

仁神術

TEXT 1

by Mary Burmeister



This is to inform all those enrolled for the Lecture Series in the Art of JIN SHIN JYUTSU, Physio-philosophy, that completion of attendance in the lectures given by the authorized instructors of Jin Shin Jyutsu, Inc. should not be construed in any way as a qualification for a license.

Further, the few hours spent in these lectures do not qualify this art to be presented by anyone except the authorized instructors of Jin Shin Jyutsu, Inc.

"JIN SHIN JYUTSU" is incorporated, the text books are copyrighted and the name is registered.

Mary Burmeister
Founder
JIN SHIN JYUTSU, Inc.

Jin Shin Jyutsu, Physio-Philosophy lectures and demonstrations offer a way of Being to help MYSELF, help others and to KNOW Cosmic Oneness. In attending lectures one's insight of innate potential and foundation for expanding one's awareness and understanding are awakened.

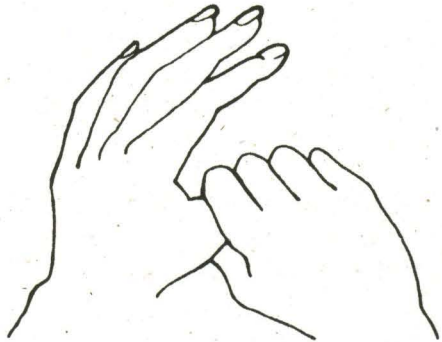
One who understands and sincerely respects the profound significance of Jin Shin Jyutsu, Physio-Philosophy and follows its procedures accordingly, should not be intimidated by the magnitude of Jin Shin Jyutsu nor should be apprehensive about practicing the art. It is not application of technique; it is demonstration of art, simply Being the channel through which flow infinite aesthetic powers of the Creator. One's progress with Jin Shin Jyutsu, Physio-Philosophy depends on complying with the art's established procedures and unencumbered communion with the Creator. Frequently, when one finds something meaningful and beneficial, he is eager to share his discovery with others. This is especially true of those introduced to Jin Shin Jyutsu Physio-Philosophy. The name, Jin Shin Jyutsu, is rapidly becoming well-known and widespread. Unfortunately, it is apparent the true concept of the art is once again becoming lost. Jin Shin Jyutsu is being contaminated by personal desires and ambitions. This is a result of those who in their eagerness to share, are often unaware of possible misrepresentation and misunderstanding, and are mistaken about their own personal motives and intentions. Frequently selfishness is mistaken for selflessness.

The responsibility for usage of knowledge received is within each one. The meaning of Jin Shin Jyutsu, The Creator's Art-Effortless Reality (MAN)-explains that this responsibility is to the Creator and to oneself. One's reverence to the Creator combined with one's integrity, intelligence and discretion determines the interpretation and communication of the knowledge and respect for Jin Shin Jyutsu, Physio-Philosophy, Nature – Effortless Reality (MAN).

TEXT 1

PHYSIO-PHILOSOPHY
(Nature-Effortless Reality)

JIN SHIN JYUTSU®
(Cosmic Artless Art to KNOW (Help) MYSELF)



®

仁
神
術

®

Jiro Murai

PHYSIO-PHILOSOPHY

(Nature-Effortless Reality)

In memory of Master Jiro Murai and my father

JIN SHIN JYUTSU

(Cosmic Artless Art of KNOW (Help) MYSELF)

Master Jiro Murai of Japan devoted his lifetime to the research of the art of JIN SHIN JYUTSU. For many centuries the art of JIN SHIN JYUTSU was passed on verbally generation to generation. Gradually the true concept of the art was being lost through its verbal teachings.

(The story of Jiro Murai is told in Self-Help Book 1, "Introducing JIN SHIN JYUTSU IS.")

The art of JIN SHIN JYUTSU is also known as the "Art of Happiness", the "Art of Longevity" and the "Art of Benevolence". It enables us to help ourselves to keep healthy, happy and youthful. It also enables us to aid those who are in need of help and have no other means of help.

JIN SHIN JYUTSU is a Cosmic Artless Art and not a technique. A technique is a mechanical application, whereas, an ART is a skillful creation. Therefore, practice the art of Jin Shin Jyutsu with a pure mind in order to BE the ART itself.

All are born with a profound delicate power. Due to worldly selfish pursuits, however, this pure and mysterious force becomes hidden and only our lowly minor forces develop within us. This finally results in illness, unhappiness, aging, frustration and a searching for help from without. But by awakening the vital force which animates the body, the three main universal harmonizing energy and the twelve "individualized" body function energy, the cause or causes can be eliminated.

The truth is that within each one of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness-to BE that beautiful creation of perfect harmony-to truly KNOW (Help) MYSELF.

KNOW MYSELF BE IT IS, IS.

JIN SHIN JYUTSU-KNOW MYSELF BE IT IS, IS.

1. PHYSIO-PHILOSOPHY-Awareness of Myself

Nature-Effortless Reality

--- ROOTS

(Creator's Art-MAN)

SHIN JYUTSU JIN

2. PHYSIO-PSYCHOLOGY- Understanding of Myself

Nature-STOP, SEE WITHIN, LISTEN

--- TRUNK

(Creator's Art-INNER SELF)

3. PHYSIO-PHYSIOLOGY- Technique for Myself

Nature-Practical application

--- HARVEST

(Creator's Art--Method/Technique)

1. BE DROP THE SHOULDERS

2. BE SMILE-BOW THE HEAD (feel no weight)

3. EXHALE-Unload all dirt, dust and greasy grime (FEAR-False Evidences Appearing Real)

4. INHALE-RECEIVE the purified Cosmic Energy (FUN--Fulfillment, Understanding, No-thing)

5. BE the essence within the thirty-six aware, understanding DIVINE BREATHS a day

Cosmic Artless Art to KNOW (help) MYSELF
BE Infinite Truth, Infinite Self, Impersonal Self

PHYSIO-PHILOSOPHY
(Nature-Effortless Reality)

JIN SHIN JYUTSU
(Cosmic Artless Art to KNOW (Help) MYSELF)

JIN Man (compassionate, aware, understanding, KNOWING)
SHIN Creator
JYUTSU ART
 (Creator's Art-the Effortless Reality MAN)

("Jinshen" (Chinese) combining "Life Essence, Spirit" – Vitality)

("Shin" (Hebrew) "Life Breath of the Gods" or "Spirit of God")

We are ONE, the Cosmos itself. Who am I?, what, where, when, why and how am I? JIN SHIN JYUTSU awakens our AWARENESS and UNDERSTANDING of the Cosmic Artless Art "to KNOW (Help) MYSELF".

First, JIN SHIN JYUTSU awakens the awareness and understanding of three UNIVERSAL HARMONIZING ENERGY – the TRINITY FLOW; 1, 2 and 3.

1. MAIN CENTRAL VERTICAL UNIVERSAL HARMONIZING ENERGY – flowing DOWN the sternum through the pubic bone and back UP the spine, over the head and back DOWN – the "OVAL". This is our cosmic source-the First Commandment.
2. LEFT AND RIGHT MAJOR VERTICAL (Supervisor) UNIVERSAL HARMONIZING ENERGY – flowing DOWN centers of left and right sides of front of body and flowing UP centers of left and right sides of back of the body. This is the "Supervisor" flow for each side of body, harmonizing all "individualized" body function energy in its respective side.
3. LEFT AND RIGHT DIAGONAL (Mediator) UNIVERSAL HARMONIZING ENERGY (the activating principle) flowing DOWN front and up back from left side to right side, back and forth. This is the "Mediator" flow for left and right sides, harmonizing left and right "Supervisor" flow with MAIN CENTRAL VERTICAL UNIVERSAL HARMONIZING ENERGY.

(Energy Nos. 2 and 3 above-second most important Commandment – born from MAIN CENTRAL VERTICAL UNIVERSAL HARMONIZING ENERGY No. 1 above.)

The above three UNIVERSAL HARMONIZING ENERGY keep us in complete harmony (in rhythm with the universe) going DOWN front of body and UP back – vital life source for our "Individualized" body function energy.

In Part II, JIN SHIN JYUTSU will unfold who, what, where, when, why and how of 12 "individualized" body function energy-flow pattern of each-some symptoms from disharmony of each-how to revitalize through LEFT and RIGHT MAJOR VERTICAL "Supervisor" UNIVERSAL HARMONIZING ENERGY CIRCULATION PATTERN.

These 12 "Individualized" body function energy are born from above 3 UNIVERSAL HARMONIZING ENERGY-harmony of each being measured through the 5 ATTITUDES-worry, fear, anger, grief, pretense.

仁
神
術[®]

APPLICATION OF HANDS-JUMPER CABLE

Palm or finger tip(s) is applied lightly over clothing.

Never apply too much pressure, rub, or massage body.

WHY: This art utilizes power of life energy. Hands are like a "jumper cable", recharging run-down "life battery". Tension is not eliminated through application of pressure, rubbing or massaging.

Life energy generated through the person applying the art-"jumper cable"-upon contact with skin surface, penetrates deeper into body until it reaches into bone area. It then reverses process and rises to skin surface again. Therefore, if pressure, rubbing or massaging is applied, this process of circulation pattern may be hindered.

When the receiver of the "jumper cabling" feels pressure being applied, it is because the receiver's body has:

1. tense muscles
2. rapid circulation or circulation is not flowing in its correct pattern
3. pain or throbbing aches
4. obstructed energy or nerve circulation pattern which needs to be revitalized
5. knotted condition existing in the muscle or nerve circulation pattern

EFFECTIVE TIME FOR APPLICATION OF ART-JUMPER CABLE

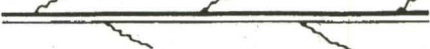
1. Usually best results obtained on an empty stomach.
WHY: Upon release of tension/stress intermingled in skin, muscle and/or bone areas, it flows toward the abdominal area. Therefore, it is more readily accomplished when stomach is empty.
2. When disharmony results, such as:
Breathing difficulties, heart starts fluttering, abdominal pain, stomachache, headache, etc.
(To be applied only until such time as harmony is regained.)
3. Length of application of art is until one can feel energy starting and circulation beginning to quiet down.
(This may be two minutes or twenty minutes for one complete circulation pattern.)
4. When several areas ("Safety" Energy Locks) are involved (become "locked"), they are averaged out into not more than an hour's application of the art-jumper cable. (If five areas ("Safety" Energy Locks) are involved, approximately twelve minutes can be applied to each area ("Safety" Energy Lock). Waiting for quieting down of circulation pattern, No. 3 above, is not applicable.)

REMARKS:

Several applications of art, "jumper cable", given in a day's time do not necessarily result in hastening of elimination of tension/stress. Revitalized energy will continue to have effect on body for approximately eight hours, at which time circulation pattern will settle down to body's STATE OF BEING of the moment.

TOUCH OR FEEL OF FLOWS

Differentiation of circulation by touch for body's state of being:

1. At start of energy:
(Can be felt ever so lightly with slight pauses in between) 
2. At awakening of energy:
(Like pulling of a thread) 
3. At strongest point of energy:
(Slight pulsation to heavy and back to slight) 
4. When energy becomes quiet:
(Like No. 2 above with feeling of electricity with knife-like edge) 
5. When flow of energy stops:
(Like water flowing) 
6. Flow of nervous system:
(Thin, threadlike rapid flowing) 
7. Blood flow:
(Thick, warm and quietly) 
8. Incorrect blood flow:
(Thick, quiet flowing with separations in between) 
9. Lymph flow:
(Softly rises and becomes thin) 
10. Gas flow:
(Pea-like bubbles flow by) 

TOUCH OR FEEL OF FLOWS (Cont'd)

Emotional pulsations:

1. Happiness:

(Two thin lines with occasional rising)



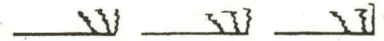
2. Anger:

(Vibrates like something is bursting in heart)



3. Worry:

(At intervals, diagonal smoke-like feeling)

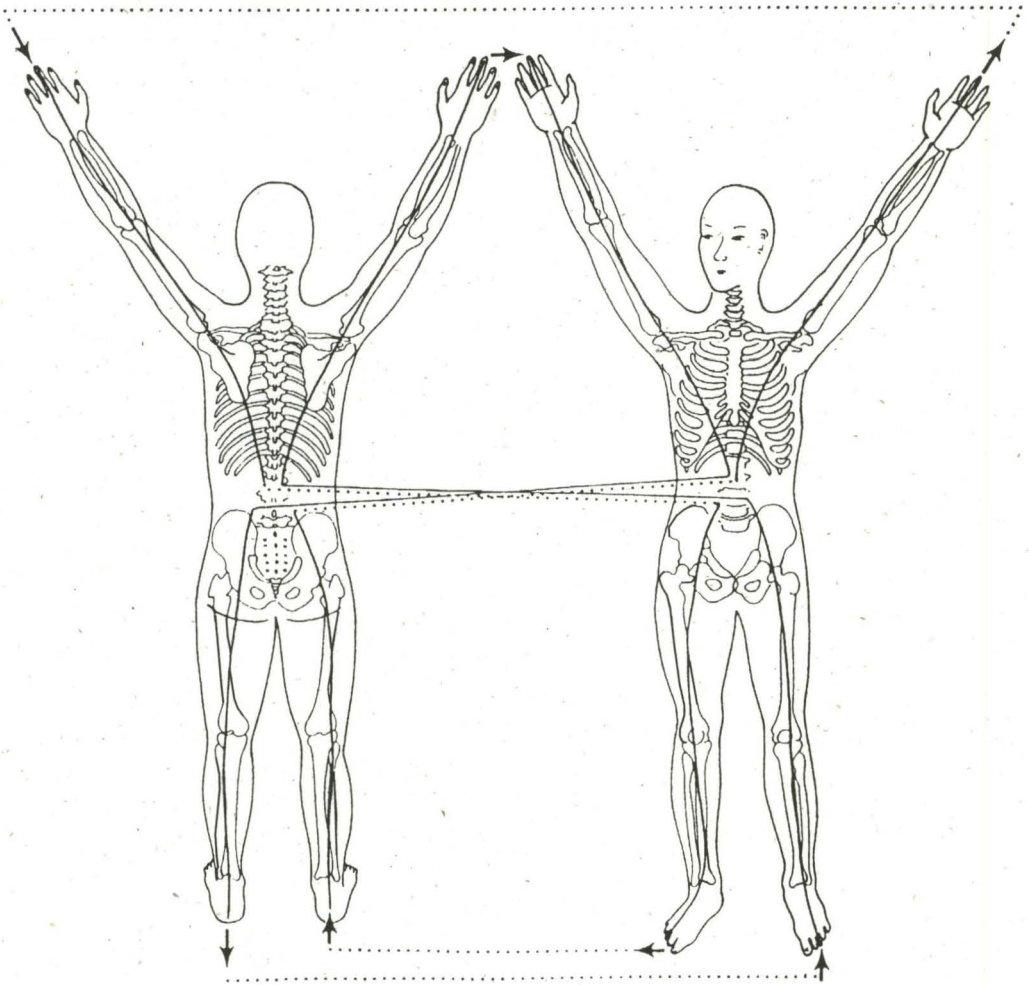


USAGE OF THE PALMS-JUMPER CABLE

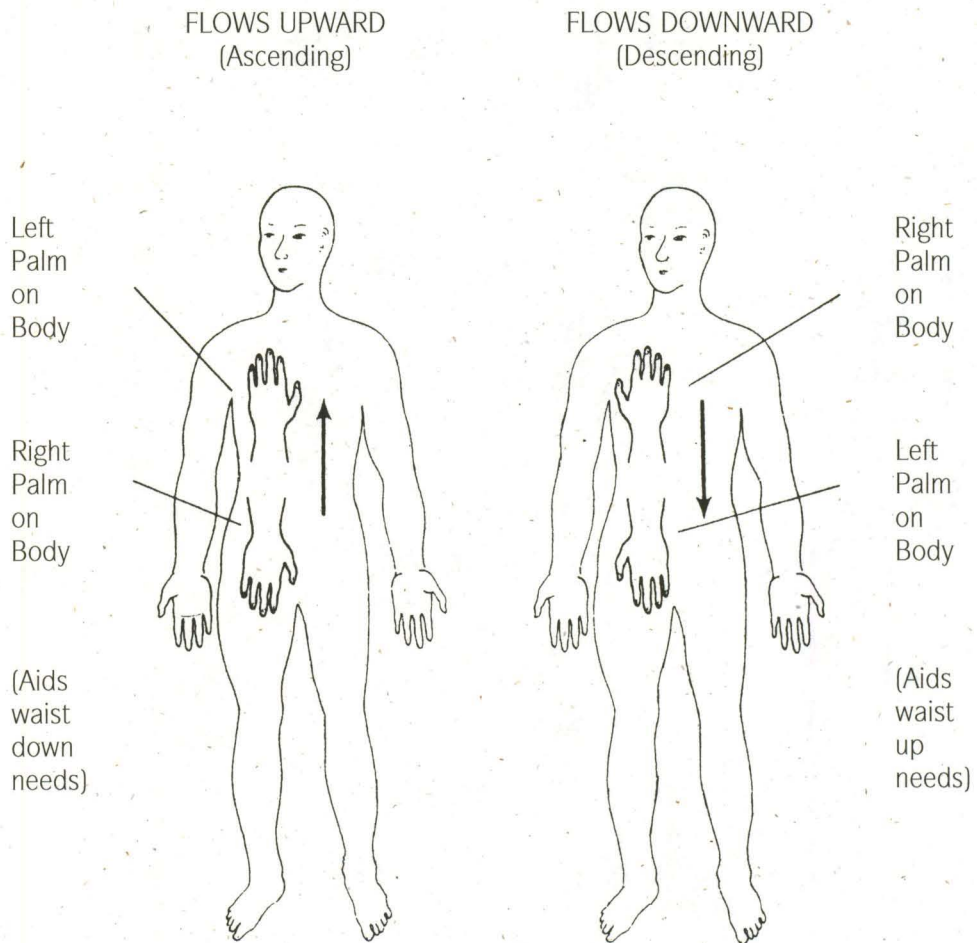
Flow of energy in right palm is opposite to that of left palm. Flow of body being jumper-cabled is also opposite to palm of person jumper-cabling.

In right palm, energy flows up back of hand toward and over fingernails, down palm and on down front of arm.

In left palm, energy flows up palm toward and over fingernails, down back of hand and on down back of arm.

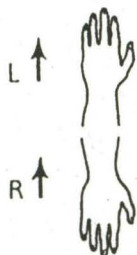


When both palms are used simultaneously, energy will be directed accordingly towards finger tips and result in different flow direction of circulation pattern – flowing towards and into bones, or from chest to back, back to chest, from bone area to skin surface, from head to toes, and toes to head. A simple controlling of body energy circulation patterns according to need of body can be accomplished. Usage of palm, thumb, one or more fingers at a time all accomplish same results.

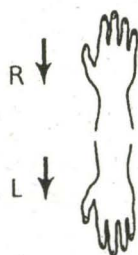


"JUMPER CABLE"

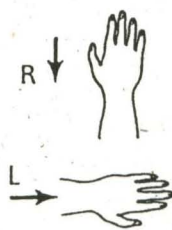
Advance



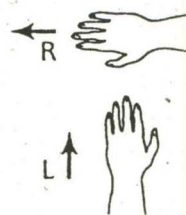
Recede



"L" Flow



Inverted "L"



Gathers from top and bottom to right



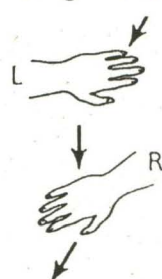
Scatters from left to top and bottom



Left Diagonal



Right Diagonal



Clockwise circle



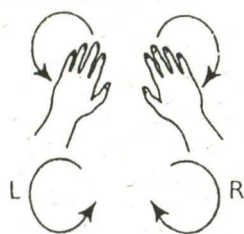
Diagonally up



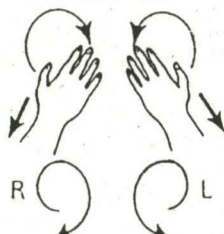
Diagonally down



Gathers in



Scatters out



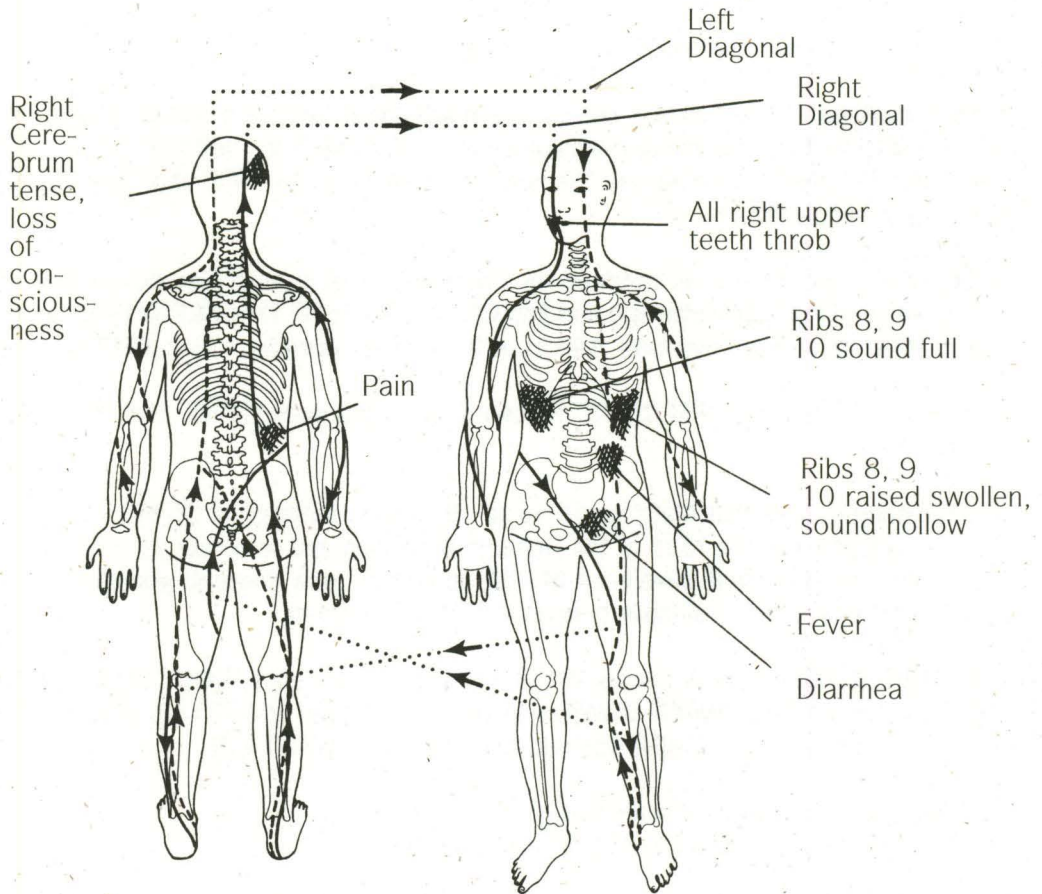
Rises to surface



Penetrates inward



DISHARMONIZED MAN'S LIFE STORY



- | | |
|------------|---|
| 1st depth: | Mouth, teeth, stomach, spleen (zero-15 years) |
| 2nd depth: | Nose, lung, skin (16-30 years) |
| 3rd depth: | Eyes, liver, gall bladder (31-45 years) |
| 4th depth: | Ear, kidney, bladder (46-60 years) |
| 5th depth: | All combined (after 60 years) |
| 6th depth: | Loss of consciousness |

We have 26 keys to unlock 26 "SAFETY" ENERGY LOCKS, 26 on left side and 26 on right side of body. These are located ALONG FLOW PATTERN of left and right MAJOR Vertical "Supervisor" UNIVERSAL HARMONIZING ENERGY.

(26 means COMPLETE-that which WAS, IS, SHALL BE)

All "Individualized" body function energy are rejuvenated and harmonized SIMPLY through unlocking SEQUENCE using one or more combination of 26 KEYS for "SAFETY" ENERGY LOCKS. These "SAFETY" ENERGY LOCKS are "friendly" warnings to us to STOP and CHANGE our way of existing to simply BE.

For example, when there is an overload on a particular fuse in main fuse box, it flips off. We check function of that particular fuse and find CAUSE. Our "SAFETY" ENERGY LOCK acts in like manner. When there is an overload, it locks as a "friendly" warning, so we SIMPLY find cause.

ALL PROBLEMS turn into PROJECTS. Problems are filled with FEARS, and PROJECTS are filled with FUN.

It is interesting to note that Matthew 16 verse 19 clarifies meaning of 26 KEYS:

"I will give you the KEYS of the kingdom of heaven and whatever you shall BIND on earth shall have been BOUND in heaven, and whatever you shall LOOSE on earth shall have been LOOSENED in heaven."

In JIN SHIN JYUTSU, heaven means WAIST UP and earth means WAIST DOWN. TENSION/STRESS binding on earth (WAIST DOWN) was bound in heaven (WAIST UP). TENSION/STRESS released on earth (WAIST DOWN) was released in heaven (WAIST UP).

TENSION/STRESS is a way for body to say:

"I'm not in harmony. I'm out of Cosmic Rhythm."

We simply say:

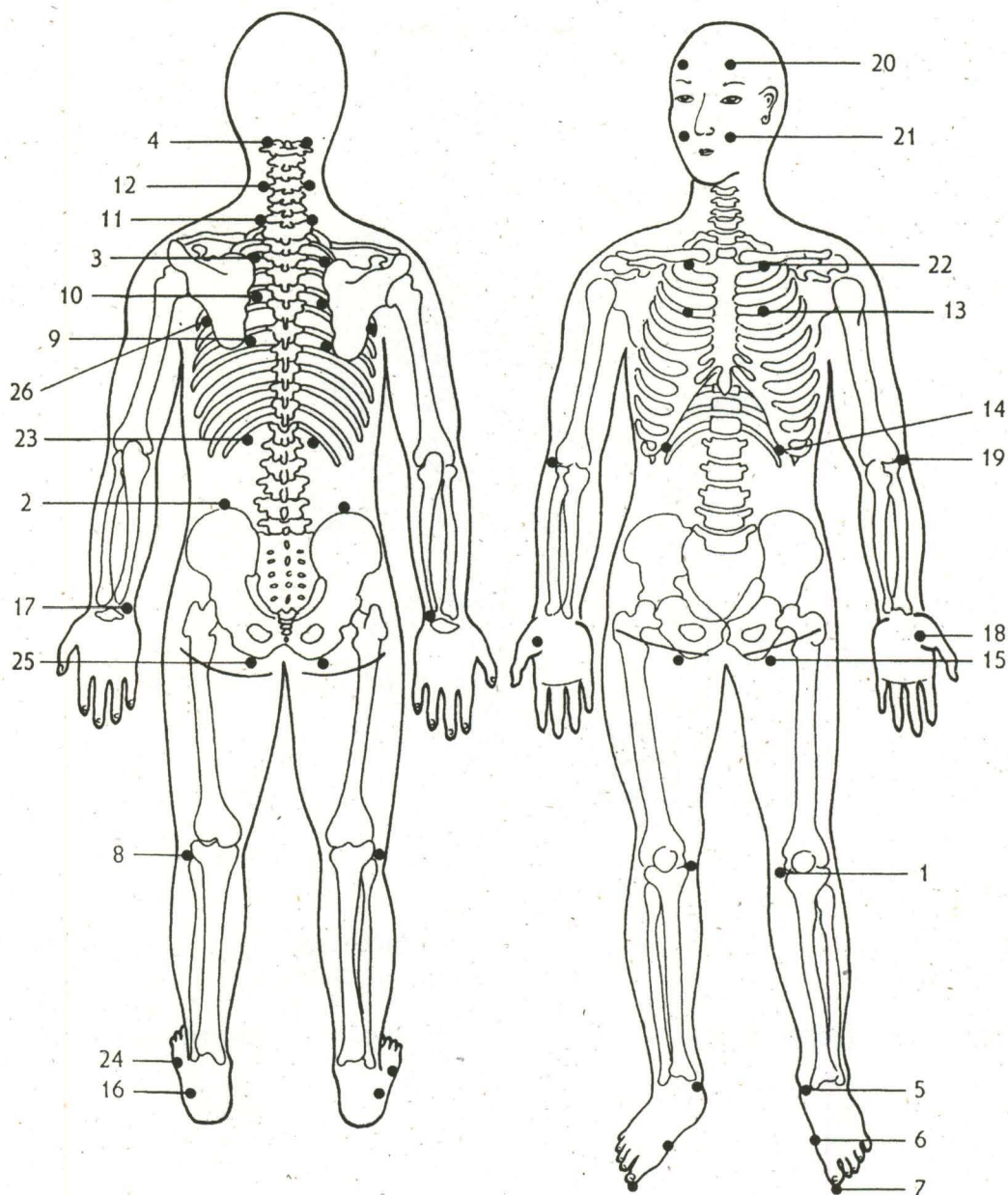
"Thank you, body, for telling me. I will check into WHY and HOW to get circulation pattern into RHYTHM once again."

TENSIONS/STRESSES instead of being FEARS and PROBLEMS become PROJECTS and FUN.

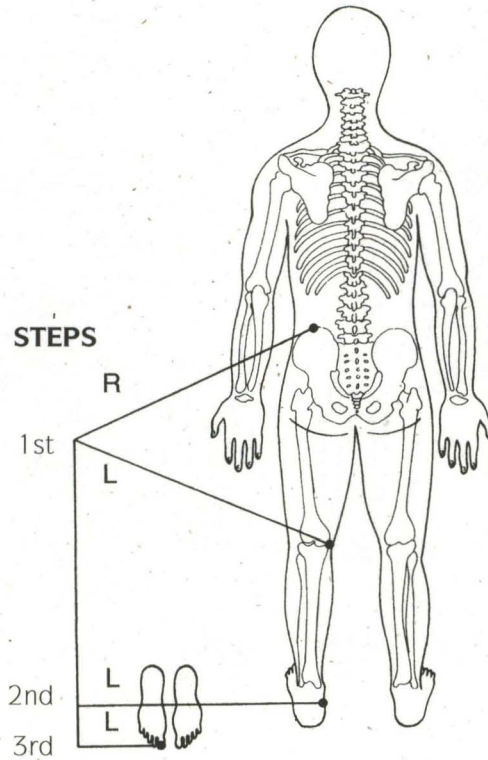
COSMIC ARTLESS ART TO KNOW (Help) MYSELF

KNOW MYSELF BE IT IS, IS.

LOCATIONS OF 26 "SAFETY" ENERGY LOCKS ON UNIVERSAL HARMONIZING ENERGY CIRCULATION PATTERN



TO UNLOCK "Safety" ENERGY LOCK NO. 1
(LEFT flow illustrated.)



LEFT FLOW
(Sit on left side)

STEPS		ENERGYLOCK	
1st	R	left	2
	L	left	1
2nd	L	left	5
3rd	L	left	7

RIGHT FLOW
(Sit on right side)

STEPS		ENERGY LOCK	
1st	L	right	2
	R	right	1
2nd	R	right	5
3rd	R	right	7

NOTES

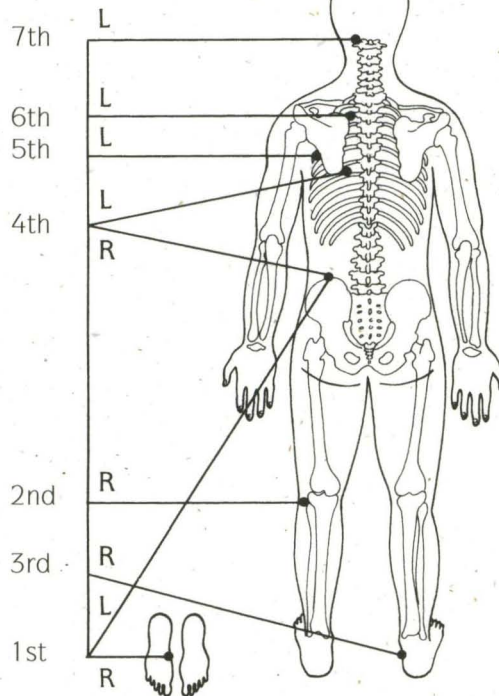
TO UNLOCK "Safety" ENERGY LOCK NO. 2

(LEFT flow illustrated)

NOTE:

When "Safety" Energy Lock No. 2 is out of harmony, the symphysis pubis is blocked.

