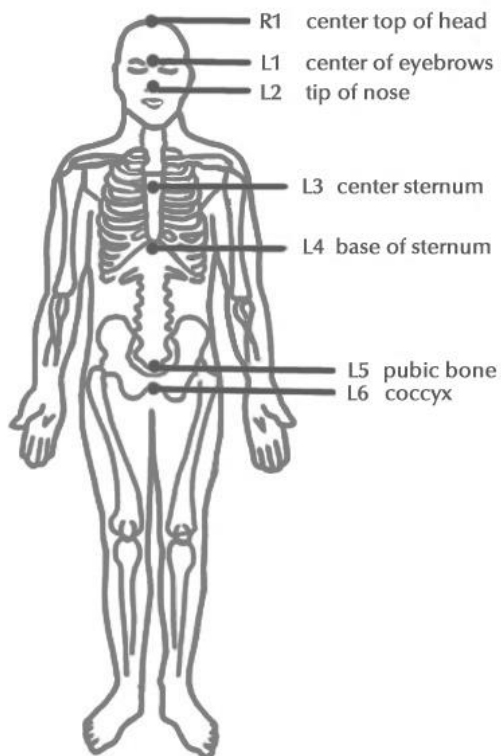




Main Central Vertical Flow (Self-Help)

This flow is the source of our life energy. We are as harmonious or out of rhythm as is the energy supply from this source. This pathway flows down the center of the front and up the back of the body. Harmonizing the Main Central regularly helps you feel centered and ensures that you will have plenty of energy.

Sit, stand or lie down in the way that is most comfortable for you. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other. For optimum results, do this daily.

Step 1: Place the fingers of the right hand on the top of the head (where they will remain until step 6). Place the fingers of the left hand on your forehead between your eyebrows. Revitalizes the memory and prevents senility.

Step 2: Now move the left fingertips to the tip of the nose. Harmonizes reproductive functions.

Step 3: Move the left fingertips to your sternum (center of your chest between your breasts). Revitalizes breathing and helps the immune system.

Step 4: Move your fingers to the base of your sternum (center of where your ribs start, above the stomach). Helps the digestive organs.

Step 5: Move your fingers to the top of your pubic bone (above the genitals, center). Strengthens the spine.

Step 6: Keep your left fingertips in place and move your right fingertips to cover your coccyx (tailbone). Helps circulation in legs and feet.

(reference: p. 15-17 Introducing Jin Shin Jyutsu Is. Book I. By Mary Burmeister)