

Jin Shin Jyutsu

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~~Jin Shin Jyutsu~~

Jin Shin Jyutsu® physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into relative obscurity when it was dramatically revived in the early 1900's by Master Jiro Murai in Japan. After clearing himself of a life-threatening illness, Master Murai devoted the rest of his ...

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~~Jin Shin Jyutsu® - Physio-Philosophy, Mary Burmeister and ...~~

Jin Shin Jyutsu, physio-philosophy, brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress.

~~Jin Shin Jyutsu UK Activities~~

Jin Shin Jyutsu (JSJ) is an ancient pressure point healing practice that was handed down from generation to generation, but over time this practice was all but forgotten. What is Jin Shin Jyutsu (JSJ)? The translation of JSJ is "The Art of the Creator through Compassionate Man".

~~How To Do Jin Shin Jyutsu (JSJ) To Heal Your Body~~

Jin Shin Jyutsu® physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation...

~~Jin Shin Jyutsu (Official) - YouTube~~

What Is Jin Shin Jyutsu? Officially known as Jin Shin Jyutsu® Physio-Philosophy, this practice is a disarmingly simple style of acupressure. It works with a set of 26 points (called Safety Energy Locks or SELs) along energy pathways. When a pathway becomes blocked, energy stagnates.

~~What Is Jin Shin Jyutsu? - BalanceFlow~~

Jin Shin Jyutsu is an ancient form of touch therapy. It is gentle and you can do it at a basic level with no formal training. Learning how to do Jin Shin Jyutsu is as easy as placing your hands on certain spots of the body (SEL's). Doing this helps to unblock stagnant energy, i.e., life-force.

~~Jin Shin Jyutsu Exercises for Self Help~~

The Universal Art of Jin Shin Jyutsu (pronounced jitsoo), harmonises the energy in the body by using the fingers and hands. It is a gentle, yet dynamic practice for health and wellbeing that can be applied by a practitioner and as self help.

~~Jin Shin Jyutsu | Self Help — Flows for Life~~

The Jin Shin Jyutsu practice of holding the fingers is not only quite powerful, but holds a special place in the history of Jin Shin Jyutsu. As I've described before (What Is Jin Shin Jyutsu?), Master Jiro Murai was a Japanese healer and philosopher who rediscovered the ancient healing practice of Jin Shin Jyutsu in the early 20th century.

~~The Jin Shin Jyutsu finger mudras — BalanceFlow~~

The Art of Jin Shin is a Japanese healing art that balances the energetic body, mind and spirit by using our hands.

~~Jin Shin Institute~~

What is Jin Shin Jyutsu? Quite simply, Jin Shin Jyutsu is a way to balance our life energy and achieve optimum health. Through hands-on sequences we have the opportunity to restore emotional equilibrium, relieve pain and release the cause of both acute and chronic conditions in ourselves and others.

~~Jin Shin Jyutsu NZ~~

Jin Shin Jyutsu (JSJ) is a gentle form of acupressure therapy that uses light finger pressure over specific points on the body while fully clothed. JSJ restores the flow of energy, which may be blocked due to illness or pain.

~~About Jin Shin Jyutsu — Center for Integrative Medicine~~

Carlyse Smyth Sessions, limited in-person classes, on-line individual mentoring and guided Self-Help are now available. (Contact Carlyse or See Class Schedules) Jin Shin Jyutsu is an ancient art of harmonizing life energy in the body.

~~Jin Shin Jyutsu — Carlyse Smyth~~

Jin Shin Do ("The Way of the Compassionate Spirit") is a therapeutic acupressure technique developed by psychotherapist Iona Marsaa Teeguarden, beginning in the 1970s. Jin Shin Do classes teach the use of gentle yet deep finger pressure on specific acu-points and verbal Body Focusing techniques.

~~Jin Shin Do — Wikipedia~~

JIN SHIN JYUTSU is the Art of releasing tensions which are the causes for various symptoms in the body. Our bodies contain several energy pathways that feed life into all of our cells. When one or more of these paths become blocked, this damming effect may lead to discomfort or even pain.

~~About Jin Shin Jyutsu — Jin Shin Jyutsu®~~

Jin Shin Jyutsu is an innate part of man's wisdom Your personal harmony of body, mind and spirit rests in your own hands! Learn about this 3,000 year old Healing Art; its history, origin and application. 3 thoughts on "Jin Shin Jyutsu Is - Self-Help Instruction"

~~Jin Shin Jyutsu Is — New Jersey | Your personal harmony of ...~~

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing life energy within the body that involves the application of the hands for gently balancing body, mind and spirit. Know more about Jin Shin Jyutsu Jin Shin Jyutsu can be applied as self-help or by an experienced Jin Shin Jyutsu practitioner.

~~Home » Jin Shin Jyutsu European Office~~

Jin Shin Jyutsu® is the Art of releasing accumulated tensions in the energy pathways that feed life into our cells. It is the accumulation of tension in these pathways which are the causes for various symptoms in the body.

~~An Introduction to Jin Shin Jyutsu — Mind Body and Soul~~

Health Is in Your Hands: Jin Shin Jyutsu - Practicing the Art of Self-Healing (with 51 Flash Cards for the Hands-On Practice of Jin Shin Jyutsu) by Waltraud Riegger-Krause | 14 Mar 2014
4.7 out of 5 stars 141