



JIN SHIN JYUTSU - Project Summary Sheet

Based on the books:

The Touch of Healing, by Alice Burmeister, and
Jin Shin Jyutsu IS, Self Help **Book I**, by Mary Burmeister

Jin Shin Jyutsu is the Creator's art personally for MYSELF to be utilized with humility and awe, the Getting to KNOW (Help) MYSELF.

Why not be your own testimony!

Project I: SOURCE OF LIFE (Chapter 3)

MAIN CENTRAL VERTICAL HARMONIZING ENERGY (pages 45-48)

Give way to the inner flow within.

- = Source of Life
- = Source of energy for body's functions
- = Harmonizes left & right functions

Right hand on top of head.
Left hand between eyebrows.
Left hand on tip of nose.
Left hand between the breasts.
Left hand at base of breast bone.
Left hand on top of pubic bone.
Right hand at base of spine (coccyx).

***We are not doing anything.
Be the jumper cable.***

SUPERVISOR HARMONIZING ENERGY (pages 49-51)

Overseer of all bodily function.

Left side descending energy needs:

Right hand over left shoulder.
Left hand on left buttock.

Right side descending energy needs:

Left hand over right shoulder.
Right hand on right buttock.

Left side ascending energy needs:

Right hand over left shoulder.
Left hand in left groin.

Right side ascending energy needs:

Left hand over right shoulder.
Right hand in right groin.

MEDIATOR HARMONIZING ENERGY (pages 52-54)

The activity principle of the body.

Left side energy flow:

Left thumb over left ring fingernail.
Right hand over left shoulder.
Bring knees together.

Right side energy flow:

Right thumb over right ring fingernail.
Left hand over right shoulder.
Bring knees together.

Project II: ATTITUDES

Each finger and each thumb are the simple unlocking keys to harmonizing attitudes.
Simply wrap hand around each thumb or fingers below.

Worry:	Thumb, then middle, then little fingers or THUMB.
Fear:	Thumb, then index, then little fingers or INDEX.
Anger:	Little, then ring, then middle fingers or MIDDLE.
Grief:	Thumb, then index, then middle, then ring fingers or RING.
Pretence:	Little, then ring fingers or LITTLE.

Hold right fingers and thumb for right energy pattern and left fingers and thumb for the left energy pattern.

Project III: GENERAL DAILY SEQUENCES (Chapter 7)

*Techniques in themselves
are false securities.*

Remember there are no “should’s” or “have to’s”, simply hold each position in your most comfortable way. The art of LIVING is simple. You are the “artist”.

GENERAL ENERGY REVITALIZING FLOW (pages 135-137)

Right energy pattern

L hand on base of spine.
R hand on right inside ankle.
R hand on left base of rib cage.
L hand on right above breast area.
L hand on left centre of collar bone.

Left energy pattern

R hand on base of spine.
L hand on left inside of ankle
L hand on right base of rib cage.
R hand on left above breast area.
R hand on right centre of collar bone.

ANTERIOR DESCENDING ENERGY FLOW (pages 137-140)

Right energy pattern

L hand on right cheekbone.
R hand on right centre of collar bone.
R hand on left base of rib cage.
R hand on left small of back.
R hand on right base of rib cage.
R hand on left inner thigh.
R hand on left off mid shin bone.
R hand on left middle toe.

Left energy pattern

R hand on left cheekbone.
L hand on left centre of collar bone.
L hand on right base of rib cage.
L hand on right small of back.
L hand on left base of rib cage.
L hand on right inner thigh.
L hand on right off mid shin bone.
L hand on right middle toe.

*The more we exhale the more we can receive.
Deep breathing brings harmony to all organs.*

POSTERIOR DESCENDING ENERGY FLOW (pages 141-143)

Right energy pattern

L hand on right side of neck.
R hand on coccyx.
R hand on right centre back of knee.
R hand on right outside ankle.
R hand on right little toe.

Left energy pattern

R hand on left side of neck.
L hand on coccyx.
L hand on left centre back of knee.
L hand on left outside ankle.
L hand on left little toe.

Project IV: SPECIAL SEQUENCES

Let go to experience the Now.

Let these become your art of LIVING to revitalize your energy.

*In the breath that
I am
I am renewed.*

1. Hold upper arms by folding arms across chest.
2. Sit on both hands.
3. Sit on left hand with right hand on left shoulder.
4. Sit on right hand with left hand on right shoulder.
5. Lightly place both hands on opposite inner thighs.
6. Place both hands simultaneously at top of calves.
7. Place fingers on left and right base of skull.
8. Fold hands (as in prayer) and relax.
9. Jumper Cable each thumb and finger.