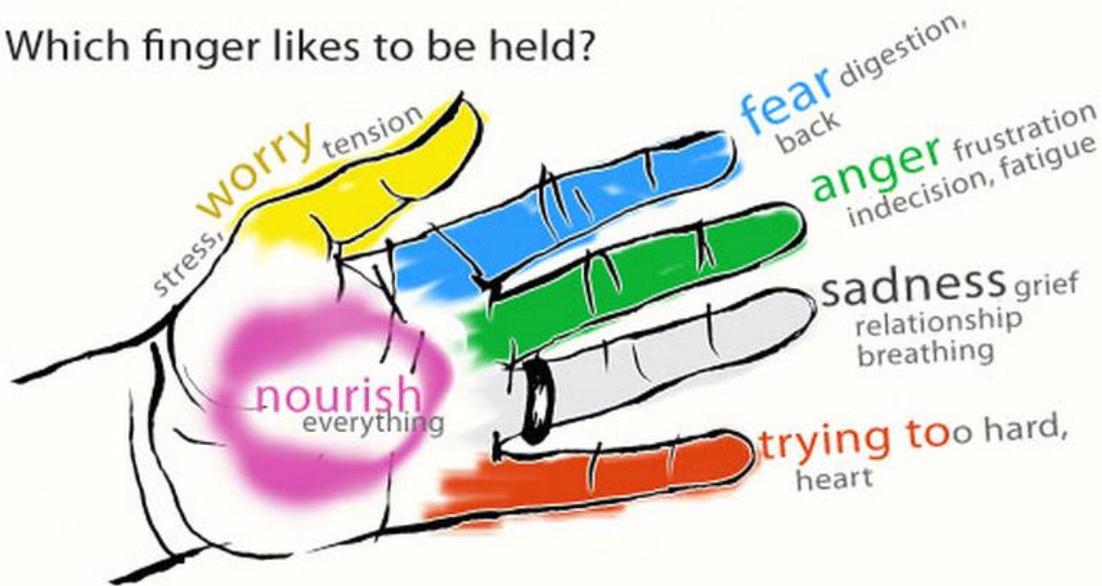


## This 5-minute exercise that you can do with just your hands will boost energy & balance emotions

Which finger likes to be held?



Jin Shin Jyutsu is an ancient Japanese form of touch therapy that you can perform on yourself to help balance your energy and emotions through stimulating the meridians in our hands.

The technique is simple, and can be done anywhere:

Each finger is connected to different converted organs and emotions/attitudes.

Check the chart and decide whether to focus on one area of trouble or to do a whole body balance.

Hold the finger correlating to the emotion you want to calm, or the organ you want to heal for 3-5 minutes while breathing deeply.

If you want a total body harmonization you can go through all of the fingers on each hand. In a study at Markey Cancer Center patients of all stages and types were able to feel positive benefits, including reduced stress and nausea after each of their sessions. Also many patients that were having trouble getting rest reported they had a much easier time falling asleep while holding their thumb.

Maybe this has something to do with why babies tend to find comfort in sucking their thumb, or reason behind flashing people the middle finger to show anger?

### Thumb

Emotions/Attitudes: Worry, Depression, Anxiety

Organs: Stomach, Spleen

Physical Symptoms: Stomach aches, headaches, skin problems, and nervousness

### Index Finger

Emotions/Attitudes: Fear, Mental confusion, Frustration

**Organs:** Kidney, Bladder

**Physical Symptoms:** Digestive problems, wrist, elbow, upper arm discomfort, muscle and back aches, teeth/gum issues, and addictions of any kind

### **Middle Finger**

**Emotions/Attitudes:** Anger, Irritability, Indecisiveness

**Organs:** Liver, Gall Bladder

**Physical Symptoms:** Eye/vision problems, fatigue, migraines, frontal headaches, menstrual cramps, and circulation problems

### **Ring Finger**

**Emotions/Attitudes:** Sadness, Fear of rejection, Grief, Negativity

**Organs:** Lung, Large Intestine

**Physical Symptoms:** Digestive problems, respiratory issues (asthma), ringing in ears, and deep skin conditions

### **Little Finger**

**Emotions/Attitudes:** Overdoing it, Low self-Esteem, Insecurity, Judgemental, Nervousness

**Organs:** Heart, Small Intestine

**Physical Symptoms:** Bone or nerve problems, heart conditions, blood pressure, sore throat, bloating