

# JIN SHIN

FREE PDF & Webinar

# ACUTOUCH

## HANDS AS JUMPER CABLES

**Jin Shin Jyutsu** is the oldest recorded healing art (over 2000 yrs. old). Back then, they discovered the "Flow" of Energy throughout the body's pathways. And, that by using the hands (finger tips) as "jumper cables" on two points, simultaneously, it facilitated or sparked the "Flow" through blockages in the pathways.

Thus, regaining balance or harmony in the Body/Mind/Spirit. First there was "Flow" and the use of the hands, then came "meridians" and needles.

"Flow" is the Animating Life Force from the Creator of All That Is.



## THE 5 FORCES OF "FLOW"

We tend to think of the organs in the body as a physical part that may malfunction, when in-fact, the organs, with their tandem partners, are the epicenters of **specific** energies of the over-all "Animating Force":

Stomach/Spleen - Trust & Faith

Kidney/Bladder - Gentleness & Peace

Liver/Gall Bladder - Kindness & Sweetness

Lung/Lg. Intestine - Courage & Force

Heart/Sm. Intestine - Love & Joy



**Jin Shin AcuTouch (based on Jin Shin Jyutsu®)** - Jin Shin is based on an ancient Oriental Healing Art, brought to the United States from Japan by Mary Burmeister and called Jin Shin Jyutsu®. Its roots are grounded in one of the oldest Healing Arts and was first recorded in 712 AD, and what is known in Japan as the "Record of Ancient

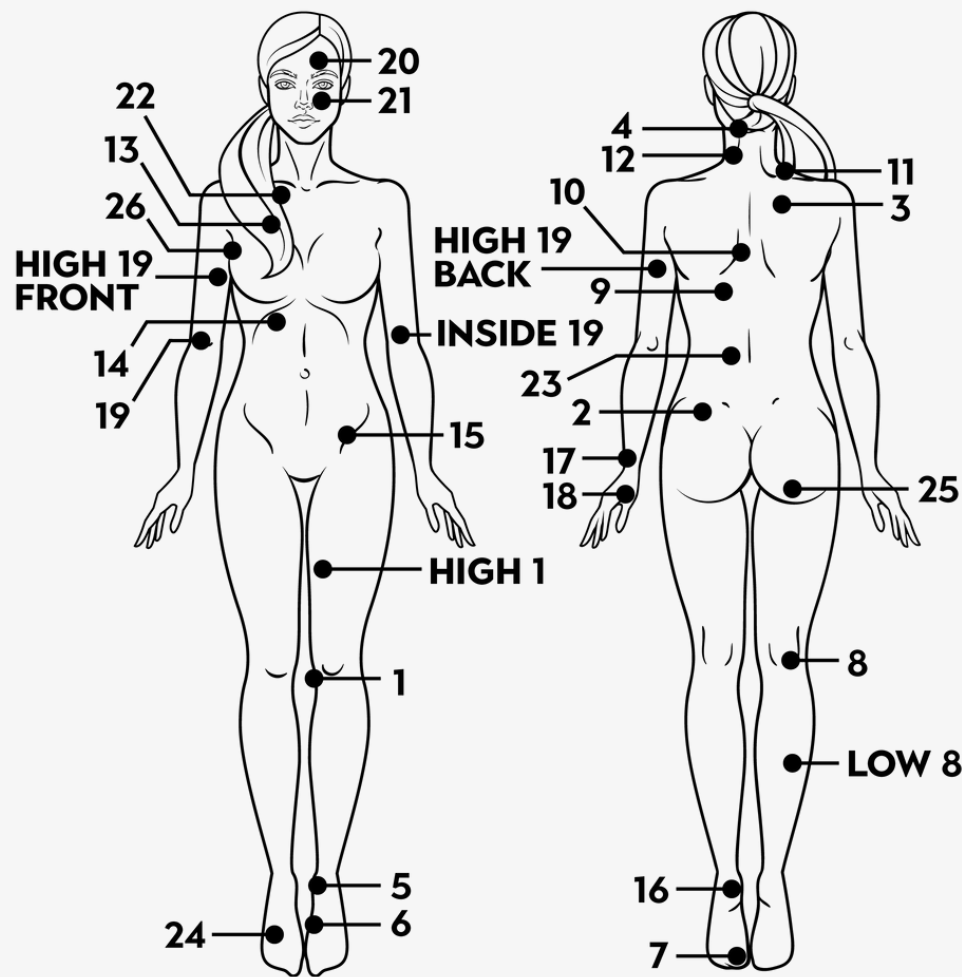
Things. Acupuncture, Shiatsu and many other energy Healing Arts are derived from similar roots. Originally practiced in the home, it was passed down from generation to generation of Japanese families who use these simple everyday treatments for themselves and others. I owe my respect and gratitude to Betsy Ruth Dayton of High Touch Jin Shin, as she was my teacher. And where I have been an Instructor for over 30 years.

