

"A fun and easy way to learn Jin Shin Jyutsu. This is an absolutely valuable for the novice and the seasoned Jin Shin Jyutsu student alike." —DAVID BURMEISTER, Director, Jin Shin Jyutsu

"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

SOLD AS A SET

Health Is in Your Hands

Waltraud Riegger-Krause

Jin Shin Jyutsu

Practicing the Art of Self-Healing

Book
&
Card Set

Upper West Side Philosophers, Inc.

Waltraud Riegger-Krause

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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Besides offering an astute, yet simply and clearly written intro to the foundations and complexities of Jin Shin Jyutsu, HEALTH IS IN YOUR HANDS lays out a multitude of treatments for a wide selection of symptoms and circumstances. The physio-philosophy of Jin Shin Jyutsu is certainly a traditional Japanese healing artwork for harmonizing life energy. Wellness IS IN THE HANDS is nothing significantly less than a veritable Jin Shin Jyutsu First Aid Kit together with a thorough presentation of this healing artwork all in a single. Health, Self-Help. Why is HEALTH IS IN THE HANDS truly groundbreaking and indispensable, nevertheless, is its comprehensive flash-card set for instant hands-on Jin Shin Jyutsu application, which, due to its visual aids and multicolored arrangement, allows you to quickly find out the connections between your depths, energy locks and organ flows, and to choose the appropriate cards and practice the correct flows for any provided symptoms. In Wellness IS IN YOUR HANDS, bestselling writer and certified Jin Shin Jyutsu instructor Waltraud Riegger-Krause makes Jin Shin Jyutsu easily accessible as a hands-on practice to anyone thinking about sharing and benefiting from its therapeutic and salutary powers.



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Practical and Profound I would like to second Massage Therapist's review. This publication/card set can be a beautifully carried out and intensely helpful review and research guide for anybody who has taken the 5 time JSJ live programs. And it could also make a good introduction to this extremely simple and effective healing artwork for someone wishing to explore what JSJ has to offer." And we had been all relieved. It has lots of information including mudras to make use of for yourself or even to teach to a customer. A ideal size to carry around. At the time I was skeptical. While I was familiar with acupuncture and acupressure, I got never heard of JSJ and it appeared too easy to me. But fortunately this was a good friend and I got a bent for exploration, therefore i read the reserve and dutifully attempted a few of the holds. And wow! However, usually do not choose the KINDLE edition. In my own case, they especially helped me to modify my blood sugar that was a real issue in my life in those days. After that I continued to take live JSJ classes and become a practitioner and have been using it ever since for my own self-care as well as for family, close friends and clients. JSJ is an extremely gentle art, but incredibly useful and effective. I was especially grateful to have it when I was assisting my mother through hospice. In her last days she developed a constricted bladder producing her very unpleasant. The nurse said we would have to catheterize her (an unpleasant procedure that none of us wanted), but agreed to let me try JSJ first. I think I'll have office supply shop punch the corners of the deck so I can put on a ring and not eventually play 52-pickup. I recall the nurse stating, "WOW! THAT sure will be a lot better than needing to catheterize! I was introduced to JSJ through Alice Burmeister's introductory publication (The Touch of Healing) many years ago. Beyond issues of physical health, however, JSJ presents a profound tool for developing personal awareness, presence, and internal peace. Also, I cannot start to see the pictures through the entire text. Holding the various combos of SEL's with mindful breathing and compassionate recognition allows us to explore the depths of the mystery of our individual existence while at the same time carefully removes blockages to your being in touch with our full potential. It is truly the adventure of a life at one's finger guidelines! A strong point of the particular card/book set may be the wording describing each of the SEL's, the Organ flows and the Depths. It is very heart sensed and conveys something of the beauty, depth, and question of these elements better than anything else I have seen in print, The author's intimacy with the truth of each of these levels of being can be both instructional and inspiring. My hope is that many people will discover this book/card set and be inspired to explore JSJ as of this level. KINDLE Edition. I've been looking for this! Having worked because a massage therapist for a while, I've begun to review Jin Shin Jyutsu the past couple years and have usually wondered why there have been not more comprehensive summaries from which to work, summaries beyond the textbooks. Outstanding, outstanding, outstanding! That is an awesome format I have to say! This will not mean that there isn't further dependence on oral and hands-on transmitting of Jin Shin Jyutsu, but this succinct little set is so much better than all my notes and accumulated hand-outs come up with. For someone trying to learn, this is a tremendous aid..Some of the Jin Shin Jyutsu flows are hard to do on oneself, and these cards give great alternatives, usually more than one for each SEL flow. There exists a great set of symptoms and corresponding flows, much more structured than anything I was ever in a position to collate from my course notes. oh well guess that's what baggies are for. In self-treatment and in self-study, you can either use the cards by addressing symptoms or by going through the cards systematically to absorb all the associations with each SEL and each flow. For readers who have no idea what I'm talking about with all this jargon, fear not! That is such a clear package, and the introductory book is indeed accessible, that I plan to provide it as something special to family and friends who have very little idea what Jin Shin Jyutsu is normally. I find

