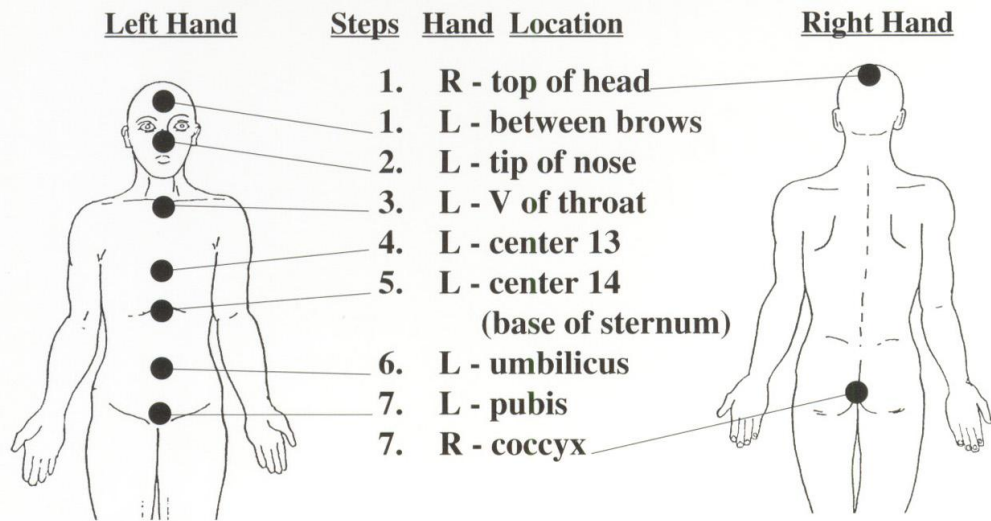


High Touch® Jin Shin Main Central Vertical for Self-Help



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.

Steps:

1. **R - top of head**
L - between brows
2. **L - tip of nose**
3. **L - V of throat**
4. **L - center 13**
5. **L - center 14**
(base of sternum)
6. **L - umbilicus**
7. **L - pubis**
R - coccyx

Key:

R - Right hand
L - Left hand

TOP OF HEAD / BROW - Light comes in, directs energy; revitalizes deep body energy; removes mental bondage; improves memory.

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

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

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.

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

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

PUBIC BONE AND COCCYX - Draws energy down, connects and revitalizes ascending energy; clears pelvic energy; aids circulation to legs and feet.