

Dr. Anke Weber Smit

Coaching & Ontwikkeling

Helping Hands

Jin Shin Jyutsu

First Aid Self Help For Every Day



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“My destiny is in my own hands”

– Mary Burmeister –

Founder of Jin Shin Jyutsu in the Western Society

What is Jin Shin Jyutsu (JSJ)

Jin Shin Jyutsu or: Healing with your hands is an ancient Eastern medicine. The philosophy of Jin Shin Jyutsu is that your hands are the tools to restore and balance the energy in your body. The literal meaning of Jin Shin Jyutsu is Jin = 'human being', shin = 'creator' and jyutsu = 'art'. According to this teaching, everything consists of energy, including us humans and everything around us.

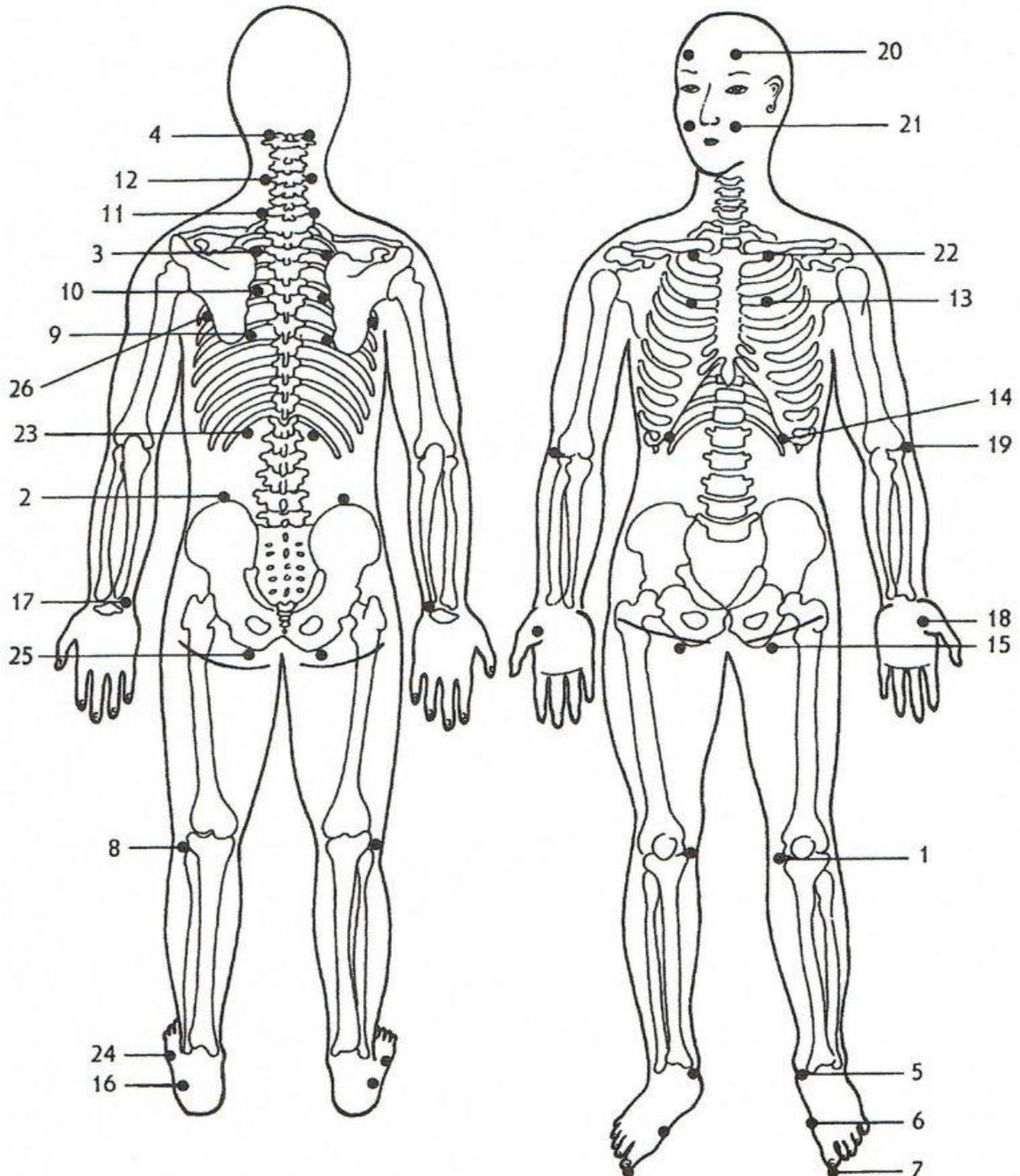
Energy points in our body ensure the flow of energy through our body. If that energy flows well, you will feel vital and healthy. However, sometimes the energy points become blocked, preventing the energy from flowing freely. This causes you to become unbalanced, which

