

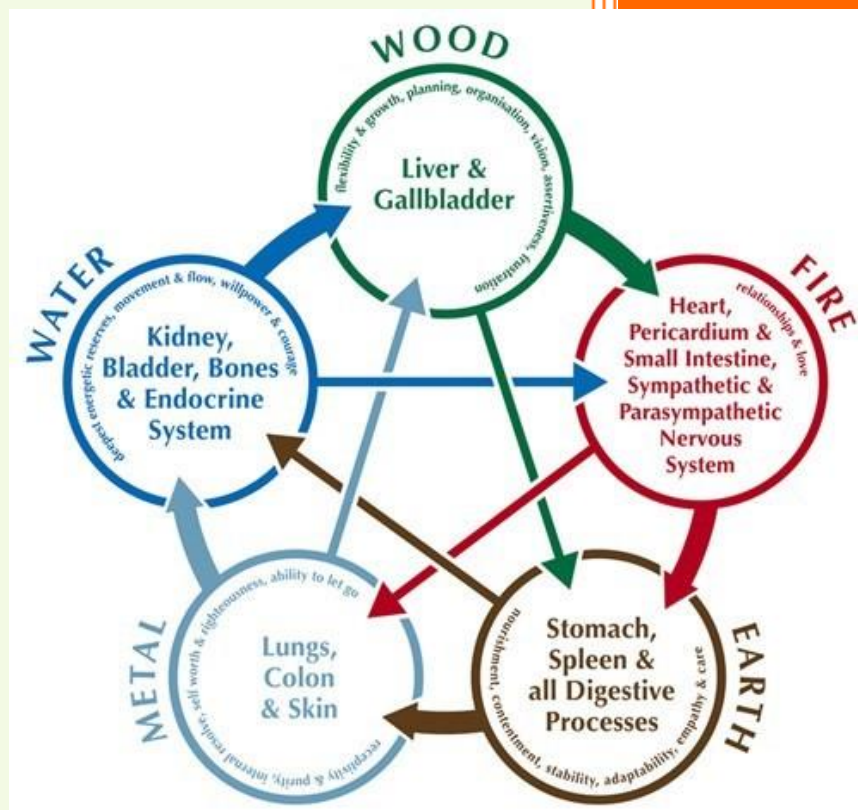


**IBS Naturals**

We Can Help...Live the Life You Deserve!

## Jin Shin Support

### What Worked For Me #9



By Teri Lord

September, 2020

Many of our readers have asked to have more self-help techniques explained and demonstrated and so we will oblige by focusing today on the main organs related to our “ibi-sibi” condition...”our affectionate name for this condition”...

Large Intestine/ Colon & then

Lungs.

Then we will add in the “Parents” of these two organs, Stomach and Spleen according to Chinese Medical Theory and experience.

In the illustration of the 5 – Element Chart of Chinese Medical Theory you will notice that the Yellow Element of Earth rules over the Spleen and Stomach. The Clockwise arrow indicates that the Energy of the Yellow Earth Element ‘creates’ the energy of the White Element, Metal. There is a lot going on here.

Using Jin Shin Self-help techniques, especially in these days of CoVid-19, can be one of the most significant tools in your quest to heal yourself and get out of IBS pain and SIBO pain as soon as possible.

Most of us used to feel we didn’t have the time for self-help but with stay-at-home orders from the governments keeping us all inside and slowed-down a bit, perhaps there is plenty of time to treat ourselves in our own homes.... we’ve finally come to realize.

No appointments to be made and kept, no fees paid out, and available night and day, 24/7.

Before we start with the Digestive Organs from the point of view of Chinese Medical Theory, I would like to remind all that the best PAIN HOLD in the world is something that you can do yourself right now!

I refer you to my little eBook called [EASE PAIN.](#)

In this [FREE eBook](#) is Technique #3, Hold Your Ankles.

I know, I know, how could this possibly help ease the deep pain I am experiencing?



**All I can say is Please Try It.**

If you can't reach your ankles easily, you can hold your thighs about midway up your thigh. This too will begin to open more fully the important flow of the Yang Rivers of Energy down to your lower body.

The Yang meridians flow down the outside of the legs and down the back.

Then the Yin flows are encouraged to increase their flows up the front and inside of the legs.

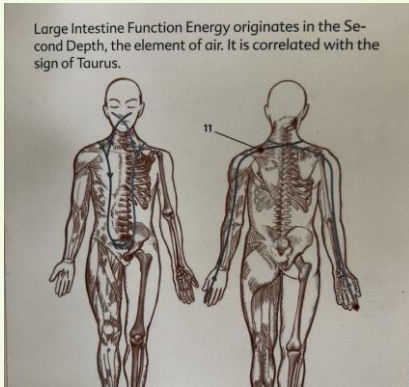
I remember Yang surfaces are those that are hit by sunlight when we picture walking on all fours, like an animal, with the Back and the Sides of the legs and arms, etc. catching the sunlight.

