

Jin Shin Jyutsu

Felicitas Waldeck



Jin Shin Jyutsu:

The Unfolding Story of Jin Shin Jyutsu Maria Miniello, 2025-09-24 Jin Shin Jyutsu a Japanese manual practice rooted in ancient principles uses the hands to influence and restore balance and harmony within the body's functional energetic circulation and movement patterns Codified by Master Jiro Murai in 1942 it offers a non-invasive means of supporting systemic balance and overall physiological regulation In this comprehensive and detailed reference teacher researcher and author Maria Miniello integrates primary source material with contemporary anatomical and physiological insights to explore the practical application and effects of Jin Shin Jyutsu She reimagines and weaves together these two knowledge systems to present the material in a way that feels both authentic and fresh for a new generation Beginning with a solid foundation understanding the name and reconnecting with the breath this book unfolds the story of Jin Shin Jyutsu revealing its many facets This collective then becomes the unique story that lives within each individual *The Art of Jin Shin* Alexis Brink, 2019-06-25 Balance your body mind and spirit and heal yourself with your own hands using this clear step by step illustrated guide to the practice of the ancient Japanese healing art of Jin Shin written by a trained expert with nearly three decades of experience You might be surprised to learn that the majority of today's most common ailments including anxiety backaches colds and flu digestive issues immune disorders migraines and insomnia can be alleviated naturally by restoring and harmonizing blocked stagnant energy The art of Jin Shin based on the Japanese healing art of energy medicine is practiced throughout the world While related to acupuncture and massage therapy this holistic practice uses only minimal pressure and gentle touching with the fingers and hands to redirect or unblock the flow of energy along the body's fifty-two points twenty-six on each side of the body called Safety Energy Locations or SELs areas where energy tends to get congested This simple non-invasive process allows your body's energy to flow smoothly and with balance restored you will experience a sense of wellbeing and calm The Art of Jin Shin explains all the basics of this healing art and provides you with the knowledge you need to practice it on yourself with exercises ranging from simply holding a finger for a few minutes to spending twenty minutes to harmonize a specific circulation pattern Whether you desire a deeper understanding of the body mind spirit connection or want to create a daily Jin Shin maintenance routine the power is literally at your fingertips *Jin Shin Healing Touch* Tina Stümpfig, 2020-05-26 A full color step by step guide to the simple two point touch method of Jin Shin Jyutsu for quick relief from many common conditions and injuries Details the 52 energy points of Jin Shin Jyutsu called Safety Energy Locks SELs where energy is most likely to become blocked along the body's energy pathways and where it is also most easily released Explains the sequence of points to hold and the appropriate finger mudras positions to address specific ailments conditions and injuries as well as stimulate the body's self-healing response and harmonize energy flow Includes concise yet detailed instructions and clear illustrations of the energy points and sequences A gentle self-help method for harmonizing energy flow strengthening the immune system and stimulating the body's self-healing response Jin Shin Jyutsu

is an ancient Japanese healing art akin to an easier form of acupuncture. The system centers on the 52 Safety Energy Locks (SELs) of the body's energy pathways, points where energy tends to become stuck easily and thus can also be released easily, usually by holding just two energy points simultaneously. In this full-color guide to Jin Shin Jyutsu, complete with detailed step-by-step illustrations, experienced practitioner Tina St.umpf explains how to hold the SEL points in easy sequences to address specific ailments, conditions, and injuries. She also details a variety of finger mudras (finger holds) that can serve as shortcuts for bringing awareness to and alleviating a number of issues such as anxiety, insomnia, digestive problems, and back pains. The author describes the major overarching energy flows of the body and shows how, when a pathway becomes blocked, the energy ceases to flow freely and stagnates. Initially, the channel is only blocked locally, though in the long run, a blockage creates imbalance along the entire energy pathway and can thus affect the whole body. Using Jin Shin Jyutsu to work with the SELs allows you to quickly and easily release these energetic blockages, both acute or chronic. The polarity of the energy flow in our hands—energy flowing out on the right, flowing in on the left—functions like a starter cable that reestablishes broken energy links. At the same time, conscious breathing allows us to deepen our cosmic awareness and understanding of issues connected to the SELs on the inner level. Whether you are facing allergies, exhaustion, pain, or inflammation, the healing touch of Jin Shin Jyutsu offers a simple self-help tool that can quickly alleviate and soothe symptoms, kickstart the healing process, and improve overall health.

