Using the Fingers to Harmonize Emotions

As human beings, we are meant to experience the wide variety of emotions that make up life. It is when we become “stuck” in an emotion or experience that we encounter distress. By holding the fingers we can assist ourselves to move through uncomfortable emotions and experiences rather than being trapped by them.

In Jin Shin Jyutsu, each finger corresponds to specific emotion or attitude. To move through these emotions in a more gentle, peaceful manner simply wrap the fingers of the opposite hand gently around the indicated finger.

The fingers can be used as a sort of emergency tool-kit. By taking time to learn the basic emotions related to each finger, you can help yourself through an uncomfortable emotion anywhere and at anytime before it becomes unmanageable for you.

How do I apply Self-Help?
- Relax, or if you are unable to relax, just be as you are.
- Stand, sit or lie down, whatever is most comfortable and convenient.
- Gently wrap fingers of opposite hand around the individual finger or thumb being utilized.
- Hold softly until you feel a gentle rhythmic pulse. There is no need to squeeze, massage or rub.
- Deep and relaxed exhales and inhales can be of benefit while applying self-help. Exhale and unload all impurities. Inhale and receive the breath of life.
- Dropping your shoulders while bowing your head slightly relaxes the breath.
- There is no time limit for use of Self-Help. Daily application will increase the benefit.

"Life is like riding a bicycle. To keep your balance, you must keep moving." – Albert Einstein

Thumb - Worry
Are you experiencing worry or depression? Do you awake in the middle of the night or have difficulty going to or staying asleep? In balance, one feels a sense of security.

Index Finger - Fear
Are you experiencing fear, mental confusion, or frustration? In balance, freedom from fear is restored.

Middle Finger - Anger
Are you angry or irritable? Do you feel emotionally frozen? In balance, one increases the capacity for compassion.

Ring Finger – Sadness
Do you feel deep lasting sadness or grief? Do you cry easily? In balance, one can release the “old” and become receptive to the “new” in life.

Little Finger – Try-To
Are you overdoing it? Are you nervous, shaky or feeling insecure? In balance one is receptive to intuition and inspiration.

Get Rid of Worry F-A-S-T
To schedule a Jin Shin Jyutsu session at Markey Cancer Center
talk to your physician or contact Jennifer Bradley
jmbradley@uky.edu
or
859.323.1797

The Jin Shin Jyutsu information provided is intended to compliment, not replace the
advice of your own physician or other healthcare professional. Individuals are advised
to seek medical attention commensurate with their specific needs.

Managing Strong Emotions with Your Fingers

"The truth is that within each of us lies the power to cast
all misery aside and to KNOW complete Peace and
Oneness - to be that beautiful creation of perfect
harmony - to truly KNOW (Help) MYSELF."

- Mary Burmeister