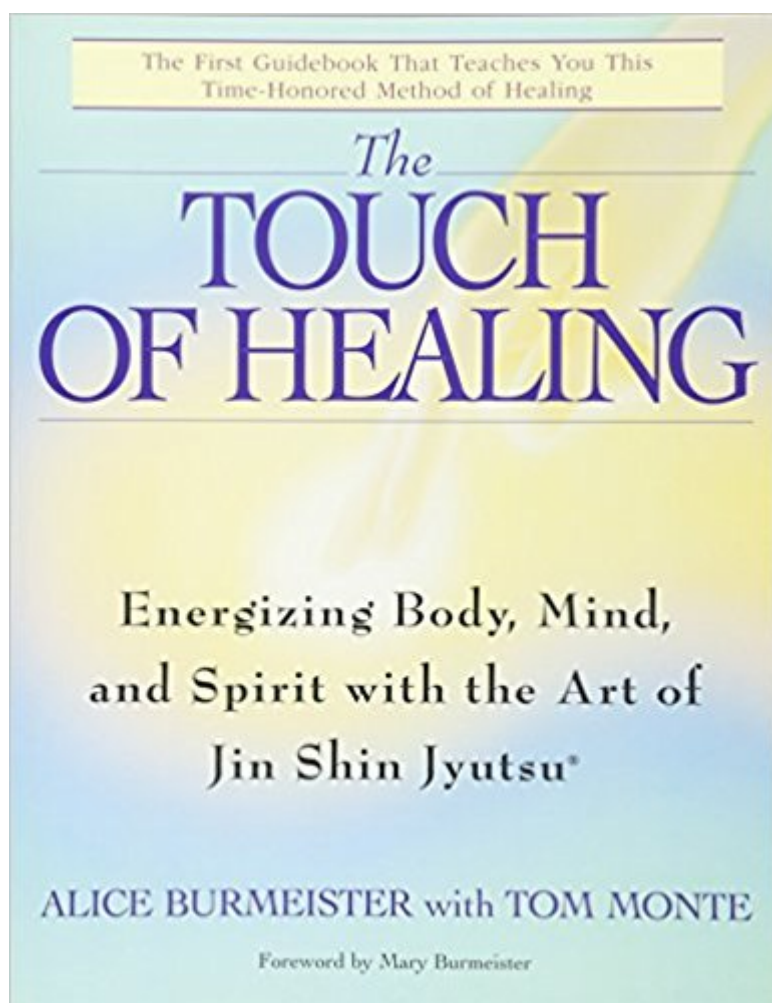


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The Touch Of Healing: Energizing The Body, Mind, And Spirit With Jin Shin Jyutsu



Synopsis

The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jytsu. Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance. The authors explain the natural life force that runs through the body and demonstrate with case studies, detailed analysis, and more than 30 illustrations, how to integrate this system into one's life. The key healing points and body flows, known as "Safety Energy Locks," are presented with step-by-step instructions on how to utilize them for healing and greater self-awareness. Many self-help practices are also offered that address a wide array of common ailments, including headaches, digestive disorders, fatigue, depression, and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence, anxiety, and depression.

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Customer Reviews

"The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jytsu. Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance. The authors explain the natural life force that runs through the body and demonstrate with case studies, detailed analysis, and more than 30 illustrations, how to integrate this system into one's life. The key healing points and body flows,

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I am truly astounded by the calming, centering, grounding, steadying and relaxing benefits resulting from holding the hand positions described in this book. I have a natural calmness in my body I don't remember ever experiencing. My physical health is much better, sailing through a cold with minimal discomfort and no secondary issues. A sudden onset of hip/knee pain and unsteadiness was released over a 7 days period. Instead of worries about hip replacements, a lovely walk in the desert was enjoyed. The explanations in the book of each position contains clear and easy to understand information for all levels of life: mental, emotional, physical, energetic and spiritual. From the beginning of the book, the reader is given the simple practice of holding the fingers, an easy thing to do whenever the hands are free-reading emails, magazines, even books, watching tv, meditating, standing in line at the grocery store, at an office meeting, etc. Next comes the Main Central, again, easy to do sitting up or resting in bed. An excellent practice to gently fall asleep and for beginning the day in a state of calmness and peace. Also an excellent practice when one receives any kind of shocking news. I used this Jin Shin Jyutsu to calm the panic and fear mechanisms in the body (Triple Warmer, adrenals, etc) and support the Spleen after receiving some disturbing news. Combined with Tapas Acupressure Technique (tatlife.com) and/or Emotional Freedom Technique by Gary Craig and Donna Eden's Energy Medicine, the shock was released from the body, mind and heart, allowing me to go with the flow of creatively handling the situation with calmness and assurance. Even though no solution to the problem was found, I still felt unruffled and calm, somehow connected to the feeling/idea that all was well and eventually it would all work out nicely (and even if it did not, I would be fine instead of in fear for my survival). The book goes on to describe what the authors call Safety Locks, how they work, what they do, how to free them up to allow natural healing energy to flow. One does not have to know anything about energy medicine to follow this book nor have any special healing abilities. It is so simple, the very old and very young can be taught Jin Shin Jyutsu, as they can be taught and benefit from the other energy medicines mentioned above. One can hold these hand positions (called jumper cabling) on another person also. When this is done, both people receive the benefits. The book states that the benefits are accumulative. I have noticed this to be true. The benefits seem to happen faster as time goes on. At

