

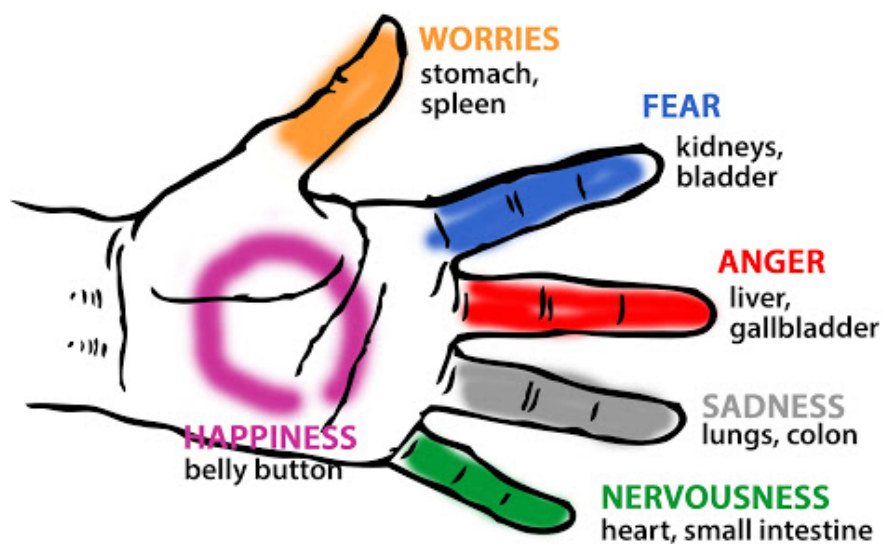


Jin Shin Jyutsu Finger Holding Technique

The Japanese Traditional Medicine modality *Jin Shin Jyutsu* has many processes but the one you'll be working with is a very simple finger holding technique. This technique is an astonishingly simple style of acupressure.

In *Jin Shin Jyutsu* each finger represents one of the five key emotional categories.

- The Thumb is related to anxiety, nervousness, and worry.
- The Index finger is related to fear.
- The Middle finger is related to anger, resentment, rage as well as fatigue.
- The Ring finger is related to depression and sadness.
- The Pinky finger is related to stress and self-esteem issues. The pinky also helps increase confidence and optimism



- Middle of Palm

There is also a 6th point you can make use of. It's in the center of the palm and it is related to happiness and also helps calm the mind. With the opposite hand press the thumb or the four fingers into the center of the palm and hold for a least 1 minute.

HOW TO

By applying pressure to stimulate these energy meridians in the fingers and thumb you help unblock the stuck emotional energy and you can release it.

All you do is hold the thumb or finger with the opposite hand, it doesn't matter which hand, you can switch when you'd like, wrapping the fingers and thumb of the opposite hand around the finger.

As I've said over and over again, awareness is key. So, once you're aware that you're feeling upset, name it (anxiety, depression, anger), measure the intensity from 0 – 10, then hold the finger related to the emotions you want to release.

Be tight but don't hurt yourself. You may start to feel a pulse sensation, and this is letting you know it's working, and you're unblocking that emotional energy so it can flow out. As you're doing this technique remember to breathe in deeply through your nose and out through your mouth to aid in releasing that emotion.

Hold the thumb or finger for at least 2 minutes to 5 minutes, though you can hold it for 10 or 15 minutes if you'd like. Then check in, rate your feeling state and if it's not at zero yet, repeat the process for a few more minutes and then check in again. Keep repeating till you get to zero.

It is interesting that in *Jin Shin Jyutsu* the thumb is related to worry and anxiety as we see babies and little kids sucking their thumbs to calm themselves down. It's also very interesting that the middle finger is related to anger and rage as some people flip others off with their middle fingers when angry.

So again, tune in to how you are feeling. Give it a rating from 0-10, and then hold onto the finger or thumb which is related to the emotion you want to release. If you're feeling a few different emotions at once, like anxiety and fear, or anger and depression you can either work on each emotion one at a time or hold two fingers at the same time. So, if you're feeling both anxiety and fear, grip your thumb and index finger at the same time.

And the beauty of this technique, it's easy to hide. Holding your finger while in a meeting or standing in line at the store is easily and inconspicuous. So, give it a try the next you feel upsetting and overwhelming emotions. Or, practice every day to stay calm and re-establish the balance within yourself.