Betsy studied with Mary Burmister as one of her first students and Betsy wrote her thesis on Jin Shin and created Vol. 1 & 2 which make the depths of Jin Shin Jyutsu more easy to work with and understand. In studying the body's energy system, Jin Shin AcuTouch is a gentle placing of the fingertips on certain points of the body to help release blockages in the body's energy flow. This Energy System (meridians) maintains the balance of the flow of the life-force to every cell in every function of the Human Experience.

There are 26 bilateral energy release points (and each one tells a life story - Jin Shin is also known is a "physio-philosophy" with the depths of meanings of the 26 points, or energy spheres or "safety energy locks". You can feel the "textures" of the energy as it flows/circulates through the body in your finger tips. A blockage in this flow results in an imbalance and leads to all dis-ease. It's flow interrupted, a point becomes congested and cannot nourish or cleanse. This area can be sensitive or tender when touched. It may be bloated or puffy as the body seeks to protect the area made vulnerable by the blocked flow. Holding or touching these congested points in a specific pattern will release the blockage. The releasing action is much like using jumper cables to jump start a car. The energy from our hands "Sparks" the body's energy system where it is blocked. Once the congested point or circuit breaker is opened, the nourishing and cleansing flow can continue. We will feel a light pulsation in our fingertips signaling to us that all is clear and then we can move our hands to the next Point designated in the sequence. Changes will begin to occur immediately. "It's like Acupuncture with your hands as the needles. These changes continue to happen for several days. Notice the way the body releases blocked energy. Often there will be dramatic rumbling in the stomach, warmth, fluttering, less pain, or more pain when the blockage is considerable. These movements are indications that your body is healing. Relax with them. Know that the body seeks balance and that your purpose is to support your body.



## THE JIN SHIN 26 POINTS



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## THE 26 ENERGY POINTS

The "points" or "energy spheres" are bi-lateral, meaning on both sides of the body. The same on the organ meridian Flows. Ex, (see below Stomach Meridian). The points are each a story, and a "numerology definition" and located in specific locations. Again, they are bi-lateral - one on each side of the center line of the body.

### A few of my favorite treatments on yourself:

- **Detox/Brain Fog** - Put both tips of hands under the butt on the "Sit-Bones" - sit on your hands for 3 to 5 minutes.
- **Move All Things Forward** - Sit with both knees forward, cross hands and hold with finger tips or "tap" on the number 1 points (inside knee).

## The 3 hour class

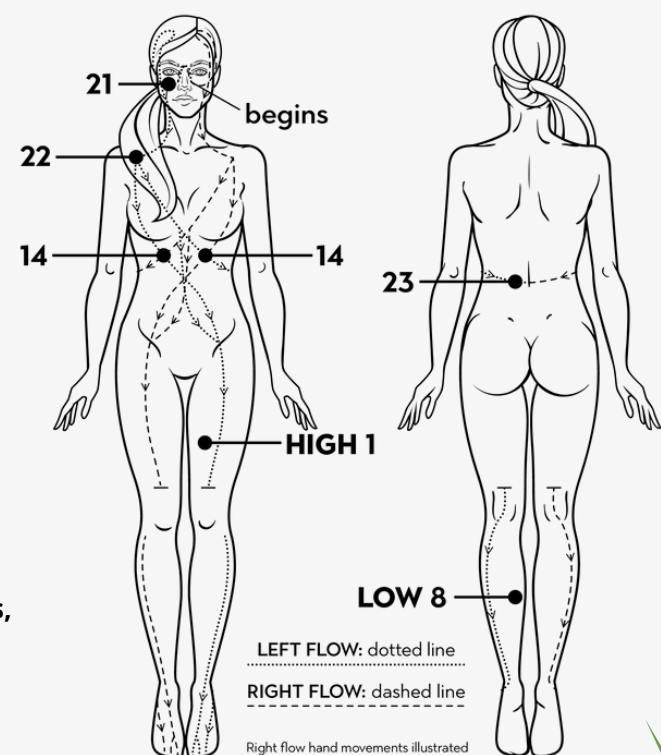
Learn to treat yourself or others using your hands as "jumper cables" to The Creators Flow, to direct energy and begin healing.

