“Self-Change starts with Self-Study.” – Mary Burmeister

Did you know that we all have the innate power to help and heal ourselves?

“Change focus, Change thoughts”.

Quote from Page 26 of “What Mary Says” by Mary Burmeister

Get to “KNOW (Help) MYSELF” by using the following simple practices each day to help Shoulder projects. Use these exercises every day for at least 7 days and see what differences you notice...It’s that simple!
SHOULDER PROJECTS

Methods

A simple way to harmonize a shoulder project is to hold the Index finger (fig 1), left then right (or vice versa) until you feel a pulse in each (or hold for 2 minutes if pulse is not detected). To maximize the result, exhale, drop your shoulders, smile and naturally inhale as you hold each digit. Many people do multiples of 9 exhalations and inhalations, up to 36 times. You can do this breathing practice with each finger hold, or flow below.

Or, hold shoulders
“Safety” Energy Lock (SEL)11, with sit bone SEL 25

Fig 1

Or, hold both upper arms

Fig 3.

Fig 2

Fig 4.

Or, hold shoulders
“Safety” Energy Lock (SEL)11, with groin area SEL 15
It’s that simple to start reducing stress and healing yourself! Share this information with others who also want better health for themselves.

**JIN – Man of Knowing and Compassion**

**SHIN – Creator**

**JYUTSU – Art**

Art of the Creator through Man of Knowing and Compassion

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Terry Matthews has practiced Self Help Jin Shin Jyutsu since 1989. He was introduced to this engaging art of self study by an American JSJ practitioner living in the UK. Shortly after gaining practitioner status (1993), he began teaching Self Help classes in Adult education. Terry moved to Arizona in 2001. He now works at the International headquarters of Jin Shin Jyutsu in Scottsdale, where he is available for Appointments and Self Help classes.

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