

Jin Shin Jyutsu Finger Help

Hold Thumb for WORRY

It also helps:

- Insomnia
- Digestion (tummy ache – great for kids)
- Headaches (especially base of thumb)
- [**Stress and nerves**](#)
- To ground, calm and nurture
- Release general daily fatigue
- Skin surface
- Stomach and Spleen energy
- When have to SIT a lot (sitting creates bloat conditions)

Hold INDEX finger for FEAR

It also helps:

- Teeth and gums
- [**Backaches**](#)
- Digestion, constipation
- Self criticism, shyness
- Muscle tension
- Kidney and bladder energy
- When have to STAND a lot (be on your feet)

Hold MIDDLE finger for ANGER

It also helps:

- Regulate Blood pressure
- General fatigue
- [**Eyes, vision**](#)
- migraines, headaches
- Irritability
- Balance emotions
- Liver and gallbladder energy
- When have to READ a lot/ or do computer work

Hold RING finger for GRIEF

It also helps:

- [**Ringling in the ear**](#) (Tinnitus)
- Respiratory functions
- Excessive mucus

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- Skin conditions
- Lung and large intestine energy
- When have to RECLINE a lot (e.g. convalescence)

Hold LITTLE finger for 'EFFORT' or 'TRYING TOs'

It also helps:

- Heart discomforts (e.g. palpitations)
- **Bloating**
- Trying too hard (at anything)
- Insecurity, nervousness
- Heart and small intestine energy
- When need to WALK a lot

Hold CENTER of PALM for FATIGUE and DESPONDENCY

It also helps:

- Fatigue or low energy
- Digestive or elimination discomfort
- Eye strain
- Breathing difficulty or shallow breathing
- Appetite imbalances
- Worries about the heart
- Cold feet (even in warm weather)
- Mental fog or can't think straight
- Feeling unsettled due to electromagnetic radiation or solar flare activity

from Astrid Kauffmann - Flows for Life
<https://www.flowsforlife.com/>