STEPS



LEFT FLOW
(Sit on right side)

STEPS	ENERGY LOCK		
1st L	left	2	
R	left	6	
2nd R	left	8	
3rd R	right	5	
4th R	left	2	
L	left	9	
5th L	left	26	
6th L	left	3	
7th L	left	4	

RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK		
1st R	right	2	
L	right	6	
2nd L	right	8	
3rd L	left	5	
4th L	right	2	
R	right	9	
5th R	right	26	
6th R	right	3	
7th R	right	4	

NOTES

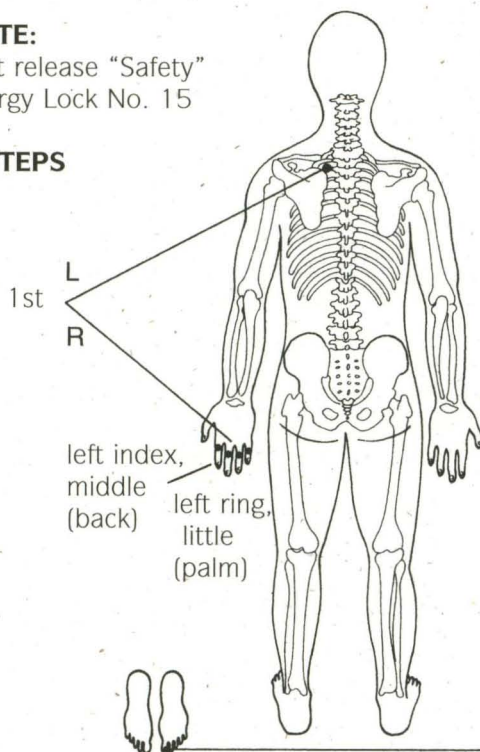
TO UNLOCK "Safety" ENERGY LOCK NO. 3

(LEFT flow illustrated.)

NOTE:

First release "Safety"
Energy Lock No. 15

STEPS



LEFT FLOW

(Sit on right side)

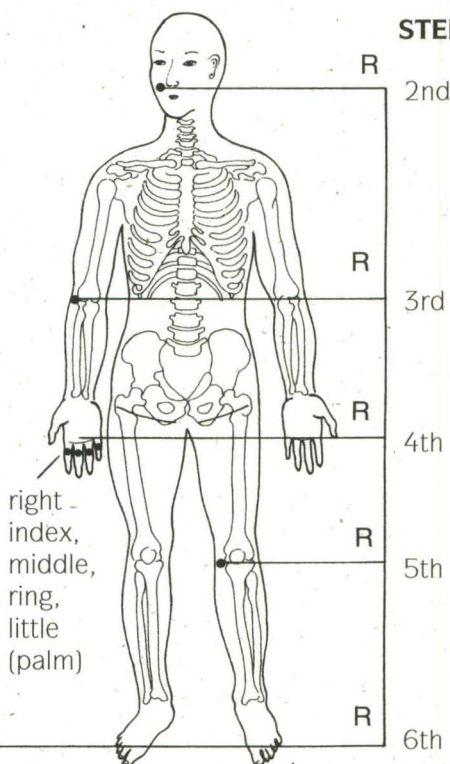
STEPS

ENERGY LOCK

1st	L, R	left 3 *left index, middle, ring, little finger
2nd	R	right 21
3rd	R	right 19
4th	R	*right index, middle, ring, little finger
5th	R	left 1
6th	R	right 7

* Hold each finger separately

STEPS



RIGHT FLOW

(Sit on left side)

STEPS

ENERGY LOCK

1st	R L	right 3 *right index, middle, ring, little finger
2nd	L	left 21
3rd	L	left 19
4th	L	*left index, middle, ring, little finger
5th	L	right 1
6th	L	left 7

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 4

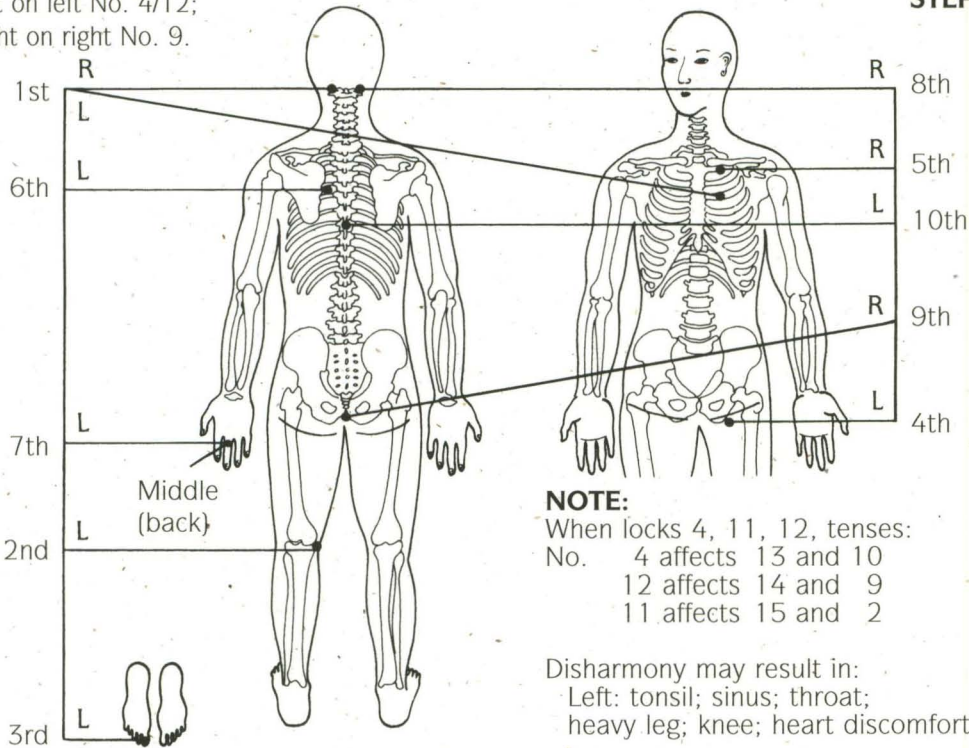
(LEFT flow illustrated)

"Quickie" REVITALIZATION:

Left on left No. 4/12;

Right on right No. 9.

STEPS



NOTE:

When locks 4, 11, 12, tenses:

No. 4 affects 13 and 10

12 affects 14 and 9

11 affects 15 and 2

Disharmony may result in:

Left: tonsil; sinus; throat;

heavy leg; knee; heart discomforts

LEFT FLOW

(Sit on left side)

STEPS	ENERGY LOCK
1st R	left 4
L	left 13
2nd L	left 1
3rd L	left 7
4th L	left 15
5th R	left 22
6th L	left 10
7th L	left middle finger
8th R	right 4
9th R	coccyx
10th L	8th thoracic

RIGHT FLOW

(Sit on right side)

STEPS	ENERGY LOCK
1st L	right 4
R	right 13
2nd R	right 1
3rd R	right 7
4th R	right 15
5th L	right 22
6th R	right 10
7th R	right middle finger
8th L	left 4
9th L	coccyx
10th R	8th thoracic

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 5, 6, 7, 8

(LEFT flow illustrated.)

Disharmony may result in:

Right: Full chest; back;
liver; gall bladder discomforts

STEPS

9th

L

8th

L

4th

L

2nd

R

3rd

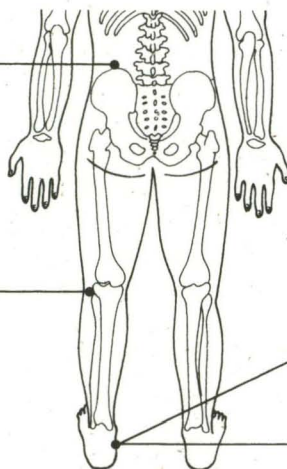
R

6th

R

7th

R



STEPS

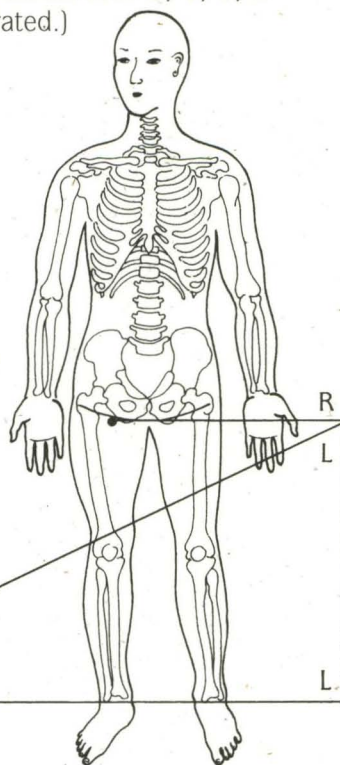
1st

R

L

5th

L



LEFT FLOW

(Sit on right side)

STEPS

ENERGY LOCK

1st	L	left	5
	R	right	15
2nd	R	left little toe	
3rd	R	left 4th toe	
4th	L	left	6
5th	L	left	5
6th	R	left	7
7th	R	left little toe	
8th	L	left	8
9th	L	left	2

RIGHT FLOW

(Sit on left side)

STEPS

ENERGY LOCK

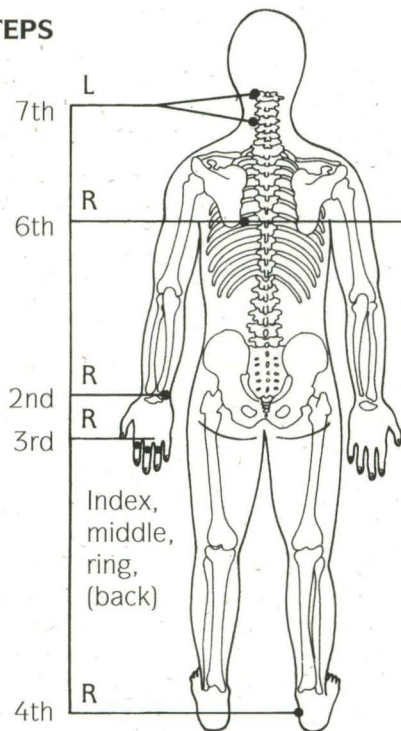
1st	R	right	5
	L	left	15
2nd	L	right little toe	
3rd	L	right 4th toe	
4th	R	right	6
5th	R	right	5
6th	L	right	7
7th	L	right little toe	
8th	R	right	8
9th	R	right	2

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 9

(LEFT flow illustrated.)

STEPS



LEFT FLOW

(Sit on right side)

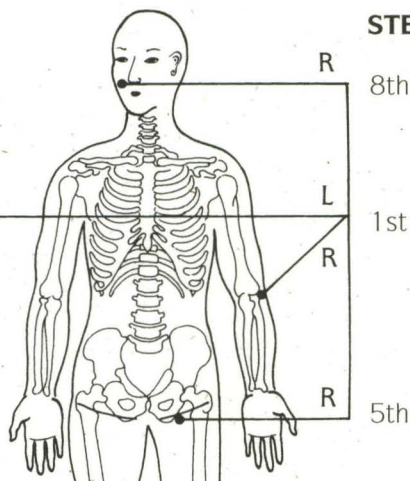
STEPS

ENERGY LOCK

1st	L	left	9
	R	left	19
2nd	R	left	17
3rd	R	left index, middle, ring *	
4th	R	right	5
5th	R	left	15
6th	R	left	9
7th	L	left	12/4
8th	R	right	21

* Hold each finger separately

STEPS



Disharmony may result in:

Right: chest enlarged;
liver; gall bladder;
back, hip

Left: sole of foot;
toes; callous; corn;
lateral (outer) ankle sprain

RIGHT FLOW

(Sit on left side)

STEPS

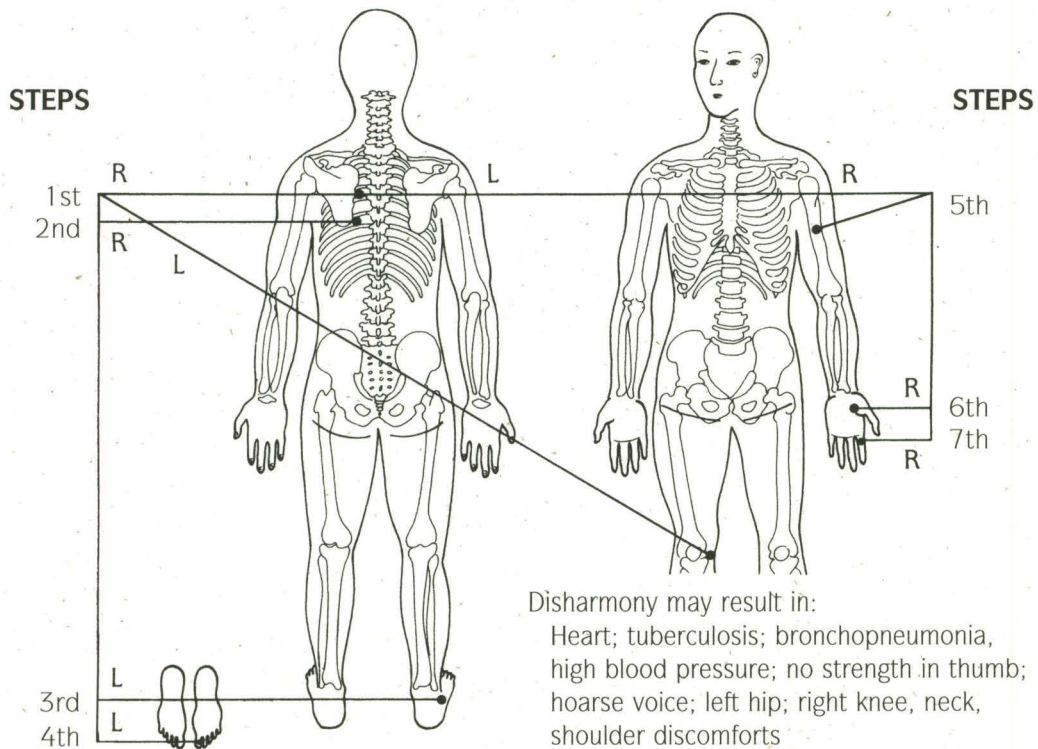
ENERGY LOCK

1st	R	right	9
	L	right	19
2nd	L	right	17
3rd	L	right index, middle, ring *	
4th	L	left	5
5th	L	right	15
6th	L	right	9
7th	R	right	12/4
8th	L	left	21

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 10

(LEFT flow illustrated.)



Disharmony may result in:

Heart; tuberculosis; bronchopneumonia, high blood pressure; no strength in thumb; hoarse voice; left hip; right knee, neck, shoulder discomforts

LEFT FLOW

(Sit on left side)

STEPS	ENERGY LOCK
1st R	left 10
L	right 1
2nd R	left 9
3rd L	right 16
4th L	right 7
5th L	left 10
R	left hi 19
6th R	left 18
7th R	left index (palm)

RIGHT FLOW

(Sit on right side)

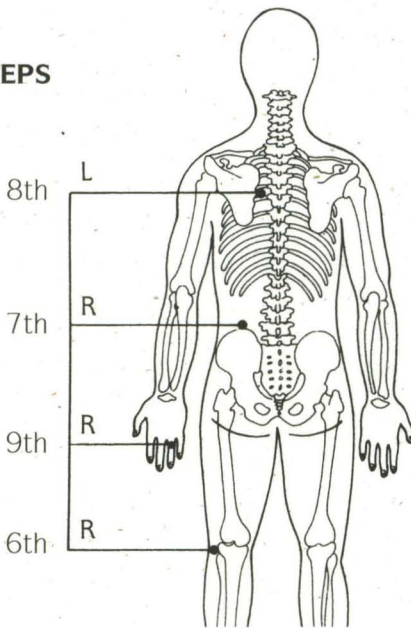
STEPS	ENERGY LOCK
1st L	right 10
R	left 1
2nd L	right 9
3rd R	left 16
4th R	left 7
5th R	right 10
L	right hi 19
6th L	right 18
7th L	right index (palm)

NOTES

BREATHING

(LEFT flow illustrated.)

STEPS

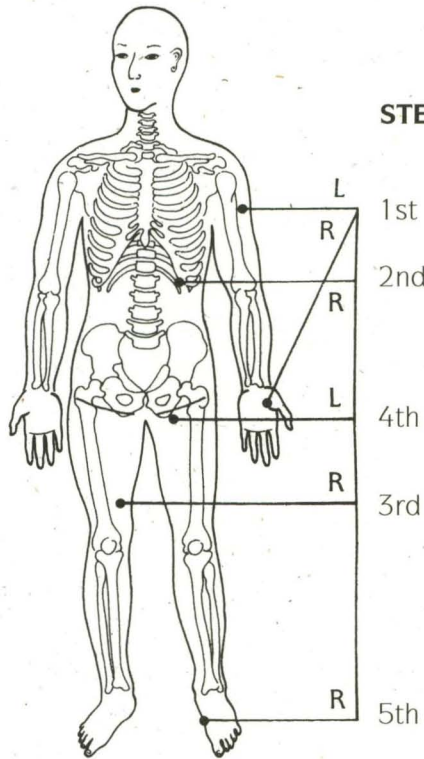


Disharmony may result in
Breathing, asthma,
chest discomforts

LEFT FLOW
(Sit on right side)

STEPS	ENERGY LOCK
1st L	left hi 19
R	left .18
2nd R	left 14
3rd R	right hi 1
4th L	left 15
5th R	left 6
6th R	left 8
7th R	left 2
8th L	left 10
9th R	left ring finger

STEPS



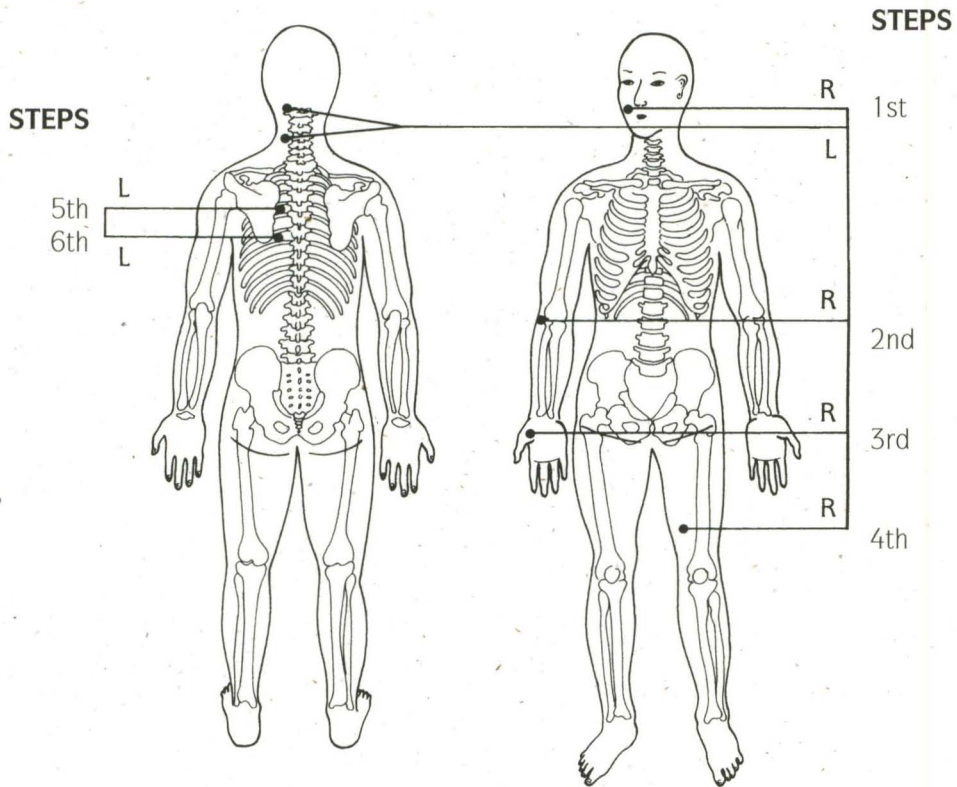
RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st R	right hi 19
L	right 18
2nd L	right 14
3rd L	left hi 1
4th R	right 15
5th L	right 6
6th L	right 8
7th L	right 2
8th R	right 10
9th L	right ring finger

NOTES

DIZZINESS

(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

STEPS	ENERGY LOCK
1st L	left 12/4
R	right 21
2nd. R	right 19
3rd R	right 18
4th R	left hi 1
5th L	left 10
6th L	left 9

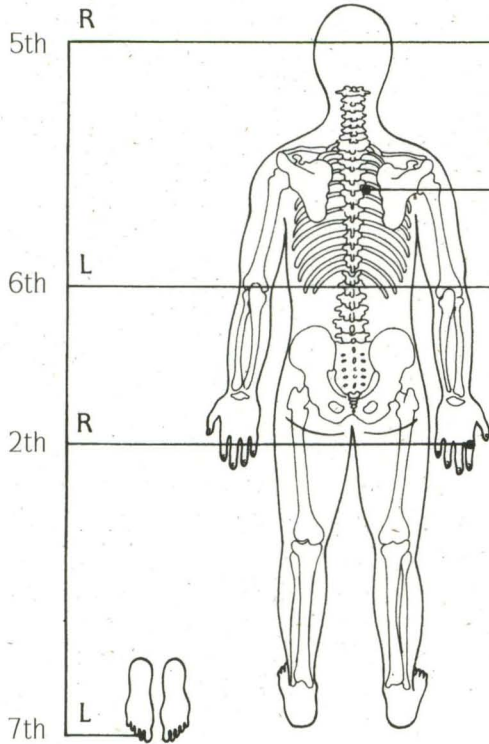
RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st R	right 12/4
L	left 21
2nd L	left 19
3rd L	left 18
4th L	right hi 1
5th R	right 10
6th R	right 9

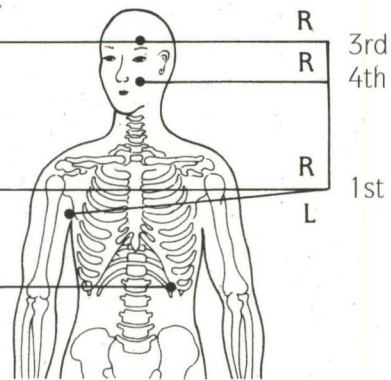
NOTES

EYES (RIGHT flow illustrated.)

STEPS



STEPS



Disharmony may result in:
 Steps 1, 2:
 Lung congestion
 Steps 3, 4:
 Blood pressure, left
 eye tension
 Steps 5, 6, 7:
 Epileptic, pancreatic,
 palpitation, elimination
 (For 6th and 7th STEPS sit
 on opposite side of body.)

RIGHT FLOW (Sit on right side)

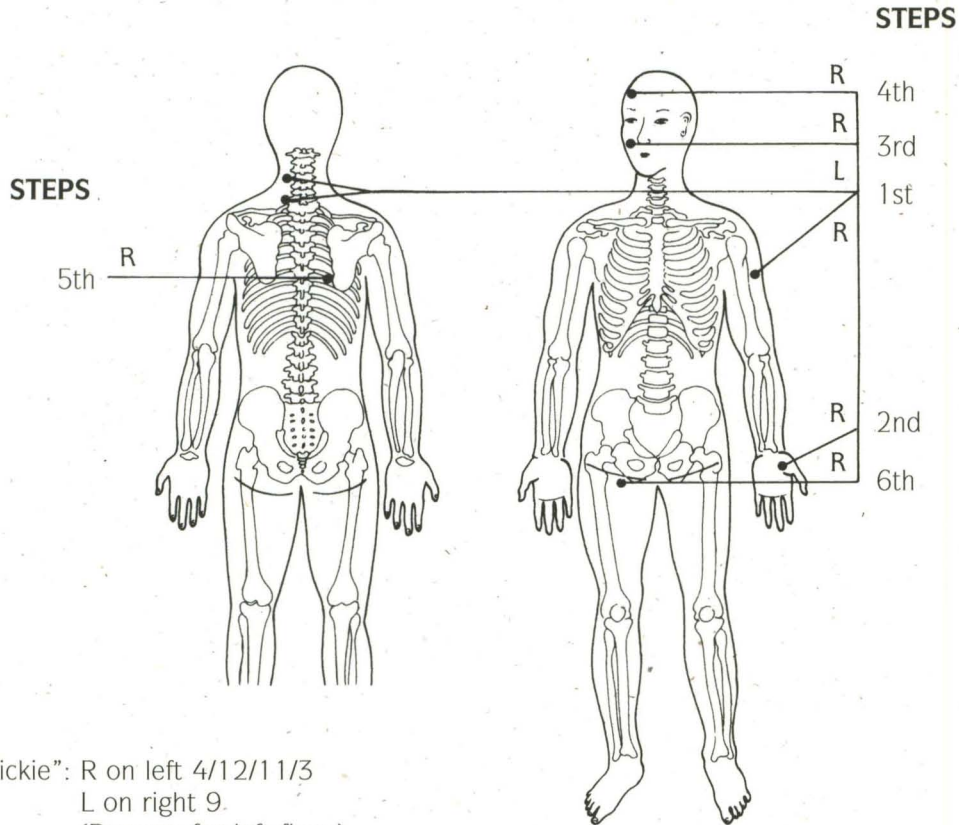
STEPS	ENERGY LOCK
1st L	right center underarm
R	right 10
2nd R	right index finger
3rd R	left 20
4th R	left 21
5th R	left 20
6th L	left 14
7th L	left second toe (sole)

LEFT FLOW (Sit on left side)

STEPS	ENERGY LOCK
1st R	left center underarm
L	left 10
2nd L	left index finger
3rd L	right 20
4th L	right 21
5th L	right 20
6th R	right 14
7th R	right second toe (sole)

NOTES

TO UNLOCK "Safety" ENERGY LOCK NOS. 11, 12
(LEFT flow illustrated.)



"Quickie": R on left 4/12/11/3
L on right 9.
(Reverse for left flow.)

LEFT FLOW
(Sit on right side)

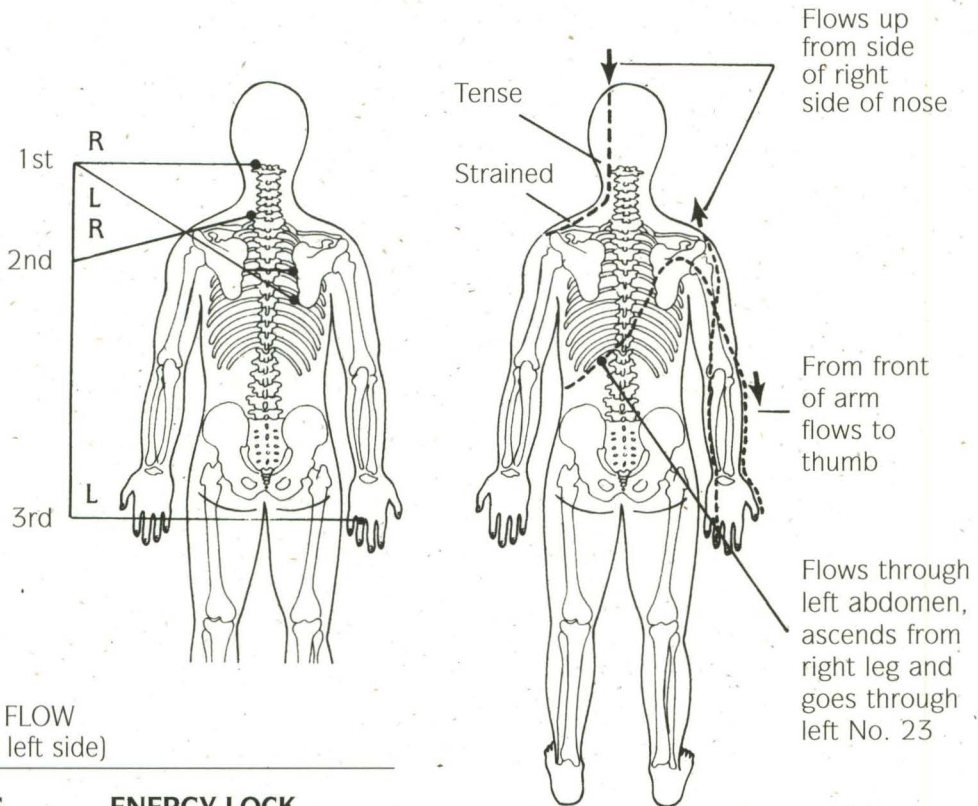
STEPS	ENERGY LOCK
1st L	left 11/12
R	left hi 19
2nd R	left 18
3rd R	right 21
4th R	right 20
5th R	right 9
6th R	right 15

RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st R	right 11/12
L	right hi 19
2nd L	right 18
3rd L	left 21
4th L	left 20
5th L	left 9
6th L	left 15

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NOS. 11, 12, 4, 3
(RIGHT flow illustrated.)



RIGHT FLOW
(Sit on left side)

STEPS ENERGY LOCK

1st R	left 4
L	right 9/10
2nd R	left 11
3rd L	right ring finger

SELF HELP: Make a ring with thumb and ring finger.

NOTE:

When left "Safety" Energy Locks Nos. 11, 12 and 4 become "LOCKED" and place strain on "Safety" Energy Lock No. 3, it is due to usage of RIGHT arm. This causes opposite muscles to become tense, energy to flow toward strained muscles, stagnates and eventually locks "Safety" Energy Locks Nos. 4, 12, 11 and 3

↳ for pages 25, 26, 27.

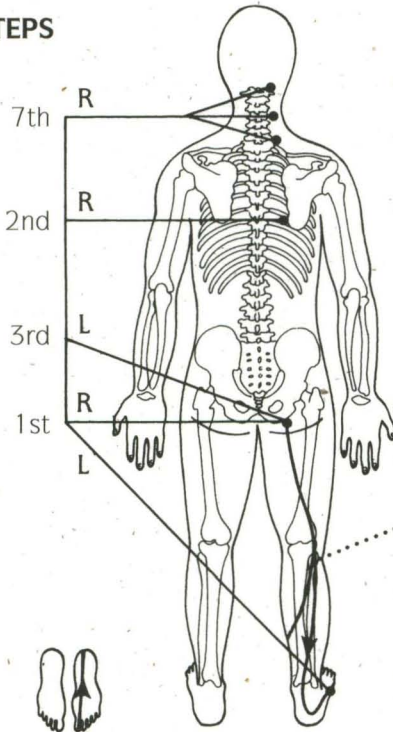
* doing to much

NOTES

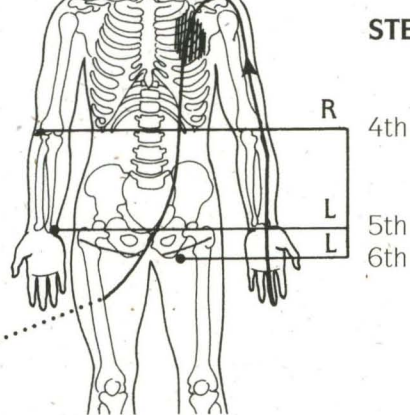
BACK OF LEG DISCOMFORT

(LEFT flow illustrated.)

STEPS



STEPS



NOTE:

Down back of right leg discomfort is due to tension from left arm through left shoulder.

