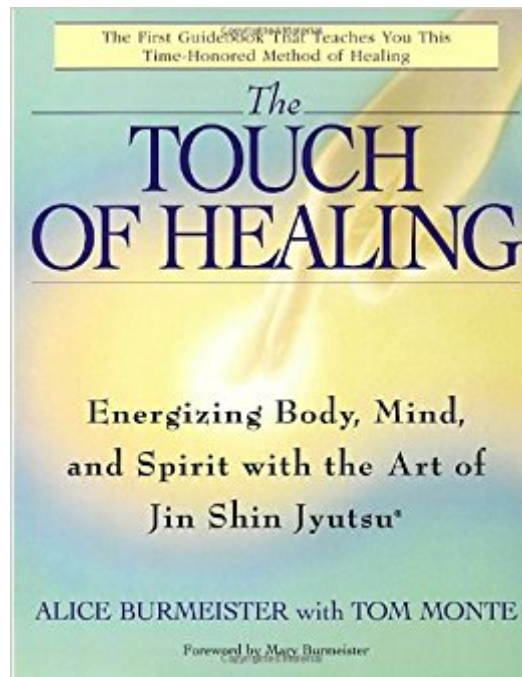


The book was found

The Touch Of Healing: Energizing The Body, Mind, And Spirit With Jin Shin Jyutsu



Synopsis

The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jytsu. Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance. The authors explain the natural life force that runs through the body and demonstrate with case studies, detailed analysis, and more than 30 illustrations, how to integrate this system into one's life. The key healing points and body flows, known as "Safety Energy Locks," are presented with step-by-step instructions on how to utilize them for healing and greater self-awareness. Many self-help practices are also offered that address a wide array of common ailments, including headaches, digestive disorders, fatigue, depression, and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence, anxiety, and depression.

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (156 customer reviews)

Best Sellers Rank: #14,617 in Books (See Top 100 in Books) #6 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #10 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage #17 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

My first experience using this book for self help was when I was feeling so nauseated and wiped out during menses that I could hardly walk across the room. I lay in bed with a hot water bottle and started doing the Main Central and Supervisor/Mediator - the Trinity flows (pages 45-54). An hour or so later I got up and felt absolutely fine! I thought - this is magic! To think I could just feel better by placing my hands on different locations of my body and holding them there, that I would harmonize my body and feel better - no effort, no machines, nothing extra, just me and this little book. Truly

portable! I have since used this regularly for long distance highway driving, just doing it at a rest stop to re-energize me. Also in the book are general daily sequences (page 133) I have done while doing my laundry in the laundromat - "doing these in succession is an especially good way to deal with almost all of the various stresses we regularly confront in modern life." I have to agree. There is so much useful information in the book it seems overwhelming at first, but as I have explored it little by little, it always amazes me that even when I do it when I feel good, I feel even better! And when I have been feeling awful, that it helps so much! There is even a quickie "first aid" listing in the back of the book.. I used the left hand over right hand to keep a toenail on that I had mashed into some furniture.. also I find when I really would like to feel better, I just hold my fingers. The thing that is so wonderful about this book is this is a gold mine of information about self help that you can do anywhere, at meetings, waiting for the bus, in bed, anywhere.

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