

Jin Shin Jyutsu Self Help Flows

Coat Hanger Flow

Good for: tension in back & hips, coughs, chest, throat, colds, flu, general maintenance.

Right Flow

RH Hand over left shoulder like a coat hanger (11s)
LH Place on left groin (15s)

- Hold for 5, 10, or 15 minutes, or as long as you wish.
Opens up back of the body.

RH Keep over left shoulder (11s)
LH Place over left buttock/seat-bone (25s)

- Hold for 5, 10, or 15 minutes, or as long as you wish.
Opens up front of the body.

Left Flow LH to Right Shoulder, etc.

** The left and right hands act like the +ve and -ve energies of a jumpercable on your body. The effect is energetic and dynamic, no pressure is needed. Hold the points until the pulse feels it has the same tempo and strength in each point. If there is a problem feeling the pulses, simply hold each connection for 2 minutes, and move on. Practice will make it possible in time to feel the pulses.*

Spleen Flow

Good for: energy, enthusiasm, vitality. Distributes energy throughout all levels of the body, turning nourishment into energy. Nourishes nervous system and brings calm. Helps with fatigue, Seasonal Affective Disorder, eating disorders, sugar-balance, sweet cravings, hiccups, reproductive functions, bleeding disorders, anxieties, nerve ticks, difficult children, violent or emotional outbursts.

Left Flow

1 st	LH	L5 (under inside of ankle bone)
	RH	Coccyx (tailbone)
2 nd	LH	R14 (lower tip of rib cage)
3 rd	RH	L13 (3 rd rib from top)
4 th	RH	R22 (under collarbone)

Right Flow

1 st	RH	R5
	LH	Coccyx
2 nd	RH	L14
3 rd	LH	R13
4 th	LH	L22