myself using the cards constantly. This is exactly what I wanted! Great New Organized Format for a Timeless Art I have been utilizing the Jin Shin Jyutsu Personal Help book for more than 10 years and was looking for something easy to recommend to beginners. Most of the basic information offered in Jin Shin Jyutsu classes exists in this reserve or in the accompanying cards. The book is smaller than I thought it would be. On my amazon kindle, it is impossible to learn the cards/webpages of the safety locks. I learned a few new points that I didn't know. I would recommend this to anyone wanting to explore this healing art, at any level. The cards that list symptoms which reference the additional cards is genius!. The cards are handy when you are learning to prop up on the table your client is laying on or as flash cards for learning. The beautiful flash cards are great and particularly useful on my iPhone when touring. I bought the Kindle version to check on it out, also thinking about buying the paper book merely to obtain the deck of flash cards for home use. Well-crafted cards, heavy not flimsy and very informative; easy to follow illustrations. These cards make even more sense and easier to use than any publication that I have found. They're practical because 1 part shows you where to place the hands and the various other side tells you more about it. They have cards for the liver, gallbladder . The business, combined with the color coding, really helps to integrate a daunting quantity of info.. organs like that . Best book for Self Help quick mention of the main element JSJ flows This book doesn't give nearly as much background as Alice Burmeister's book, but I don't believe that was a mistake. I wish this acquired existed in the 90's when I was first learning JSJ. love it. Some I still have to study [maybe also open up the tiny book it arrived with] for more information. A good reference book. As well as the alphabetical list of symptoms, there is a more exhaustive set of symptoms on the trunk of each card. Easy to find the correct hand holds for numerous needs; Helpful I specifically appreciate the deck of cards. lots of good explanations on both sides of the cards. Placing my practical two points to promote the Bladder Stream, mom's urine was flowing freely in under 2 minutes. Easy to learn In order to come across a way to maintain health, or even assist you to recover from a medical condition, take a few minutes to learn this book ... It really is an excellent book for beginners and those who have taken the 5 day time Jin Shin Jyutsu program.. super very clear concise and beautifully presented. :-) Five Stars very good Five Stars As a Jin Shin Jyutsu practitioner I just love this little publication!For those who are not so familiar with working with the "felt sense" of the body and energy system, a beautiful compliment to the set is the recently produced Body Centered Inquiry by Jonathon Foust. Not readable. Purchase the book Five Stars This healing practice is fantastic and the book and flash cards have become useful. It's pocket sized (so just realize that), but that small book is packed filled with great info. There is no way to make the text bigger. It is way too little to become readable. Each one of the points (SEL - Protection Energy Locks in JSJ language) is a doorway right into a specific aspect of ourselves. Based on the sample and the parts I go through before I came back it, it looks like a very useful addition to your Jin Shin Jyutsu. They actually worked! I am reviewing ONLY the KINDLE edition, not really for content, but for quality and readability. Five Stars like described, fast, uncomplicated A good reference book that's convenient to carry around and study from. She told me that that book had been her only inexpensive healthcare for several years when she was touring and pursuing studies all over the world. This is a wonderful book for the request of Jin Shin Jyutsu This is a wonderful book for the request of Jin Shin Jyutsu.Shame they didn't also place the reserve in the package;This is the best book for those who have some experience with JSJ self help and want an instant reference to the key flows. A pal gave it if you ask me. The chapters are well-organized..



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