LEFT FLOW

(Sit on left side)

STEPS ENERGY LOCK

1st	L	right 24
	R	right 25
2nd	R	right 9
3rd	L	right 25
4th	R	right 19
5th	L	right 17
6th	L	left 15
7th	R	right 4, 12, 11

RIGHT FLOW

(Sit on right side)

STEPS ENERGY LOCK

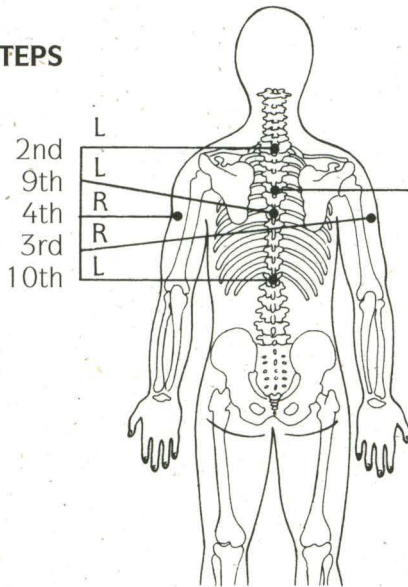
1st	R	left 24
	L	left 25
2nd	L	left 9
3rd	R	left 25
4th	L	left 19
5th	R	left 17
6th	R	right 15
7th	L	left 4, 12, 11

NOTES

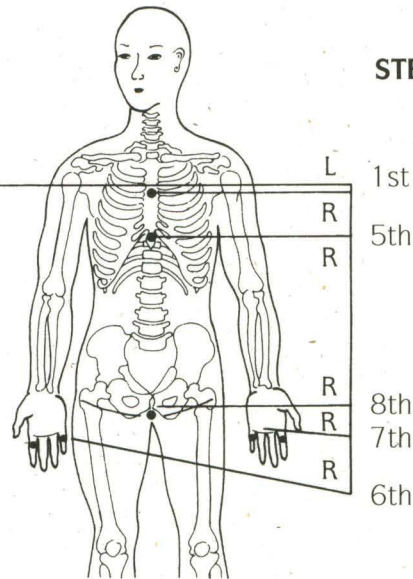
TO UNLOCK "Safety" ENERGY LOCK NO. 13

(LEFT & RIGHT flows combined.)

STEPS



STEPS



Disharmony may result in:

Chest congestion; nausea; appetite imbalance; back of head; neck; shoulder discomforts; reproductive malfunctions.

(Intermingling of Umbilicus, Large Intestine, Small Intestine and Main Central Vertical Flows)

LEFT FLOW AND RIGHT FLOWS

(Sit on right side)

STEPS

POSITION ON BODY

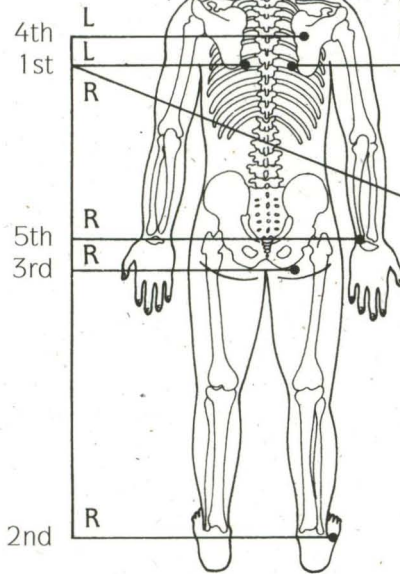
1st R	Between No. 13's on sternum
L	Thoracic Vertebra No. 5
2nd L	Thoracic Vertebra No. 1
3rd R	right hi 19 (back of arm)
4th R	left hi 19 (back of arm)
5th R	Base of sternum
6th R	right index finger; little finger
7th R	left index finger; little finger
8th R	pubic bone
9th L	Thoracic Vertebra No. 7
10th L	Thoracic Vertebra No. 12

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 14 (LEFT flow illustrated.)

Disharmony may result in:
Epilepsy, left brain stress;
unconscious; convulsions due
to indigestion (child); heart
stress; knee stress due to
right leg sprain; left knee
cap; right thigh (back) discomforts;
useless right arm

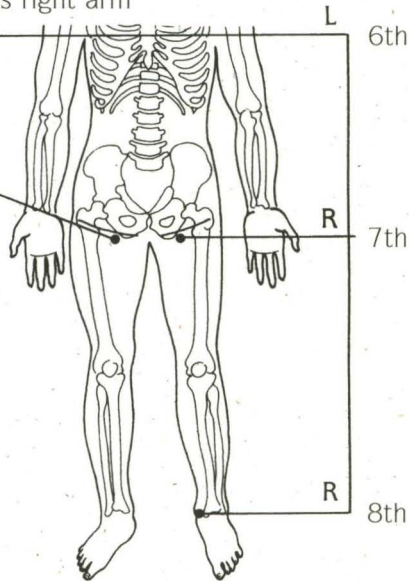
STEPS



LEFT FLOW
(Sit on right side)

STEPS		ENERGY LOCK	
1st	R	right	15
	L	left	9
2nd	R	right	24
3rd	R	right	25
4th	L	right	10 on blade
5th	R	right	17
6th	L	right	9
7th	R	left	15
8th	R	left	5

STEPS



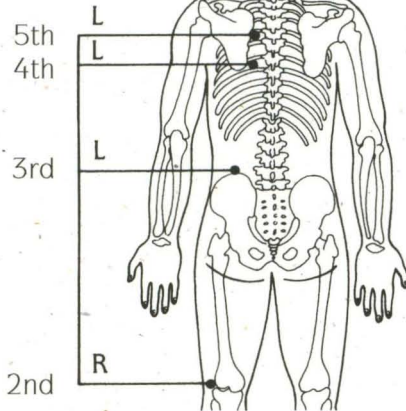
RIGHT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	L	left	15
	R	right	9
2nd	L	left	24
3rd	L	left	25
4th	R	left	10 on blade
5th	L	left	17
6th	R	left	9
7th	L	right	15
8th	L	right	5

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 15 (LEFT flow illustrated.)

STEPS

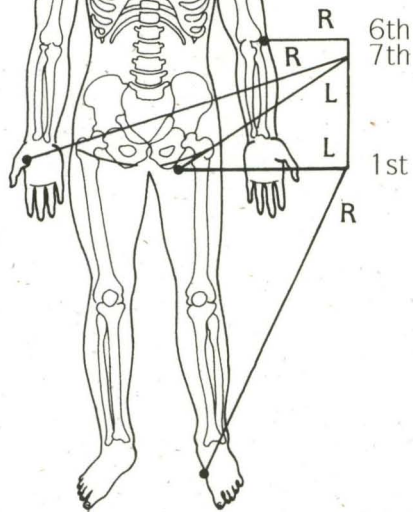


Disharmony may result in:
 1st, 2nd, 3rd steps:
 Left abdomen; hip; knee;
 cold foot; knee and
 lower leg bloat
 1st through 7th steps:
 Heart discomforts

LEFT FLOW
 (Sit on right side)

STEPS		ENERGY LOCK	
1st	L	left	15
	R	left	6
2nd	R	left	8
3rd	L	left	2
4th	L	left	9
5th	L	left	10
6th	R	left	19
7th	R	right	18
	L	left	15

STEPS

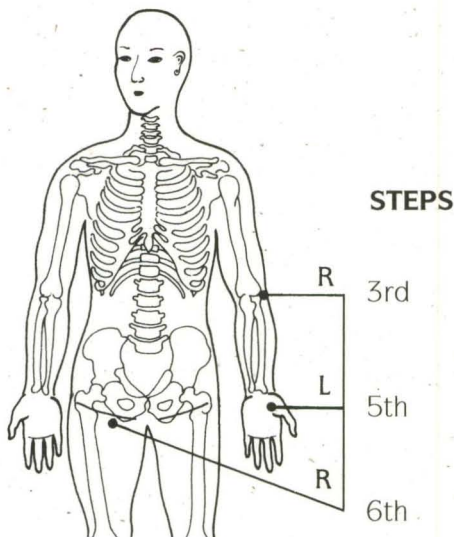
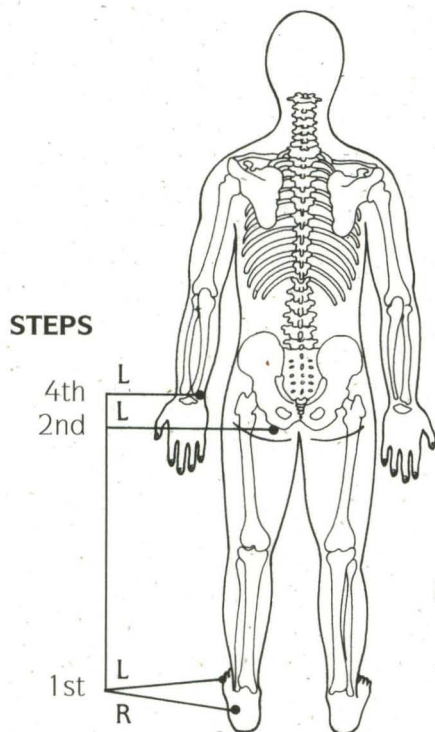


RIGHT FLOW
 (Sit on left side)

STEPS		ENERGY LOCK	
1st	R	right	15
	L	right	6
2nd	L	right	8
3rd	R	right	2
4th	R	right	9
5th	R	right	10
6th	L	right	19
7th	L	left	18
	R	right	15

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NO. 16, 17, 18, 19
(LEFT flow illustrated.)



Disharmony may result in:
Left chest full, swelling;
ribs protrude; breast tension
Right back stiff; paralysis;
arm bent

LEFT FLOW
(Sit on right side)

STEPS		ENERGY LOCK	
1st	R	left	16
	L	left little toe	
2nd	L	left	25
3rd	R	left	19
4th	L	left	17
5th	L	left	18
6th	R	right	15

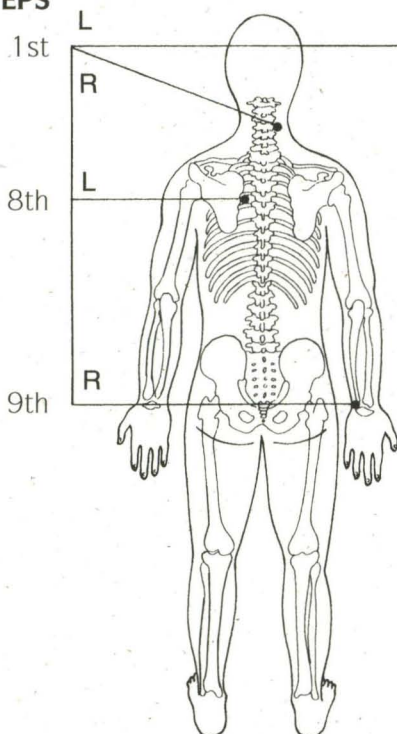
RIGHT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	L	right	16
	R	right little toe	
2nd	R	right	25
3rd	L	right	19
4th	R	right	17
5th	R	right	18
6th	L	left	15

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NOS. 20, 21, 22
(LEFT flow illustrated.)

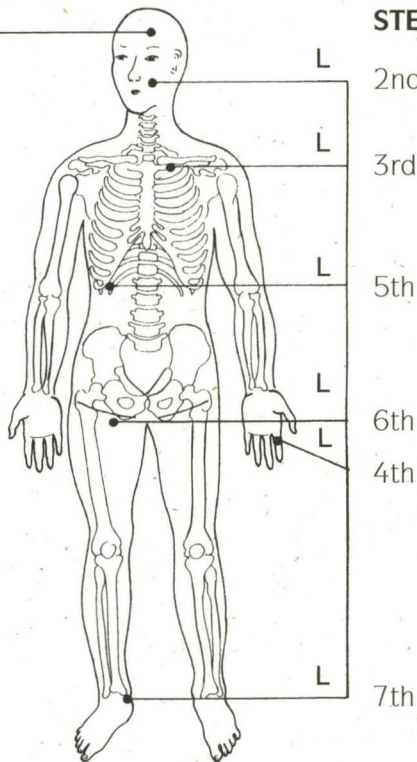
STEPS



LEFT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	R	right	12
	L	left	20
2nd	L	left	21
3rd	L	left	22
4th	L	left index finger	
5th	L	right	14
6th	L	right	15
7th	L	right	5
8th	L	left	10
9th	R	right	17

STEPS



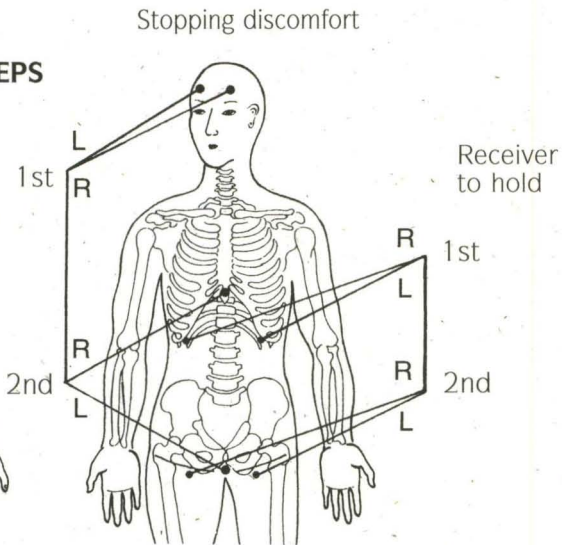
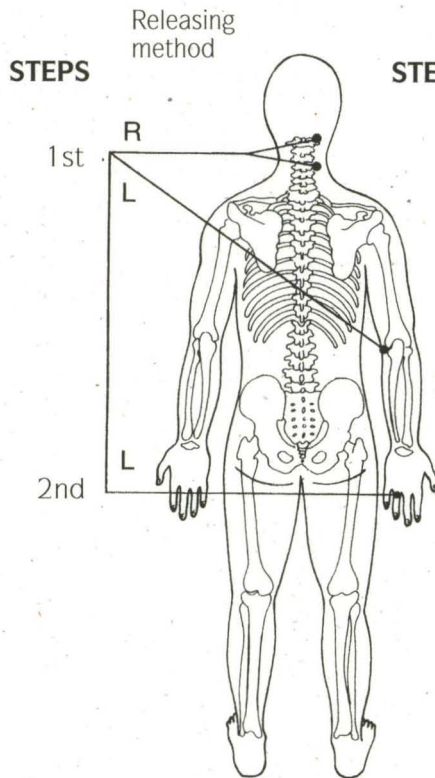
RIGHT FLOW
(Sit on right side)

STEPS		ENERGY LOCK	
1st	L	left	12
	R	right	20
2nd	R	right	21
3rd	R	right	22
4th	R	right index finger	
5th	R	left	14
6th	R	left	15
7th	R	left	5
8th	R	right	10
9th	L	left	17

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NO. 20

(Right flow illustrated.)



STEPS		ENERGY LOCK	
1st	R	left	20
	L	right	20

Receiver to hold during 1st step			
1st	R	right	14
	L	left	14

2nd	R	Base of sternum
	L	Pubic bone

Receiver to hold during 2nd step			
2nd	R	right	15
	L	left	15

RIGHT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	R	right	4/12
	L	right	19 (little finger side)
2nd	L	right	ring finger

REASON FOR TENSION:

"Safety" ENERGY LOCK NO. 9 "locks"; over-usage of right arm; carrying heavy weight; when too much strength is utilized; liver and gall bladder areas swollen; over-eating of not easily digested foods.

Disharmony may result in:

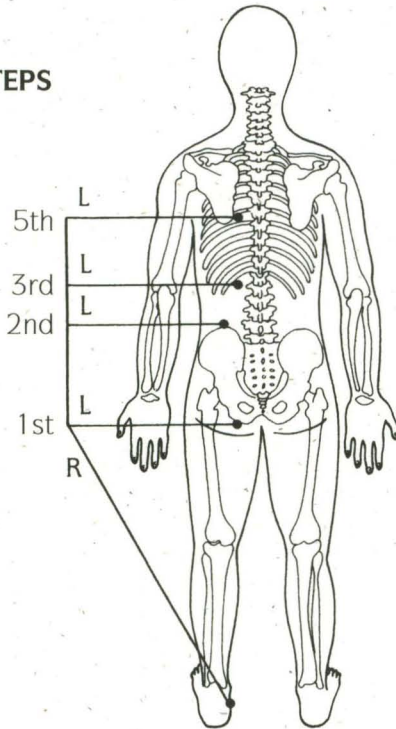
Coughing and mucus from colds; left half of head pain; left earache; dizziness; anemic; right eye shape correction; right brain stress; high blood pressure; gall bladder area stagnation.

TINITUS

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NOS. 23, 25
(LEFT flow illustrated.)

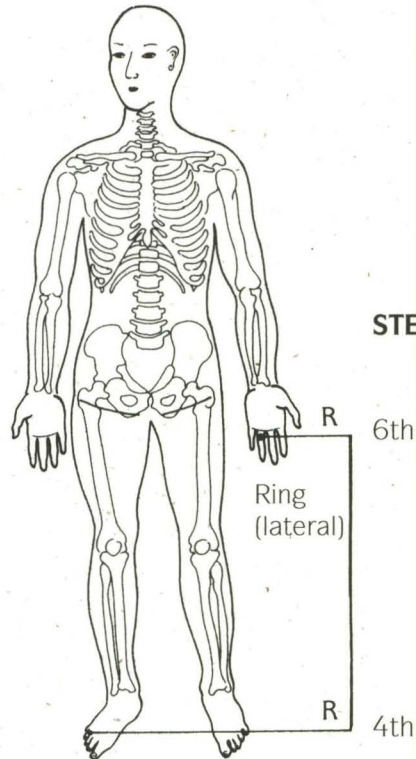
STEPS



LEFT FLOW
(Sit on right side)

STEPS		ENERGY LOCK	
1st	R	left	5
	L	left	25
2nd	L	left	2
3rd	L	left	23
4th	R	right ring toe	
5th	L	left	9
6th	R	left ring finger	

STEPS

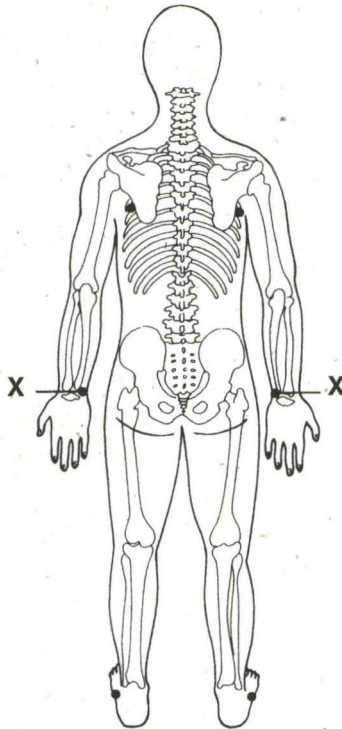


RIGHT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	L	right	5
	R	right	25
2nd	R	right	2
3rd	R	right	23
4th	L	left ring toe	
5th	R	right	9
6th	L	right ring finger	

NOTES

TO UNLOCK "Safety" ENERGY LOCKS NOS. 24, 26
(LEFT and RIGHT flows combined.)



When several "Safety" Energy Locks become "locked", release "Safety" Energy Locks Nos. 24 and 26 to "pin point" cause.

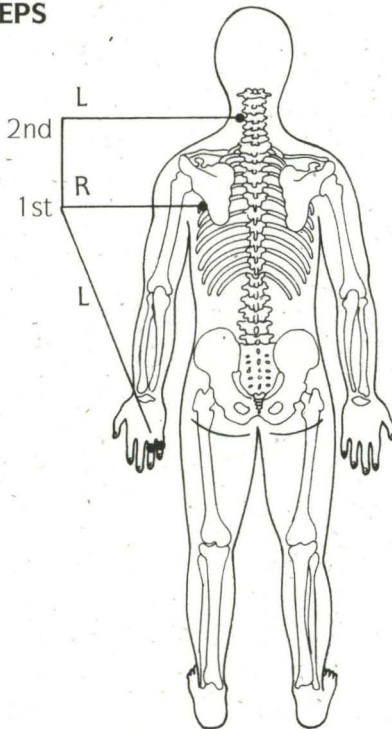
1. Release Main Central Vertical Universal Harmonizing Energy first to balance LEFT and RIGHT energy.
2. Normally repeat following three times: (Sit on left side of body)

1st	R	left	26
	L	right	24
2nd	R	right	26
	L	left	24
3. "X's" mark "Safety" Energy Lock No. 17 for receiver of application of art to hold to eliminate excessive "Safety" Energy Lock No. 26 discomfort.

NOTES

TO UNLOCK "Safety" ENERGY LOCK NO. 26 (LEFT flow illustrated.)

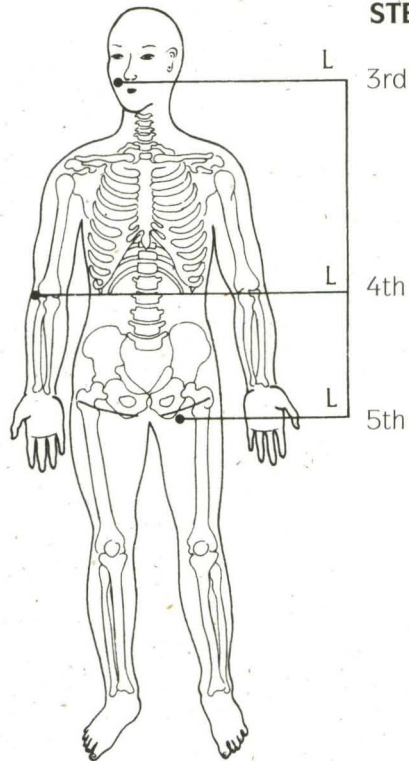
STEPS



LEFT FLOW
(Sit on left side)

STEPS		ENERGY LOCK
1st	R	left 26
	L	left little finger
		left ring finger
2nd	L	left 12
3rd	L	right 21
4th	L	right 19
5th	L	left 15

STEPS



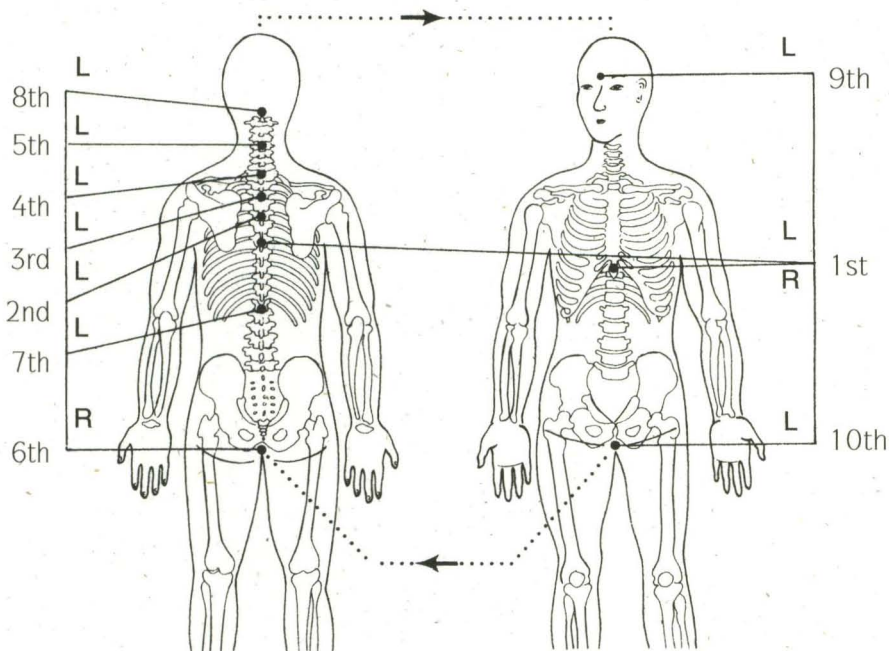
RIGHT FLOW
(Sit on right side)

STEPS		ENERGY LOCK
1st	L	right 26
	R	right little finger
		right ring finger
2nd	R	right 12
3rd	R	left 21
4th	R	left 19
5th	R	right 15

NOTES

MAIN CENTAL VERTICAL UNIVERSAL HARMONIZING ENERGY

(Source of Life)



(Sit on right side of body)

STEPS

POSITION ON BODY

1st R	Base of Sternum
L	#9 on spine
2nd L	#10 on spine
3rd L	#3 on spine
4th L	#11 on spine
5th L	#12 on spine
6th R	Coccyx (tail bone)
7th L	#23 on spine
8th L	Base of skull (top of spine)
9th L	Between eyebrows
10th L	Pubic bone

NOTE:

Harmony of this flow pattern may aid in:

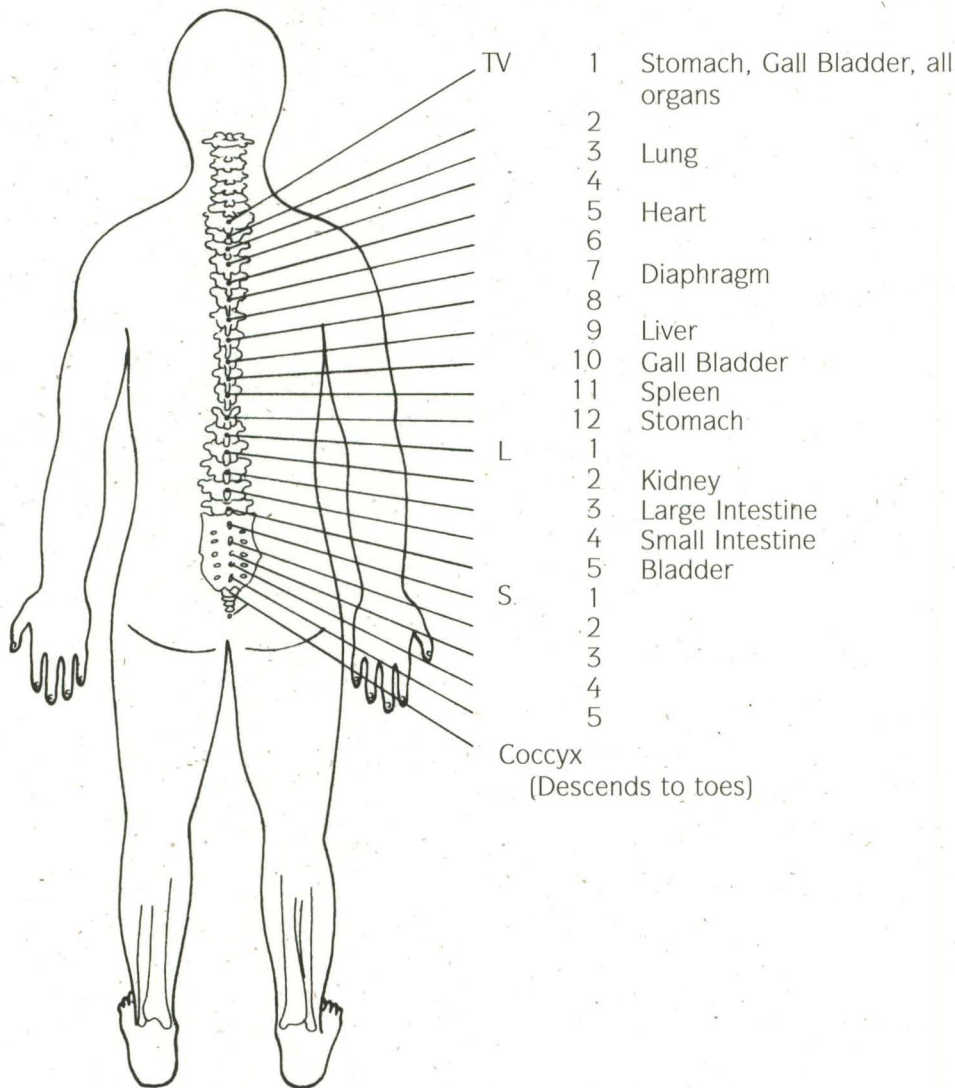
- 1st, 2nd, 3rd steps:
balancing appetite
- 6th 7th:
clearing abdominal area
- 6th, 8th:
clearing eye strain
- 6th, 10th:
warming cold feet

NOTES

HARMONIZING VERTEBRAE FOR ORGANS

When disharmony of organs occur, Spinal Energy stagnates within vertebra-in-charge and is unable to flow horizontally to its respective organ. Energy hardens within vertebra.

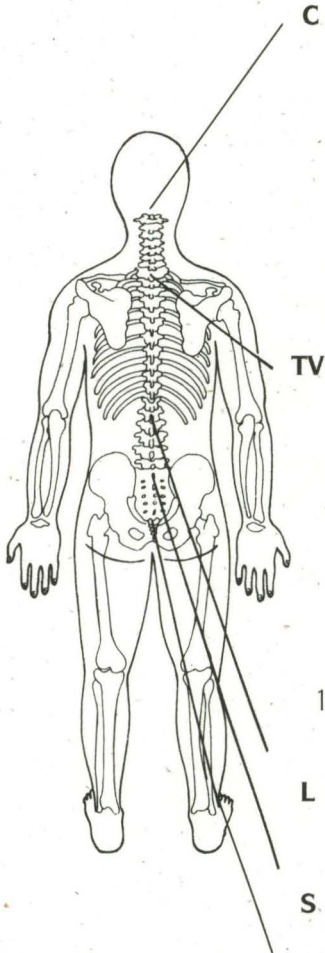
If disharmony of left or right Spinal Energy occurs at cross points of body function energy, this results in tension and/or stress becoming more and more acute.



NOTES

HARMONIZING VERTEBRAE FOR TENSION/STRESS DUE TO DISHARMONY OF NERVE FLOW

Harmonizing of respective vertebra may aid in:



C

- 1 Lowers fever; revives unconscious; regulates pulse
- 2 Stops nausea; stimulates teeth; opens pupil
- 3 Stops elbow pain; contracts lung; diaphragm disharmony
- 4 Contracts veins of heart; liver; kidney; spleen; lung
- 5, 6, 7 Contracts veins of teeth; throat; thyroid; esophagus

TV

- 1 Heart; stomach; lung congestion
- 2 Heart
- 3 Expands lung; pleura; milk in breast
- 4 Expands esophagus; contracts kidney
- 5 Heart; stomach; opens pylorus
- 6 Expands trachea
- 7 Expands kidney; contracts all organs
- 8, 9 Increase heart function; expands gall bladder; stimulates bladder
- 10, 11, 12 Expands stomach, intestines, liver, gall bladder, uterus, lung, ureter, all leg stress

L

- 1, 2, 3, 4 Contracts veins of stomach, intestines, liver kidney, spleen, uterus, bladder
- 5 Shrinks bladder

S

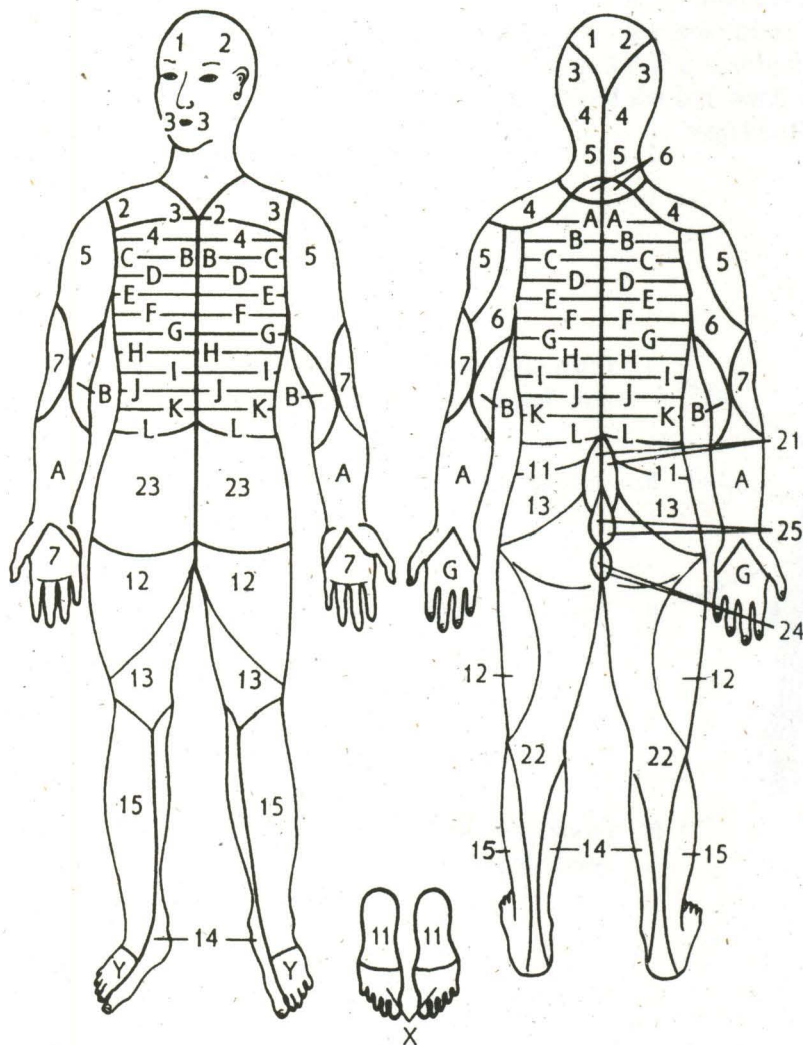
- 1, 2, 3 Reproductive organ tension/stress
- 4, 5

Coccyx

- Toes, sole of foot tension
- 1, 2, 3

HARMONIZING BRAIN-SPINAL ENERGY FOR MUSCLE TENSION/STRESS

Harmonizing vertebrae for neuralgia or tension/stress of Blood Energy due to disharmony of Spinal Energy.



