



Jin Shin Jyutsu- Energy Healing

Jin Shin Jyutsu is a very old Japanese art form. Jin Shin Jyutsu makes you feel deeply relaxed and helps with tense muscles. It aims to clear and balance your energy pathways. Jin Shin Jyutsu is safe, it works, and it's easy. Anyone can do it!

Gently hold each finger in your opposite hand until you feel a pulse or sensation.

Feeling Upset? Hold Your Fingers!



Feelings are healthy energy. Feelings are meant to flow through us. When we get stuck in one feeling, it turns into a stressful "attitude." Attitudes block the energy flow that we need to feel well. Hold your fingers to let go of attitudes.