The 3 hour class will cover treatments for all 12 meridians. Plus, specific hand patterns for "common ailments", fever, infections, abdominal issues, cramps, sore throat and most all ailments common to humans and animals!

### Stomach Meridian Fingers/hand Placement

Left finger tips on the Left 21 and Right Finger Tips on opposite 23. Hold 2-5 minutes, then move Right hand to Right High 1, hold 2-5 min. Then Hold Right Thumb

### THE STOMACH MERIDIAN FLOW





## Find "Your Story or Project" & Why You Are Now

### The Jin Shin Acutouch 26 points (or Spheres of Light)

Each of the Energy points on the human body (animals alike) are not just points; they are spheres that are about 2" to 3" in diameter. They are energy spheres, that are aspects or a story of positive life/creation emergence. They are not at their full positivity/potential as we hold negative or low vibrations of emotions (All Emotions Buried Alive, Never Die).

They are lessons we must learn. Jin Shin IS a physio-philosophy to discover WHO/WHY YOU ARE. It gives you a guide to discover lower dimensional thoughts and beliefs that do not support YOU. Points (refer to chart) They are bilateral. Meaning on both left and right of the body.

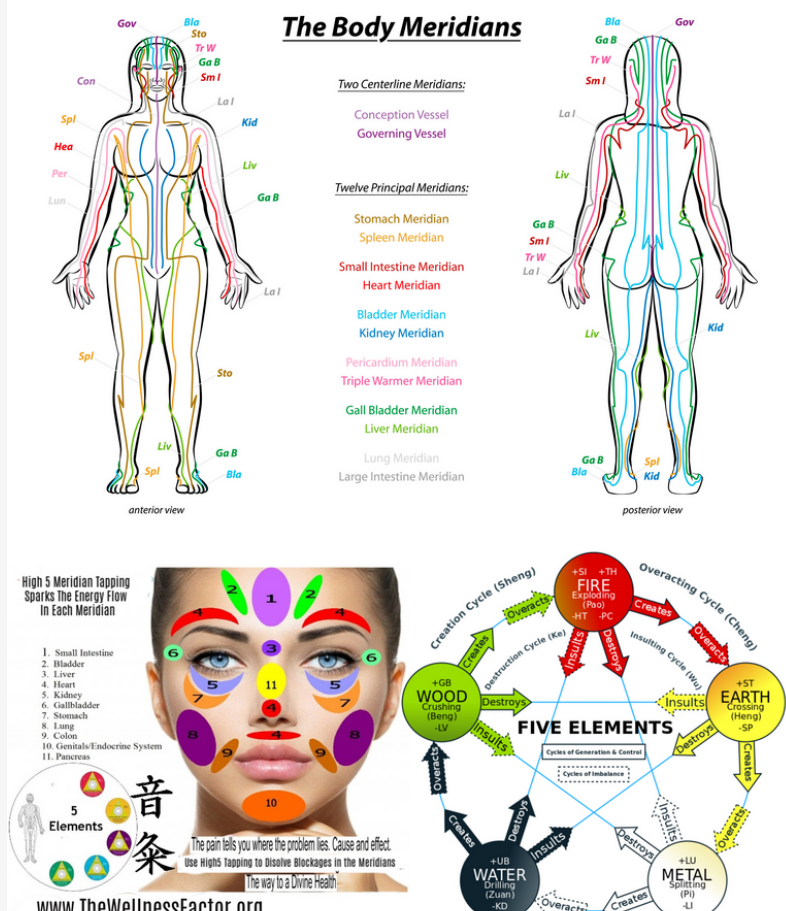
The Meanings of the 26 Points – Gateways of Spirit into Matter – 26 Stories of our Bliss & Challenge.

