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STUDIO & PUBLISHING

"A must for anyone wanting to learn how to help themselves and those around them, for anyone seeking personal empowerment in their own health" --JED SCHWARTZ

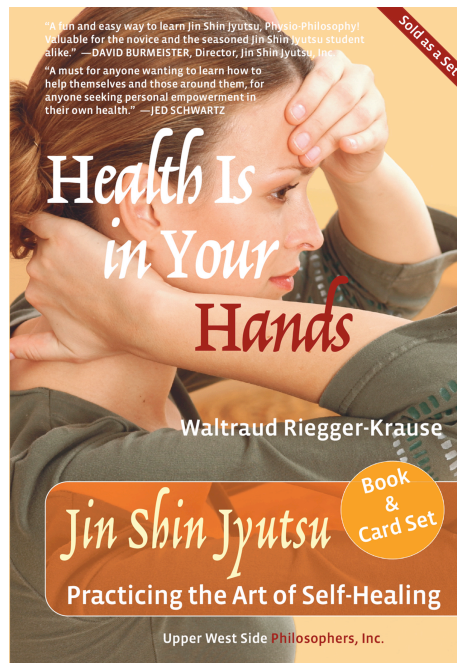
Learn what the healing art of *Jin Shin Jyutsu* is and how it will empower you in attaining and maintaining health and harmony in body, mind and spirit by simply placing your hands on your body

with bestselling author and *Jin Shin Jyutsu* instructor

WALTRAUD RIEGGER-KRAUSE

author of

HEALTH IS IN YOUR HANDS: JIN SHIN JYUTSU – Practicing the Art of Self-Healing (with 51 Flash Cards for the Hands-on Practice of Jin Shin Jyutsu)



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Philosophical Thinking is Yoga for the Mind

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The physio-philosophy of *Jin Shin Jyutsu* is a traditional Japanese healing art for harmonizing life energy. Placing our hands on specific points on the body – the so-called Safety Energy Locks – sets the healing flow of energy in motion. This creates harmony and supports inner balance. *Jin Shin Jyutsu* is a self-help method that can easily be applied in daily life, wherever you are.

With her revolutionary book and card set, Waltraud Riegger-Krause makes the healing art of *Jin Shin Jyutsu* conveniently accessible as a hands-on practice to anyone interested in sharing and benefiting from its therapeutic and salutary powers. Besides offering an astute, yet simply and clearly written introduction to the foundations of *Jin Shin Jyutsu*, *Health Is in Your Hands* lays out a wide variety of treatments for a broad range of symptoms and conditions, and helps you to quickly find the proper card for the appropriate self-treatment.

Health Is in Your Hands is nothing less than a veritable Jin Shin Jyutsu First Aid Kit together with a thorough presentation of this healing art all in one.

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Reviews

“A fun and easy way to learn about Jin Shin Jyutsu, Physio-Philosophy! This book details the basic foundation of Jin Shin Jyutsu, while the card set engages the reader in self-application. A tribute to the work of Mary Burmeister and a valuable publication for the novice and the seasoned Jin Shin Jyutsu student alike.”

-- DAVID BURMEISTER, Director, [Jin Shin Jyutsu, Inc.](#), Scottsdale, Arizona

“Waltraud Riegger-Krause captures the beautiful Art of JSJ with insightful clarity, bringing the invisible concepts into visible practical applications. A must for anyone wanting to learn how to help themselves and those around them, for anyone seeking personal empowerment in their own health.” --JED SCHWARTZ, *Jin Shin Jyutsu* Instructor and Practitioner



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Unlike the majority of health and self-help books, *Health Is in Your Hands*

- allows you to quickly and effectively help both yourself *and* others by simply placing your hands on the body: **never again will you stand by helplessly when your children or loved ones suffer** – from growing pains to nausea, from the common cold to post-op recovery, from headache to depression, from menstrual cramping to menopause.
- contains a beautifully designed and illustrated card set together with **a symptoms index that will allow you to quickly find and apply the appropriate treatment** for yourself and others in any given situation.
- effectively **harmonizes body, mind and spirit** through touch