The surfaces of our bodies where the least sunlight would shine down would be the Yin flows of the inner legs and up the front. Hence the Yin and Yang Surfaces.

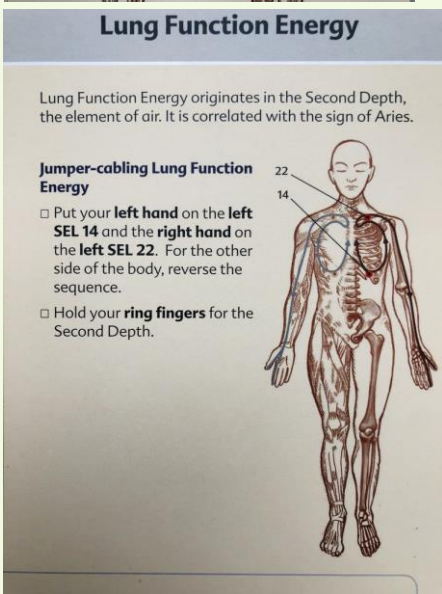
You may want to encourage the flow of the Yangs DOWN to the feet by simply running your hands over your clothes all the way to your feet ...on the outside of the legs and backs.

Then stroking UP the inside and front of the leg with your hands to encourage the flows heading for the torso and eventually up the center of the body all the way to the mouth.

Try this sweeping motion down then up lightly over your clothes for three weeks, daily and see if you notice a shift in your energy levels. It can only aid the electrical flows in your body without any side effects ever recorded.



Let's start with work on the Lungs as the preceding flow to the Colon (Flow #9 Lungs into Flow #10 Colon). These two partners are most likely needing some balancing whether you are more constipated or more prone to diarrhea. It's all an 'imbalance' in the world of Chinese and Japanese natural medicines.



**To Balance and Open the meridians of the Lung Energy that flows into the Colon Energy... please place your hands on the torso as follows:**

Try placing your hands in this position and waiting 3-5 minutes before going on to the next flow, Number 10, the Colon. It is advised that you not let yourself become impatient or frustrated, just move on to the next Hold.

This illustration of the "Quickie Hold" for supporting the Lung energy to flow more freely is taken from the Flash Card Set by author Waltraud Riegger-Krause\*, Health is in Your Hands available at Amazon.com

If you become intrigued by your unexpectedly good results from a simple system you couldn't believe would work so well, the best place to start is to buy Waltraud's Flash Card Set from Amazon.

Following these directions for Hand Placements you will end up looking like this...



Now we will move onto the Colon / Large Intestine Hold.

Here we are using Spot # 11 which is where the neck meets the shoulder... by coming across the body with the opposite hand and

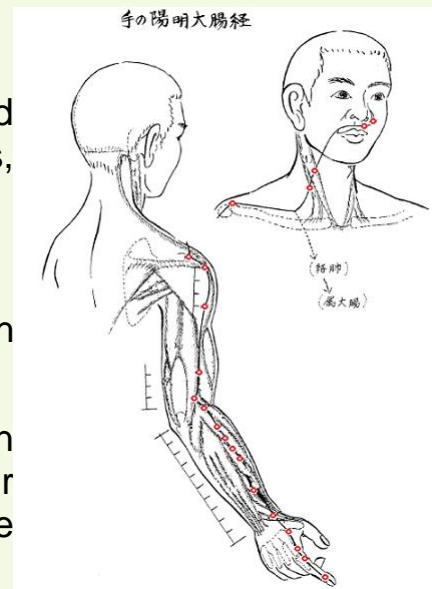
then holding up your index finger of that hand and wrapping it with the fingers of the second hand.

This point #11 is called The Garbage Filter. By holding this point we can unburden our excess baggage. This point releases tension held in our pelvic region as well as treating our nervous system, hormones, the Lungs themselves and symptoms that run along the whole Colon meridian.

So you can see how it also includes Head and neck, shoulders and arms, hands, heart and more.

Now onto the Earth meridians of Stomach and her partner Spleen.

Stomach is the 11th meridian so you can see we are taking them in order of their flow pattern. Lungs #9 > Large Intestine #10 > #11 Stomach and then #12 Spleen.



For Stomach we are going to rest our fingertips just below the eye on the left side using our right hand. Then the Left hand will hold the middle of the collarbone on the Left side as well.

Remember that you can't do anything wrong.

Even if you used the 'wrong hand' amazingly the energy, believe it or not, can figure out the flow and open it anyway.

This is the most forgiving practice you will ever learn. Feel confident to use it even right out of the box.

So give it a try without any fear of doing anything wrong.

You'll be surprised, like I was, to eventually feel that feeling of 'pulsing' in the fingers of both hands. It will synchronize itself to tell you that it is now open.

If that doesn't happen after a few minutes, move on to the next one.