#### The 26 Rooms in Our 5 Story Mansion

1. First step forward from unmanifest (0) into manifest. Bending down, to give Thanks. Leap of Faith into Unknown.
2. Life Force for All creatures. Thought made into form, so arises matter & movement. Wisdom.
3. Relationship to All Things gives Understanding. The senses give rise to interpret and Master our Purpose.
4. The Intelligence of Creation. Monitors 72,000 functions. The Weaver of our Being, in the moment.
5. Moving beyond FEAR (False Evidence Appearing Real), with Strength, on our path forward into the unknown.
6. Standing in Balance with Inner Peace to experience Harmony.
7. The Still Point where Victory and Security are experienced. Synthesis of lessons of 1 through 6.
8. The Supernatural- the Unexplainable, provides Illumination. Invisible Release of Letting Go. Thermal Regulator.
9. Creations Rhythm. Life's Cycles of endings and beginnings. Filter of the past to go unburdened into the future.
10. Outpouring of compassionate and limitless Love. To give And to receive in perfect balance.
11. Justice is the balanced scales. Karma. Emotional garbage filter. Where we carry our past burdens, like Atlas.
12. My will vs. Thy will. Surrender to the Flow of Life. LIFE "Love In Flow Evermore". Actions of Love and Peace.
13. The Creator's warehouse of abundance, productivity, creativity, potency and fertility. Being happy rather than right.
14. Where Heaven and Earth come together in Unity and Harmony. Love thine enemies. As above , so below.
15. Manifestation in Joyful self-expression. Joy and laughter wash our Hearts. Trust in the Flow of creation.
16. Foundation for all human physical activities. Supports and grounds our connection to the Earth and our actions to live.
17. The nervous system and relation to Mind. Nature's Intelligence. Trans-formative Energy to change through openness.
18. Our personality. Who we think we are, we are vs. I AM that I AM. Integrated self-expression. Body conscientious.
19. Perfect balance in reaching out to the world. Pushing forward towards our true aspirations. Leadership.
20. Culmination of all mental activities. Where the unconscious becomes conscious. Conscious Wisdom.
21. Consciousness becomes seen and enables clear vision. Our extrasensory and intuition become available.
22. The crossroads where we face new directions. Choose a path, Trust your heart and God and step into the Unknown.
23. Adaptability to the Flow of LIFE. Flexibility. Power to overcome FEAR. Rules adrenals. Find Peace in Knowing.
24. Harmony in the midst of chaos. Brings us peace and acceptance. That What IS, IS. Be It Is... It Is ... I Am.
25. Brings quiet regeneration. Physical cleanser and detoxifier. Releases mental tension. Energetic mind and sound body.
26. Wholeness. Final completion. Where the past, present and future come together to make the circle complete.



## Relationships of The 5 Meridian Sets



## THE 5 PHYSICAL MERIDIANS

**The 5 "physical meridians" work, harmoniously together (yin & Yang) as a set. They are:**  
Stomach & Spleen - sense organ: Skin/Touch  
Kidney & Bladder - sense organ: ears/sound  
Liver & Gall Bladder - sense organ: eyes/sight  
Lung & Lg. Intestine - sense organ: nose/smell  
Heart & Sm. Intestine - sense organ: mouth/taste

**5 Elements: Wood, Earth, Fire, Water, Metal**  
The senses give us our "limited" perceptions of the moment, but are skewed by our belief systems.