Safety Energy Lock 15

Meaning Joy and laughter

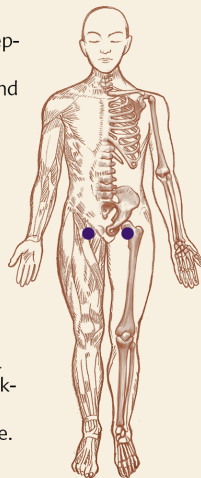
Location In the middle of the groin

Laughter is the best medicine.

The inner ecstasy of the spirit is the secret fountain of youth.

SEL 13 represents heaven, SEL 14 represents man, and SEL 15 represents the earth. When the bustline (13) and waistline (14) are open, energy can flow downward to serve the pelvis (15) and legs. When SEL 15 is open, we are in harmony with our destiny and experience joy.

SEL 15 helps to relieve mental tension and generate new ideas. It harmonizes physical activity, strengthens the pelvic organs and allows energy to flow down to the feet. With its power of renewal, SEL 15 helps the body to heal more quickly following injury and surgery. An open SEL 15 fills the heart with hope.



*Wash our hearts with laughter.
I harvest the fruits of life.*

When and how to hold SEL 15

Physical

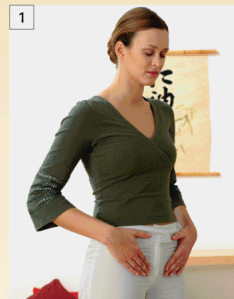
Foot, leg and groin problems; varicose veins; hip, back and shoulder discomfort; supports the reproductive organs; menstrual pain; promotes healing; fractures; after surgery; strengthens the heart

Mental/emotional

Brings joy and laughter; fear, uncertainty, strain; brings new ideas, spiritual renewal

Possible applications

- ☐ Hold **both SELs 15** at the same time (image 1)
- ☐ Hold your **little finger**.
- ☐ Hold the **left SEL 15** with the **left hand** and the **left SEL 3** with the **right hand** (image 2), and vice versa.



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“The teachings of Jin Shin Jyutsu, which were rediscovered by Jiro Murai in Japan at the beginning of the last century, consist of a philosophical and a practical level. On the one hand, they delineate an art of living that helps us to ‘know ourselves’ and to bring our lifestyles into harmony with the laws of the universe; on the other hand, they present a system of Energy Flow patterns and Energy Points for practical use on ourselves and others to alleviate discomfort and pain.”



The thumb is associated with worry and rumination, and is correlated with Stomach and Spleen Energy.

“Jiro Murai taught an art of living that he called Jin Shin Jyutsu. The name Jin Shin Jyutsu (pronounced: jin shin jitsu) comes from the Japanese.

- ‘Jin’ means ‘(compassionate, knowing) man’.
- ‘Shin’ means ‘creator’, or ‘spirit of God’.
- ‘Jyutsu’ means ‘art’.

Mary Burmeister, Jiro Murai’s devoted student, would subsequently also refer to the art of Jin Shin Jyutsu as ‘Now Know Myself’ and ‘Physio Philosophy’ (‘philosophy of nature’).”



The index finger is associated with fear and is correlated with Bladder and Kidney Energy.

“Practicing Jin Shin Jyutsu means working with our hands, using them to touch and hold our fingers as well as specific places on the body – so-called Safety Energy Locks (SEL) – in order to dissolve energy blockages and balance the flow of life energy within us ... Touching and holding Safety Energy Locks is also called ‘jumper-cabling’.”

