

## Learning Self Help

For those who want to become actively responsible for their own health and happiness, Jin Shin Jyutsu Physio-Philosophy is an excellent means to that end.

If you wish to learn the gentle art in order to help yourself, your family or friends, a small group workshop is proposed for:

25<sup>th</sup> & 26<sup>th</sup> February 2012

St. Leonards-on-Sea, E. Sussex

10 am to 5 pm

£95 per person

£60 for review students

(Class materials are provided)

There is no pre-requisite for attending. Previous knowledge of JSJ is not necessary to enjoy this day.

Introducing Jin Shin Jyutsu focuses on simple and powerful sequences bringing balance to “MYSELF”.

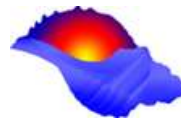
If you are addressing existing stress or health disharmonies the Art of Jin Shin Jyutsu is a simple and powerful tool, available to you.



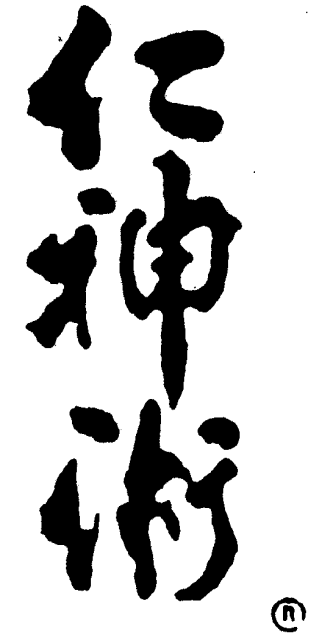
*If you are interested in attending  
Please contact:*

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Tel: 01424 427 919



[www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)



Introducing

**JIN SHIN JYUTSU® IS**

A Weekend of Deep Relaxation

Getting to Know MYSELF, IT IS

The Art of Living - Self Help Book 1&2  
The Trinity Flows & Safety Energy Locks

25<sup>th</sup> & 26<sup>th</sup> February 2012

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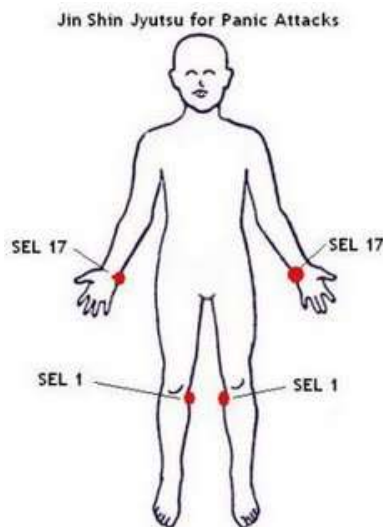
# JIN SHIN JYUTSU®

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body. Born of innate wisdom Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress.

## How does it work?

Jin Shin Jyutsu employs twenty-six "safety energy locks" along energy pathways that feed life into our bodies. When one or more of the paths become blocked, the resulting stagnation can disrupt the local area and eventually disharmonise the complete path of energy flow. Holding these energy locks in combination can bring balance to mind, body and spirit.

Illustrated here is a basic and powerful Jin Shin Jyutsu® self-help tool for Panic or Anxiety Attacks.



If a panic attack is particularly strong then I would go to SEL 1 on the inside of the knee (see the diagram). SEL 1 is THE place to hold in emergencies - keeps you BREATHING, and helps ease nausea and vomiting. Safety Energy Lock 1 is called The Prime Mover. It is found on the inside (medial side) of the knees. It connects extreme heights with extreme depths and harmonises us from head to toe because it helps the descending energy (which moves down the front) and the ascending energy (which moves up the back). If you want to change your life, hold SEL 1 every day.

There is an energy site on the outside of the wrist which is SEL 17 - it came into the universe meaning Reproductive Energy (as in generating new energy). Hold SEL 17 in emergencies to balance the nervous system. It is great to alleviate anxiety and panic attacks; also good as a smelling salt if you feel faint. SEL 17 is also great instead of that Chocolate need in the middle of the afternoon when one needs a quick energy boost - it's a quick reviver! Also helps with the development of intuition, and alleviates chest congestion.

## What happens?

Jin Shin Jyutsu does not involve massage, manipulation of the bones or muscles, or use of substances.

It is an art, practiced by placing the fingertips over clothing on designated areas, to harmonise and restore the energy flow. This facilitates the reduction of tension and stresses which accumulate in the body through normal daily living. It is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help itself.

## Self Help

Learning Jin Shin Jyutsu engages one in self-study, self help. Through the process of "Now Know Myself" we recognize the wisdom of the body, and we learn to interpret the messages provided and utilize them to restore balance.