

Basic Jin Shin Acupressure

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I've learned a lot of great healing techniques over the last 15 years of practice, but Jin Shin acupressure has stuck with me as one of my favorites for quick pain relief and increased healing energy flow into a specific area of the body. And its good for kids & animals too... if you can get them to sit still long enough.

Here's how to do it..

1. To get a feel for the "healing pulse", start by putting your two middle fingertips together, and adjust the pressure until you feel an electric pulse between your two fingertips (in time, you will know that this pulse is different from your blood pulse).
2. Then practice the technique by putting one middle (or index) fingertip on a body part, and adjust the pressure until you feel the pulse.
3. Place the other hand's middle or index fingertip on another point nearby, and adjust the pressure until you feel a pulse.
4. Use your mental focus in combination with a few deep relaxing breaths to synchronize the two points, adjusting the pressure in each fingertip until both points are pulsing at the same exact speed and intensity.
5. As the points synchronize, watch for changes in the electrical field of the body (twitching, wave-like motions, chills, relaxation...).
6. After the two points are synchronized, you are finished... or you may move on to other points for more effect.

**This technique (as well as all holistic healing methods) will only work on people who are sensitive enough to feel the subtle energies in their bodies. There is an easy way to determine who is "connected" enough to benefit from holistic treatments, and it is outlined in my Chi Bodywork Manual.*

**There is a complex system of acupressure points & protocols you can learn (Jin Shin Do or Jin Shin Jyutsu), but if you just practice enough with what I've described above, and go with your gut on where to place your fingertips, you will be able to do a lot of good without the formal education.*

**If working on a chronic (deficiency of energy) area or condition, place your fingertips proximal to the area, and then move them to points that are distal to the main area of concern.*

**If working on an acute (excess of energy) area or condition, place your fingertips on distal points first, then work proximally until your fingertips are surrounding the main area of concern.*

**For more info... <http://www.jinshindo.org>*

Its fun, enjoy!