VERTEBRAE

Cervical

No.	1 - 1
	2 - 2
	3 - 3
	4 - 4
	5 - 5
	6 - 6
	7 - 7

Thoracic

No.	1 - A
	2 - B
	3 - C
	4 - D
	5 - E
	6 - F
	7 - G
	8 - H
	9 - I
	10 - J
	11 - K
	12 - L

Lumbar

No.	1 - 11
	2 - 12
	3 - 13
	4 - 14
	5 - 15

Sacrum

No.	1 - 21
	2 - 22
	3 - 23
	4 - 24
	5 - 25

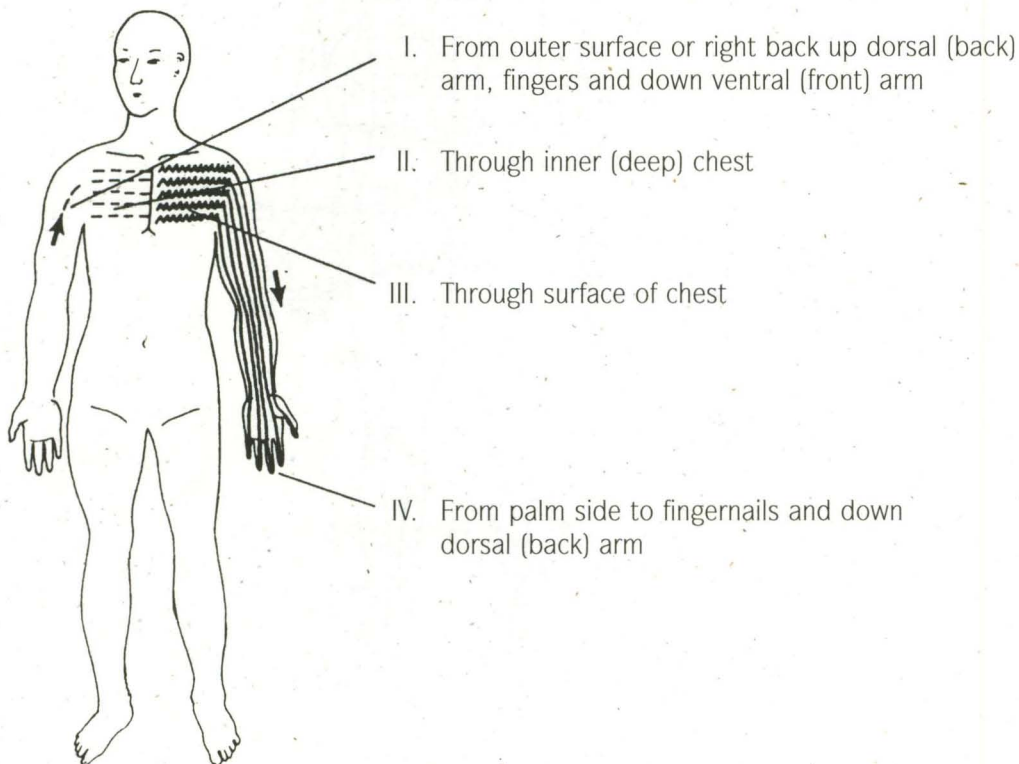
Coccyx

No.	1 - X
	2 - Y
	3 - Z

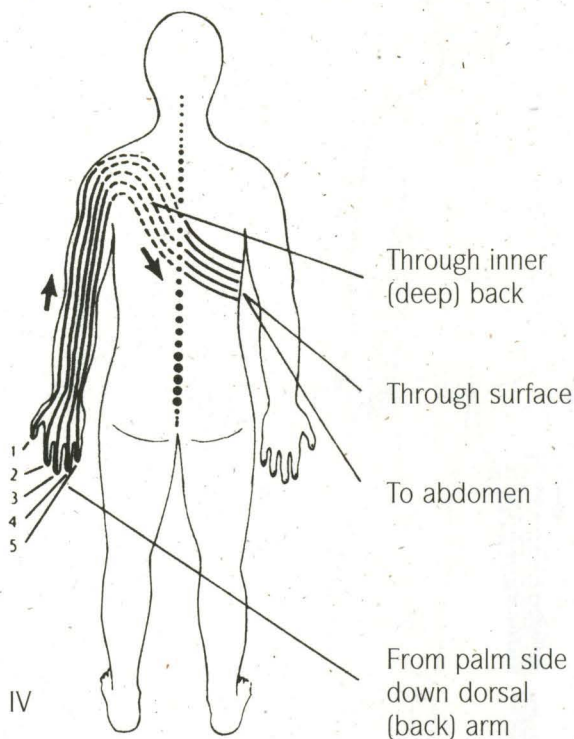
RELATION OF TOES-FINGERS AND CHEST-BACK

(LEFT flow illustrated – right flow is in reverse)

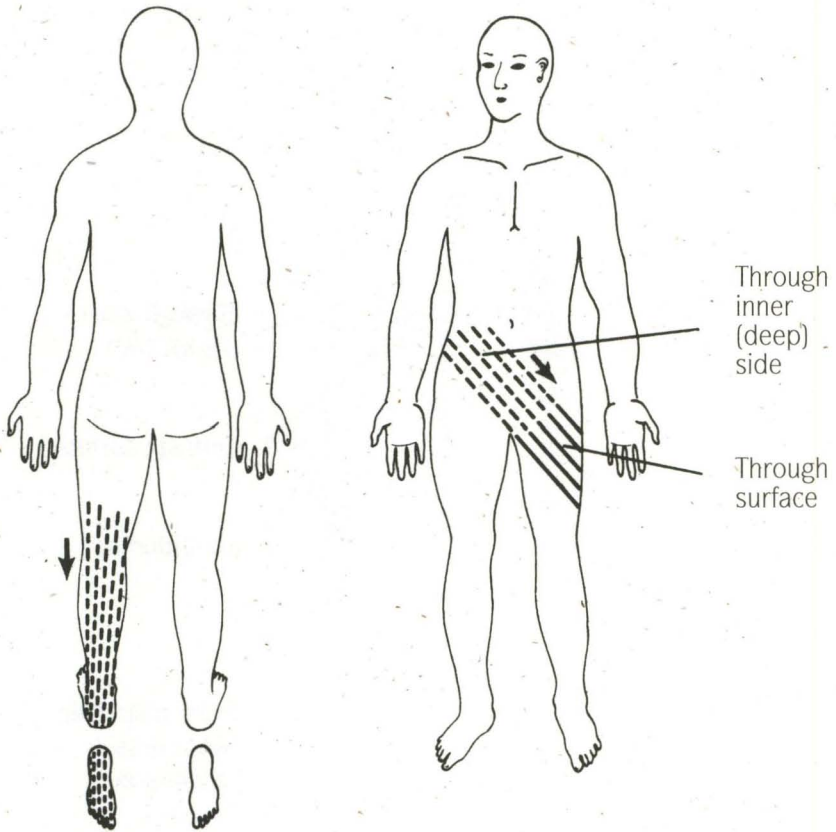
- I. Right back surface energy flows through right axilla (underarm).
- II. It becomes inner (deep) right rib flow.
- III. This flows through chest and sternum and becomes left chest flow, flowing through first, second, third, fourth and fifth front ribs into left arm;
- IV. From palm side first flows into left thumb, second to index finger, third to middle, fourth to ring and fifth to little finger.



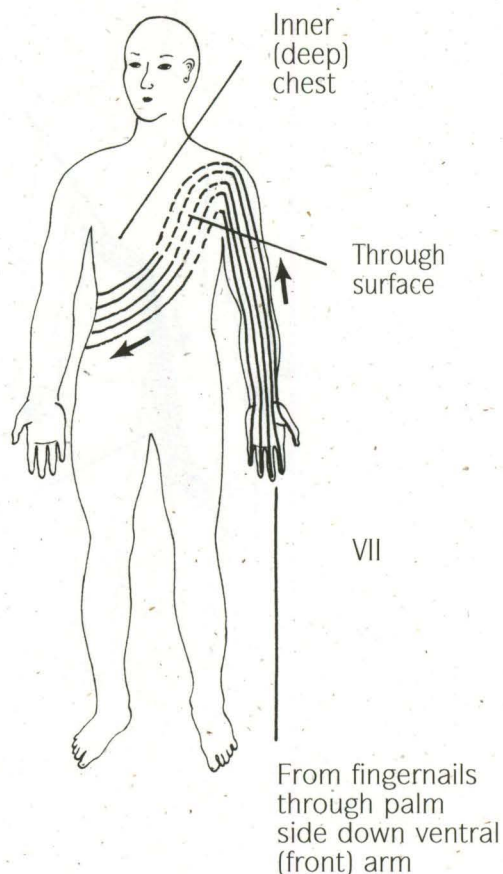
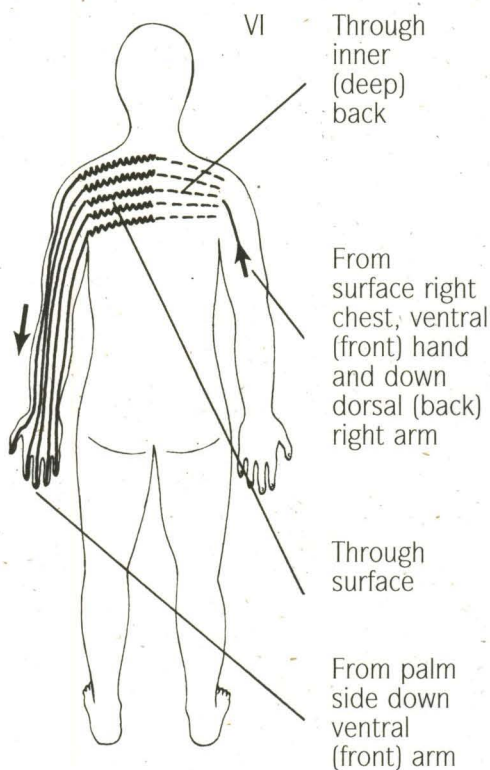
This flows down back of left arm and diagonally down inner (deep) side of left back ribs. Thumb line flows under seventh thoracic vertebra and proceeds diagonally down around to right abdomen. Index finger line flows under eighth vertebra, middle ninth, ring tenth and little finger eleventh thoracic vertebra. These flow through the right back surface and around to right abdomen.



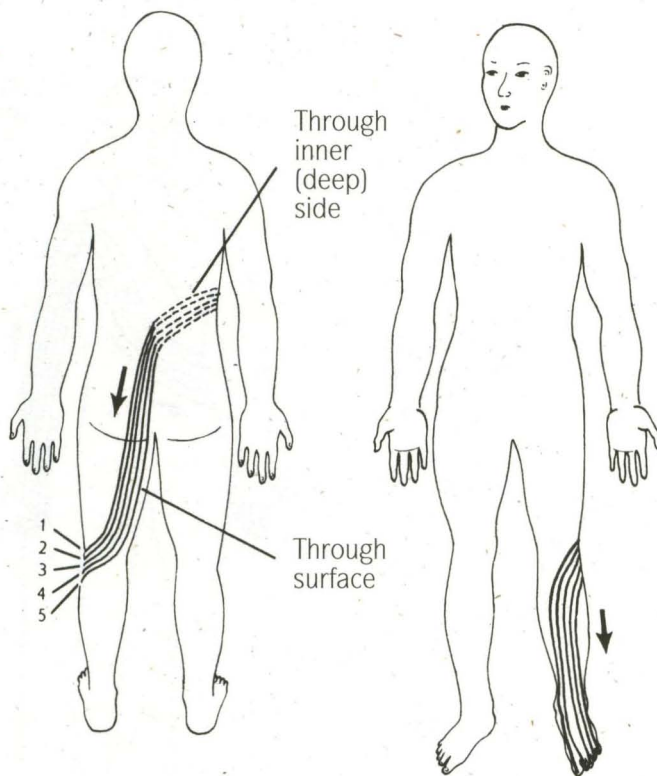
- V. From "IV" left arm flows down diagonally through left back and spine to right abdomen; diagonally through inner (deep) abdomen, left side of reproductive organs; medial (inner) thigh; crosses to lateral (outer) knee and from top of foot to five toes.



- VI. From surface of chest, flows to ventral (front) of right arm and over fingernails. From dorsal (back) of right arm flows horizontally through inner (deep) right back, through left surface, dorsal (back) of left arm, over fingernails and down ventral (front) arm.
- VII. This flows down ventral (front) left arm and diagonally through left inner (deep) chest and at front vertical center line rises to surface and continues diagonally down right abdomen.

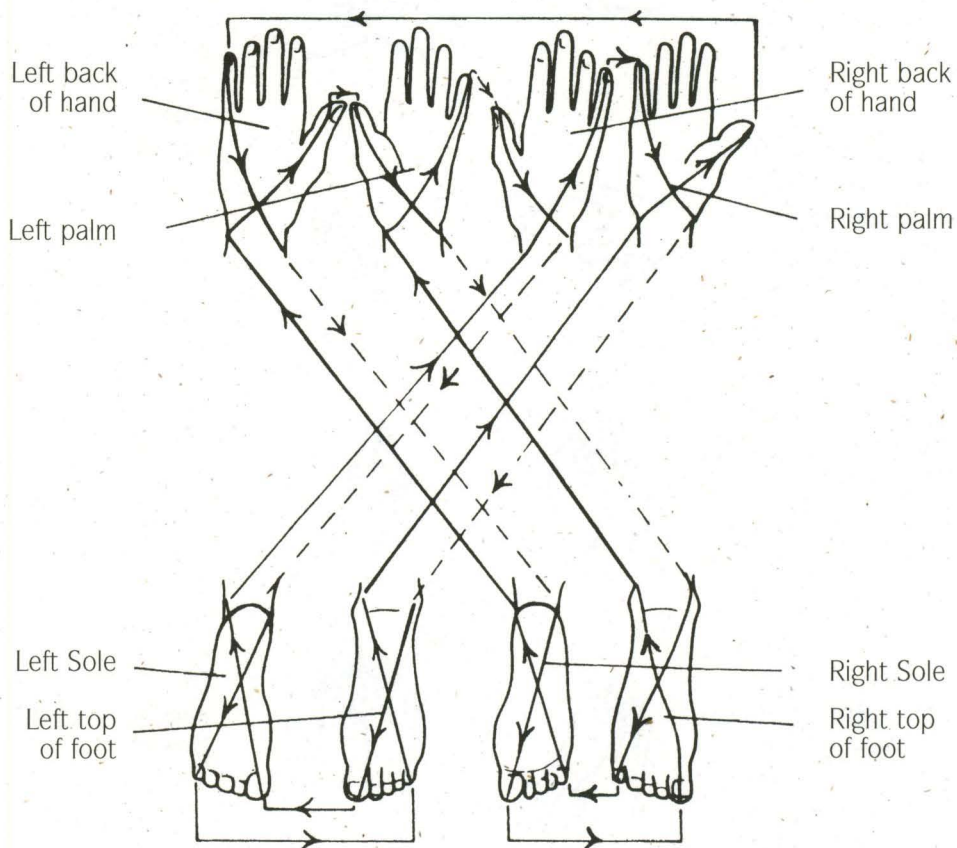


VIII. From right abdomen flows through right inner (deep) hip and coccyx into ventral (front) left thigh; diagonally down medial (inner) knee and arrives at toes: No. 1 big toe, No. 2 next toe, No. 3 next, No. 4 next and No. 5 little toe. These five flows all come together at sole of foot.



BENDING-STRETCHING FLOW IN RELATION TO TOES AND FINGERS

1. Back of left hand and right sole of foot are related.
2. Palm of left hand and top of right foot are related.
3. Back of right hand and left sole of foot are related.
4. Right palm and top of left foot are related.
5. Circulation pattern will incline toward center of imbalance and cause disharmony.



SELF HELP: (For daily maintenance program)

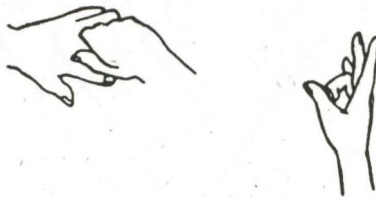
ELIMINATION of accumulated fatigue tension/stress. May be applied at any time for as long as desired, no time limits.

Hold palm side of left middle finger lightly with right thumb. Place rest of right fingers on back of left middle finger.



Make circle with right middle finger and thumb (palm side thumb on middle fingernail). Next slip left thumb between circle of right thumb and middle finger (left thumb palm touching right middle fingernail).

Hold back of left middle finger lightly with right thumb. Place rest of right fingers on palm side of left middle finger.



Touch ring fingernail with palm side of thumb.

Hold palm side of left little and ring fingers with right thumb. Place rest of right fingers on back of left little and ring fingers.



Touch palms of left and right middle fingers in folded hands position.

Hold back of left thumb, index and middle fingers with right thumb. Place rest of right fingers on palm side of left thumb, index and middle fingers.

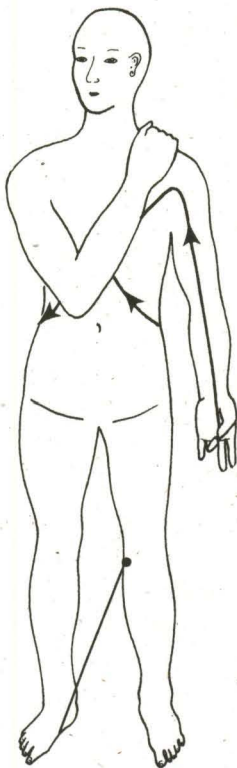


Touch left and right middle fingernails together.

SELF HELP: For daily maintenance (Left energy)

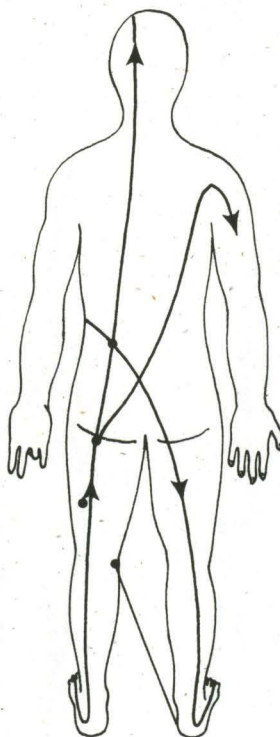
Self-elimination of fatigue tension/stress from MAJOR "Supervisor" and DIAGONAL "Mediator" Energy

METHOD I
(Left Mediator)



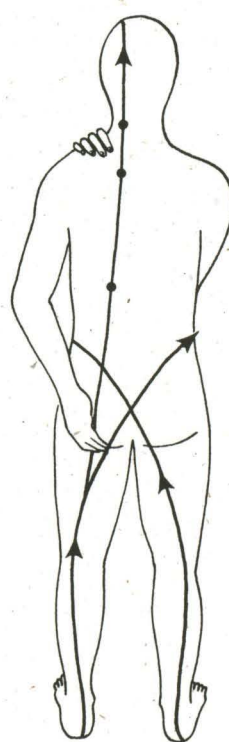
L - left thumb palm over left
ring fingernail
R - left 3
right 6 (instep) on left 1

METHOD II
(Left Supervisor)



L - left thumb palm over left
ring fingernail
R - left 25 or 2
right 6 (instep) on left 1

METHOD III
(Left Supervisor)



L - left 25
R - left 23
R - left 3
R - left 12

“EVERY DAY” TENSIONS/STRESS

1. Head, ear, arm, tooth discomforts; throat sore, swollen, irritated
2. Overload of Lock #3: Lung swells, pleurisy liquid effusion, pricking chest and between ribs discomforts
3. Overload of Lock # 8: high chest, swells below gall bladder, nausea
4. Overload of Lock # 2: hips affected, difficulty in getting up and down, below stomach discomfort
5. Rapidity of energy to spleen causes acute discomfort in stomach, females develop lower abdominal swelling
6. Rapidity of energy to heart causes heart discomforts, breathing difficulty, underarm swelling
7. Perspires continually, become chilly suddenly, knee, lateral (outer) ankle, joints of hand discomforts

Check high Safety Lock
No. 22 for liquid effused
pleurisy and paralysis

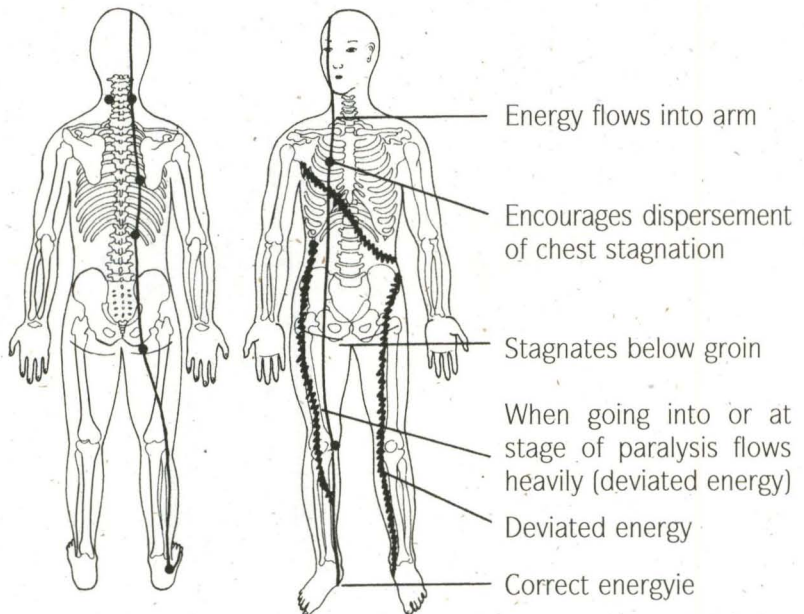
Safety Lock No. 22
narrows and pulls
toward shoulder

Ribs rise, sink, narrows
and/or widens between
ribs

FOR OTHERS:

1st	R	right	12
	L	right	25
2nd	R	right	9
3rd	L	right	16

(Right energy illustrated)



SELF HELP:

For descending energy

1st	L	right	12
	R	right	13
2nd	R	right	15
3rd	R	right	1

For ascending energy

1st	R	left	12
	L	right	12
2nd	L	right	23
3rd	L	right	25
4th	L	right	16

NOTES

(Love my neighbour as myself)

MAJOR VERTICAL Supervisor UNIVERSAL HARMONIZING ENERGY

LEFT FLOW

(Sit on right side)

STEPS ENERGY LOCK

1st L	left 12
R	right 20
2nd R	right 21
3rd R	right 22
4th R	right 14
5th R	right 15
6th R	left 1
7th R	left 5
8th R	left 6
9th R	left 7
10th R	left 25
L	left 2
11th L	left 23
12th L	left 9
13th L	left hi 19
14th L	left middle finger
R	right 14

RIGHT FLOW

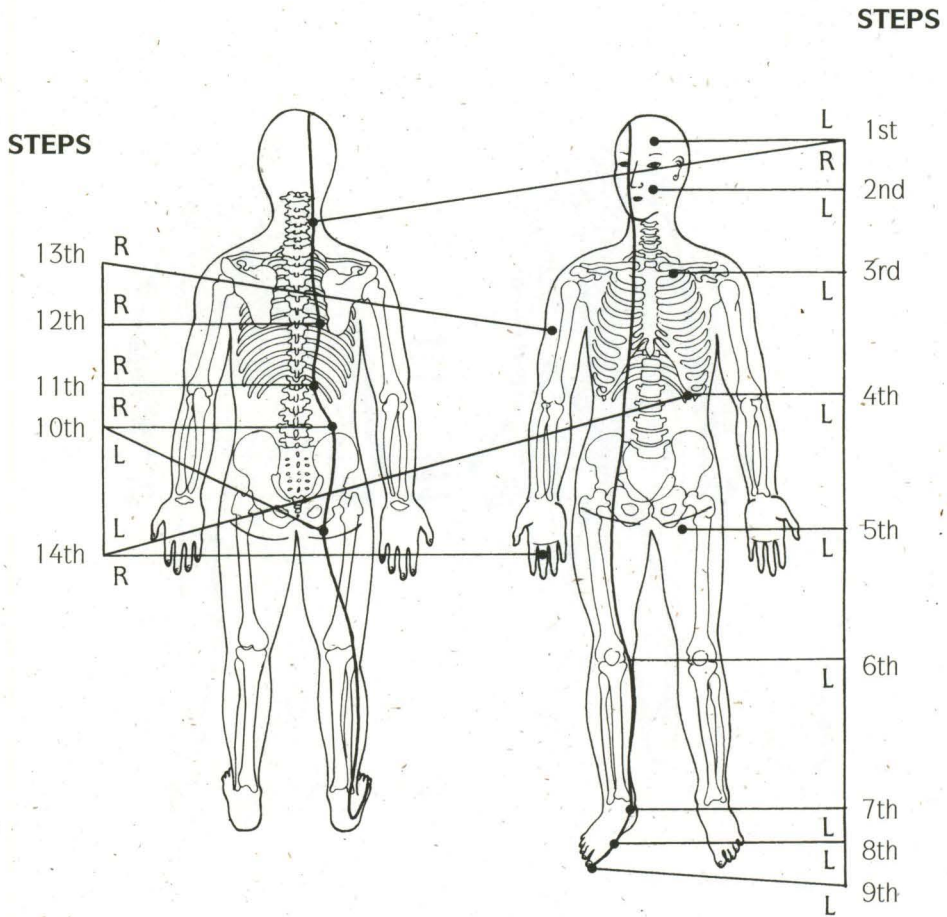
(Sit on left side)

STEPS ENERGY LOCK

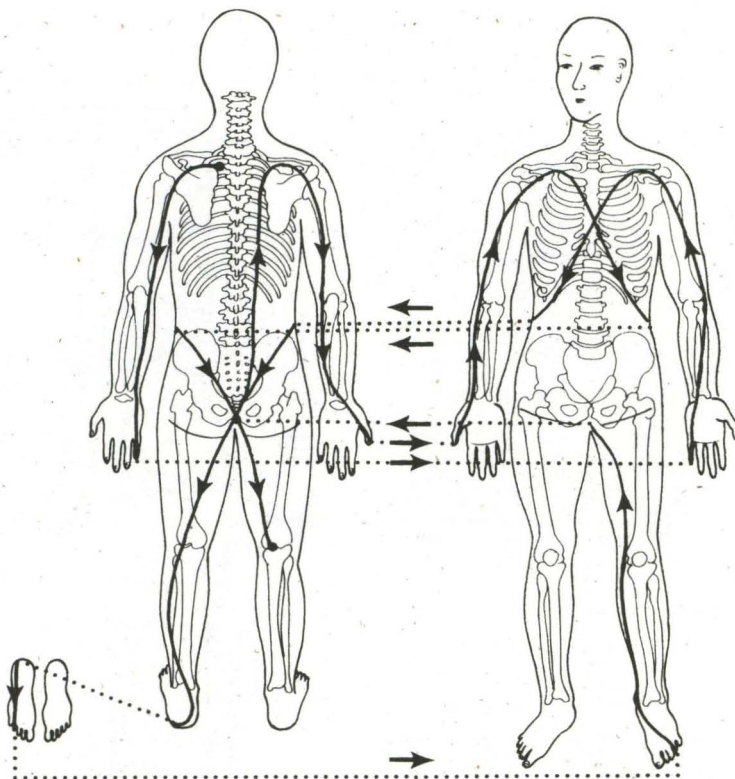
1st R	right 12
L	left 20
2nd L	left 21
3rd L	left 22
4th L	left 14
5th L	left 15
6th L	right 1
7th L	right 5
8th L	right 6
9th L	right 7
10th L	right 25
R	right 2
11th R	right 23
12th R	right 9
13th R	right hi 19
14th R	right middle finger
L	left 14

MAJOR VERTICAL SUPERVISOR UNIVERSAL HARMONIZING ENERGY

(RIGHT flow illustrated.)



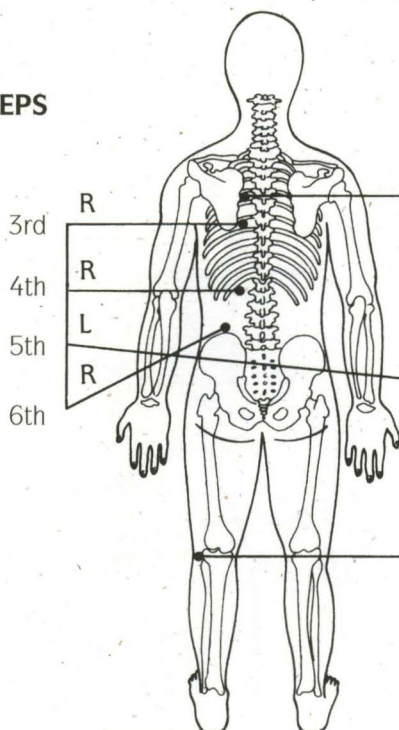
DIAGONAL MEDIATOR UNIVERSAL HARMONIZING ENERGY
Circulation Pattern
(LEFT flow illustrated.)



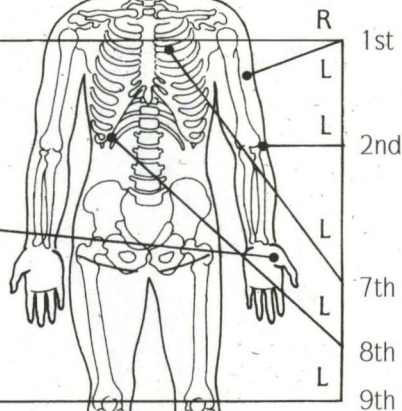
This being "MEDIATOR" flow, if it is not in harmony, it will be main cause for malfunctions in body energy circulation patterns.

ELIMINATION OF INTERMINGLING DIAGONAL MEDIATOR UNIVERSAL HARMONIZING ENERGY – FATIGUE FLOW CONGESTIONS (LEFT flow illustrated.)

