

Features of Jin Shin Jyutsu

Jin Shin Jyutsu works with distinct sites on the body which are called Safety Energy Locks. There are 26 Energy Locks on the right side of the body and 26 Energy Locks on the left side of the body

Each Safety Energy Lock is about 3 inches wide in diameter, it protrudes above and penetrates below the surface of the body

When our Safety Energy Locks are open our life energy flows smoothly throughout our being

However when we are physically, emotionally or mentally stressed one or more of the Safety Energy Locks tighten, effecting our body mind and spirit

Keeping our Safety Energy Locks open helps facilitate our body's healing response