

physio-philosophy

awareness for myself

Jin Shin Jyutsu is a natural art of healing and rejuvenation which helps to re-activate our own profound healing capacity by bringing balance to the flow of life energy. Jin Shin Jyutsu means **“Art of the Creator expressed through the aware and compassionate human being.”**

It's unique *Physio-Philosophy* lies in the activation of 26 "Safety Energy Locks". The hands are used as "jumper cables" and gently hold any two "Safety Energy Locks" to redirect, or unblock the flow of life energy along its pathways. Every Safety Energy Lock psychological, spiritual and bodily meaning.

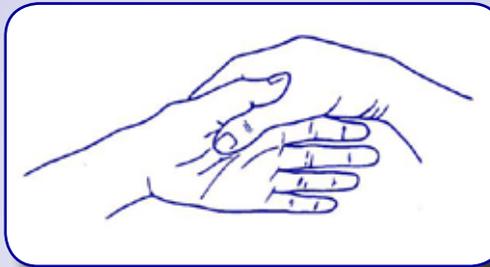
Holding individualised combinations of Safety Energy Locks helps release the tensions and disharmonies that lead to a wide variety of physical symptoms as well as mental-emotional and spiritual stress.

physio-psychology

understanding for myself

By learning and applying the art of Jin Shin Jyutsu we engage in self-study, self-help. We come to recognise the wisdom of the body and learn to interpret the messages provided by our 'symptoms' and so take care of the whole human being by restoring energy flow and balance.

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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. This blockage or stagnation will not only disrupt the local area but will continue and eventually disharmonise the complete path or paths of the energy flow.

In JIN SHIN JYUTSU one uses the hands as “jumper cables” to energize the body’s rundown battery. This enables the body’s circulatory functions to work properly, restoring harmony to mind, body and spirit.

physio-physiology

technique for myself

There are two important distinctions between Jin Shin Jyutsu and many other massage and meridian based oriental healing modalities to which it is often compared. Firstly, Jin Shin Jyutsu is an art, and not just a technique; a technique is a mechanical application, whereas an art is a skilful creation. Secondly, Jin Shin Jyutsu is not a physical manipulation of tissue and uses only minimal pressure.

Whether we are addressing existing "labels" or disharmonies, or whether we simply wish to participate actively in maintaining daily health, harmony and well being for ourselves and our family, the art of Jin Shin Jyutsu is a simple and powerful tool, available to us all !

As Jin Shin Jyutsu releases deep tensions and facilitates our own profound healing capacity, it is a simple, beautiful and valuable complement to other natural as well as conventional therapies.

benefits

Jin Shin Jyutsu is subtle but powerful. The most commonly noticed effect is of **DEEP RELAXATION**. It is used to relax the body, increase energy and reduce stress and pain in our daily lives. Both **SHORT AND LONG-TERM** health projects can become harmonised.

e.g. chronic back and hip problems, headaches, insomnia, blood pressure, all (auto) immune system projects, menopause, pmt, hormonal balance, traumas, breathing difficulties, depressions or weight imbalances

Children can benefit too—learn to help your child overcome: learning difficulties & dyslexia, behavioural difficulties, allergies, tantrums, hyperactivity, exam stress, nervous exhaustion, confidence issues