according to this Eastern teaching can cause physical and psychological complaints.

In order to let your energy flow freely in your body again, you will have to unblock the energy points ("locks"). You can do this with your hands. You place your fingertips or hand on a certain energy point that keeps connection with the complaint you have and leave it in that place for a while. This can take between 1 and 20 minutes per energy point.

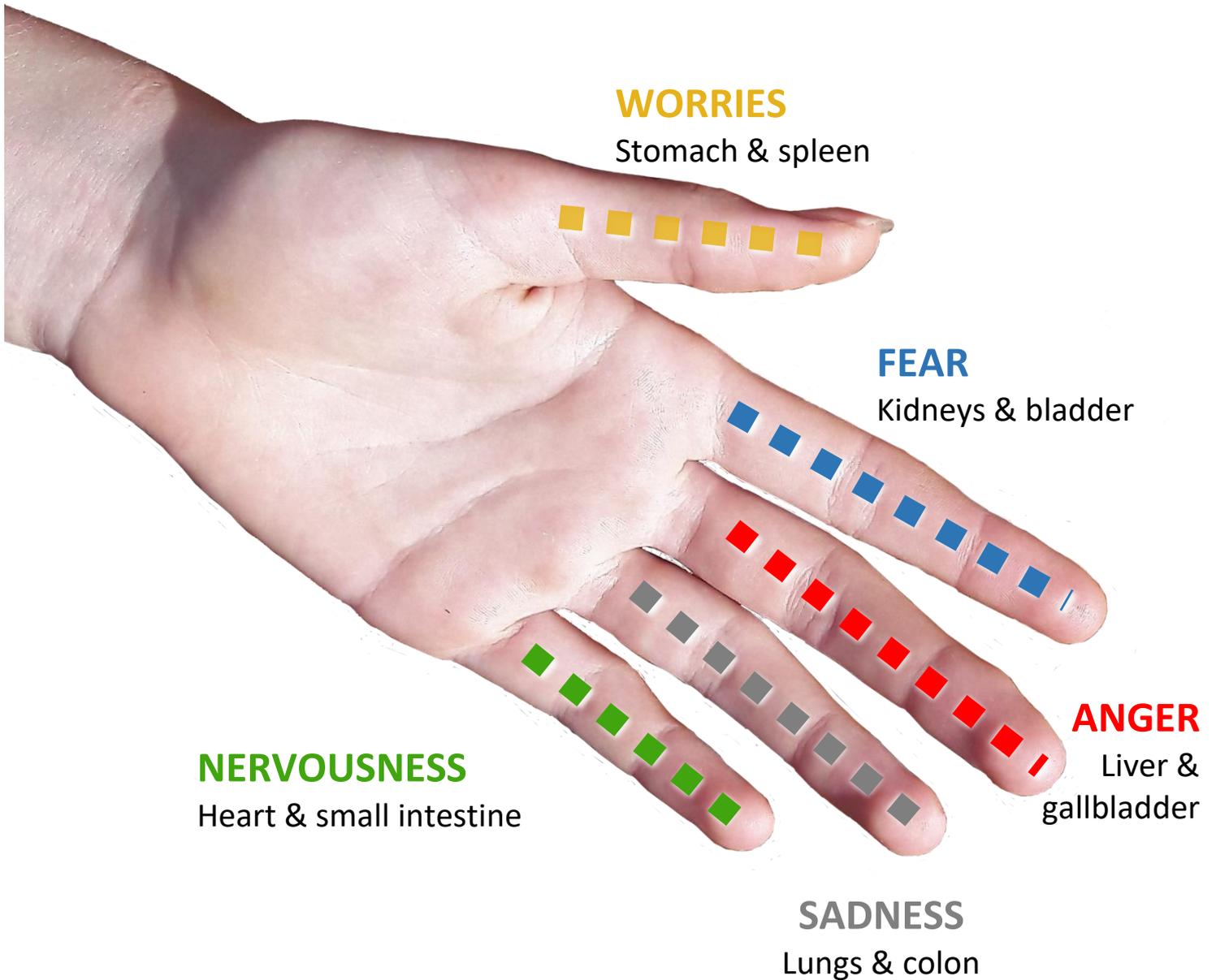
I myself have only just started my study of the Jin Shin Jyutsu a few years ago and there is still a lot to learn. That is why I use parts of Jin Shin Jyutsu and integrate them into my further healing work.