—Excerpts, *Health Is in Your Hands*



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Jumper-cabling promotes physical health

- it provides for the better care of cells and tissue layers by allowing life energy to flow unobstructedly through the body
- it more effectively detoxifies the body
- it stimulates our metabolism
- it puts the body in a state of deep relaxation, thereby balancing vegetative and functional disturbances
- it harmonizes circulation and digestion
- it strengthens the immune system

Jumper-cabling promotes mental/emotional health

- it brightens one's mood
- it strengthens self-confidence
- it dissolves old behavioral patterns
- it harmonizes attitudes – worry, fear, anger, sadness, and pretense/trying-to
- it dissolves depressive moods
- it improves our charisma

Jumper-cabling promotes spiritual and mental harmony

- it dissolves negative thought patterns
- it fosters serenity and cheerfulness
- it brings about eye-opening experiences
- it facilitates mental-spiritual clarity
- it increases spiritual insight
- it expands consciousness



Holding the thumb and little toe is the first step in the Opposite-Finger-and-Toe Flow.

—Excerpts, *Health Is in Your Hands*



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About the Author

One of the few authorized Jin Shin Jyutsu instructors in the world, naturopath and Jin Shin Jyutsu expert Waltraud Riegger-Krause has practiced and taught Jin Shin Jyutsu across the globe for over twenty years, after studying with Mary Burmeister, the founder of [Jin Shin Jyutsu in the U.S.](#), from 1985-1989. She is the author of several acclaimed works on Jin Shin Jyutsu in German, including the revolutionary book-and-card set *Health Is in Your Hands. Jin Shin Jyutsu – Practicing the Art of Self-Healing (with 51 Flash Cards for the Hand-on Practice of Jin shin Jyutsu)*, which is made available in English for the first time. She lives in Isnny, Germany, where she also practices Jin Shin Jyutsu. Waltraud Riegger-Krause's Jin Shin Jyutsu books and recordings have sold over 150,000 copies worldwide.

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Waltraud Riegger-Krause

Q & A

Health Is in Your Hands: Jin Shin Jyutsu – Practicing the Art of Self-Healing

1. What is Jin Shin Jyutsu (JSJ)? Is JSJ a technique?

JSJ is an ancient Eastern healing art that was rediscovered by Jiro Murai in Japan at the beginning of the 20th century, and subsequently brought to the West by his student Mary Burmeister. JSJ is an art of living that combines the understanding of our spiritual inheritance with the understanding of how we can work on our energy fields to harmonize our existence on all levels: spiritual, mental, emotional and physical. Today, JSJ is taught and practiced all over the world.

2. Could you give an example of how we sometimes practice or apply JSJ without knowing it? Are we all JSJ-naturals?

To me JSJ is a built-in form of wisdom that we possess, which means that we automatically touch areas on our body to help ourselves. For example, we touch our forehead when we want to remember a name, children suck their thumb to harmonize their worries and calm themselves, while at the same time helping their digestion.



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- 3. Could you briefly explain what 'Safety Energy Locks' are, and why touching them with our hands is called 'jumper cabling' or giving yourself or another a 'flow'?**

There is an energy field that permeates or engulfs our spirit, mind and body. SELs are places or openings in this energy field through which we can access the energy and harmonize it. This energy field is connected to the ever-present universal energy. By touching the SELs we train our awareness on them, thus allowing them to 'awaken' and start recharging with universal energy – like a battery. Giving a 'flow' means touching a sequence of SELs, thereby recharging and harmonizing body, mind and spirit.

- 4. How does JSJ address body, mind and spirit?**

Since there is a vital life energy field that permeates all dimensions of our being, in touching the body we touch spirit and mind as well.

- 5. As a naturopath you are familiar with many different forms of therapy. What – in your experience – makes JSJ stand out in comparison to other healing arts?**

To me JSJ goes very deep because it touches on all dimensions of our being. Someone comes to me with a backache, for instance, and after a few sessions they tell me that they feel less angry or that their sleep-related problems are gone. JSJ brings about subtle changes on all levels of our being. It is holistic. What makes JSJ stand out is that it offers a system of self-help sequences that anybody anywhere can apply to help themselves.

