

Everyday Jin Shin Jyutsu®

The Fingers

When can I do it?

Any time.

How can I do it?

Lying down, standing up or sitting down.

Where do my fingers go? Follow the graphics below.

When we hold our fingers, we help: 12 organ functions, each vertebra in the spine, all emotional attitudes and all depths in the body. Hold each finger for as little as 10 breaths each. The longer you hold each finger, the greater the benefit.

Thumbs



Helps stomach, skin

Index Fingers



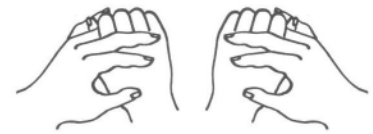
Helps back, head

Middle Fingers



Helps eyes, tiredness

Ring Fingers



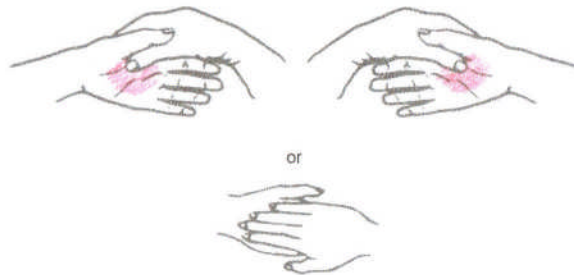
Helps breathing, coughing

Little Fingers



Helps nerves, heart, throat

Palms



Helps you relax