You can be assured that you have aided the flow in opening itself... every time you do this hold – whether or not you 'feel it' in your fingertips.

People have been using this with great success for well over 75 years since Master Murai 'rediscovered it' and saved his own life in Japan.

Finally we come to Spleen #12 flow which is opened by placing one's hands in the following pattern:

I cross my right ankle onto my left knee and hold the inner spot just below the ankle. Yes, it's a very big space so you can't miss it.

Then with your Left hand you are going to hold your Coccyx area. Again, the base of your spine is a big area that you can't miss.

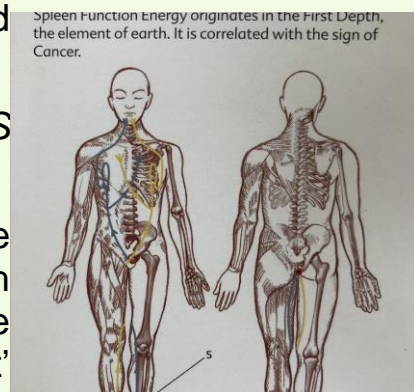
Subsequently, you can hold your Left #14 – edge of the upper rib cage – with your Right hand. At the same time place your Left hand on the area just above your breast on the right side, #13.

Any time of day you can hold your Thumbs and be treating all of the above, The Metal Element and the Earth Element at the same time.

As the Spleen transforms Nutritional Energy into Bodily Energy it is easy to see why balancing this meridian brings enthusiasm into life and helps with lack of concentration and exhaustion.

Please see the Spleen Card from *Health IS in YOUR hands*.

We encourage you to use this little routine we have mapped out here daily for a month to really see your progress. It should take no more than about 20 minutes to 'treat' your own energy patterning with these few 'postures'.



We know from experience that you will be surprised at what you can do with your own hands. This is not in place of any treatments you are undergoing with your doctor or CAM practitioner. It is a daily energy support to your overall body, mind, spirit energetic health.

## **Supplements**

Supplements played such an important role in our “getting well again”, regaining and maintaining our health. Finding the right one for the job is the greatest challenge.

Products that lack potency and counterfeits flood the shelves of many health food stores and online offerings.

This is why I’m pleased to partner with Doctors Supplement Store. DSS offers only through doctors and healthcare professionals, a vast selection of quality natural supplements direct from the manufacturers. I personally use them for most of my supplement needs and recommend them to all my patients and can vouch for the professional, friendly, and helpful service they offer. Being a licensed acupuncturist of 40 years’ experience I am able to offer this free service to my patients, followers and subscribers to my blog.

We hope you will take a minute to check out the offerings at this dispensary and register to be able to easily and safely order any of the offerings yourselves and not have to go through a doctor or another healthcare professional to do so.

To Order:

[DSSOrders.com/TeriLord](http://DSSOrders.com/TeriLord)

## **3 Ways to get your feet wet with Jin Shin Jyutsu:**

To wade in at the shallow end the easiest way to start with Jin Shin Jyutsu is with the 51 Flash Cards in Waltraud Riegger-Krause's great Health is in YOUR hands

This is an easy-to-follow way to start using Jin Shin Jyutsu today!!

We have used photos of his card presentation in this posting so you can see how easy it is to follow, where to place your hands to open your own flows of energy.

Astrid offers a very comprehensive website to introduce beginners to Jin Shin and has 20 years of experience teaching in England and elsewhere.

She offers a hands-on web class you can take at your own pace.... for life!!

In The Flow: Hands-on Self Help Mini eCourse

13 practical lessons with videos so you can start your journey of self-help today. All you need is your hands!

<https://www.flowsforlife.academy/offers/LKsk6LpL/checkout>

for less than \$ 15 US. This is a great place to start.

And if you'd like to delve more deeply into the study of the Art of Jin Shin Jyutsu then check out:

*The Touch of Healing*

by Alice Burmeister also available on Amazon.

Here you will find an abundance of specific information about Jin Shin theory as well as history and explanation. Also, specific guidance as to how to open the 12 main flows of Chinese medicine and much



more. This bible of Jin Shin Jyutsu was written by Alice, Mary Burmeister's daughter.

For the beginner, there is almost too much information so check out all three levels of beginner's reading material available.

Please check back often.

Warm Regards,

Teri and Don

[www.terilord.com](http://www.terilord.com)

## ***Disclaimer***



I, Teri Lord Murray, Licensed Acupuncturist, am not a medical doctor and do not practice medicine. I do not diagnose, cure, heal, treat disease or otherwise prescribe medication.

I assist people in correcting energetic imbalances in their bio-field that assists the body to release its innate healing ability.

When the energy of the body is balanced and moving correctly, the body's innate natural energy heals itself.

All healing is self-healing. I recommend that clients continue to see their regular medical doctors and follow their advice and my work is a complement to regular allopathic medicine.