Health Is in Your Hands Waltraud Riegger-Krause, 2014-03-14 Nonfiction Health Self-Help
Physio Philosophy: The physio philosophy of Jin Shin Jyutsu is a traditional Japanese healing art for harmonizing life energy. In **HEALTH IS IN YOUR HANDS**, bestselling author and authorized Jin Shin Jyutsu instructor Waltraud Riegger-Krause makes Jin Shin Jyutsu conveniently accessible as a hands-on practice to anyone interested in sharing and benefiting from its therapeutic and salutary powers. Besides offering an astute yet simply and clearly written introduction to the foundations and complexities of Jin Shin Jyutsu, **HEALTH IS IN YOUR HANDS** lays out a wide variety of treatments for a broad range of symptoms and conditions. What makes **HEALTH IS IN YOUR HANDS** truly revolutionary and indispensable, however, is its comprehensive flash-card set for immediate hands-on Jin Shin Jyutsu application, which, owing to its visual aids and multicolored arrangement, allows you to quickly learn the connections between the depths, energy locks, and organ flows and to choose the appropriate cards and practice the appropriate flows for any given symptoms. **HEALTH IS IN YOUR HANDS** is nothing less than a veritable Jin Shin Jyutsu First Aid Kit, together with a thorough presentation of this healing art, all in one.

Introducing Jin Shin Jyutsu is Mary Burmeister, 1981 Jin-Shin-Jyutsu Felicitas Waldeck, 2011 It's in Your Hands: Jin Shin Jyutsu Dianna Walker-McPhail, 2016-04-12
Jin Shin Jyutsu is the art of healing oneself; it is 5,000 years old and has endured the test of time because it is simple and it works. Whether it is used by a practitioner or individually, it requires very little training or instruction. Jin Shin JSJ uses the energy that emanates from the fingertips to facilitate energy flow and energy flow of the body and Spirit.

A Touching Good-Bye: The Gentle Use of Jin Shin Jyutsu at Times of Critical

Illness and Death Judith B. Andry, 2008 Jin Shin Jyutsu is based on the concept of life energy that circulates throughout the universe and within each individual organism Health and energy depend on the free and even distribution of this life energy throughout your body mind and spirit JSJ offers a simple way of using your hands and your breath to help restore emotional equilibrium to relieve pain and to release some of the causes of both acute and chronic conditions The suggestions in this book are in no way limited to the critically ill They are helpful and life enhancing and are used daily by practitioners of this Art all over the world The exercises chosen for this book are the simpler holds and can be done under difficult circumstances by people who know very little if anything about Jin Shin Jyutsu This practice is a valuable complement to conventional healing methods as it induces relaxation and reduces the effects of stress And it is effective Jin Shin Jyutsu ® for Your Animal Companion Kim Bremermann, Adele Leas, 2004-04-06 Jin Shin Jyutsu is an ancient hands on harmonizing art that balances body mind and spirit This book is designed to introduce you to this gentle healing art as it applies to animals giving you the knowledge to share it with them This is a picture book with color diagrams of each step of the flows showing the adaptations needed to easily work with different species including but not limited to dogs horses cats birds rabbits and hamsters The book is spiral bound and designed to make the pages clear and accessible Illustrated hand placements on different species showing the location of each step along with discussion of what is harmonized by the application allows you to begin right away Adele Leas adapted the flows from Mary Burmeister's Jin Shin Jyutsu Self Help books 1 and 2 for people For more information visit www.jsjforyouranimal.com **Practical Jin Shin Jyutsu** Alice Burmeister, Tom Monte, 1997-01-01 Eliminate stress and fatigue relieve pain balance your emotions and promote mental alertness with this traditional healing art Healing at Your Fingertips Alexis Brink, 2021-01-05 Improve your well being instantly with this illustrated pocket sized encyclopedia offering quick holistic treatments to 80 different common ailments including allergies high blood pressure depression back pain and more The hectic pace of our busy lives often leads to common aches and pains that can prevent us from living to the fullest But it doesn't have to be that way Following the expert methods outlined in The Art of Jin Shin Healing at Your Fingertips teaches you easy to implement steps to help alleviate pain The Art of Jin Shin is the ancient Japanese healing practice of gentle touching with the fingers and hands to redirect or unblock the flow of energy By strategically placing your fingertips on different parts of the body you can restore and harmonize blocked stagnant energy that causes the majority of common symptoms from anxiety digestive issues migraines insomnia and more Featuring illustrations of 80 different holds you'll be able to relieve your aches and pains instantly whether you're at work at home or on the go **Healing Journeys Through The Art of Jin Shin Jyutsu** Nicole Ting, 2021-04-11 Drawing on her decades of expertise in Jin Shin Jyutsu Therapy Nicole Ting a private psychologist shares her story on how this ancient art of healing has transformed her initial perception on Jin Shin Jyutsu as an iffy modality her early dilemma in embracing this art of healing secretly and finally in becoming the first psychologist practising Jin Shin Jyutsu therapy in Singapore In her first book Nicole