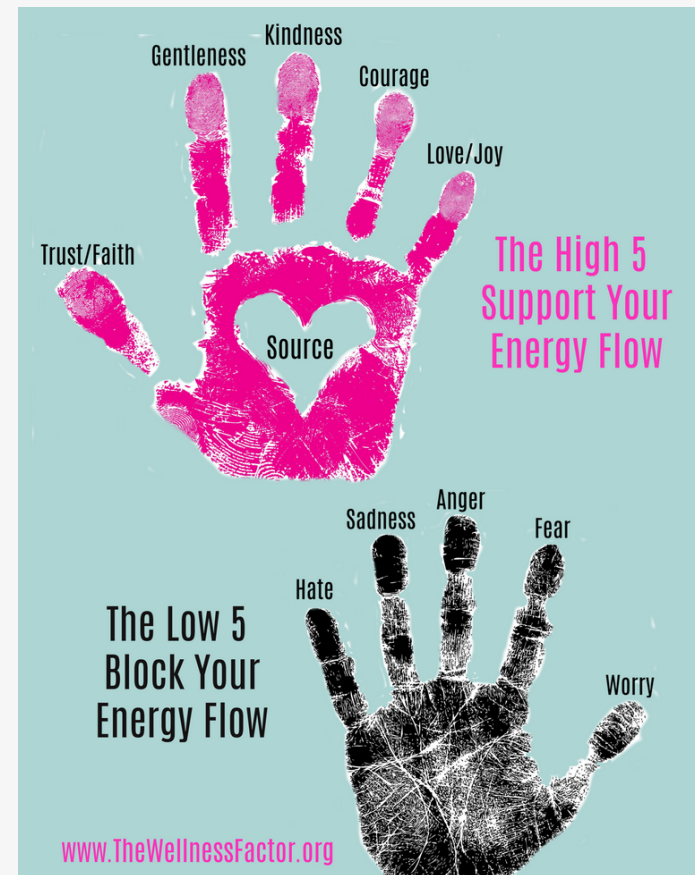
"The rope in the dark is perceived as a snake or just a rope! Belief: Fear of snakes - frozen with fear/water system/Kidney Bladder

**FEAR: False Evidence Appearing Real.**

## The High 5 vs. The Low 5

**Understand "Source Energy" and what blocks our natural flow of High 5 Energy,**

This causes most all dis-eases!  
Our natural state of being and our life essences flow through the meridians. Yes, the organs have a physical function BUT the essences of "Flow" are the positive emotions we feel - that supports our health and well being. **The low 5 emotions block** the natural flow of life support. And, if the "feelings" are held, over a period of time (even if we're unaware), will block the physical organ and begin to show up as "symptoms".



**The High 5 Essences/Feelings are:**

Stomach & Spleen - Trust, Faith  
Kidney & Bladder - Gentleness/Peace  
Liver & Gall Bladder - Kindness/Care  
Lung & Lg. Intestine - Courage/Strength  
Heart & Sm. Intestine - Love/Joy

**The Low 5 Blocking Emotions/Feelings are:**

Stomach & Spleen - Worry/Doubt  
Kidney & Bladder - Fear  
Liver & Gall Bladder - Anger/Powerlessness  
Lung & Lg. Intestine - Sadness/Grief  
Heart & Sm. Intestine - Hate/Impatience



## Ancient Chakra Balancing

**This is The Most Powerful "treatment" anywhere on the planet!** Doing this will balance ALL the meridians and is especially powerful with breath and/or mantra/vibration.

Do not do the mantra or vibration before bed, as it will energize you. But upon waking or if energy is low or depressed or sick, then adding vibration (OM) will energize you immensely.



