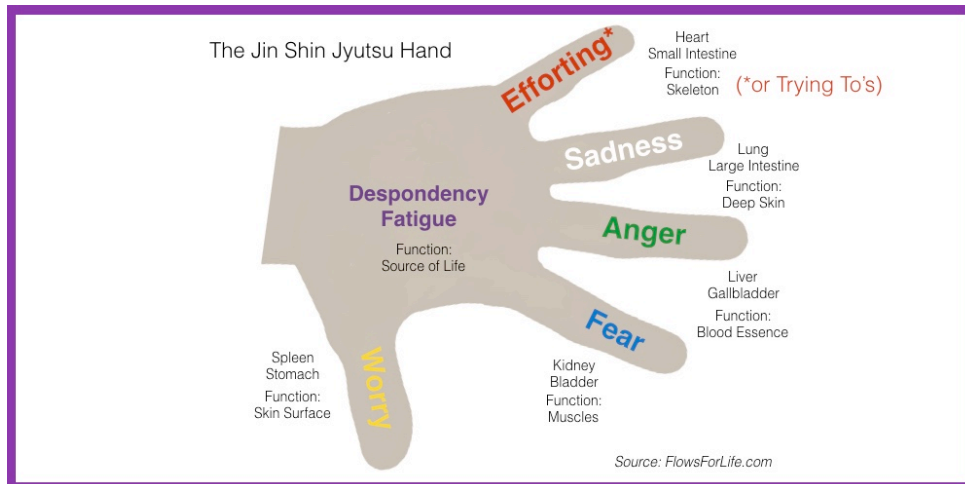


Jin Shin Jyutsu Finger Method

from <https://www.flowsforlife.com/> Astrid Kauffmann/



Jin Shin Jyutsu finger holds are the basis of self help. The effect of the Jin Shin Jyutsu finger holds over time is cumulative. The more you hold your fingers, the more you'll feel the positive effects.

Below are the basic self help finger holds with some explanation of what 'issues' holding each finger can help. Hold whichever side feels most comfortable.

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
- Skin surface
- Stomach and Spleen energy
- When have to SIT a lot (sitting creates bloat conditions)

Jin Shin Jyutsu Finger Method

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:

- Blood pressure
- General fatigue
- [Eyes, vision](#)
- Irritability
- Balance emotions
- Liver and gallbladder energy
- When have to READ a lot

Jin Shin Jyutsu Finger Method

Hold RING finger for GRIEF



It also helps:

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

Jin Shin Jyutsu Finger Method

Hold CENTER of PALM for FATIGUE and DESPONDENCY



Lao Gung(Pericardium 8)

In qigong practice, Láogōng P-8 can be thought of as mirroring Yǒngquǎn KID-1 on the soles of the feet. It is common practice to 'breathe through' either of these points, and focusing on and building the qi at Láogōng P-8 is a pre-requisite for emitting qi in the treatment of disease by qigong therapy. [from <https://app.amanualofacupuncture.com/point/P-8>]

The Pathways of the Meridians of the Hands

The three yin channels of the hand (Lung, Pericardium and Heart) begin on the chest and travel along the inner surface of the arm to the hand.

The three yang channels of the hand (Large Intestine, Triple Warmer (Sanjiao) and Small Intestine) begin on the hand and travel along the outer surface of the arm to the head.

