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## **Jin Shin Jyutsu**

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## **Jin Shin Jyutsu**

Jin Shin Jyutsu® physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into

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relative obscurity when it was dramatically revived in the early 1900's by Master Jiro Murai in Japan.

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### **Jin Shin Jyutsu® - Physio Philosophy, Mary Burmeister and ...**

Jin Shin Jyutsu (JSJ) is a gentle form of acupressure therapy that uses light

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finger pressure over specific points on the body while fully clothed. JSJ restores the flow of energy, which may be blocked due to illness or pain.

## **About Jin Shin Jyutsu - Center for Integrative Medicine**

Jin Shin Jyutsu (JSJ) is an ancient pressure point healing practice that was

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handed down from generation to generation, but over time this practice was all but forgotten. What is Jin Shin Jyutsu (JSJ)? The translation of JSJ is “The Art of the Creator through Compassionate Man”.

## **How To Do Jin Shin Jyutsu (JSJ) To Heal Your Body**



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### **Jin Shin Jyutsu (Official) - YouTube**

The Universal Art of Jin Shin Jyutsu (pronounced jitsoo), harmonises the energy in the body by using the fingers

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and hands. It is a gentle, yet dynamic practice for health and wellbeing that can be applied by a practitioner and as self help.

## **Jin Shin Jyutsu | Self Help — Flows for Life**

Jin Shin Jyutsu is actually an ancient healing practice. Master Jiro Murai, a

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Japanese healer and philosopher, rediscovered it in the early 20th century. Murai was led to Jin Shin Jyutsu in response to his own health problems.

## **What Is Jin Shin Jyutsu? - BalanceFlow**

Jin Shin Jyutsu is an ancient form of touch therapy. It is gentle and you can

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do it at a basic level with no formal training. Learning how to do Jin Shin Jyutsu is as easy as placing your hands on certain spots of the body (SEL's). Doing this helps to unblock stagnant energy, i.e., life-force.

## **Jin Shin Jyutsu Exercises for Self Help**

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The Jin Shin Jyutsu practice of holding the fingers is not only quite powerful, but holds a special place in the history of Jin Shin Jyutsu. As I've described before (What Is Jin Shin Jyutsu?), Master Jiro Murai was a Japanese healer and philosopher who rediscovered the ancient healing practice of Jin Shin Jyutsu in the early 20th century.

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## **The Jin Shin Jyutsu finger mudras - BalanceFlow**

Whenever you need to clear the skin surface then do this Jin Shin Jyutsu self help hold: (For the left side) Place the right fingers on the left center of the foot (as shown in the image). Hold the left little toe with the left fingers.

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## **Self Help Hold for the Skin Surface - Jin Shin Jyutsu**

The Art of Jin Shin is a Japanese healing art that balances the energetic body, mind and spirit by using our hands.

## **Jin Shin Institute**

Throughout the entire week of my trip,

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my back was pain free--and I was reminded of the simplicity of the Art of Jin Shin Jyutsu. ~Reprinted with permission from The Touch of Healing. Subscribe to the Jin Shin Jyutsu® Emails for latest news and events. Subscribe. Site Map. Home Jin Shin Jyutsu® ...

**Classes - Jin Shin Jyutsu®**



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What is Jin Shin Jyutsu? Quite simply, Jin Shin Jyutsu is a way to balance our life energy and achieve optimum health. Through hands-on sequences we have the opportunity to restore emotional equilibrium, relieve pain and release the cause of both acute and chronic conditions in ourselves and others.

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## **Jin Shin Jyutsu NZ**

The Art of Jin Shin is really about self-study and becomes a way of life. Listening, observing and studying oneself on a spiritual, mental, emotional and physical level is the key to knowing and helping oneself. The Art of Jin Shin teaches us how to energize, support and harmonize our total body. Safety Energy

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Locations (SEs)

## **Self-Help - Jin Shin Institute**

Jin Shin Jyutsu is an innate part of man's wisdom Your personal harmony of body, mind and spirit rests in your own hands! Learn about this 3,000 year old Healing Art; its history, origin and application. 3 thoughts on "Jin Shin Jyutsu Is - Self-

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Help Instruction”

## **Jin Shin Jyutsu Is - New Jersey | Your personal harmony of ...**

Jin Shin Jyutsu® is the Art of releasing accumulated tensions in the energy pathways that feed life into our cells. It is the accumulation of tension in these pathways which are the causes for

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various symptoms in the body.

## **An Introduction to Jin Shin Jyutsu - Mind Body and Sole**

Jin Shin Do ("The Way of the Compassionate Spirit") is a therapeutic acupressure technique developed by psychotherapist Iona Marsaa Teeguarden, beginning in the 1970s. Jin

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Shin Do classes teach the use of gentle yet deep finger pressure on specific acupoints and verbal Body Focusing techniques.

### **Jin Shin Do - Wikipedia**

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing life energy within the body that involves the

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application of the hands for gently balancing body, mind and spirit. Know more about Jin Shin Jyutsu Jin Shin Jyutsu can be applied as self-help or by an experienced Jin Shin Jyutsu practitioner.

**Home » Jin Shin Jyutsu European Office**

In the late 1940's Mary Burmeister

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learned JIN SHIN JYUTSU from Master Jiro Murai in Japan before she moved to the states. He was born before 1900 into a family of Japanese physicians/healers but did not study their methods choosing to search for the true meaning of life and enlightenment.



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