first it was difficult to notice the pulse under each hand position, but after some days I noticed I could feel them. With patience, I noticed the pulses would balance and pulse at the same time and I felt calmer and smoother. Even if one can not feel the pulses described in the book, no worries. Just hold the positions for the few minutes instructed and one receives benefit. I have become convinced over the years that blocked energy in its various forms (mental, emotional, physical, energetic and spiritual) was the cause of my suffering on many levels. The various energy medicines mentioned above unblock the energy and good health unfolds. This book is a wonderful healing gift to humanity. Even if one can not afford to go to a Jin Shin practitioner (a wonderful healing experience reported by a friend), one can purchase this book and begin to feel better on all levels. It just takes some patience and practice. It is so amazingly easy to do. Diane

This book can change your life. I am thankful to God that I finally got my hands on this book. It just came the other day. I've read a couple of chapters and already did the 36 breaths and basic sel...strangely my body led me and it worked. I had found the handholds online and had done them before and felt they do indeed help pretty much right almost immediately. I have a chronic illness with several different issues. I am amazed that the sel provided me immediate help and that my body led me--what I mean is that I felt a tender sore feeling in the exact spot (sel) that would deal with some of the issues I had..I did hold one and it felt good to hold it then when done another place that was a (sel) I needed felt sore and tender same way so I held that---this all while in bed. I woke up and had immediate results. I tried to do the 36 breaths today and extra while out grocery shopping which usually is hard on me and drains me(I go to multiple stores)--I amazingly felt stronger and had a steady, calm, even -positive energy like I was 'flowing'. PS I forgot to mention that while in bed doing these sel I was releasing/letting go of some childhood trauma because it came up in my mind..this was helpful..but just so know once I forgave these people(people-older kids I as a young child didn't know but had witnessed doing something horrible I couldn't stop or help)--so I prayed for them and THAT took a huge heaviness off of me I had not known was there. This is a wealth of info..some of it kind of deep--yet really the whole thing is so simple and so right. Thank God for this book..

I bought this book after being helped with some long standing injuries through a chiropractor who used kinesiology (a form of acupressure), but this book sat on my shelf for a few years. I had some other chronic issues that nobody could help resolve, mainly gall bladder pain in my neck and hip, so I decided to devote time to learning this book. I started with the trinity flows and daily sequences. I

spent about an hour every night learning and practicing the routines. Much to my delight, my aches, pains, and stiffness melted away in a few weeks. I don't need to devote as much time every day anymore. I try to do the trinity flows in the morning for about 10 minutes before getting out of bed. At night, I either do the three daily sequences or the energy locks not covered by the trinity flows or daily sequences. Jumper cabling the fingers can be done anywhere and balances all flows, and now I am learning the 12 organ flows too. The only "problem" with following this book is that you start to feel so good you stop practicing and eventually the pains and stiffness comes back. Ha ha. So, just devote some time to learn and practice a little every day, and you will feel like you have a new body. Thank you for blessing us with this information, Alice! May you rest in peace.

The book is a hands-on book. The information presented is clearly written and easy to use. I have a person who is trained in the art of Jin Shin Jyutsu. The combination of experience with the book is a good way to go. It doesn't take much experience to feel the energy flows of the body to become activated. I don't believe that any of my physical issues have been healed. My body has responded well to the technique. I feel more deeply connected to my layers of tissue and can feel different parts of myself more clearly. The book has given me a new way to know my body. I plan to continue deepening my knowledge of myself with the use of this book. I recommend it to people who want to activate and feel parts of themselves that they haven't known before.

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