



## **Jin Shin Jyutsu Holding Fingers Technique**

Jin Shin Jyutsu is a 3,000-year-old ancient Japanese healing art. Holding the fingers is a Jin Shin Jyutsu self-help practice that is very simple but has profound results. The energy pathways that regulate 14,000 functions within the body run through the fingers. Holding the fingers helps balance and harmonize energy in the whole body.

There are emotions associated with each finger as well as other health benefits. I have listed them below. Try this very powerful technique anytime during the day. I do it every morning before I get out of bed to start my day off with a good flow of energy. I suggest holding the fingers until you feel a pulse. If you do not feel a pulse, you can hold each finger for the amount of time it takes to take two deep breaths

### **Thumb – Worry**

Also helps: anxiety, depression, fatigue, breathing, and digestive discomforts. Try holding the thumb at the first sign of a headache.

### **Index – Fear**

Also helps: depression, digestive issues, elimination, mental confusion, perfectionism, criticism, frustration, and wrist/elbow/upper arm discomforts.

### **Middle finger – Anger**

Also helps: general fatigue, eye issues, forehead discomfort, irritability, indecisiveness, and feeling over emotional.

### **Ring finger – Sadness/Grief**

Also helps: for negative feelings, common sense, excess mucus, breathing, and ear discomforts.

### **Little finger – Trying to/Pretense (Cover-up)**

Also helps: feeling nervous, confused, insecure, and bloating. It is recommended to hold the little finger at the first sign of a sore throat.

**Source:** *Jin Shin Jyutsu* Is by Mary Burmeister (1981)

**To learn more strategies to increase your happiness go to:**

**<https://tinyurl.com/happymeprogram>**