

## 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.

Breathe deeply and feel the distress melt away and balance return.

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***



Jin Shin Jyutsu®  
Self Help  
at Markey Cancer Center

Managing Strong Emotions with Your Fingers



To schedule a Jin Shin Jyutsu session at Markey Cancer Center  
talk to your physician or contact Jennifer Bradley  
jbradley@uky.edu  
or  
859.323.1797



<http://ukhealthcare.uky.edu/Markey/jsj/>

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.

"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

Logos and graphics used with permission from Jin Shin Jyutsu, Inc.