reveals her decades of work with this timeless art a collection of heart warming real life anecdotes on how individuals fought their own battles of illness and mental challenges and eventually found harmony through the ART of Jin Shin Jyutsu therapy An enlightening sharing that will inspire you to reconnect with your own innate power of healing within through this powerful ancient modality *Jin Shin Jyutsu® para Tu Compañero Animal* Adele Leas,2020-11-06 Aprende las técnicas básicas del antiguo Arte de Jin Shin Jyutsu para usar con compañeros animales para promover la curación la salud y la armonía del cuerpo la mente y el espíritu El libro está basado en los libros de Mary Burmeister Jin Shin Jyutsu Autoayuda 1 y 2 que se dice que contienen la esencia de este Arte del Creador a través del Hombre Compasivo Incluye instrucciones paso a paso e ilustraciones en color que muestran las adaptaciones necesarias para trabajar fácilmente con especies de diferentes tamaños incluidos perros caballos gatos pájaros conejos y hamsters Las páginas son claras y accesibles con manos que muestran la ubicación de cada paso Los flujos se adaptan según sea necesario en función de la relación de las Cerraduras de Energía de Seguridad bloques de construcción del cuerpo en diferentes especies así como las diferencias físicas y de actitud necesarias para poder trabajar con animales domésticos **Yoga Journal** ,1988-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

Jin Shin Jyutsu Felicitas Gräfin Waldeck,2011 *Nursing from the Inside-Out* Rachel Y. Hill,2010-10-25 Nursing from the Inside Out Living and Nursing from the Highest Point of Your Consciousness provides holistic self care modalities that allow the nursing professional to achieve self awareness through individual practice and application Self care consciousness helps nurses create the balance in their lives that support mental spiritual and physical growth Through use of these tools the nurse is able to maintain inner balance in the busy and changing world of healthcare while simultaneously establishing meaningful connections with patients Jin-Shin-Fee Felicitas Waldeck,2012 Jin Shin Fee is a Healing Art originating in Japan to harmonize life's energy and to release energy blockages By selectively placing hands on 26 points on the body the so called Energy Locks anyone can improve his health alleviate affliction and benefit from the healing effects Complaints are specified from A Z and the precise positions are shown This book offers Self Help without requiring prior knowledge It is easy and immediately applicable **The Encyclopedia of Energy Medicine** Linnie Thomas,2023-04-08 An Expansive Resource with 55 Energy Healing Modalities This newly revised edition of The Encyclopedia of Energy Medicine is an extensive directory for anyone wishing to study energy healing practices With newly added modalities updated course listings and an improved list of energy medicine associations this comprehensive reference features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving Linnie Thomas offers resources for pursuing your education in fifty six energy healing methods such as Reflexology Healing Touch LomiLomi

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The Touch of Healing Alice Burmeister, Tom Monte, 2013-07-03 The Touch of Healing offers readers the means to greater health vitality and self understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jytsu Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction disease and imbalance The authors explain the natural life force that runs through the body and demonstrate with case studies detailed analysis and more than 30 illustrations how to integrate this system into one s life The key healing points and body flows known as Safety Energy Locks are presented with step by step instructions on how to utilize them for healing and greater self awareness Many self help practices are also offered that address a wide array of common ailments including headaches digestive disorders fatigue depression and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence anxiety and depression **Jin Shin Jyutsu is** Mary Burmeister, 1980

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Jin Shin Jyutsu**

In a global inundated with monitors and the cacophony of immediate interaction, the profound power and psychological resonance of verbal art frequently diminish into obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the musical pages of **Jin Shin Jyutsu**, a captivating function of fictional brilliance that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus guides viewers on a psychological odyssey, gently exposing the latent possible and profound influence embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect its captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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