

JIN SHIN JYUTSU

Life Energy In Your Hands

Jin Shin Jyutsu is an ancient Japanese healing art that harmonizes the body's flow of life energy – also known as Qi (“Chee”) in Japanese medicine.

One method of doing this is to hold your thumb, fingers, and palm for a few minutes every day. The energy in each finger or in the palm relates to an “attitude.” This diagram identifies the locations on your hand that correspond with attitudes or issues. Use these locations for holding.