The energy locks



Source: <https://www.jinshinjyutsu.nl/26-energiesloten>

The ideal first aid kit: your hand



We all hold our fingers to help ourselves. Babies do it when they suck their thumbs. Sucking the thumb helps regenerate baby's energies, eases their tummy and soothes and nurtures them. Our energy body is made up of 144,000 energy functions. They are energy pathways like rivers, connecting us from head to toe and toe to head. All those energy pathways are found in the hands. So holding a finger helps 14,400 energy functions. By holding each thumb and finger in turn every day for a few minutes, we can calm the mind, soothe the nervous system, and regenerate our whole being.

Example: When you have a tummy ache, hold one of your thumbs. Within seconds to minutes, your tummy ache is gone. When you feel that your muscles are tense, try holding your index finger. Within seconds to minutes, you can feel my body relaxing, easing, releasing tension.

Read more (NL):

<https://www.jinshinjyutsu.nl/home>

<https://www.hennycramers.com/wp-content/uploads/2014/08/Happinez-20132-Jin-Shin-Jyutsu.pdf>

Worry

You can do this exercise anywhere and at any time that your hands are free. Just wrap your right hand around the thumb or a finger of the left hand. Relax your hands and hold. For best results, sit comfortably and close your eyes.



This position also helps with:

- Insomnia Digestion (tummy ache - great for kids)
- Headaches (especially base of thumb)
- Stress and nerves
- To ground, calm and nurture
- Skin surface
- Stomach and Spleen energy
- When have to SIT a lot (sitting creates bloat conditions)

Fear

Hold the Index finger for *fear*.



This position also helps with:

- Teeth and gums
- Backaches
- Digestion, constipation
- Self-criticism, shyness
- Muscle tension
- Kidney and bladder energy
- When have to STAND a lot (be on your feet)

Anger

Hold the Middle finger for anger.



This position also helps with:

- Blood pressure
- General fatigue
- Eyes, vision
- Irritability
- Balance emotions
- Liver and gallbladder energy
- When have to READ a lot

Grief

Hold the Ring finger for *grief*.



This position also helps with:

- Ringing in the ear (Tinnitus)
- Respiratory functions
- Excessive mucus
- Skin conditions
- Lung and large intestine energy
- When have to RECLINE a lot (e.g. convalescence)

'Efforting'

Hold the Little finger for *'efforting'*.



This position helps with:

- Heart discomforts (e.g. palpitations)
- Bloating Time for ME
- Trying too hard (at anything)
- Insecurity, nervousness
- Heart and small intestine energy
- When need to WALK a lot

Fatigue and Despondency

Hold Center of Palm for fatigue and despondency. Don't have time to hold each thumb and finger? Then as a shortcut, place your fingers at the center of the palm.



Working with the center of the palm harmonizes our whole being on a physical, mental, emotional and soul level, and so it also helps to ease the attitude of deep despondency or depression and along with it, fatigue. Depression (despondency, despair, dejection, gloom, sadness, grief) can be helped by holding center of palm and then the ring finger (attitude of grief) of either or both hands in turn.

