



The Touch of Healing: Energizing the Body, Mind, and Spirit With Jin Shin Jyutsu

Alice Burmeister

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The Touch of Healing: Energizing the Body, Mind, and Spirit With Jin Shin Jyutsu Alice Burmeister
The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jyutsu. Gentle touching similar to acupuncture is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance. The authors explain the natural life force that runs through the body and demonstrate with case studies, detailed analysis, and more than 30 illustrations, how to integrate this system into one's life. The key healing points and body flows, known as "Safety Energy Locks," are presented with step-by-step instructions on how to utilize them for healing and greater self-awareness. Many self-help practices are also offered that address a wide array of common ailments, including headaches, digestive disorders, fatigue, depression, and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence, anxiety, and depression.

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