STEPS



STEPS



Aids in removing causes of congestions of
Fatigue Flow intermingling with MEDIATOR
energy – may result in:

1. Shoulder discomfort
2. Eye, discomfort
3. Fingers swelling
4. Nose clogging

DIAGONAL Mediator UNIVERSAL HARMONIZING ENERGY

LEFT FLOW

(Sit on left side)

STEPS

ENERGY LOCK

1st	R	left	10
	L	left hi	19
2nd	L	left	19
3rd	R	left	9
4th	R	left	23
5th	L	left	18
6th	R	left	2
7th	L	left	13
8th	L	right	14
9th	L	left	8

RIGHT FLOW

(Sit on right side)

STEPS

ENERGY LOCK

1st	L	right	10
	R	right hi	19
2nd	R	right	19
3rd	L	right	9
4th	L	right	23
5th	R	right	18
6th	L	right	2
7th	R	right	13
8th	R	left	14
9th	R	right	8

INTERMINGLING OF DIAGONAL Mediator UNIVERSAL HARMONIZING ENERGY WITH FATIGUE FLOW

(LEFT flow illustrated.)

(Causes lung tension)

When "Safety"
Energy Locks
4, 12, 11, 3
lock shoulder
tenses,
mucus and/or
coughing
conditions
occur

Knots
appear

Reverse
Energy

Hip stiffens
and at times
uncomfortable

When fingers
become crooked,
congestion
begins in lung

Thumb,
index
finger
bend

Little,
ring,
middle
fingers
stiffen

Incorrect
energy

When "Safety"
Energy
Lock 14
throbs,
feverish
after 2 p.m.

Unable to
flow
through so
reverses

Incorrect
energy

Correct
energy

From instep
to toes
gets cold

When "Safety" Energy Lock No. 3 tenses, it causes greyish phlegm first to appear. As tension increases, color darkens and eventually blood appears in phlegm. Wheezing begins, also perspiring during sleep

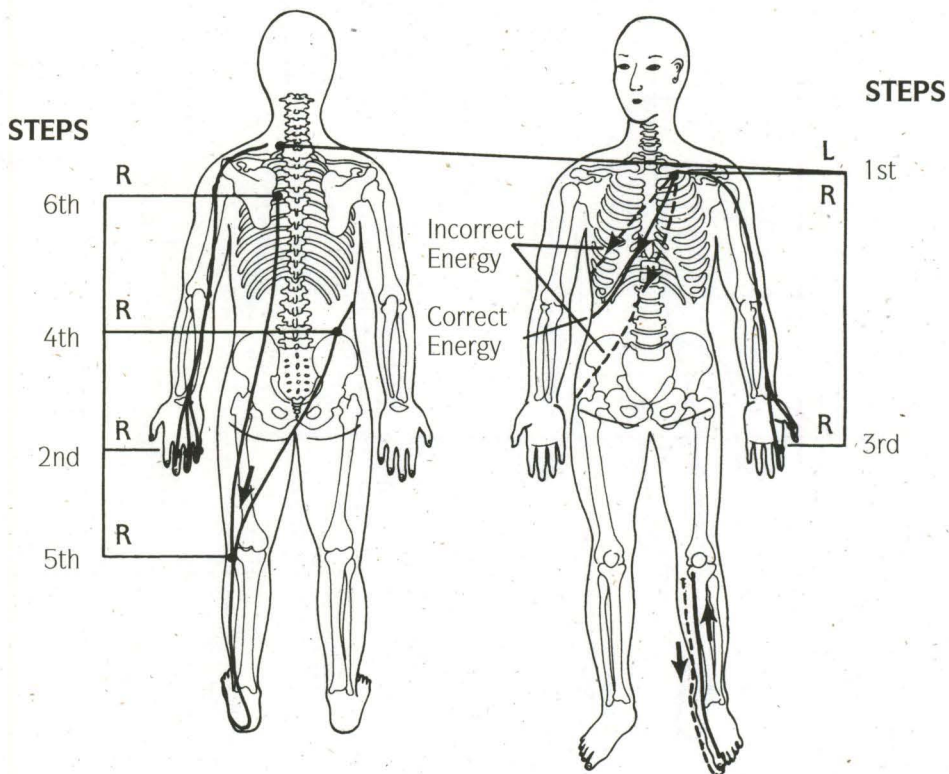
Bowel movements: mixture of hard and soft; diarrhea or constipation.

Stomach heavy and uncomfortable, occasionally feel hungry.

FIRST METHOD CORRECTION

(LEFT flow illustrated.)

Disharmony of this energy may result in lung congestions, shoulder tensions, high fever conditions.



LEFT FLOW
(Sit on right side)

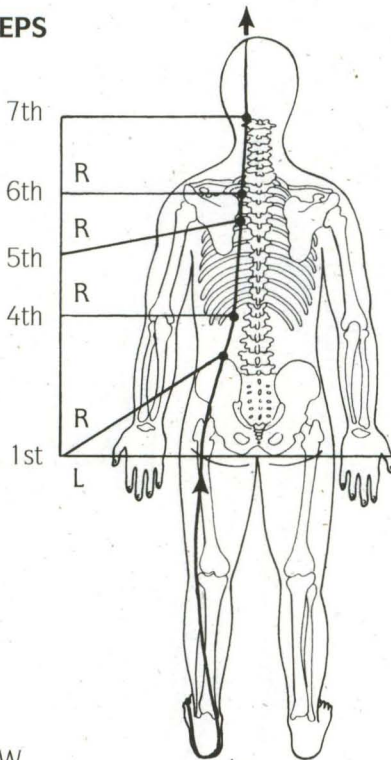
STEPS	ENERGY LOCK
1st L	left 11
R	left 22
2nd R	left middle, ring and little fingers, back sides
3rd R	left index finger and thumb, palm sides
4th R	right 2
5th R	left 8
6th R	left 10

SECOND METHOD CORRECTION

(LEFT flow illustrated.)

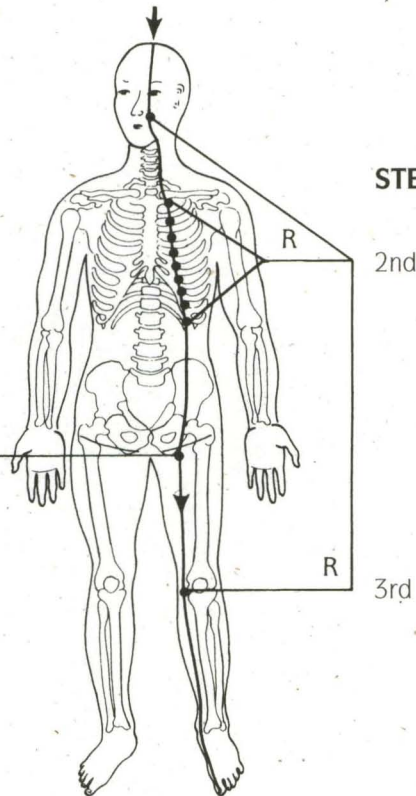
Disharmony of this energy may result in sub-normal temperature, mucus, elimination conditions.

STEPS



LEFT FLOW
(Sit on left side)

STEPS



STEPS

ENERGY LOCK

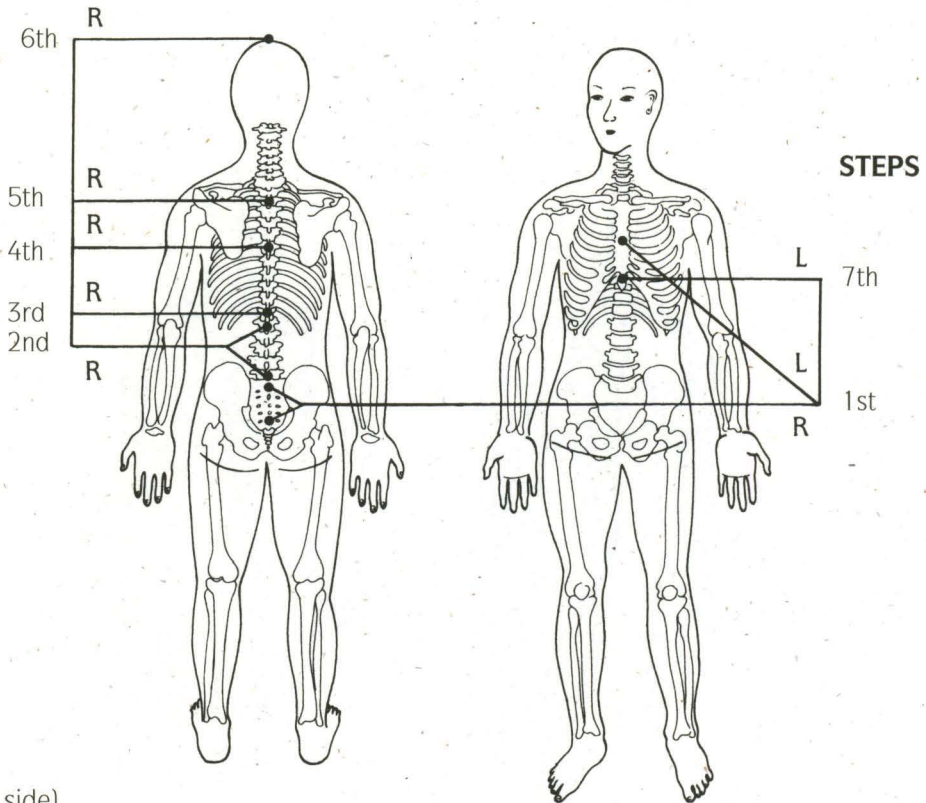
1st	L	left	15
	R	left	2
2nd	R	left	21; 22 between each
		rib to	14
3rd	R	left	1
4th	R	left	23
5th	R	left	10
6th	R	left	3
7th	R	left	4

AIDS

- Descending energy through chest
- Sub-normal temperature
- Fever due to kidney energy disharmony
- Phlegm; throat
- Shoulder tension; phlegm; coughing
- Phlegm (mucus)

THIRD METHOD CORRECTION

Disharmony of this energy may result in appetite imbalance, stagnation in stomach, abdominal tensions.



(Sit on left side)

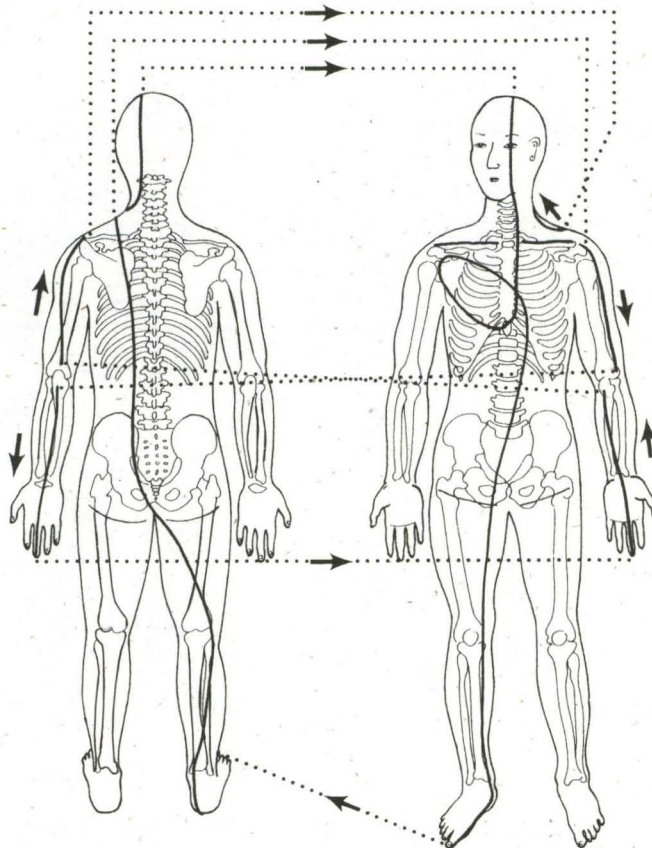
STEPS

- 1st: Left on Center of third ribs on sternum
Right on Sacrum 5 thru 1
- 2nd: Right on Lumbar 5 thru 1
- 3rd: Right on Thoracic Vertebra 12
- 4th: Right on Thoracic Vertebra 7
- 5th: Right on Thoracic Vertebra 3
- 6th: Right on Center of top of head
- 7th: Left on Base of sternum

AIDS

- Horizontal energy to descend
- Ascending energy
- Feet
- Gall Bladder, Pancreas, Stomach functions
- Pit of stomach, appetite
- Breathing
- Tension deep in pit of stomach

FATIGUE FLOW Circulation Pattern (LEFT flow illustrated.)



NOTES

FATIGUE FLOW ADJUSTMENT (Trinity)

LEFT FLOW

(Sit on right side)

STEPS	ENERGY LOCK
1st L	left 3
R	left high 19
2nd R	left 17
3rd R	left middle finger
4th R	Base of sternum
5th R	right 22
6th R	right 15
7th R	right 1
8th R	right 24
9th R	right 7
10th R	left 23
L	left 4 and/or 12
11th R	left 9

(Sit on left side)

12th R	Center top of head
L	Between #13's on sternum
13th L	Base of sternum
14th L	Pubic Bone
15th R	Coccyx (Base of spine)
16th L	TV 10
17th L	TV 5

RIGHT FLOW

(Sit on left side)

STEPS	ENERGY LOCK
1st R	right 3
L	right high 19
2nd L	right 17
3rd L	right middle finger
4th L	Base of sternum
5th L	left 22
6th L	left 15
7th L	left 1
8th L	left 24
9th L	left 7
10th L	right 23
R	right 4 and/or 12
11th L	right 9

(Sit on right side)

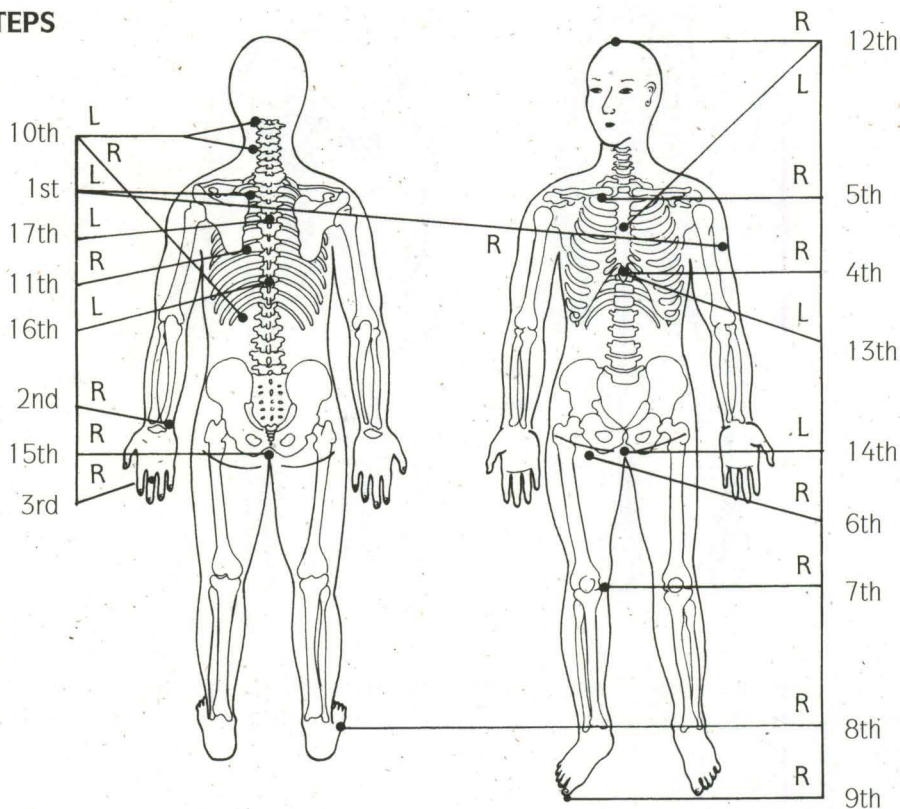
12th L	Center top of head
R	Between #13's on sternum
13th R	Base of sternum
14th R	Pubic Bone
15th L	Coccyx (Base of spine)
16th R	TV 10
17th R	TV 5

FATIGUE FLOW ADJUSTMENT (Trinity)

Combination of MAIN CENTRAL VERTICAL, Left and Right MAJOR Supervisor (Trinity) and DIAGONAL Mediator (Activating Principle) UNIVERSAL HARMONIZING ENERGY.

(LEFT flow illustrated.)

STEPS



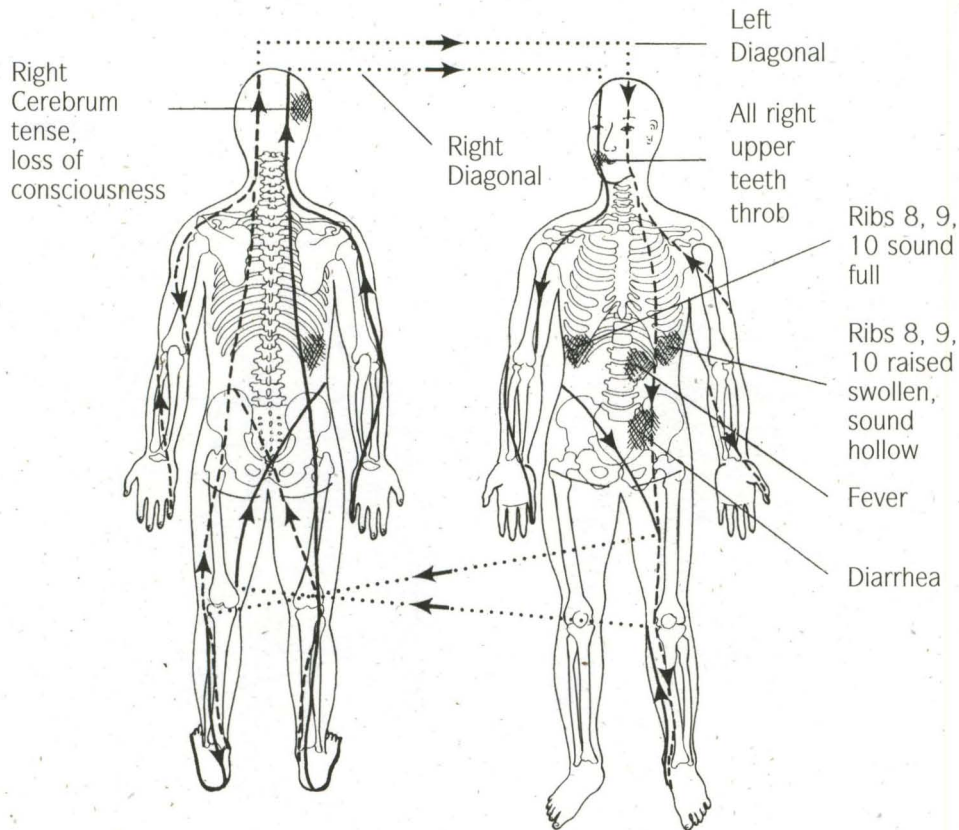
NOTE: May be utilized to strengthen weakened lymph flow.

FOR QUICKIE revitalization of "run-down" energy:

1. Place RIGHT fingers at top center of right half of head.
2. Place LEFT fingers at top center of left half of head.

RESULTS OF Disharmonized DIAGONAL Mediator UNIVERSAL HARMONIZING ENERGY

(Disharmonized man's life story)



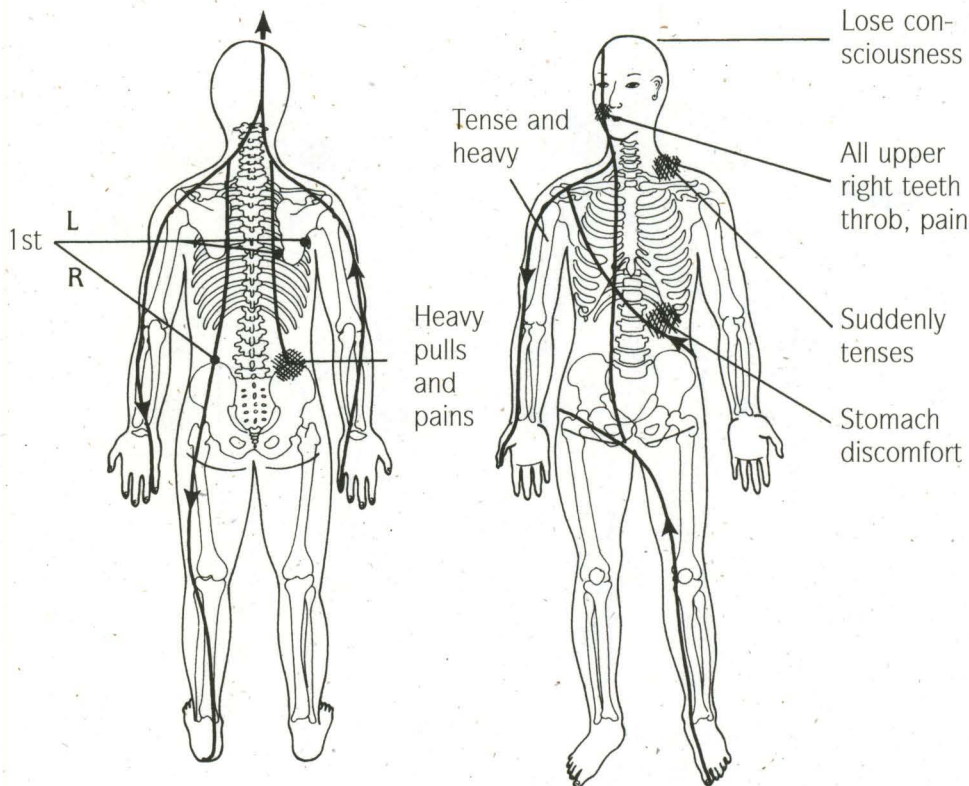
Right energy tenses right side of body, bends right arm, stiffens right leg. As disharmonized energy goes deeper into body, each depth causes various symptoms.

- 1st depth: Mouth, teeth, stomach, spleen
- 2nd depth: Nose, lung, skin
- 3rd depth: Eyes, liver, gall bladder
- 4th depth: Ear, kidney, bladder
- 5th depth: All combined
- 6th depth: Loss of consciousness

(See page 12)

REVERSING AND INCREASING OF FIRST DEPTH

(Right flow illustrated.)



Disharmony of energy may result in:

- | | |
|------------|-------------|
| 1. Mouth | 4. Diarrhea |
| 2. Teeth | 5. Spleen |
| 3. Stomach | 6. Lung |

RIGHT FLOW
(Sit on right side)

STEPS

1st L
R

ENERGY LOCK

right 9/26
left 2

LEFT FLOW
(Sit on left side)

STEPS

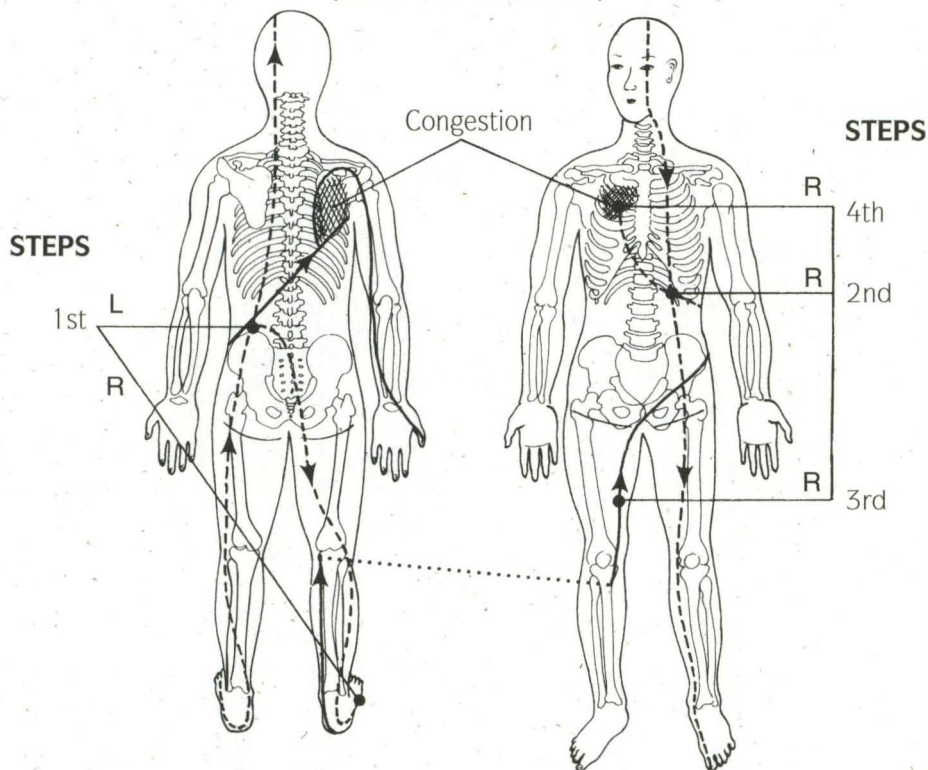
1st R
L

ENERGY LOCK

left 9/26
right 2

REVERSING AND INCREASING OF SECOND DEPTH

(RIGHT flow illustrated.)



Disharmony of energy may result in:

1. Various lung discomforts
2. Nose
3. Coughing, mucus
4. Skin surface

RIGHT FLOW

(Sit on right side)

STEPS

ENERGY LOCK

1st	R	right	24
	L	left	2
2nd	R	left	14
3rd	R	right hi	1
4th	R	right	13

LEFT FLOW

(Sit on left side)

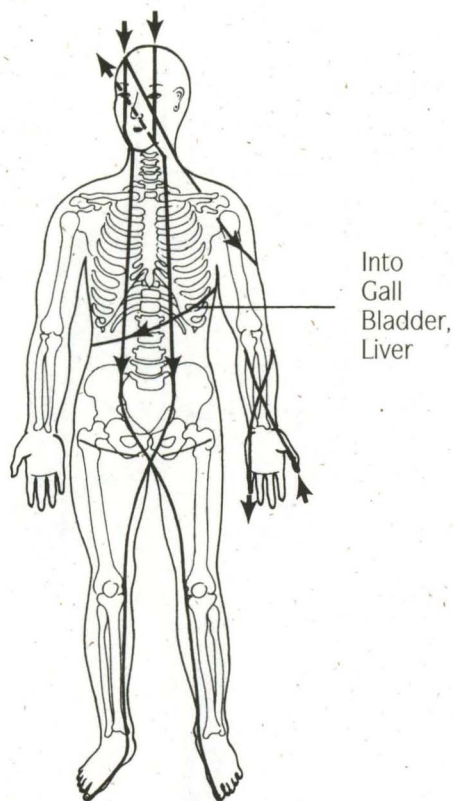
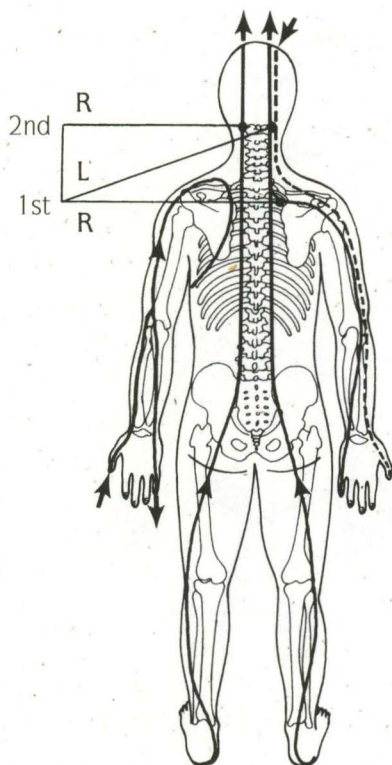
STEPS

ENERGY LOCK

1st	L	left	24
	R	right	2
2nd	L	right	14
3rd	L	left hi	1
4th	L	left	13

REVERSING AND INCREASING OF THIRD DEPTH

(RIGHT flow illustrated.)



Disharmony of energy may result in:

1. Left eye
2. Gall Bladder
3. Liver

RIGHT FLOW
(Sit on right side))

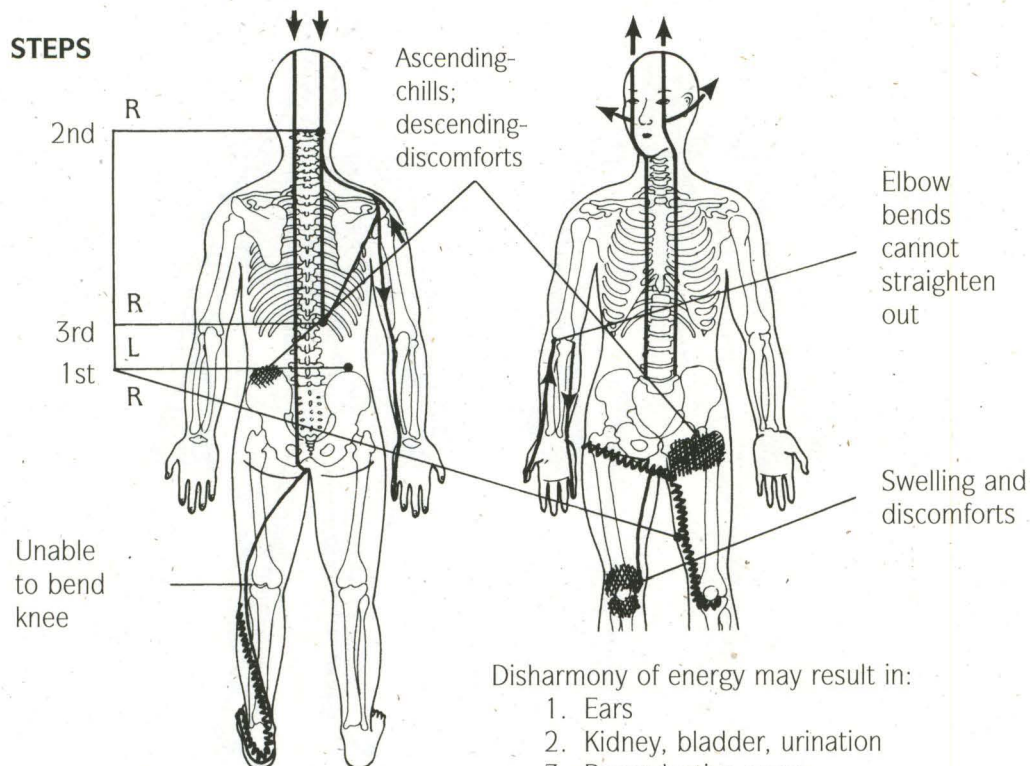
STEPS	ENERGY LOCK
1st R	right 3
L	right 4
2nd R	left 4

LEFT FLOW
(Sit on left side))

STEPS	ENERGY LOCK
1st L	left 3
R	left 4
2nd L	right 4

REVERSING AND INCREASING OF FOURTH DEPTH

(RIGHT flow illustrated.)



Disharmony of energy may result in:

1. Ears
2. Kidney, bladder, urination
3. Reproductive organ
4. Bones, nails
5. Rheumatism, limb stiffness
6. Rectal

RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st L	right 2
R	left high 1
2nd R	right 4, 12, 11
3rd R	right 23

LEFT FLOW
(Sit on right side)

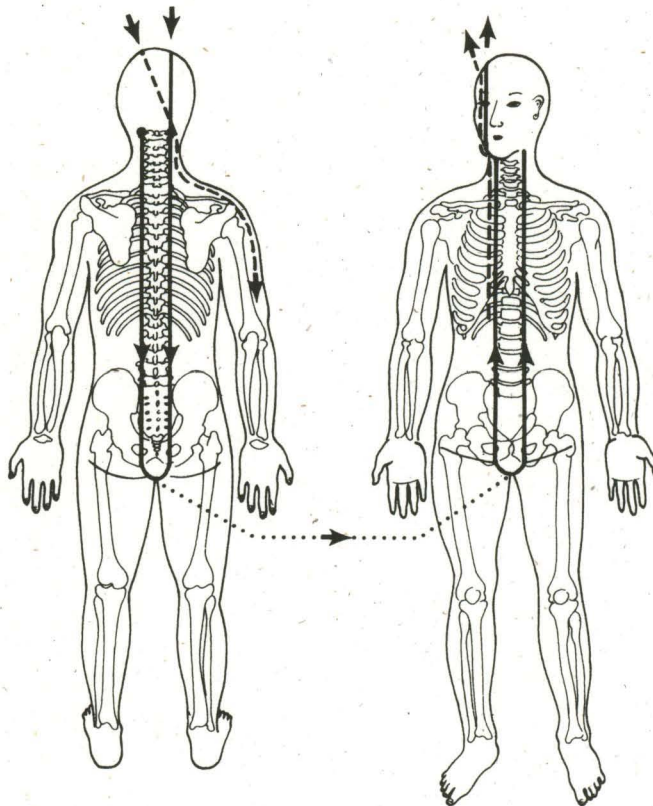
STEPS	ENERGY LOCK
1st R	left 2
L	right high 1
2nd L	left 4, 12, 11
3rd L	left 23

FIFTH DEPTH – combination of FIRST to FOURTH DEPTHS

(Plus overall numbness, tenseness, etc.)

