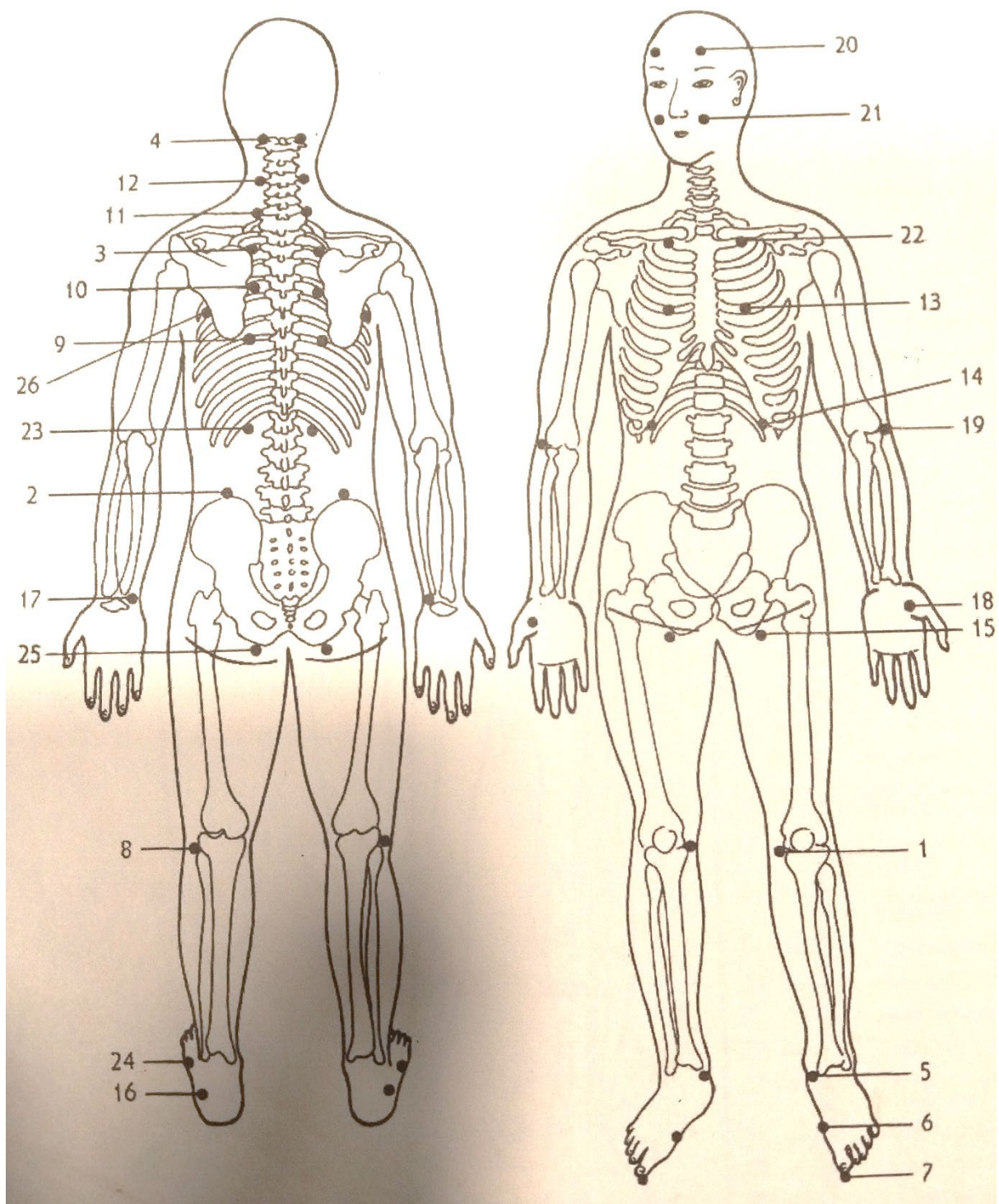
As causative intelligence, unifying and integrating the body.

Specifically, a Main Central Vertical energy flow connecting to spirit, a left and right Supervisor individualized energy flow, and a left and right Diagonal Mediator flow maintaining relationship between Main Central Vertical and Supervisor flows.

Further, we're fine tuning the matter with 12 organ function energy flows.

Safety Energy Locks:

points on our body along the Supervisor flows, 26 on each side, carrying our story, and potentially shutting down as a protective mechanism in response to overload or deficiency.



Our hands lightly connecting with Safety Energy Locks can act like "jumper cables" to facilitate restoration of harmonious energy flow.

A bit of practical application

Harmonizing LUNG function energy

Applicable for coughing, chest congestion, night sweats, speech impediments, listlessness, immaturity, confusion, guilt, rejection

Place your left hand on your left Safety Energy Lock 14 while placing your right hand on your left Safety Energy Lock 22.

Then place your right hand on your right Safety Energy Lock 14 while placing your left hand on your right Safety Energy Lock 22.

Harmonizing STOMACH function energy

Applicable for depression, blood nose, stuffy nose, dry mouth, chapped lips, sore knees, ankles

Place your right hand on your left Safety Energy Lock 21 while placing your left hand on your left Safety Energy Lock 22.

Then place your left hand on your right Safety Energy Lock 21 while placing your right hand on your right Safety Energy Lock 22.

Harmonizing HEART function energy

Applicable for varicose veins, insomnia, forgetfulness, brain function, hair

Place your left hand on your left Safety Energy Lock 11 while placing your right hand on your left Safety Energy Lock 17.

Then place your right hand on your right Safety Energy Lock 11 while placing your left hand on your right Safety Energy Lock 17.

KIDNEY function energy

Applicable for ear discomforts and hearing loss, feeling dizzy upon standing, heart discomforts, ADHD, feeling that you're easily dominated, (children) bed wetting

Hold the left little toe with your right hand and place your left hand upon the pubic bone. Then hold the right little toe with your left hand and place your right hand upon the pubic bone.

Harmonizing DIAPHRAGM function energy

Applicable for fatigue from night shift work or too much work, eye problems, hiatus hernia, difficulty with life, total despondency

Place your right hand on the left Safety Energy Lock 14 while placing your left hand on the right Safety Energy Lock 19

Then place your left hand on the right Safety Energy Lock 14 while placing your right hand on the left Safety Energy Lock 19.

Harmonizing LIVER function energy

Applicable for allergies, heavy menstrual periods, dry wrinkled skin, muscular dystrophy, for those who've suffered abuse in childhood

Place your left hand on your left Safety Energy Lock 4 while placing your right hand on your right Safety Energy Lock 22

Then place your right hand on your right Safety Energy Lock 4 while placing your left hand on your left Safety Energy Lock 22.



We can bring ourselves into balance by holding our thumbs for first Depth needs of worry, our ring fingers for second Depth needs of sadness, middle fingers for third Depth needs of anger, index fingers for fourth Depth needs of fear and little fingers for fifth Depth needs of pretence.

Jin Shin Jyutsu is an art and as such is endless Fun

Reference: The Touch of Healing, By Alice Burmeister and Tom Monte

Connect with Lesley:

To learn more or book an appointment, please text Lesley Croxton on 027 575 4005.