

## The Main Central Flow – The “Spark”

Like a car or your home, your body has an energetic system. What turns on the lights in your house? The flip of a switch. What starts your car? The turn of a key. Our own touch can spark our own energetic system as well.

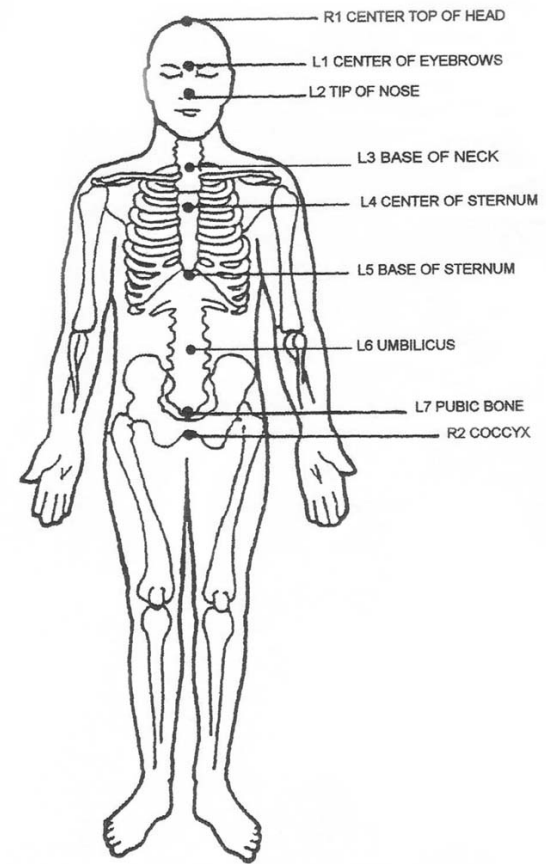
Our bodies have a primary source of energy, similar to the battery in a car. We have the ability to assist and maintain this key energy supply through a series of simple hand placements down the center of the body. By utilizing this self help “flow” we can keep our energetic “battery” charged and available to support all the functions of the body.

### 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. For this flow many find lying down preferable so that the arms are supported.
- Gently place the fingertips, palm or hand in each location as indicated.
- Hold softly until you feel a gentle rhythmic pulse. There is no need to squeeze, massage or rub. If you don't feel a pulse, simply spend a few minutes on each step, moving to the next when you “feel” ready.
- Deep and relaxed exhales and inhales can be of benefit while applying self-help, though it is not necessary. Exhale and unload all impurities. Inhale and receive the breath of life.
- There is no time limit for use of Self-Help. Daily application will increase the benefit. If you fall asleep or do not finish all steps, don't worry. Simply begin again next time. Some find a particular step in the sequence comforting and choose to do only this step. This is fine as well.

**"When I know myself, I will amaze myself."**

– Mary Burmeister



**Step 1:** Place the fingers of the right hand on the top of the head (*where they remain until step 6*). Place the fingers of the left hand on the forehead between the eyebrows.

**Step 2:** Move the left fingertips to the tip of the nose

**Step 3:** Move the left fingertips to the base of the neck in the V area.

**Step 4:** Move the left fingers to the center sternum, just above the breast area.

**Step 5:** Move the left fingertips to the base of the sternum at the bottom of the ribcage.

**Step 6:** Move the left fingertips to just above the umbilicus - belly button area.

**Step 7:** Move the left fingertips to the top of your pubic bone centered above the genitals.

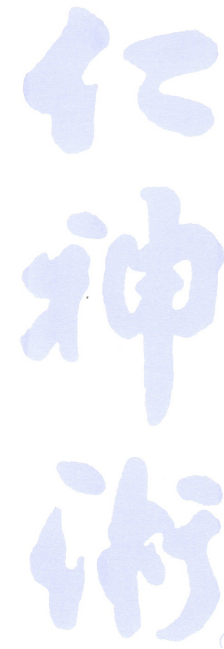
**Step 8:** Keep the left fingertips in place. Move the right fingertips to the base of spine tailbone/coccyx, If reclining, rolling to one side may makes this step more comfortable.

**Note:** The right hand remains on the top of the head. The left hand moves down the body until the final step. Hold each step for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other

Jin Shin Jyutsu®  
Self Help  
at Markey Cancer Center



The Main Central Source Energy Flow  
For Daily Maintenance



To schedule a Jin Shin Jyutsu session at Markey Cancer Center  
talk to your physician or contact Jennifer Bradley  
[jmbradley@uky.edu](mailto:jmbradley@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

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