SIXTH DEPTH INCREASING, REVERSING OR EXTINCTION OF ENERGY

(Changes in consciousness)



Stoppage of left or right "Safety" Energy Lock No. 4 will cause loss of consciousness.
Stoppage of left and right "Safety" Energy Locks No. 4 is critical.

NOTES

NOTES

NOTES



仁神術

TEXT 2

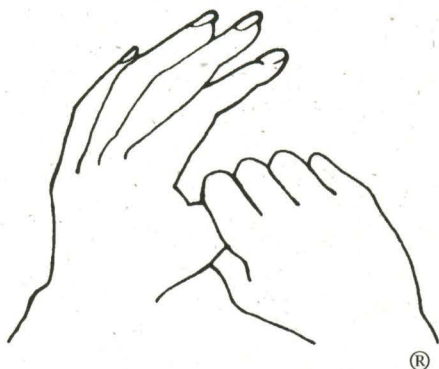
by Mary Burmeister

®

TEXT 2

PHYSIO-PHILOSOPHY
(Nature-Effortless Reality)

JIN SHIN JYUTSU®
(Cosmic Artless Art to KNOW (Help) MYSELF)



仁
神
術
®

Jiro Murai

This is to inform all those enrolled for the Lecture Series in the Art of JIN SHIN JYUTSU that completion of attendance in the lectures given by the authorized instructors of Jin Shin Jyutsu, Inc. should not be construed in any way as a qualification for a license.

Further, the few hours spent in these lectures do not qualify this art to be presented by anyone except the authorized instructors of Jin Shin Jyutsu, Inc.

"JIN SHIN JYUTSU" is incorporated, the text books are copyrighted, and the name is registered.

Mary Burmeister
Founder
JIN SHIN JYUTSU, Inc.

Jin Shin Jyutsu, Physio-Philosophy lectures and demonstrations offer a way of Being to help MYSELF, help others and to KNOW Cosmic Oneness. In attending lectures one's insight of innate potential and foundation for expanding one's awareness and understanding are awakened.

One who understands and sincerely respects the profound significance of Jin Shin Jyutsu, Physio-Philosophy and follows its procedures accordingly, should not be intimidated by the magnitude of Jin Shin Jyutsu nor should be apprehensive about practicing the art. It is not application of technique; it is demonstration of art, simply Being the channel through which flow infinite aesthetic powers of the Creator. One's progress with Jin Shin Jyutsu, Physio-Philosophy depends on complying with the art's established procedures and communion with the Creator. Frequently, when one finds something meaningful and beneficial, he is eager to share his discovery with others. This is especially true of those introduced to Jin Shin Jyutsu Physio-Philosophy. The name, Jin Shin Jyutsu, is rapidly becoming well-known and widespread. Unfortunately, it is apparent the true concept of the art is once again becoming lost. Jin Shin Jyutsu is being contaminated by personal desires and ambitions. This is a result of those who in their eagerness to share, are often unaware of possible misrepresentation and misunderstanding, and are mistaken about their own personal motives and intentions. Frequently selfishness is mistaken for selflessness.

The responsibility for usage of knowledge received is within each one. The meaning of Jin Shin Jyutsu, The Creator's Art-Effortless Reality (MAN) – explains that this responsibility is to the Creator and to oneself. One's reverence to the Creator combined with one's integrity, intelligence and discretion determines the interpretation and communication of the knowledge and respect for Jin Shin Jyutsu, Physio-Philosophy, Nature-Effortless Reality (MAN).

PHYSIO-PHILOSOPHY
(Nature-Effortless Reality)

In memory of Master Jiro Murai and my father

JIN SHIN JYUTSU
(Cosmic Artless Art of KNOW (Help) MYSELF)

The three UNIVERSAL HARMONIZING ENERGY: the Main Central, Left and the Right Major Vertical (Supervisor) - TRINITY and the Diagonal (Mediator-Activating Principle) circulation patterns, as well as the twelve "Individualized" Body Function energy descend and ascend throughout the body.

When the twelve "Individualized" Body Function Energy is in balance with the Universal Harmonizing Energy, there is perfect harmony within and without the body. However, this perfect harmony may be interrupted by daily eating habits, working habits, hereditary characteristics, too dry or too damp living environment, weather conditions, mental and emotional anxieties, accidents causing bodily injuries, or by injection of poisonous matter into the body.

One or more of the twelve "Individualized" Body Function Energy may increase or decrease, stagnate, deviate, reverse, or weave in and out and result in disharmony. Careful attention is then made to find the cause of the result of the disharmony.

KNOW MYSELF BE IT IS, IS.

SEVENTEEN "INDIVIDUALIZED" BODY FUNCTION ENERGY

The seventeen kinds of "Individualized" body function energy descend and ascend throughout the body to develop the physical form and the invisible consciousness, voice and energy. With the intermingling of the flesh and consciousness, a profound mysterious transformation occurs.

The "Individualized" BODY FUNCTION ENERGY:

- | | |
|---|-------------|
| 1. Lung Function Energy | 4 a.m. |
| 2. Large Intestine Function Energy | 6 a.m. |
| 3. Stomach Function Energy | 8 a.m. |
| 4. Spleen Function Energy | 10 a.m. |
| 5. Heart Function Energy | 12 noon |
| 6. Small Intestine Function Energy | 2 p.m. |
| 7. Bladder Function Energy | 4 p.m. |
| 8. Kidney Function Energy | 6 p.m. |
| 9. Diaphragm Function Energy | 8 p.m. |
| 10. Umbilicus Function Energy | 10 p.m. |
| 11. Gall Bladder Function Energy | 12 midnight |
| 12. Liver Function Energy | 2 a.m. |
| 13. Descending Body Function Energy intermingling and altering
Ascending Body Function Energy intermingling and altering | |
| 14. Kidney and Bladder Function Energy intermingling | |
| 15. Kidney Function Energy separating and overflowing | |
| 16. Gall Bladder Function Energy intermingling | |
| 17. Anterior and Posterior Vertical Universal Harmonizing Energy
(The Eternal Life Flow) | |

COMBINING TIME AND PLACE OF TWELVE BODY FUNCTION ENERGY

1. Left hand controls heart. Heart Function Energy swallows Kidney Function Energy, captures Lung Function Energy and causes disharmony.
2. Right hand, controls kidneys. It absorbs Lung Function Energy, chases Liver Function Energy and causes disharmony.
3. Kidney (water) and heart (fire) struggle for control and whichever overcomes the other will in time cause disharmony of body function energy to become more and more critical.
4. If left and right body function energy is in harmony, Surface, Middle and Deep Function Energy will combine at MAIN CENTRAL VERTICAL UNIVERSAL HARMONIZING ENERGY.
 - a. Surface Body Function Energy combines at center of third front ribs.
 - (1) Lung Function Energy
 - (2) Large Intestine Function Energy
 - (3) Stomach Function Energy
 - (4) Spleen Function Energy
 - b. Middle Body Function Energy combines in stomach.
 - (1) Diaphragm Function Energy
 - (2) Umbilicus Function Energy
 - (3) Gall Bladder Function Energy
 - (4) Liver Function Energy
 - c. Deep Body Function Energy combines in umbilicus.
 - (1) Heart Function Energy
 - (2) Small Intestine Function Energy
 - (3) Bladder Function Energy
 - (4) Kidney Function Energy
5. If there is disharmony in left or right body function energy, two of three depth function energy will intermingle, cause variations and result in disharmony.
 - a. If they intermingle with Surface Body Function Energy, coughing results.
 - b. If they intermingle with Middle Body Function Energy, nausea results.
 - c. If they intermingle with Deep Body Function Energy, discomfort results.
6. When Surface and Middle Body Function Energy intermingles with Deep Body Function Energy, numbness or unable to straighten out results.
7. When Surface and Deep Body Function Energy intermingles with Middle Body Function Energy, joints go out of place or stiffening results.
8. When Middle and Deep Body Function Energy intermingles with Surface Body Function Energy, discomfort results.

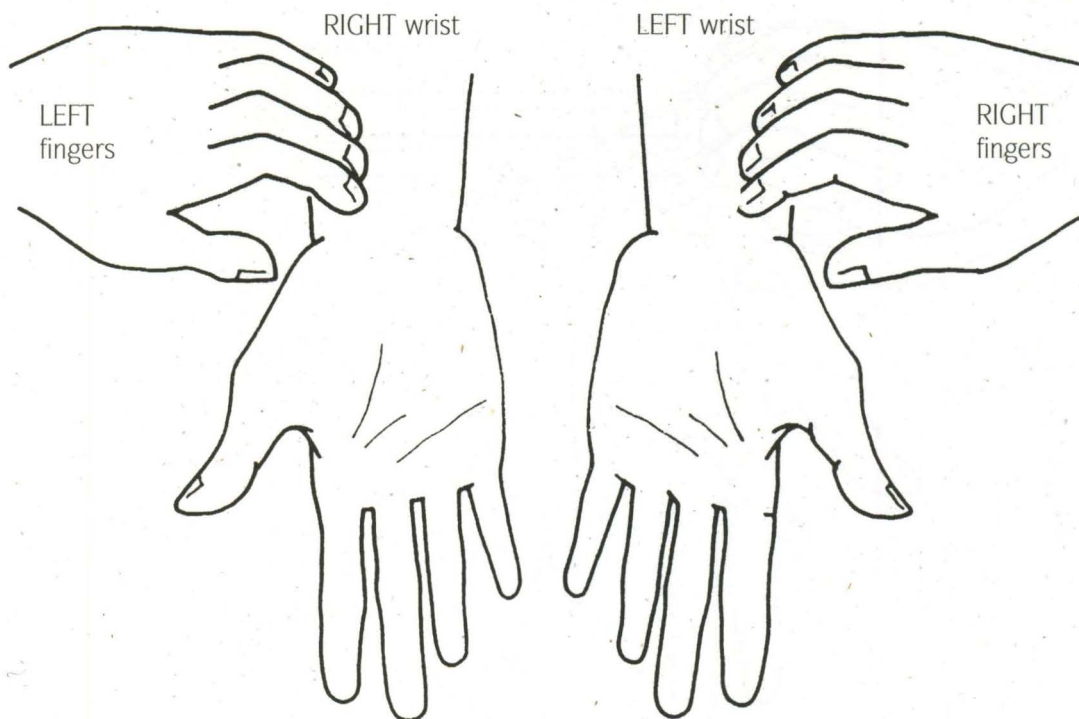
HARMONIZING THROUGH TWELVE "INDIVIDUALIZED" BODY FUNCTION ENERGY PULSES

Place index finger below base of thumb at wrist and arrange in order of index, middle and ring fingers.

Feel both left and right wrists simultaneously, left fingers on right wrist and right fingers on left wrist.

When body is in balance, left and right pulses are in harmony.

When body is not in balance, left and/or right pulses will be rapid, uneven, heavy, disorderly, missing or fading out, indicating disharmony.



PULSES OF RIGHT WRIST FELT WITH LEFT FINGERS

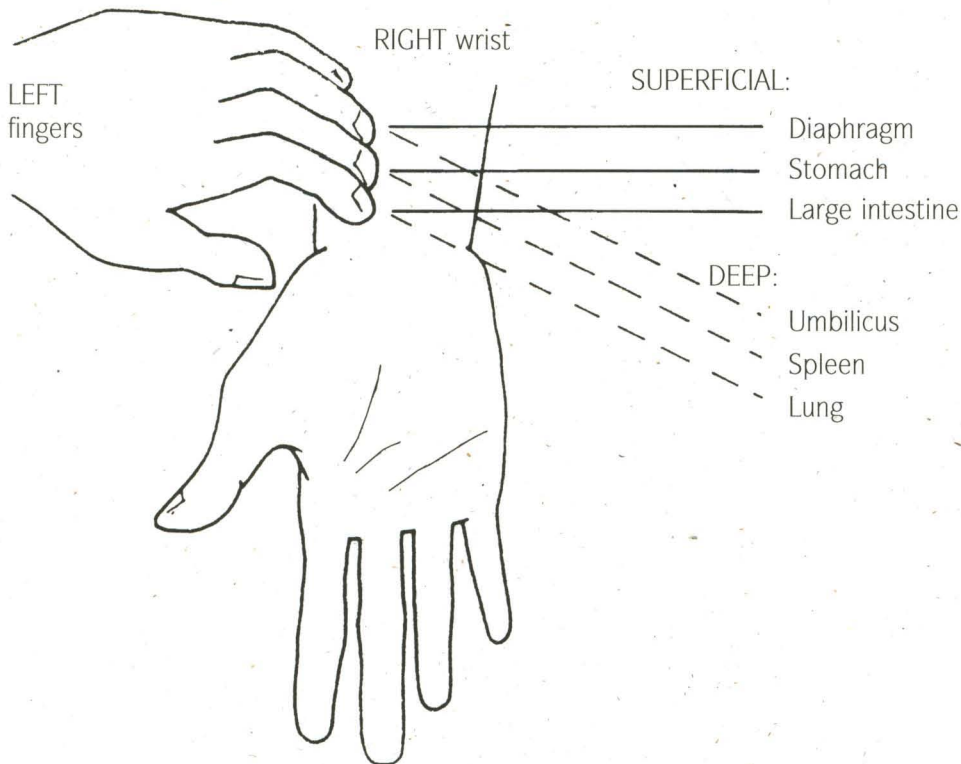
SUPERFICIAL:

Index finger: Large Intestine Function Energy
Middle finger: Stomach Function Energy
Ring finger: Diaphragm Function Energy

DEEP:

Index finger: Lung Function Energy
Middle finger: Spleen Function Energy
Ring finger: Umbilicus Function Energy

NOTE: HEAVY pulsation indicates disorder in left or right flow.



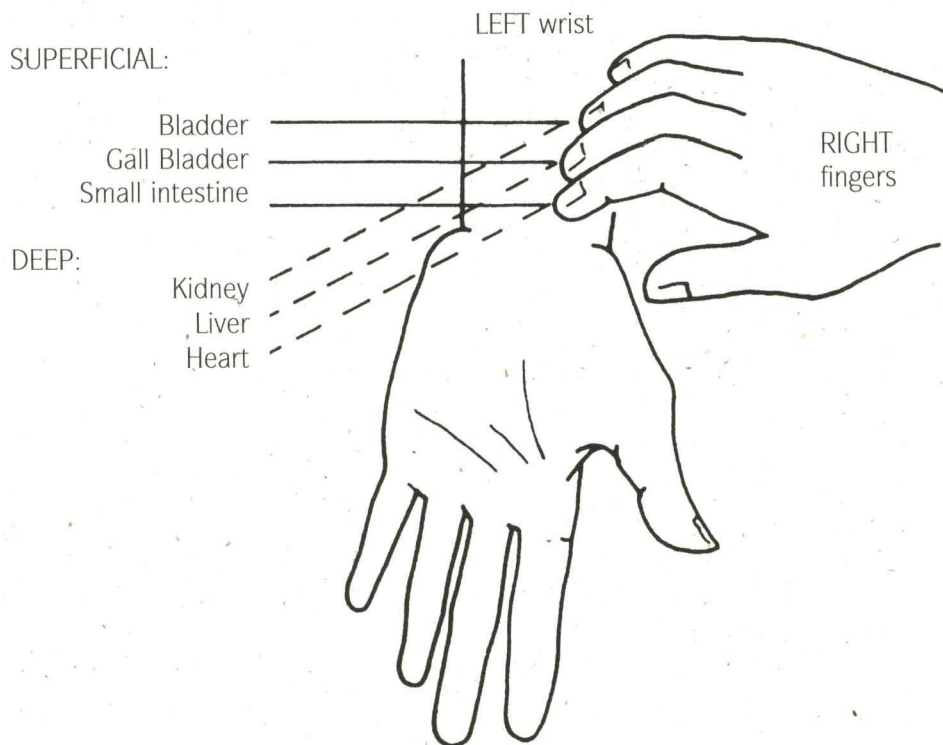
PULSES OF LEFT WRIST FELT WITH RIGHT FINGERS

SUPERFICIAL:

Index finger:	Small Intestine Function Energy
Middle Finger:	Gall Bladder Function Energy
Ring Finger:	Bladder Function Energy

DEEP:

Index finger:	Heart Function Energy
Middle finger:	Liver Function Energy
Ring finger:	Kidney Function Energy



DIFFERENTIATION OF PULSATIONS

1. Pulse of a normal healthy person.

2. When pulse beats a few times and dies away, then starts up again, it signifies stagnation of food in stomach.

--- --- --- --- --- ---

3. When pulse is long like a rod, it signifies fever is present in intestinal tract.

4. When pulse beats short and closely, staccato-like, it signifies indigestion.

5. When pulse beats slowly then stops, then starts to beat again, it signifies congestion in chest.

--- --- --- --- ---

6. When pulse is thin, rapid and palms of hands are feverish, it signifies a cold.

7. When pulse is slow, big and quiet, it signifies weakened condition caused by weather.

=====

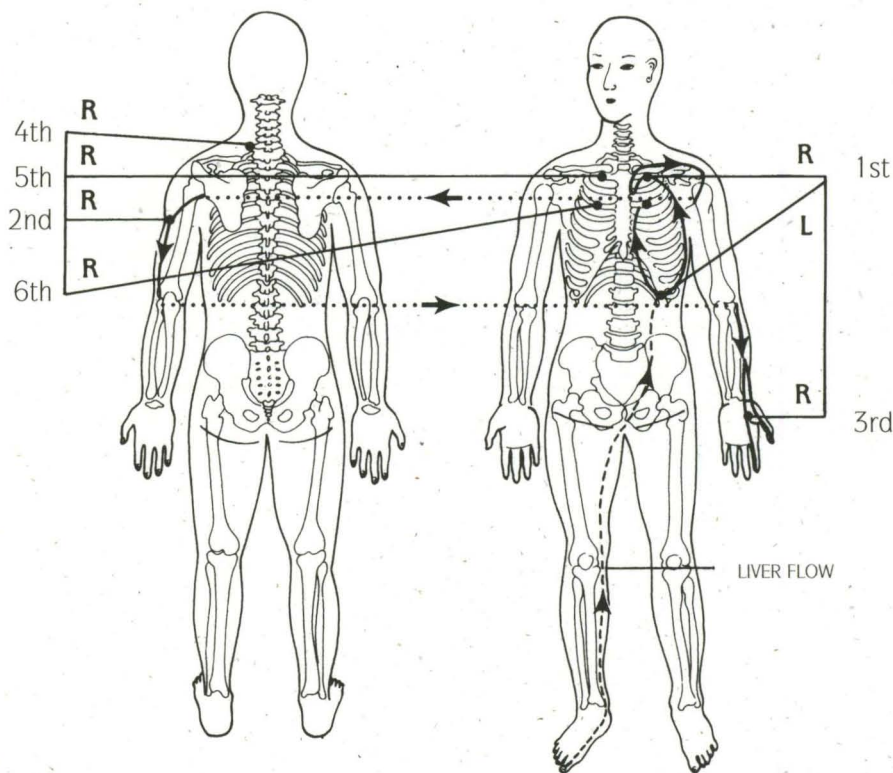
The twelve kinds of body function energy circulate continuously throughout body twenty-four hours a day, building, repairing, and protecting it. Therefore, if body energy is circulating as described in following illustrations, it will be without disharmony and one can enjoy a life of longevity, happiness and benevolence.

However, if there is disharmony, such as increasing, hurrying, deviating, reversing, separating, stagnating, and/or becoming extinct, necessary bodily adjustments will be hindered, eventually resulting in death.

1. LUNG FUNCTION ENERGY

1. Liver Function Energy becomes LUNG FUNCTION ENERGY in stomach at 4 a.m.
2. Lung Function Energy intermingles with digested food juices; sends part of this energy to outer surface of large intestine and remaining main portion circulates diaphragm and flows into lung area.
 - a. Circulates throughout lungs and gathers in trachea.
 - b. Flows to acromion, anterior (front) area where arm joins shoulder, then axilla (underarm) and up lateral (outer) side of arm.
 - c. Flows to ventral (front) and then to lateral (outer) side of elbow.
 - d. About five inches below wrist, energy separates into two flows.
 - (1) One to medial (inner) side of thumb nail, circulates nail and envelopes thumb.
 - (2) Main part flows to medial (inner) side of index fingernail and changes into Large Intestine Function Energy.
3. Lung Function Energy starting from stomach, circulating lungs and up into index finger takes two hours, 4 a.m. to 6 a.m.
4. Disharmony of LUNG FUNCTION ENERGY (overload) may result in:
 - a. Lungs swelling
 - b. Coughing, chest congestion
 - c. Perspiring when asleep
 - d. Upper arm and medial (inner) side of elbow aching
 - e. Palm becoming feverish
 - f. Chills in shoulders and back areas.

**HARMONIZING "Individualized" LUNG FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY
(LEFT flow illustrated.)**



LEFT FLOW
(Sit on left side)

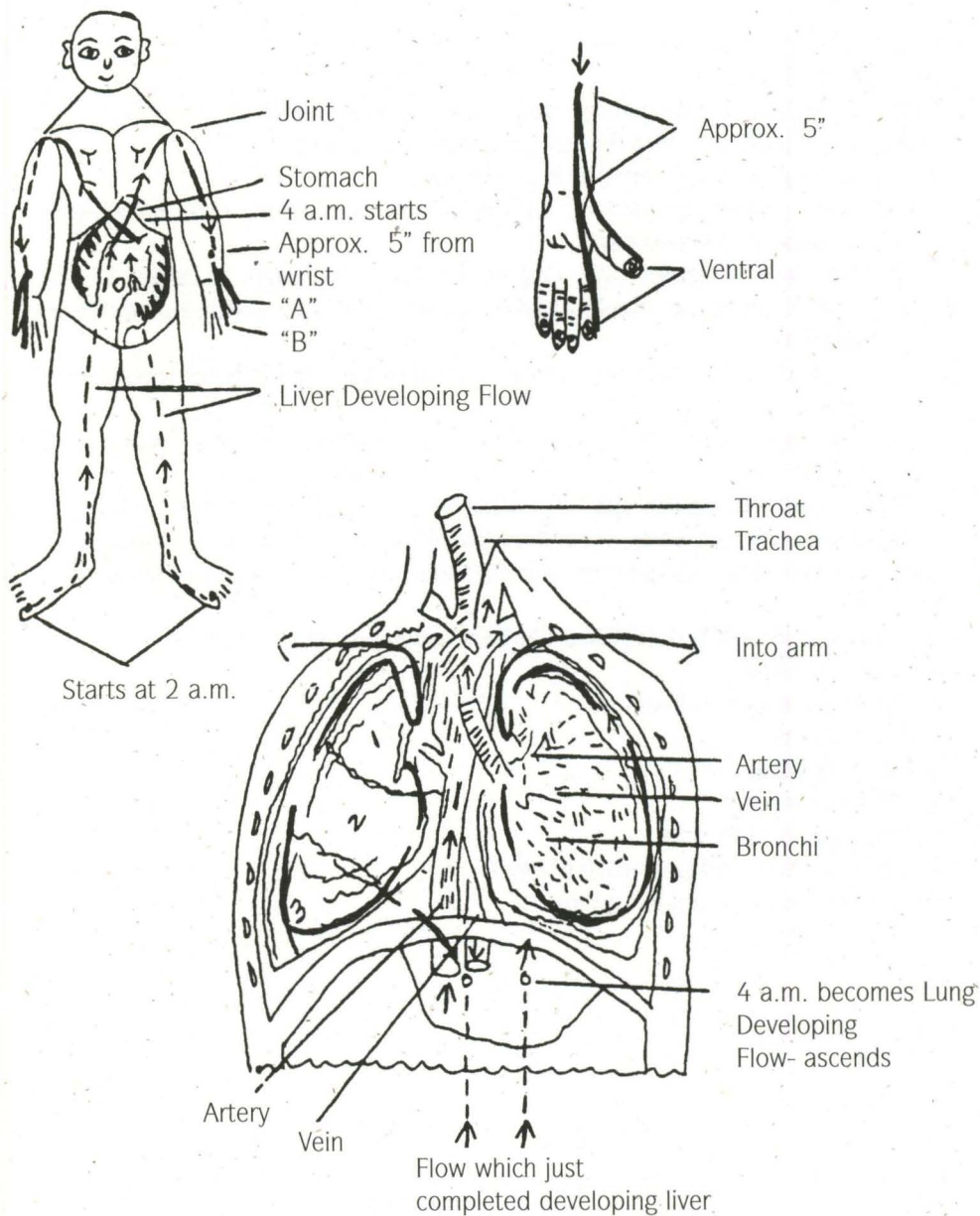
STEPS		ENERGY LOCK
1st	L	left 14
	R	left 22
2nd	R	left hi 19 back
3rd	R	left 18
4th	R	left 11
5th	R	right 22
6th	R	right 13

RIGHT FLOW
(Sit on right side)

STEPS		ENERGY LOCK
1st	R	right 14
	L	right 22
2nd	L	right hi 19 back
3rd	L	right 18
4th	L	right 11
5th	L	left 22
6th	L	left 13

NOTES

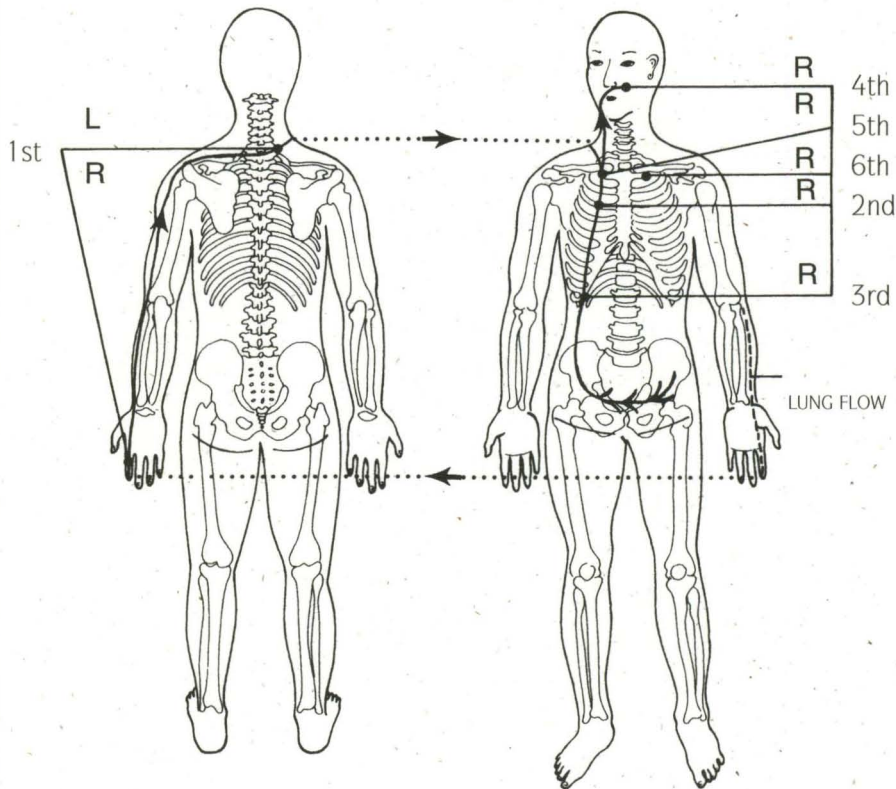
LUNG FUNCTION ENERGY CIRCULATION PATTERN



2. LARGE INTESTINE FUNCTION ENERGY

1. Lung Function Energy becomes LARGE INTESTINE FUNCTION at medial (thumb side) index fingernail at 6 a.m.
2. Large Intestine Function Energy flows down dorsal (back) of the arm, through anterior (front) of shoulder and into first thoracic (dorsal) vertebra.
 - a. Left and right energy meet and intermingle.
 - b. Left flows around right side of neck down into right chest, rises up to right breast and separates into two parts.
 - (1) One part circulates right lung, down past diaphragm to about 15mm from right side of umbilicus (navel), makes a half circle and scatters at outer area of large intestine.
 - (2) One part flows from right breast up through right side of throat into right lower gums.
Circulates right side of face and from between nose and upper lip flows to left cheek bone.
 - c. Right flows around left side of neck down into left chest, rises up to left breast and separates into two parts. (This flow pattern is opposite to b. (1) and (2) above.
3. Large Intestine Function Energy starting from index fingernail to cheek bone takes two hours, 6 a.m. to 8 a.m.
4. Disharmony of LARGE INTESTINE ENERGY (overload) may result in:
 - a. Cheek swelling
 - b. Eye becoming yellowish
 - c. Toothaching
 - d. Nose bleeding
 - e. Throat numbing
 - f. Index finger stiffening
 - g. Wrist swelling and becoming feverish
 - h. Anterior (front) shoulder aching
 - i. Upper arm aching

HARMONIZING "Individualized" LARGE INTESTINE FUNCTION ENERGY
Through Unlocking "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY
 (LEFT flow illustrated.)



