



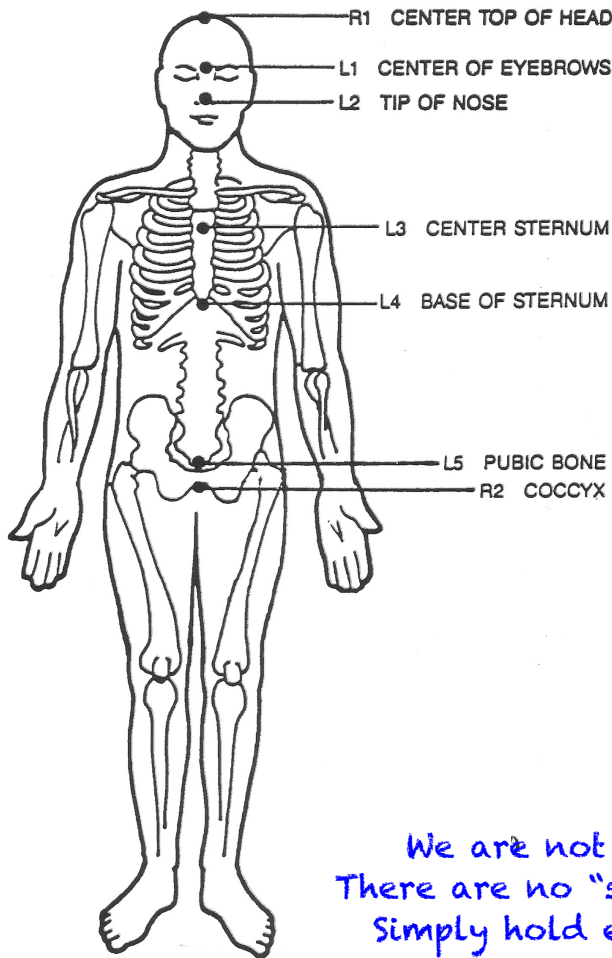
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JIN SHIN JYUTSU®PHYSIO-PHILOSOPHY

MAIN CENTRAL VERTICAL HARMONIZING ENERGY

SOURCE OF LIFE

The ancient healing art of Jin Shin Jyutsu is a gentle and profound way to alleviate pain and stress by simply placing your hands on specific areas of the body and breathing deeply. The Main Central Vertical Flow relates directly to the energy of the spine, calms the nervous system and facilitates circulation throughout the entire body. When using self help, place your hands or fingers on your body and hold for 2-5 minutes, or until you feel the pulsation under both hands match. Self help can be done seated, standing or lying down. This flow energizes you when used in the morning and relaxes you when used before bed. Use this flow anytime for overall revitalization.



6 Steps to Recharge

Hold each position for 2-5 minutes, or until you feel the pulsation under both hands match. In situations with limited time, breathe 3 deep breaths for each step.

1. Place your Right fingers on top of your head
(You will keep the Right hand here until the last step.)

Place your Left fingers in between your eyebrows
2. Place your Left fingers on the tip of your nose.
3. Place your Left fingers on the center of your sternum.
4. Place your Left fingers on the base of your sternum.
5. Place your Left fingers on the top of your pubic bone.
6. Place your Right fingers on the coccyx (base of spine.)

*We are not human doings, we are human beings.
There are no "shoulds". You are following it perfectly.
Simply hold each position and feel the body relax...*