



Jin Shin Jyutsu Self Help - Opposite Fingers and Toes

This is a wonderful treatment to help others. The sequence supports all of the twelve individualised body function energy (known in some traditions as meridians): Lung, Large Intestine, Stomach, Spleen, Heart, Small Intestine, Bladder, Kidney, Umbilicus, Diaphragm, Gall Bladder and Liver. It therefore supports every system in the body, promotes activity, harmony and communication throughout.

This sequence is easy to do at home, and does not require a massage table or special equipment. For example, The person giving the treatment can sit in the middle of the couch with the other person's legs across his or her lap, making it easy to reach both feet and hands. It does not matter which order the sequence is carried out, or which side is done first. You simply hold each finger/toe for a few minutes or until a gentle pulsing can be felt. If you take 5 minutes for each finger/toe, and include the centre of the palm and centre sole of the foot, the sequence will take 30 minutes. If you have more (or less) time, simply adjust the amount of time you spend with each hold. It is not necessary to press or squeeze, simply wrap your fingers round the other person's finger and toe in a way that is comfortable for both parties, drop the shoulders, breathe out and relax.

Use this sequence for every day pick-me-ups and to support friends and family through long term illness. It is great to use in hospitals, too, and if you cannot reach the opposite limb, use the same side one instead. For chronic or long term health projects, it really is the DAILY application that brings the transformation.



<i>(Right)</i> Thumb	as held at the same time as	<i>(Left)</i> Little Toe
<i>(Right)</i> Index Finger	—	<i>(Left)</i> 4 th Toe
<i>(Right)</i> Middle Finger	—	<i>(Left)</i> Middle Toe
<i>(Right)</i> Ring Finger	—	<i>(Left)</i> 2 nd Toe
<i>(Right)</i> Little Finger	—	<i>(Left)</i> Big Toe
<i>(Right)</i> Centre Palm of Hand	—	<i>(Left)</i> Centre Sole of Foot



Below is a very small sample of the areas helped by holding the fingers and toes:

Thumbs	Healthy digestion, daily fatigue, nervousness, weight	Little Toes	Balance, muscle spasms, insecurity, fluid
Index Finger	Bones, bone marrow, teeth, gums, circulation	4th Toes	Back, respiration, liver/gall bladder & spleen/pancreas
Middle Fingers	General harmoniser, anger, bruising, migraines, hyper	Middle Toes	Digestion, knee strain, tiredness, eyes
Ring Fingers	Chest tensions, breathing, negativity, sadness	2nd Toes	Eyes, digestion, out of harmony, clearing mind
Little Fingers	Harmonise nervous system, skeletal needs, heart stress	Big Toes	Digestion, weight, energy, clearing head & neck
Centre Palm	Exhaustion, mental confusion, eye strain	Centre Sole	Exhaustion, mental confusion, circulation