LEFT FLOW
 (Sit on right side)

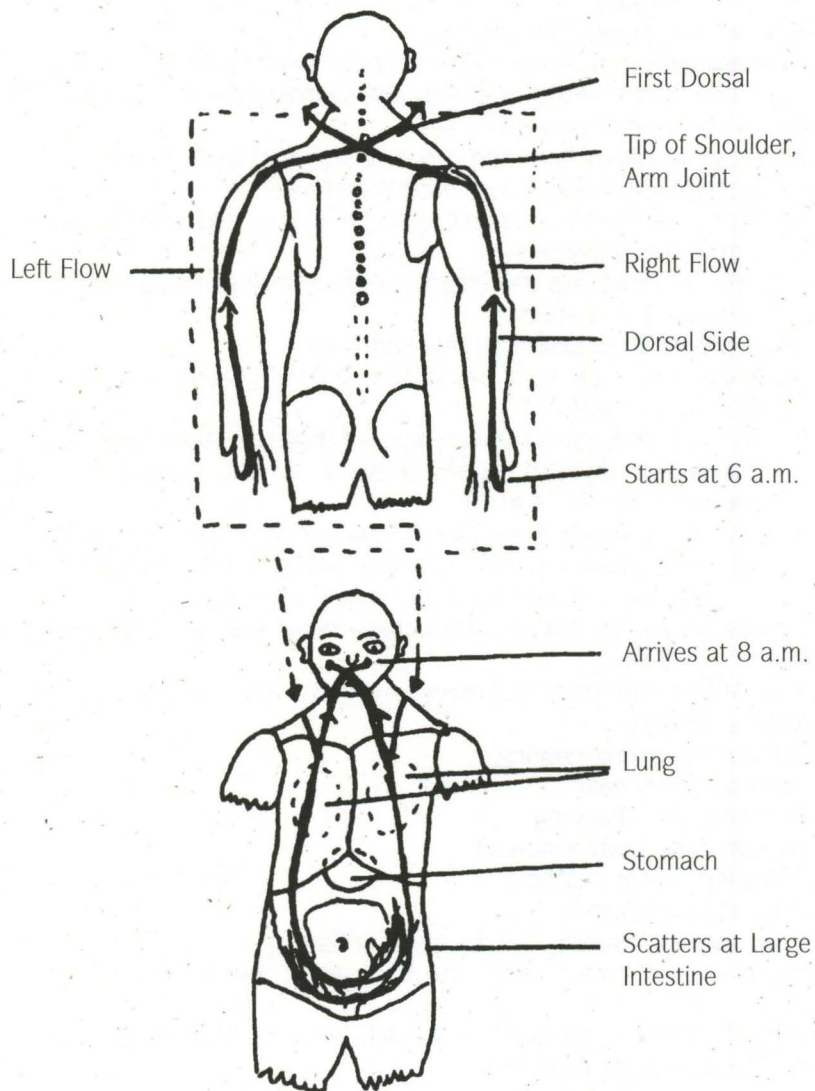
STEPS	ENERGY LOCK
1st L	right 11
R	left index finger
2nd R	right 13
3rd R	right 14
4th R	left 21
5th R	right 22
6th R	left 22

RIGHT FLOW
 (Sit on left side)

STEPS	ENERGY LOCK
1st R	left 11
L	right index finger
2nd L	left 13
3rd L	left 14
4th L	right 21
5th L	left 22
6th L	right 22

NOTES

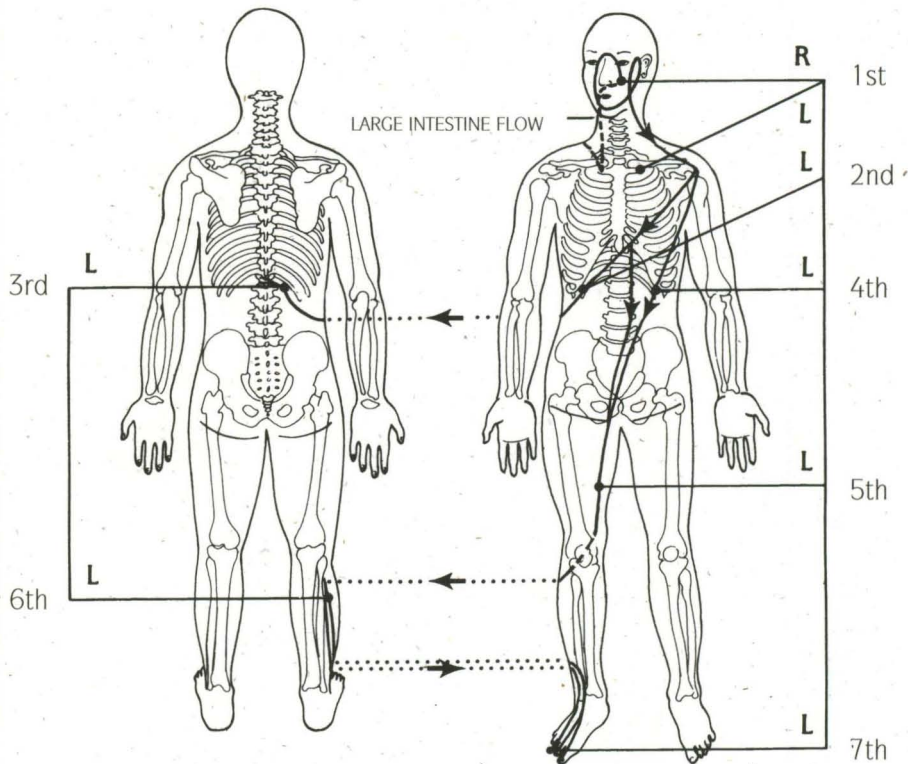
LARGE INTESTINE FUNCTION ENERGY CIRCULATION PATTERN



3. STOMACH FUNCTION ENERGY

1. Large Intestine Function Energy becomes STOMACH FUNCTION ENERGY at cheek bone at 8 a.m.
2. Stomach Function Energy flows from cheek bone up to center between eyebrows.
 - a. Crosses to under opposite eye, descends to and follows jaw bone line up to front of opposite ear just above eyebrow line.
 - b. Turns toward eyes and descends to acromion to separate into two parts, "A" and "B".
 - (1) "A" flows inward and goes directly into stomach where it separates into "a" and "b".
 - (a) "a" flows into umbilicus (navel).
 - (b) From umbilicus flows through medial (inner) side of opposite thighs, to lateral (outer) side of knees and intermingles with "B".
 - (c) Right "b" flows into spleen, into left kidney and into twelfth thoracic (dorsal) vertebra and scatters.
 - (d) Left "b" flows into gall bladder, right kidney and into twelfth thoracic (dorsal) vertebra and scatters.
 - (2) "B" descends from acromion into abdomen.
 - (a) About one inch from sides of umbilicus (navel) flows into groin where it intermingles with "a".
 - (b) This descends medial (inner) sides of thighs to about three inches above knees, diagonally through knees toward lateral (outer) side of knee and separates into "c" and "d".
 - (1) "c" descends along lateral (outer) side of leg into middle toe.
 - (2) "d" descends into top of instep, separates into two parts, one to index toe and one into lateral (outer) side of big toe.
3. Stomach Function Energy starting from cheek bone and reaching three toes takes two hours, 8 a.m. to 10 a.m.
4. Disharmony of Stomach Function Energy (overload) may result in:
 - a. Depression; insanity
 - b. Skin surface hot and perspiring
 - c. Bloody nose; stuffy nose
 - d. Mouth drying; lips chapping
 - e. Complexion dark; body yellowish
 - f. Neck swelling; throat numbing
 - g. Abdomen bloating (water)
 - h. Knee cap swelling, paining; middle finger stiffening
 - i. Discomfort: Above breast; appendix area; groin; medial (inner) ankle; lateral (outer) instep
5. Disharmony of Stomach Function Energy (deficiency) may result in:
 - a. Goose flesh appearing over body
 - b. Stomach feeling cold and chilly
 - c. Abdomen bloating

**HARMONIZING "Individualized" STOMACH FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on left side)

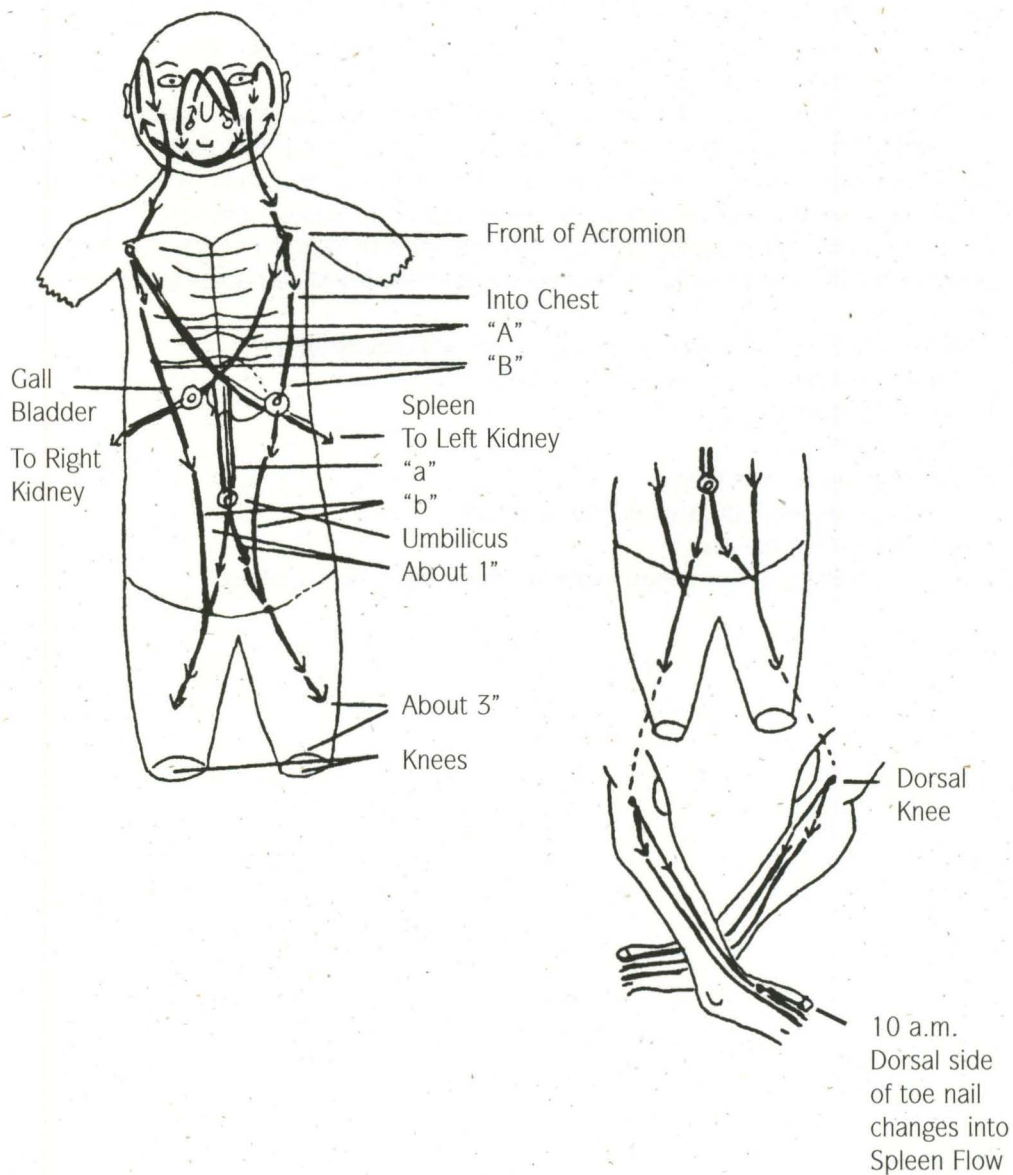
STEPS	ENERGY LOCK
1st R	left 21
L	left 22
2nd L	right 14
3rd L	right 23
4th L	left 14
5th L	right hi 1
6th L	right low 8
7th L	right middle toe

RIGHT FLOW
(Sit on right side)

STEPS	ENERGY LOCK
1st L	right 21
R	right 22
2nd R	left 14
3rd R	left 23
4th R	right 14
5th R	left hi 1
6th R	left low 8
7th R	left middle toe

NOTES

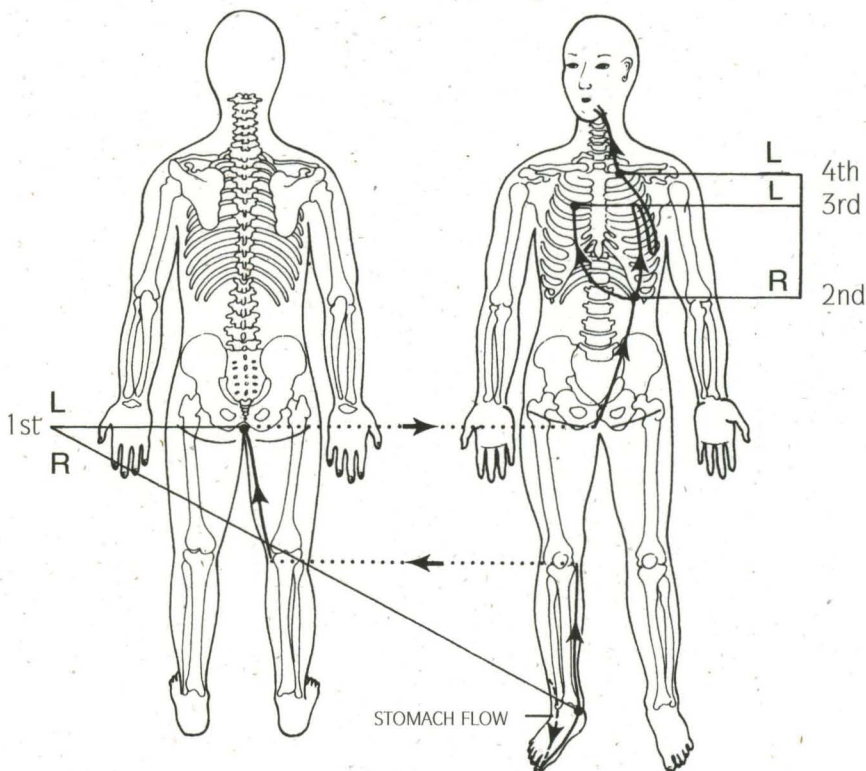
STOMACH FUNCTION ENERGY CIRCULATION PATTERN



4. SPLEEN FUNCTION ENERGY

1. Stomach Function Energy becomes SPLEEN FUNCTION ENERGY at big toe at 10 a.m.
2. Spleen Function Energy ascends from medial (inner) side of big toe nail toward medial (inner) ankle and through heel up leg.
 - a. Continues past back of knee on medial (inner) side to groin, crosses to opposite abdomen and ascends to ninth rib, where it separates into two parts, "A" and "B".
 - b. "A" goes to third rib, turns toward axilla (underarm), descends to seventh rib, turns outward toward back, ascends throat and at root of tongue scatters.
 - c. "B" circulates outer surface of stomach and ascends center of chest into heart.
3. Spleen Function Energy starting from big toe and reaching heart takes two hours, 10 a.m. to 12 noon.
4. Disharmony of Spleen Function Energy (overload) may result in:
 - a. Root of tongue hardening and causing pain
 - b. Vomiting upon eating
 - c. Acute pain in stomach
 - d. Yawning; body feels heavy
 - e. Food not seeming to descend into stomach
 - f. Leucorrhea discharging
 - g. Upon standing medial (inner) sides of thighs and knees swelling

**HARMONIZING "Individualized" SPLEEN FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY
(RIGHT flow illustrated.)**



RIGHT FLOW
(Sit on right side)

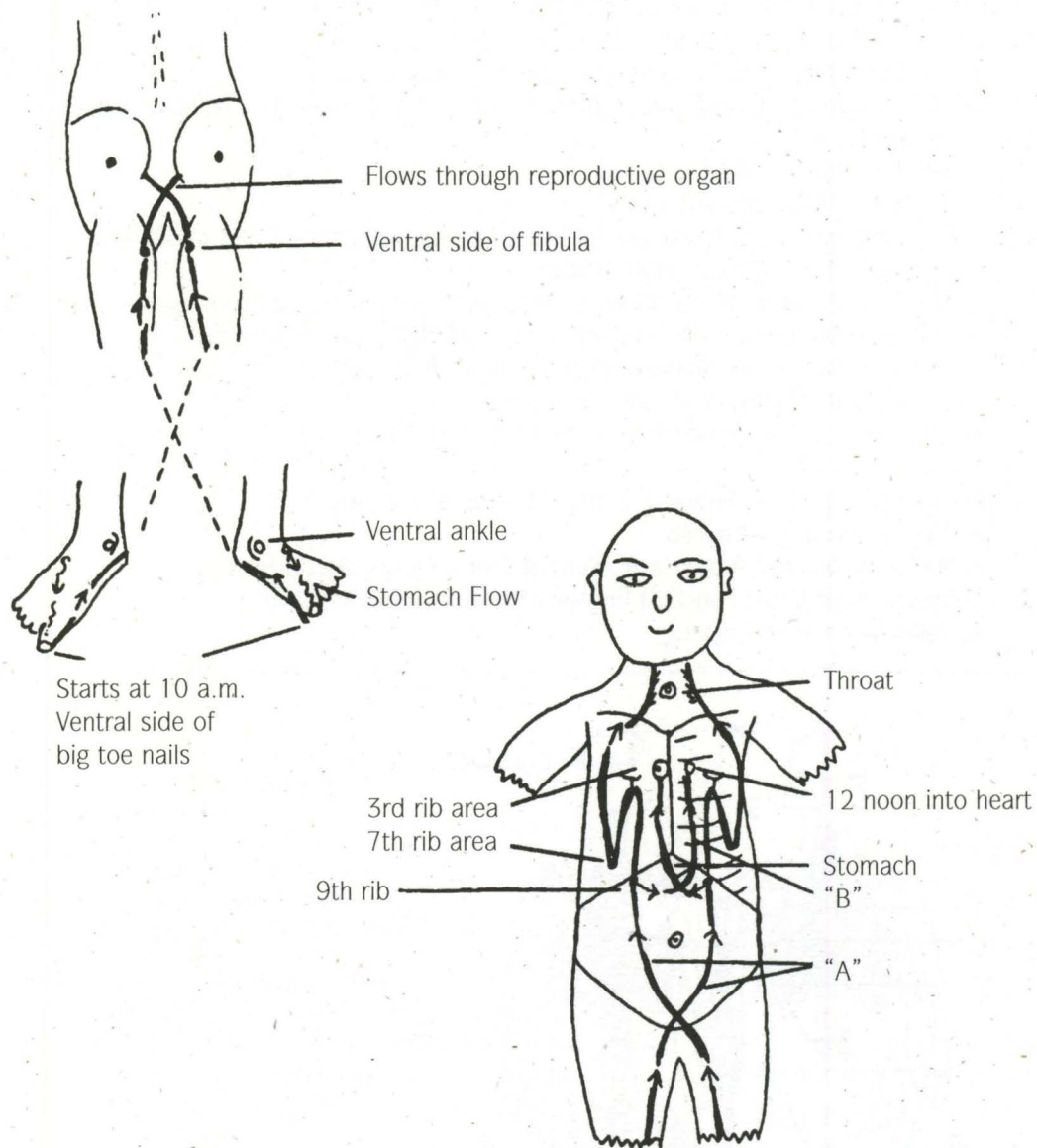
STEPS	ENERGY LOCK
1st R	right 5
L	Coccyx
2nd R	left 14
3rd L	right 13
4th L	left 22

LEFT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st L	left 5
R	Coccyx
2nd L	right 14
3rd R	left 13
4th R	right 22

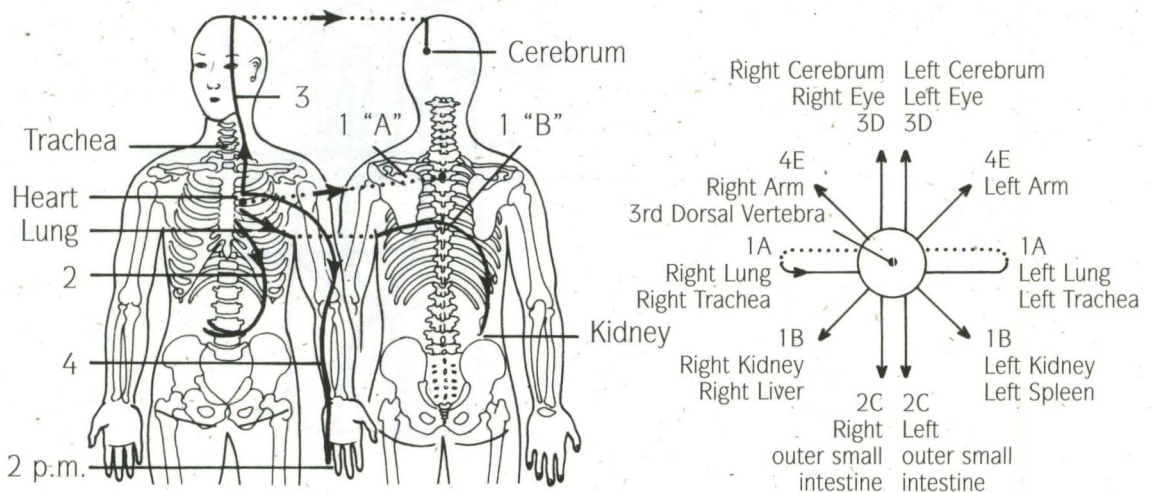
NOTES

SPLEEN FUNCTION ENERGY CIRCULATION PATTERN

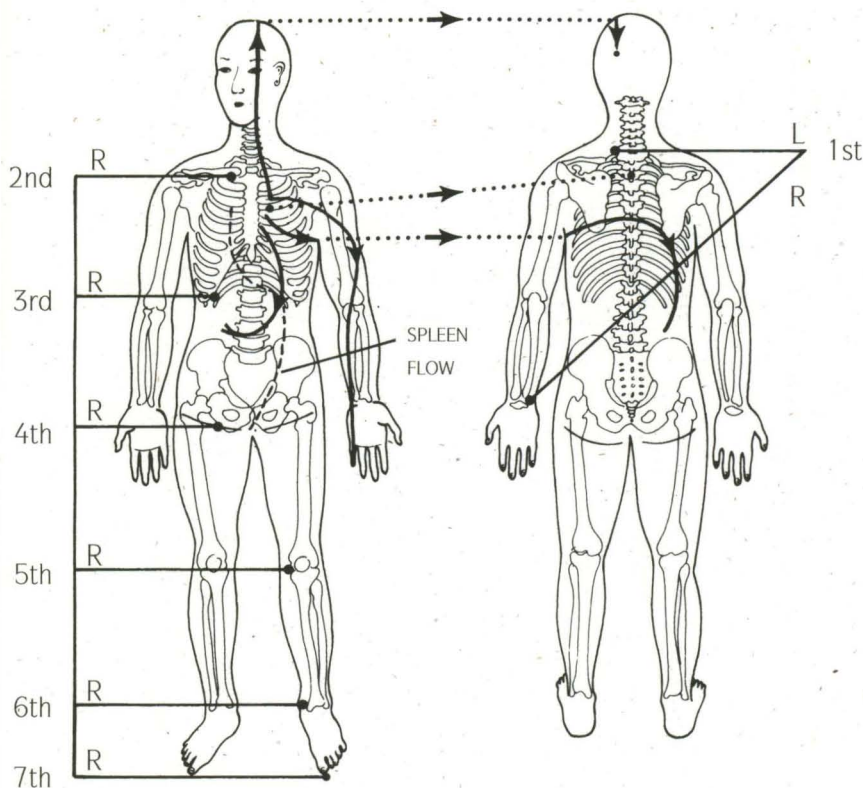


5. HEART FUNCTION ENERGY

1. Spleen Function Energy becomes HEART FUNCTION ENERGY in heart at 12 noon.
2. Heart Function Energy flows out of four exits of heart.
 - a. "A" flows into third thoracic (dorsal) vertebra and out to chest.
 - b. "B" descends through axilla (underarm) to back into the seventh thoracic (dorsal) vertebra.
 - (1) Left flows into right kidney
 - (2) Right flows into left kidney
 - c. "C" descends from lower exit of heart, through diaphragm and about one inch above umbilicus flows into small intestine.
 - d. "D" from third front rib ascends through throat up through the eyes into cerebrum.
 - e. "E" ascends chest, left into left lung and right into right lung; circulating through trachea, into axilla (underarm) up central (front) of arm through elbow into medial (inner) side of little finger and into fingernail.
3. Heart Function Energy starting in heart and reaching little fingernail takes two hours, 12 noon to 2 p.m.
4. Disharmony of Heart Function Energy (overload) may result in:
 - a. Eyes becoming yellowish
 - b. Axilla (underarm); upper arm; ventral (front) elbow discomforts
5. Disharmony of Heart Function Energy (deficiency) may result in:
 - a. Palm feverish and aching



**HARMONIZING "Individualized" HEART FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

STEPS ENERGY LOCK

1st	L	left	11
	R	left	17
2nd	R	right	22
3rd	R	right	14
4th	R	right	15
5th	R	left	1
6th	R	left	5
7th	R	left	7

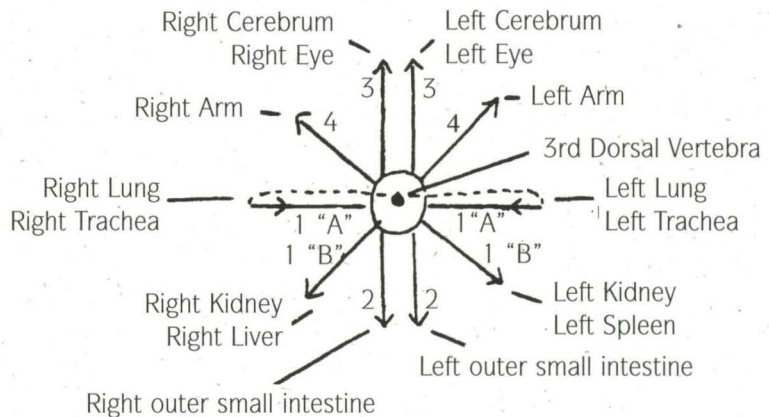
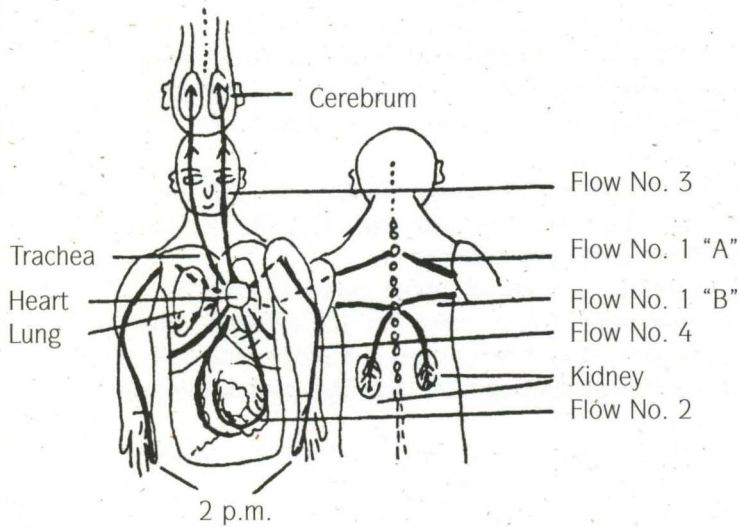
RIGHT FLOW
(Sit on left side)

STEPS ENERGY LOCK

1st	R	right	11
	L	right	17
2nd	L	left	22
3rd	L	left	14
4th	L	left	15
5th	L	right	1
6th	L	right	5
7th	L	right	7

NOTES

HEART FUNCTION ENERGY FLOW CIRCULATION PATTERN

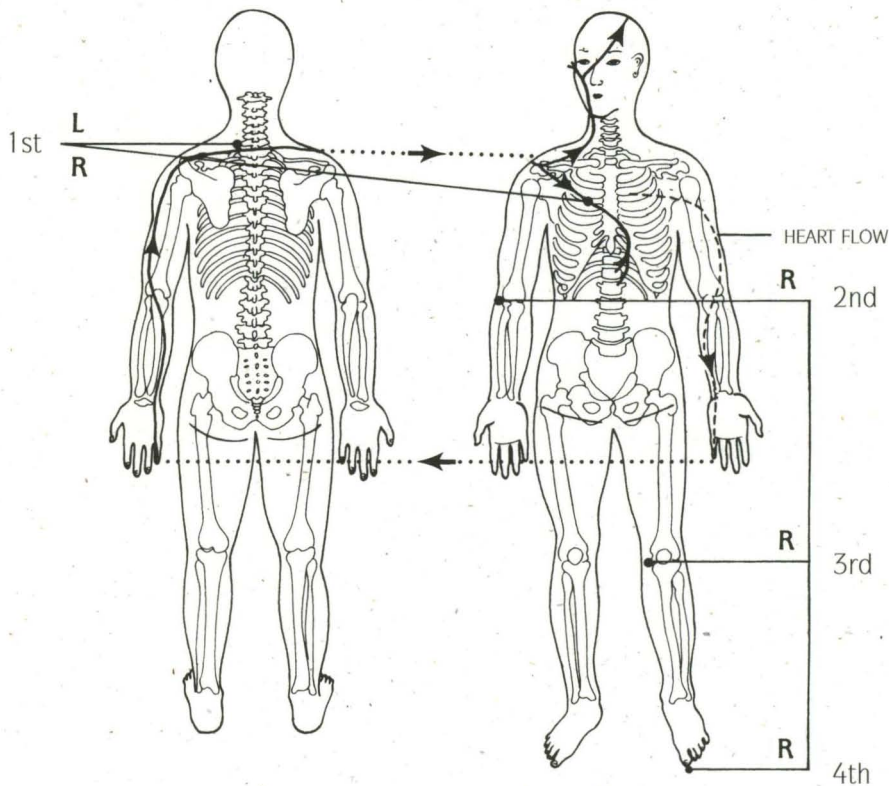


6. SMALL INTESTINE FUNCTION ENERGY

1. Heart Function Energy becomes SMALL INTESTINE FUNCTION ENERGY at medial (inner) side of little finger fingernail at 2 p.m.
2. Small Intestine Function Energy descends from lateral (outer) side of little finger fingernail, lateral (outer) side of elbow and down through posterior (back) shoulder.
 - a. Left and right energy intermingle at first thoracic (dorsal) vertebra.
 - b. Left flows around right side of neck down into right acromion (front of arm joint) and separates into two parts.
 - (1) One part flows into breast and diagonally into heart, into stomach and scatters.
 - (2) One part ascends into cheek bone and separates into two parts.
 - (a) One part flows under eye and into ear.
 - (b) One part ascends to forehead, above center of eyebrow.
 - c. Right flows around left side of neck down into left acromion (front of arm joint) and separates into two parts. (This flow pattern is the opposite to b. (1) and (2) above.
3. Small Intestine Function Energy starting from little fingernail to forehead takes two hours, 2 p.m. to 4 p.m.
4. Disharmony of Small Intestine Function Energy (overload) may result in:
 - a. Deafness
 - b. Cheek swelling
 - c. Discomforts in: neck, chin, shoulder, upper arm, elbow
 - d. Sore throat

HARMONIZING "Individualized" SMALL INTESTINE FUNCTION ENERGY **Through Unlocking Appropriate "Safety" Energy Locks Located on MAJOR** **VERTICAL (Supervisor) UNIVERSAL HARMONIZING ENERGY**

(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

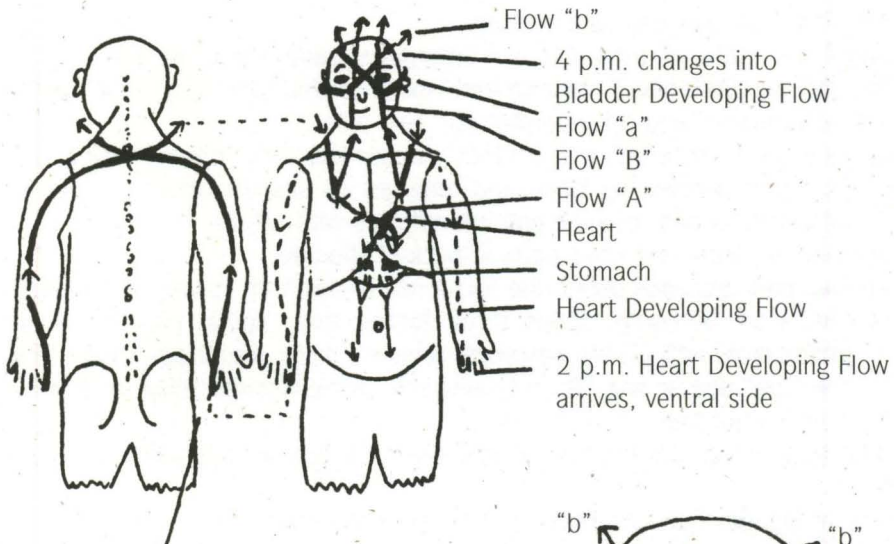
STEPS	ENERGY LOCK
1st L	left 11
R	right 13
2nd R	right 19
3rd R	left 1
4th R	left 7

RIGHT FLOW
(Sit on left side)

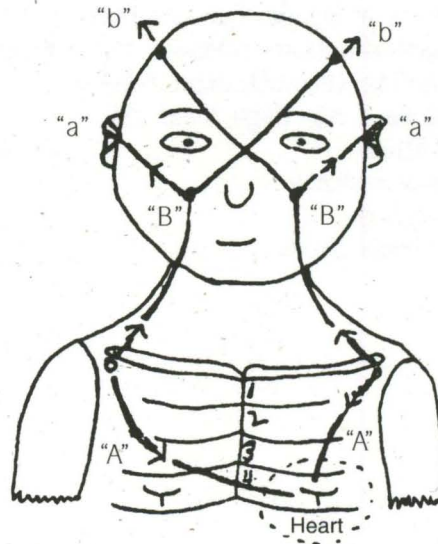
STEPS	ENERGY LOCK
1st R	right 11
L	left 13
2nd L	left 19
3rd L	right 1
4th L	right 7