‘The Supervisors’

To help harmonizing Left and Right side

These exercises are in two parts and help the whole of the left side and the whole of the right side. They are seemingly very simple, but they are powerfully regenerating even after just a few minutes. If you do not have time to do the left and right side, just choose the side where you feel there is more tension, and start with that.

Part 1 of the exercise (Image 1) stimulates the immune system, helps release tension in the back and helps the legs.

Part 2 (Image 2) of this exercise helps release any digestive and elimination discomforts.

You can do these exercises lying down, sitting down or standing up.

Harmonizing the right supervisor

Part 1: Immune system, helps release tension in the back and helps the legs.



This position also helps with:

- Upcoming sore throat or a cold
- Bringing down fevers (great for children)
- Clear abdominal bloat and discomforts.
- Harmonizes tension below the waistline, Releasing tension in the hips, legs and feet.
- Sleeping well

Image 1: Left hand goes over right shoulder, right hand goes on right groin.

Harmonizing the right supervisor

Part 2: Release any digestive and elimination discomforts. Carried out on the left side of the body, this exercise is especially helpful to ease constipation, while the right side is useful to ease diarrhea).



This position also helps with:

- Move/clear headaches
- Release tension in the waistline
- Sleeping well

Image 2: Left hand stays over right shoulder, the right hand moves to the right sitting bone palm, like you're going to sit on your hand.

Harmonizing the left supervisor

Use images 1 and 2 as guidelines. Reverse hands.

Image 1:

Right hand goes over *left* shoulder. *Left* hand goes on *left* groin 2.

Image 2:

Then *left* hand moves to the *left* sitting bone palm up - so you're sitting on your hand again.

To ease stiff neck/shoulders, lubricate joints and more

A stiff neck and shoulder pain really can be a pain in the neck! These pains seem to relate to some form of stubbornness. Tension in the opposite neck and shoulder also can cascade into the back of the leg pain. Knowing that, you can also look for neck and shoulder relief through open your mind and practice some flexibility, adaptability, letting go of crystalized habits.

One flow good for lubricating the body and giving you flexibility is to place one hand on the left or right of where the skull meets the neck (Image 3). The other hand goes on the elbow of the same side.

Holding your fingers as you have learned above is also very powerful and profound way to help yourself. The Index finger will help let go of possessiveness and stubbornness. The Middle finger will help with

flexibility and anger. Even better, why not experiment with your fingers and find out the hold of which one feels the best. The finger that feels the best is the one that is the most appropriate for you at this moment.

That is my favorite game at night before I fall asleep. Try it and judge for yourself!

Image 3:

Tension and stiffness on the left side (shown).

Left hand over left shoulder right hand/fingers on left crease of elbow as shown. Reverse hands for the other side.



To Ease Stiff Neck/Shoulders To Lubricate Joints and more

This little pearl of a self-help hold (image 3) can also help with quite a few other discomforts:

- Eases a stiff neck and shoulder pain
- Alleviates pain down the arm, in the elbow, in the hand & fingers - prevents and eases RSI
- Detoxifies the body
- Helps protect the body against osteoporosis
- Gets rid of aches and pains in the body (also fibromyalgia)
- Lubricates the joints (so good for knee pain, elbow pain) and even helps with all arthritic projects or 'problems'
- Helps the skeletal structure
- Helps the eyes

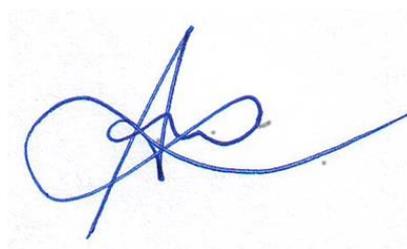
IMPORTANT: This information is not meant as a substitute for medical attention. If symptoms persist always consult your physician.