### How To Do The Central Harmonizer

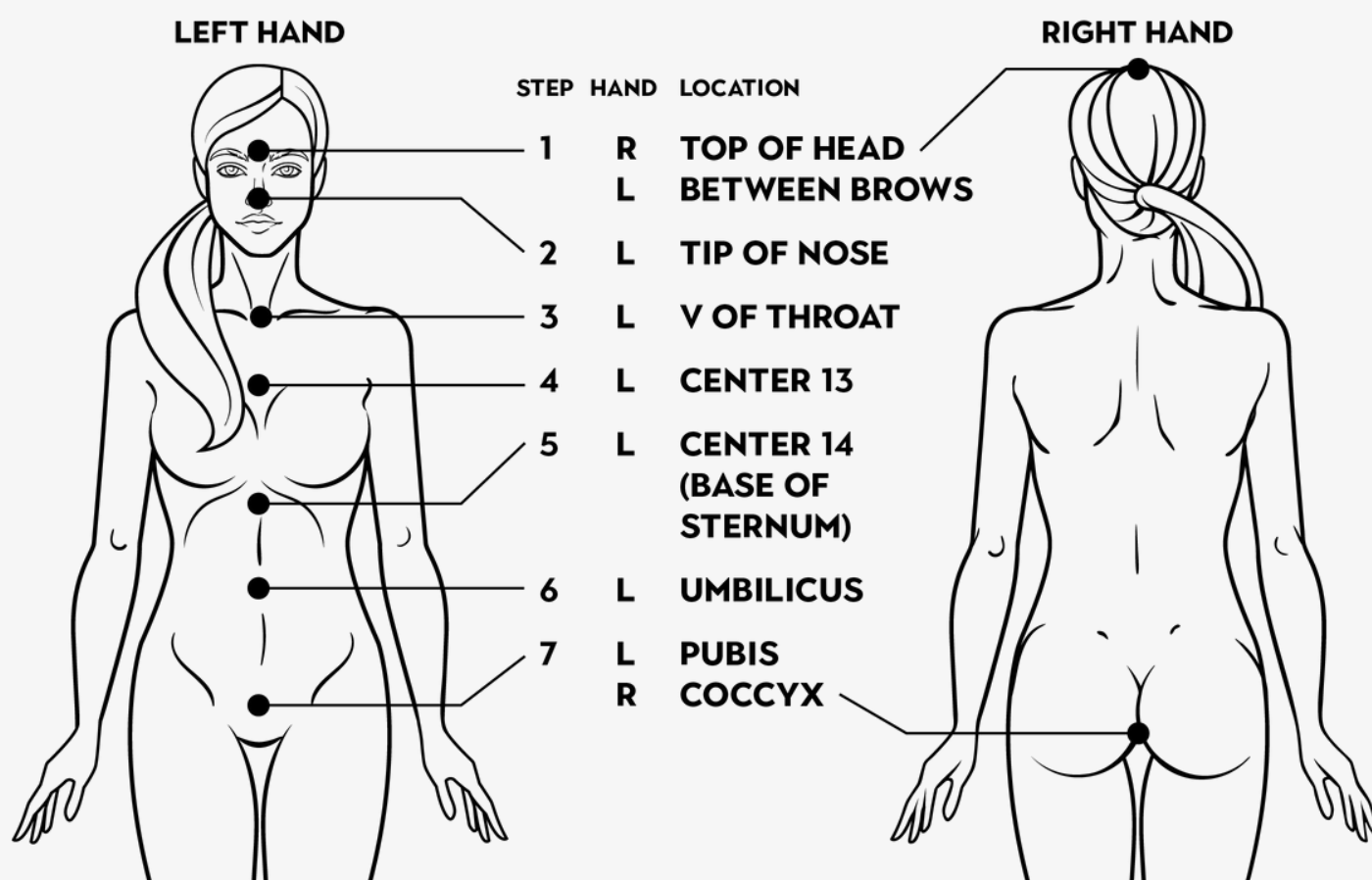
**Best to do lying down.** Follow the legend with your hands/finger tips. Right hand finger tips on top of the head and the Left finger tips at the center of the brow. Hold for 2 to 5 minutes. Then keep the Right hand on top and move through to the pubic (2-3 minutes each). Finally, keep the Left hand on the pubic and move your right hand to under the tail bone.





# THE MAIN CENTRAL VERTICAL

Using the fingertips as touch pads to feel the energy release, proceed in descending order, moving the designated hand after the energy pulse is felt.



**STEP 1** **TOP OF HEAD & BETWEEN BROWS**  
Light comes in, directs energy; revitalizes deep body energy; removes mental bondage; improves memory.

**STEP 2** **TIP OF NOSE** Energizes pineal and pituitary glands, brain; revitalizes superficial body energies; provides adaptability.

**STEP 3** **V OF THROAT** Balances thyroid gland; opens center of communication; regulates water balance, fat and sugar metabolism and calcium level; revitalizes brain and reproduction.

**STEP 4** **CENTER 13 (MID STERNUM)**  
Helps thymus, vitamin D metabolism, growth hormones; strengthens immune and reproductive systems; removes grief to aid lungs and breathing; opens heart and pelvic cavity.

