

Jin Shin Jyutsu

Introduction

**Simply Help Yourself
The Creators Art Through
The Compassionate Person
Jin Shin Jyutsu
Physio Philosophy**

**Rediscovered by Jiro Murai in Japan
And presented to the wider world by Mary Burmeister**

**Jin Shin Jyutsu is the awareness that each of us
has the power within us to help ourselves.**

**The simple truth is that the deepest help available
to us is in the breath. The second deepest help
available to us is in the hands. When we touch
certain sites on the body we harmonize the flow of
the life energy in the body**

**The harmonizing power of touch has been conveyed in
Traditions, Art, and Myth. For example ancient art
displays different finger positions.**

**The message is simple holding our thumb, a finger or
touching particular sites on the body deeply help our
physical, mental , emotional and spiritual harmony**