

Jin Shin Jyutsu Exercise for the Hormones

(from Flows for Life by Astrid Kaufman)

<https://www.flowsforlife.com/how-to-balance-your-hormones-with-jin-shin-jyutsu/>

Left side shown

Step 1

Place your left hand over your left shoulder, so the hand rests partly on the shoulder and partly on the side of the neck at SEL 11 and SEL 12. Place your right hand on the left upper arm at Hi 19.



Step 2

Keep your left hand on the shoulder and neck.
Move your right hand to the base of the left thumb, at SEL 18.



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Step 3

Keep the left hand where it is.

Place your right hand on the right cheekbone, at SEL 21.



Step 4

Keep the left hand where it is.

Move your right hand to the right side of the forehead, at SEL 20.

You can use a cushion at any point as a comfortable buffer between your arms and your body.



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Step 5

Keep the left hand where it is.

Place your right hand on the left last rib, at SEL 14.

Rest the whole hand comfortably on the rib area.



Step 6

Keep the left hand where it is.

Move your right hand to the right groin, at SEL 15.



Safety Energy Locks