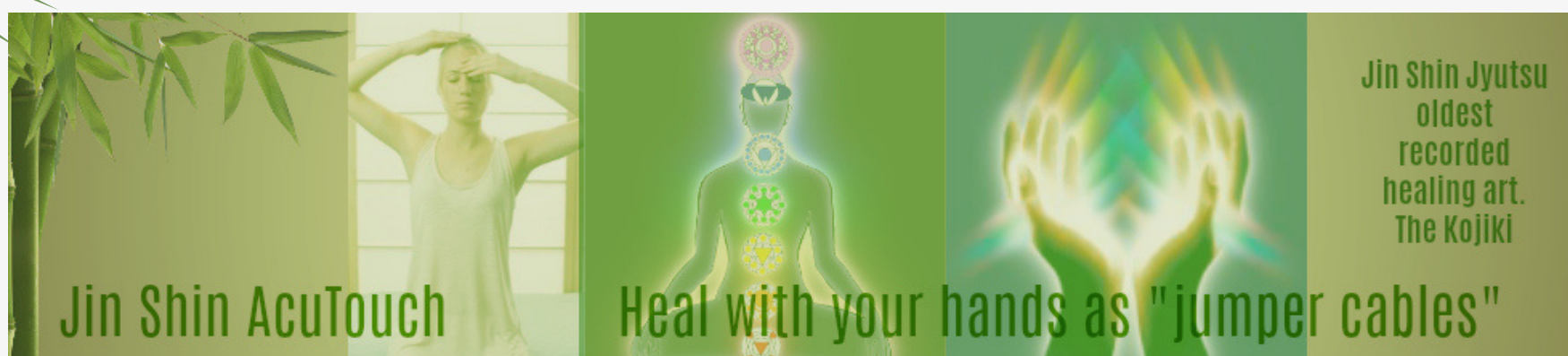
**STEP 5** **CENTER 14 (BASE OF STERNUM)** Balances spleen, adrenal functions, hormone secretions, digestive enzymes, liver and gall bladder functions; builds blood system; provides balance.

**STEP 6** **UMBILICUS** Power center, hub of all body function; balances sympathetic nervous system; harmonizes reproductive organs, heart, spine, and motor nerve control; revitalizes descending energy.

**STEP 7** **PUBIC BONE & COCCYX**  
Draws energy down, connects and revitalizes ascending energy; clears pelvic energy; aids circulation to legs and feet.

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## You wont want this 3 Hour Class to End



**LEARN to BE The Healer for yourself & your family!** You will receive the complete, easy to use booklet. This 17 page self help booklet is for all sorts of ailments.- physical and emotional issues. Relief from migraines, yeast problems, heart issues, fevers, infections, sore throat, hip issues, headaches, fear, joint pain, abdominal cramps, coughing, breathing, learning disabilities, hair loss, nausea, transitions, overeating, wiplash and hundreds more!

**This is the most in-depth, self-help, Jin Shin class Anywhere on the planet!**

The page to the left is an example of one the the many pages of "treatments" available in the Jin Shin Self Help Booklet supplied with this class. See here how to do a Stomach or Spleen "Flow".

Using the "26 points chart".

Treat the Left Flow.

Put your Left **(L)** finger tips on the left (l) 21 and the Right **(R)** finger tips on the right (r) high 1

... hold for 2 to 3 minutes, then hold your Right **(R)** thumb for a few minutes.

Then done.

**Come to the class and learn one of the most powerful healing tools on our the planet. Jin Shin AcuTouch will support you will support you and your family for the rest of your life!**

### Stomach and Spleen Flows General Characteristics When Blocked

Worry, mental chaos, addictions / co-dependency, depression, hate, constant talking, over eating, food aversions, excessively self protective, excessively mental, nostalgic, obsessive behavior, digestion, forgetfulness, allergies, lips and mouth dry, stomach pain, sitting too much.

#### A

##### Stomach Flow Symptoms:

Bloat, gas, breast pain, food aversions, gums teeth and jaws, knee cap swollen / painful, middle finger stiff, muscles tense, neck tension, nose stuffy, sinus problems.

<u>Lt. Flow</u>	<u>Rt. Flow</u>
L 1 - 21	R r - 21
R r - high 1	L 1 - high 1
then hold	then hold
R - thumb	l - thumb

#### B

##### Spleen Flow Symptoms:

Blood, craving sweets, fatigue, diverticulitis / colitis, food doesn't seem to descend, muscle toning, pregnancy, reproductive organ stress, throat, vomiting, yawning, yeast / vaginal discharge.

<u>Lt. Flow</u>	<u>Rt. Flow</u>
L 1 - 13	R r - 13
R r - 14	L 1 - 14
then hold	then hold
l - little finger	r - little finger