- 6. How did you get involved in JSJ? Could you talk a little bit about your personal journey?**

Like so many others, my path to JSJ was not a direct one. It was on a trip to the US in 1985, during a workshop at the Acupressure Institute in Berkeley, that my teacher, Janet Oliver, talked to me about JSJ. I immediately knew that I wanted to meet Mary Burmeister, who had brought JSJ to the US from Japan. Being in Mary's class was overwhelming for me. I didn't understand much at first because my English wasn't good at the time, but my heart understood that this was to be my path. I knew I had to come back and study this art. And I did. Together with my spiritual practice, which I started the same year, JSJ changed my life.

- 7. What, in your opinion, are the greatest benefits of practicing or applying JSJ?**

My hands are always with me, and I can help myself and others whenever needed.



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8. Could you tell us about one or two extraordinary experiences with JSJ that amazed even as experienced a practitioner as yourself?

Of course there are many stories I could relate. Here is one that happened to me last summer: I was on the road, teaching a class. Somehow I got a splinter in my right middle finger. I started holding it with my left hand. But because I was teaching, I didn't have or didn't take sufficient time to hold it frequently and long enough. So, every day it was hurting more and more, and it started to get red and inflamed. The night after the last day of class, I woke up because my finger was hurting badly and was swollen, pounding and red. It felt and looked like blood poisoning. I began holding it until I fell asleep again. The next morning it was already better. Then the class organizer and his wife also put their hands on my finger. The left hand first, then the right hand on top of it, as if to create a force field for pulling something out. The swelling went down. During the entire journey home, I was holding my finger whenever I thought of it. The next morning pus had accumulated around the splinter, and it opened up and came out. I have also witnessed many instances in which JSJ helped people suffering emotional pain and trauma.

9. Why did you decide to write *Health Is In Your Hands: Jin Shin Jyutsu – Practicing the Art of Self-Healing*. What can this book and card set do for us?

I wanted to share this wonderful art and present it in an easy-to-understand, yet profound fashion, thus helping to spread Mary Burmeister's message to the world at large.

10. If someone could only learn one flow for daily use, which one would you recommend?

I would recommend the Main Central Vertical Harmonizing Energy Flow because it is our main connection to the universal battery. It gives us vitality and harmonizes our mind and emotions as well as the entire endocrine system.

11. JSJ uses touch, and yet it is very different from Reiki. JSJ works with energy pathways, and yet they don't always align with acupuncture meridians, nor do the Safety Energy Locks necessarily correspond to acupuncture points. Could you speak to the ways in which JSJ is different from Reiki and acupuncture?

Unfortunately, I cannot speak to JSJ's the difference from Reiki as I've never studied the latter. But I can speak to its difference from acupuncture. JSJ works mainly with the energy that Mary Burmeister called 'Trinity Energy'. And while it also works with the energy that acupuncture calls 'meridians', it does so through the prism of the much more subtle so-called 'Trinity Flows'. Acupuncture stimulates and sedates, whereas JSJ harmonizes our entire being. Also, self-help is an important part of JSJ, whereas it is not really part of acupuncture.

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- 12. For some time now, JSJ has been recognized among traditional Western medical practitioners for its effectiveness and easy applicability, and it is now used effectively in hospitals. There are also many nurses who integrate JSJ into their daily routine. Could you speak to this development and to JSJ's benefits in a hospital setting?**

In harmonizing the energy field through JSJ, the body is able to recover much more quickly. JSJ helps to restore life energy and stimulates our self-healing abilities. Thus, after surgery it can support physical healing and help to center the patient emotionally, which makes for fewer medical complications. More and more doctors and nurses have begun seeing and appreciating this.

- 13. What is your experience using JSJ with children, and would you recommend it as a skill that parents and children in particular would greatly benefit from?**

JSJ works very well with children. Because they tend to be much more in synch and in touch with their bodies than adults, they are very open to harmonizing life energy.