About Anke

People often ask me: How can you, as a trained ecologist with more than 20 years of scientific experience, explore such dubious fields as alternative therapy, EFT (Emotional Freedom Technique, a kind of acupuncture without the needles) and healing? I can only answer that *because* I am a scientist, also called a re-searcher, I am very curious to explore new frontiers of what we think we know. I have studied biology, ecology and holistic therapies for over 10 years and enjoy connecting scientific knowledge, intuition and people.

I qualified as a healer by the Norwegian Spiritualist Society in 2011 after discovering my interest in energy work through meditation. Interested? Find out more on my website www.ankewebersmit.com, LinkedIn or Facebook.

- ✓ Consultations, workshops and lectures in Holland, Germany, Norway and Belgium
- ✓ Distance healings and face time / telephone consults
- ✓ Online Consultations



Dr Anke Weber Smit, coach Healing, science and spirituality and self-help teacher and author since 2010; mobile: +31 6 53667256; email: info@ankewebersmit.com; www.ankewebersmit.com

How can I help you

I can help you with problems such as:

- Emotional distress
- Problems with sleeping
- Low self-confidence
- Fear
- Problems at work
- Co-creating your future
- Understanding why you do things the way you do
- Understand and solve problems with parents from the past

Let's connect

We can connect in one of the following ways:

- Personal meeting and consultation
- Telephone/Skype/facetime consultation
- Distance healing
- Workshops
- Talks and presentations

Or find me on LinkedIn or Facebook

Techniques

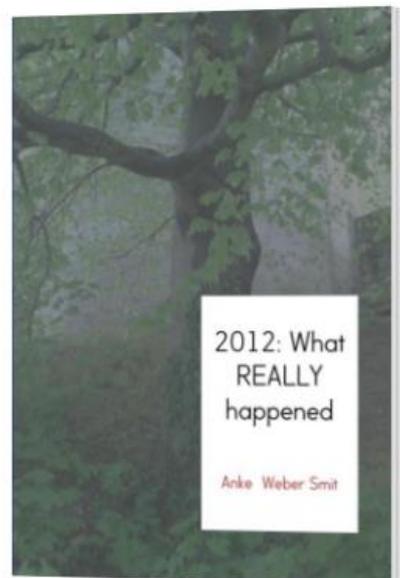
I work with a range of Energetic Psychology techniques. In Energetic Psychology psychological problems are treated via the bioenergy (electrical activity). Often observable and measurable results are achieved rapidly and without causing unnecessary emotional distress or averse reactions. In short, it refines the healthy relationship with your inner self (and thus your physical body), stimulates personal growth and lets you reclaim your original power.

Techniques comprise:

- EFT (“Emotional Freedom Techniques”)
- Reconnective Healing, intuitive healing
- NLP (Neuro Linguistic Programming)
- Bach flower therapy

Books by Anke

- *NEW: Achtentwintig Krachtige Gedachten (in Dutch), September 2020, Uitgeverij Elikser*
- *Ontdekkingsreis Hoogsensitiviteit (Uitgeverij Elikser, 2017).*
Highly recommended a practical and accessible book for a broad target group. Also available in Dutch libraries. *2012.*
- *What Really happened (Brave New Books, 2015).*



What clients say

- “ My bad eye, which had tormented me for days, suddenly relaxed and, above all, the rather strong pain was suddenly gone. Thank you so much Kate, teacher
- “ Dealing with psychological and emotional fears 'I was in great physical pain when I started with a 'healing journey' with Anke and that pain has since disappeared completely. Also fear and other issues are completely gone and I am strong, confident and feel completely alive. I want to thank her for the help and healing that she has given me. In a very difficult and uncertain period in my life she helped me so much to turn that experience into something positive. B. Schippers, IT specialist
- “ I have consulted quite a few people in connection with alternative therapies and I quickly discovered that Anke is a person beyond the ordinary. Highly recommended!
Øyvind Blomstereng, photographer
- “ It is going well and I feel better in all areas. I feel almost reborn. It is true that I have experienced a violent time and I have always been a loner, a bit different from the rest. It is very special that I have received a very specific answer from Anke about something that has kept me busy during the last week - without her knowing it. A. Berrez, Software tester, distance treatment