NOTES

SMALL INTESTINE FUNCTION ENERGY FLOW CIRCULATION PATTERN



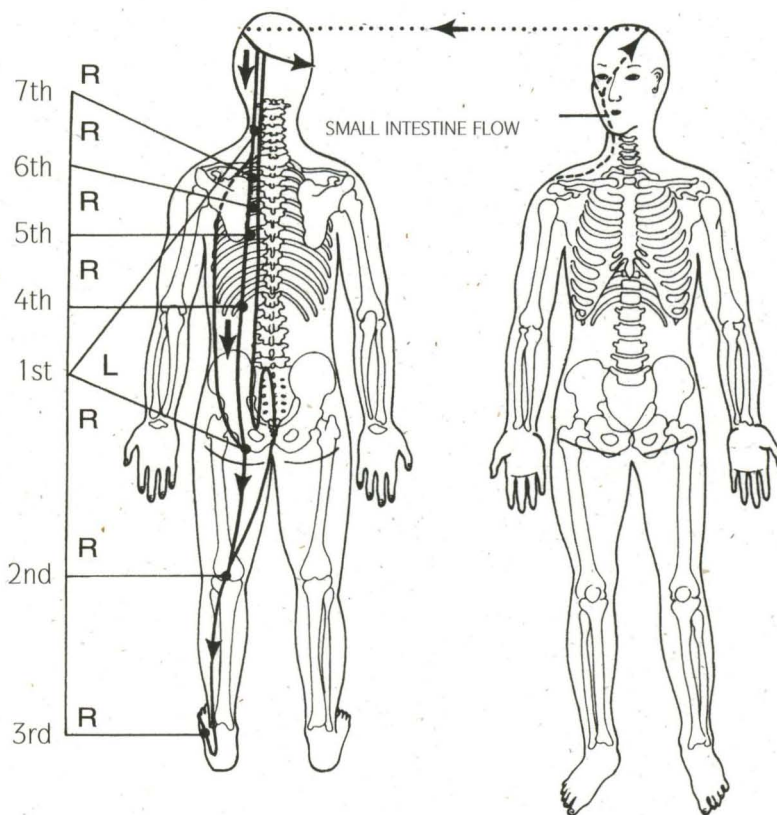
2 p.m. Small Intestine
Developing Flow starts,
dorsal side



7. BLADDER FUNCTION ENERGY

1. Small Intestine Function becomes BLADDER FUNCTION ENERGY at forehead at 4 p.m.
2. Bladder Function Energy ascends diagonally to center top of head where left and right energy intermingles and separates into two parts.
 - a. One part flows into ear lobe and scatters.
 - b. One part flows into brain area and as it emerges separates into two parts.
 - (1) One part descends about one inch from spinal column into coccyx, into bladder and as it flows inward and up separates into two parts.
 - (a) One part ascends into kidney, descends into bladder and ascends.
 - (b) One part follows hip bone and emerges to side of coccyx behind rectum, descends to back of knee and intermingles with (2) (b).
 - (2) One part separates into two parts in back of shoulder.
 - (a) One part descends about one and a half inches from spinal column to ischium.
 - (b) One part descends about three inches from spinal column to ischium, intermingles with (2) (a), descends to back of knee, intermingles with (1) (b) and continues descending lateral (outer) side of leg through ankle to lateral (outer) side of little toe.
3. Bladder Function Energy starting from forehead to little toe takes two hours, from 4 p.m. to 6 p.m.
4. Disharmony of Bladder Function Energy (overload) may result in:
 - a. Discomfort in head, pressure; top of head; nape of neck
 - b. Eye aching, yellowish, tears flowing
 - c. Tense back, hip, thigh, knee, calf
 - d. Anal fistula
 - e. Insanity, epilepsy
 - f. Bloody nose
 - g. Little finger bends

**HARMONIZING "Individualized" BLADDER FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

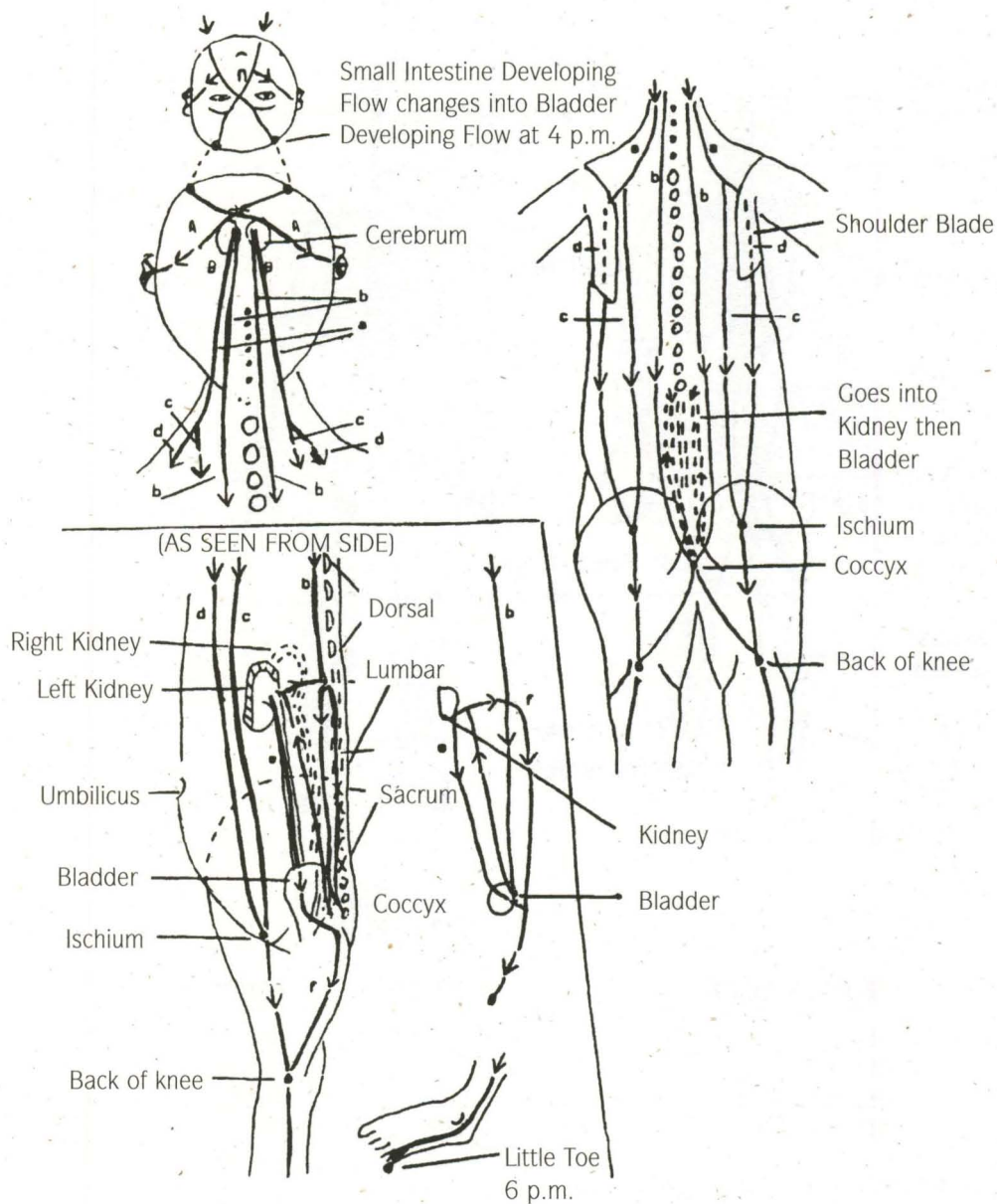
RIGHT FLOW
(Sit on left side)

STEPS		ENERGY LOCK	
1st	L	left	12
	R	left	25
2nd	R	left	center back of knee
3rd	R	left	16
4th	R	left	23
5th	R	left	9
6th	R	left	10
7th	R	left	3

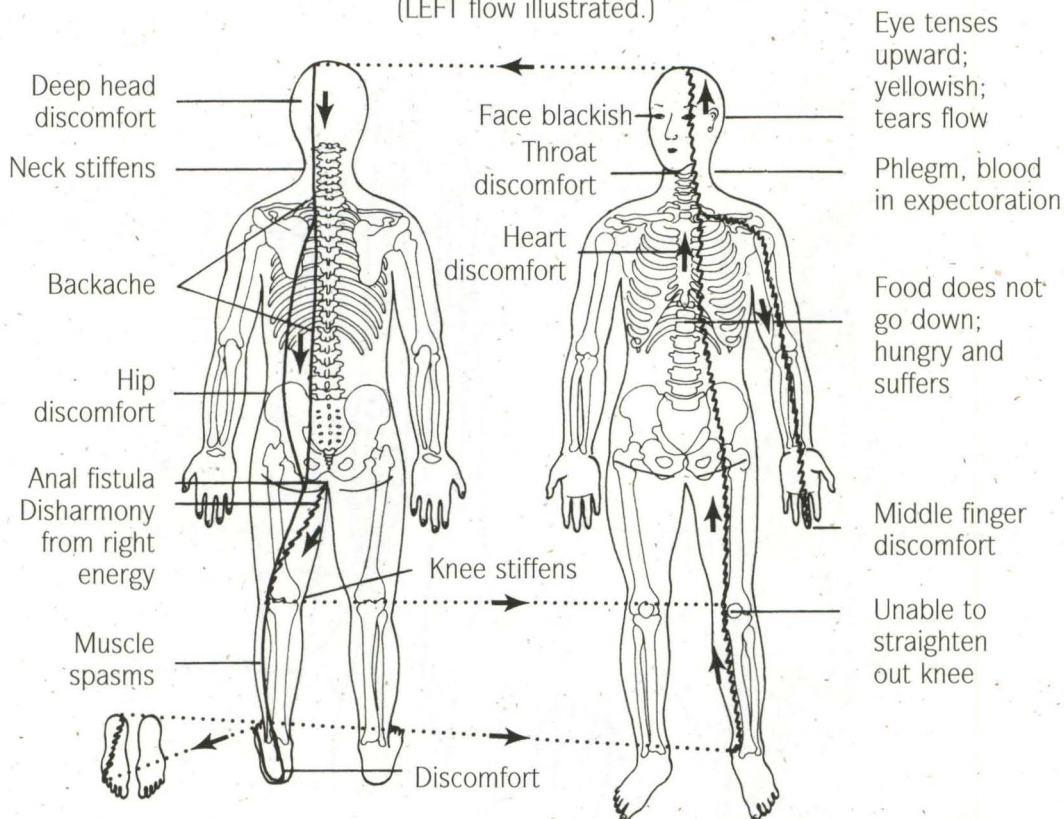
STEPS		ENERGY LOCK	
1st	R	right	12
	L	right	25
2nd	L	right	center back of knee
3rd	L	right	16
4th	L	right	23
5th	L	right	9
6th	L	right	10
7th	L	right	3

NOTES

BLADDER FUNCTION ENERGY FLOW CIRCULATION PATTERN



**BLADDER FUNCTION ENERGY (Posterior (back) Descending Energy)
Interfering into MAJOR VERTICAL (Supervisor) UNIVERSAL HARMONIZING
ENERGY (Posterior (back) Ascending Energy)**
(LEFT flow illustrated.)



"Quickie" Application to others

LEFT FLOW
(Sit on left side)

STEPS ENERGY LOCK

1st	R	left	12
	L	left	16
2nd	R	left	middle finger
3rd	L	left	little toe

NOTE: For RIGHT FLOW reverse above.

**SELF HELP
LEFT FLOW**

STEPS ENERGY LOCK

1st	R	left	12
	L	coccyx	
2nd	L	center back	left knee
3rd	L	left	16
4th	L	left	little toe

FEAR-false evidence appearing real-paralyzing in its effects, is a sinister influence of tremendous power. Thoughts are an important factor of healing and harmonizing of disorders. Fear takes thousands of lives, whereas disorder itself takes only hundreds...

FEAR causes belief in lack and limitations, greed ("hoarding"), resulting in constipation, tumors and "stuck" conditions from which various types of "labels" come into existence.

Why not just simply BE hug the body, BE smile, BE drop the shoulders, unload all dirt, dust and greasy grime and receive in abundance purified Cosmic Energy. Be in tune with Cosmic rhythm where there is NO-THING, just FUN-fulfillment, understanding, nothing.

**KNOW MYSELF BE IT IS, IS.
PHYSIO-PHILOSOPHY (Nature-Effortless Reality)**

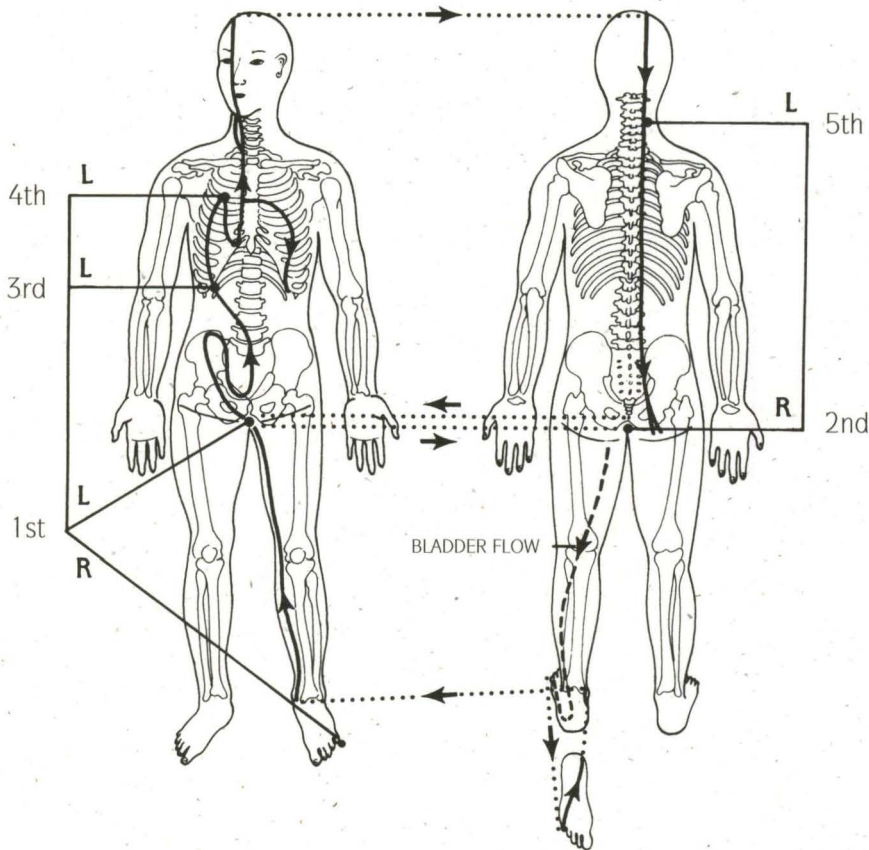
8. KIDNEY FUNCTION ENERGY

1. Bladder Function Energy becomes KIDNEY FUNCTION ENERGY at lateral (outer) side of little toe at 6 p.m.
2. Kidney Function Energy flows diagonally across sole of foot under medial (inner) heel, medial (inner) leg and from medial (inner) groin to rectum.
 - a. Crosses to opposite side of coccyx, to posterior (back) of reproductive organ and to anterior (front) of reproductive organ.
 - b. Follows pubic bone into lower abdomen to umbilicus.
 - (1) Left flows into right kidney.
 - (2) Right flows into left kidney.
 - c. From kidney descends into bladder, ascends to eighth rib costal cartilage into liver, into pylorus, up to fourth rib into lung and separates into two parts.
 - (1) One part ascends through throat and at root of tongue separates into two parts.
 - (a) One part scatters at root of tongue.
 - (b) One part ascends along side of nose, up forehead, descends back of head along cervical vertebra to coccyx about one-half inch from spinal column and emerges to anterior (front) groin where it scatters.
 - (2) One part from third front rib flows into heart and from lower part of heart flows into diaphragm.
3. Kidney Function Energy starting from little toe to diaphragm takes two hours, 6 p.m. to 8 p.m.
4. Disharmony of Kidney Function Energy (overload) may result in:
 - a. Blood appearing in expectoration
 - b. Mouth feverish; tongue dry; throat dry; discomforts
 - c. Swelling developing at top part of esophagus
 - d. Hungry but no appetite; swelling on intestinal wall
 - e. Nausea; feel dizzy upon standing
 - f. Heart discomforts
 - g. Back buttocks; posterior groin discomforts
 - h. Fever in sole of foot
5. Disharmony of Kidney Function Energy (deficiency) may result in:
 - a. Pulsation of heart increasing
 - b. Bloating (water)

Kidney Function Energy controls development of bones, marrow, nails and teeth.

Kidney Function Energy may be cause for ear discomforts.

**HARMONIZING "Individualized" KIDNEY FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

RIGHT FLOW
(Sit on left side)

STEPS ENERGY LOCK

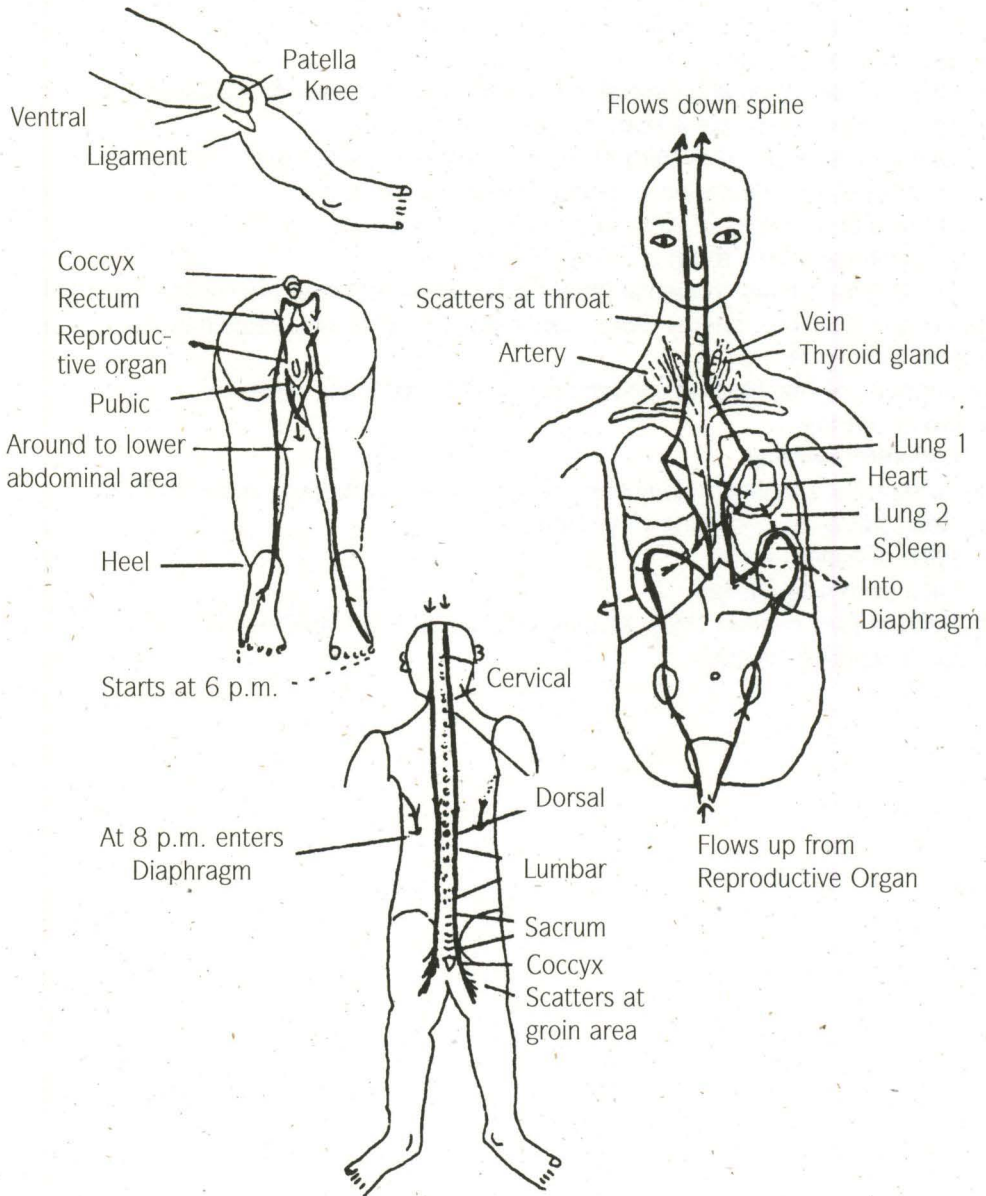
- | | | |
|-----|---|-----------------|
| 1st | R | left little toe |
| | L | pubic bone |
| 2nd | R | coccyx |
| 3rd | L | right 14 |
| 4th | L | right 13 |
| 5th | L | right 12 |

STEPS ENERGY LOCK

- | | | |
|-----|---|------------------|
| 1st | L | right little toe |
| | R | pubic bone |
| 2nd | L | coccyx |
| 3rd | R | left 14 |
| 4th | R | left 13 |
| 5th | R | left 12 |

NOTES

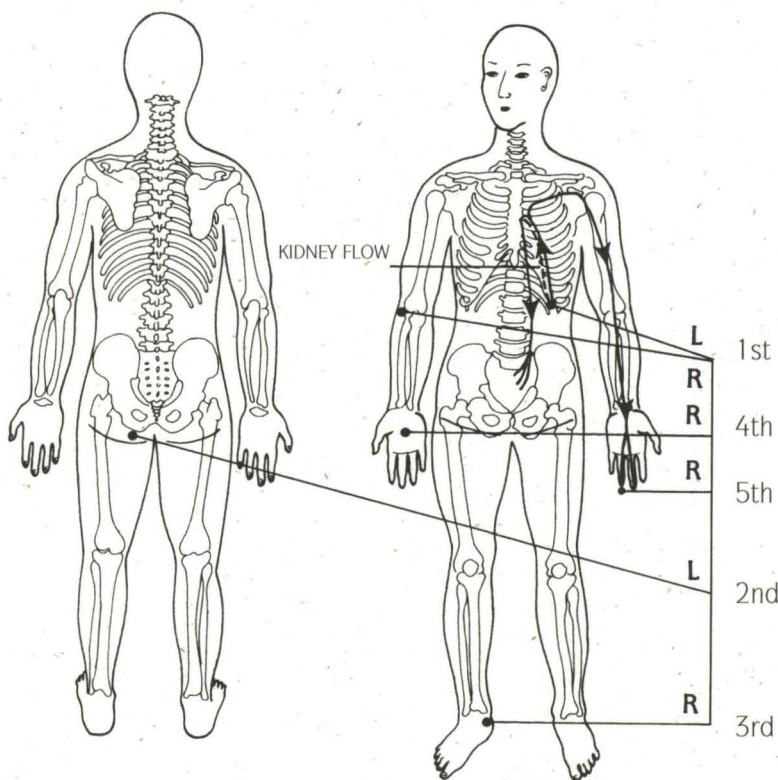
KIDNEY FUNCTION ENERGY FLOW CIRCULATION PATTERN



9. DIAPHRAGM FUNCTION ENERGY

1. Kidney Function Energy becomes DIAPHRAGM FUNCTION ENERGY in diaphragm at 8 p.m.
2. Diaphragm Function Energy flows out of diaphragm into heart, into back of third rib and separates into two parts.
 - a. One part descends and circulates stomach and continues descending to about an inch below umbilicus where it scatters into small intestine.
 - b. One part emerges from third rib to side of breast, under arm, ascends anterior (front) of arm out to indentation of lateral (outer) elbow, out to center of anterior (front) of elbow and to center of palm where it separates into two parts.
 - (1) One part flows to tip of middle finger.
 - (2) One part flows to medial (inner) side of ring finger and circulates tip of nail.
3. Diaphragm Function Energy from diaphragm to tip of ring fingernail takes two hours, 8 p.m. to 10 p.m.
4. Disharmony of Diaphragm Function Energy (overload) may result in:
 - a. Elbow tensing
 - b. Underarm swelling
5. Disharmony of Diaphragm Function Energy (further overloads), may result in:
 - a. Heart pulsation becoming very strong
 - b. Palm of hand feverish
 - c. Face becoming flushed
 - d. Pricking pain in heart (May develop stricture of heart and may be critical)
 - e. Eye becoming slanted

**HARMONIZING "Individualized" DIAPHRAGM FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

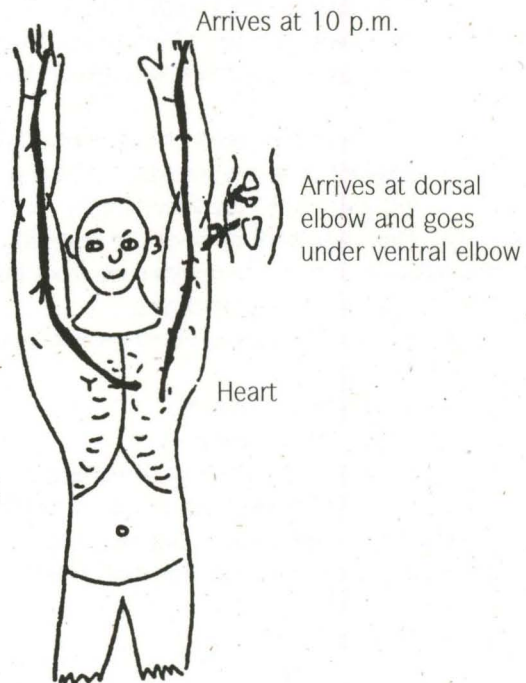
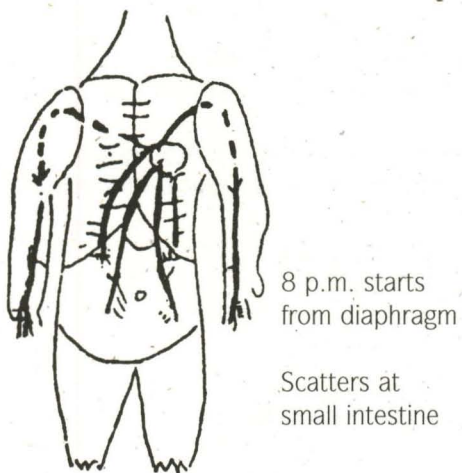
STEPS	ENERGY LOCK
1st L	left 14
R	right 19
2nd L	left 25
3rd R	right 5
4th R	right palm center
5th R	left ring finger

RIGHT FLOW
(Sit on left side)

STEPS	ENERGY LOCK
1st R	right 14
L	left 19
2nd R	right 25
3rd L	left 5
4th L	left palm center
5th L	right ring finger

NOTES

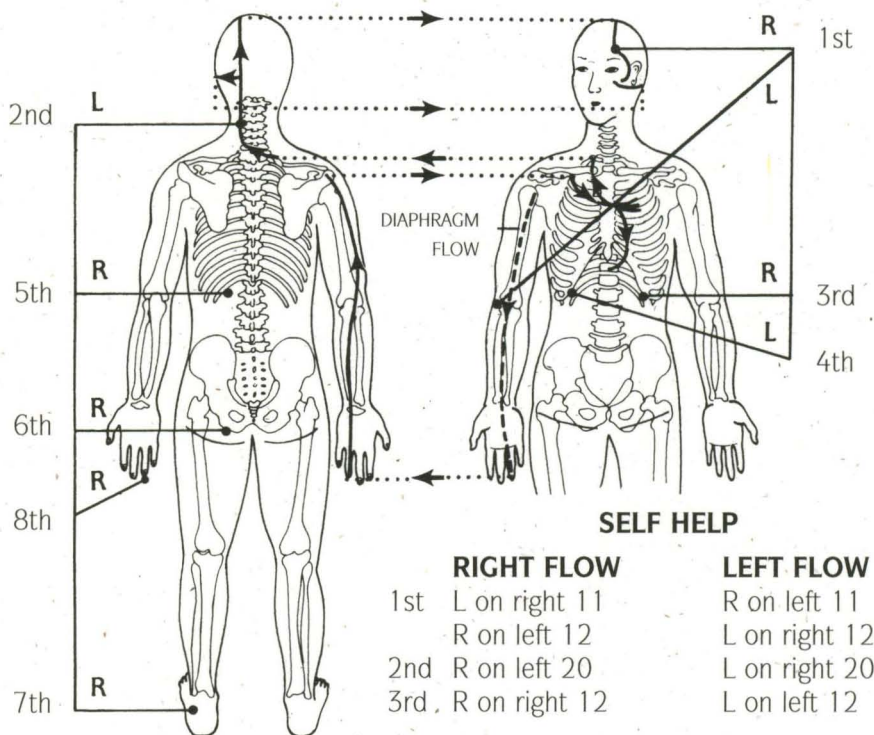
DIAPHRAGM FUNCTION ENERGY FLOW CIRCULATION PATTERN



10. UMBILICUS FUNCTION ENERGY

1. Diaphragm Function Energy becomes UMBILICUS FUNCTION ENERGY at lateral (outer) ring fingernail at 10 p.m.
2. Umbilicus Function Energy descends posterior (back) wrist, elbow, shoulder and arm joint to third front rib between breasts and separates into two parts.
 - a. One part scatters at opposite third rib cartilage, gathers at fifth rib, flows into heart and separates into two parts.
 - (1) Left flows through pancreas and into stomach.
 - (2) Right flows through gall bladder and into stomach.
 - b. One part ascends to shoulder, through neck muscles, past first thoracic (dorsal) vertebra to opposite side about two inches from ear where it separates into two parts.
 - (1) One part from back of ear flows diagonally through head, emerges to medial (inner) edge of eyebrow, crosses to lateral (outer) edge of eye, into occipital bone where left and right flow intermingle.
 - (2) One part from back of ear flows into ear and out to center of lower eyelid.
3. Umbilicus Function Energy starting from ring fingernail to center of lower eyelid takes two hours, 10 p.m. to 12 midnight.
4. Disharmony of Umbilicus Function Energy (overload) may result in:
 - a. Ear ringing
 - b. Throat swelling, numbing
 - c. Perspiring when asleep
 - d. Outer edge of eye aching or festering
 - e. Discomfort: Cheek; back of ear; shoulder; upper arm; lateral (outer) elbow
 - f. Ring finger stiffens and cannot bend
5. Disharmony of Umbilicus Function Energy (deficiency) may result in:
 - a. Rheumatism
 - b. Joint discomfort

**HARMONIZING "Individualized" UMBILICUS FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(RIGHT flow illustrated.)



RIGHT FLOW
(Sit on right side)

LEFT FLOW
(Sit on left side)

STEPS ENERGY LOCK

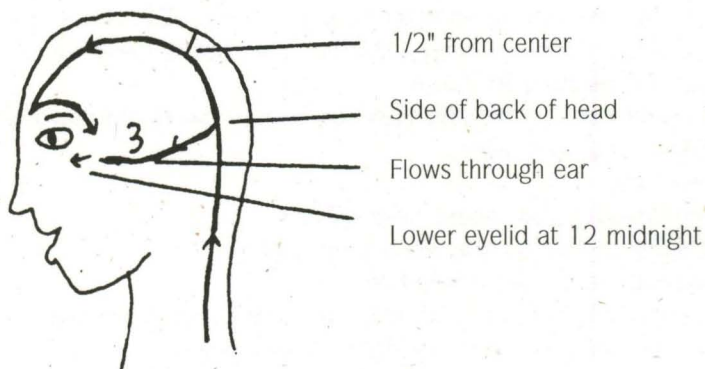
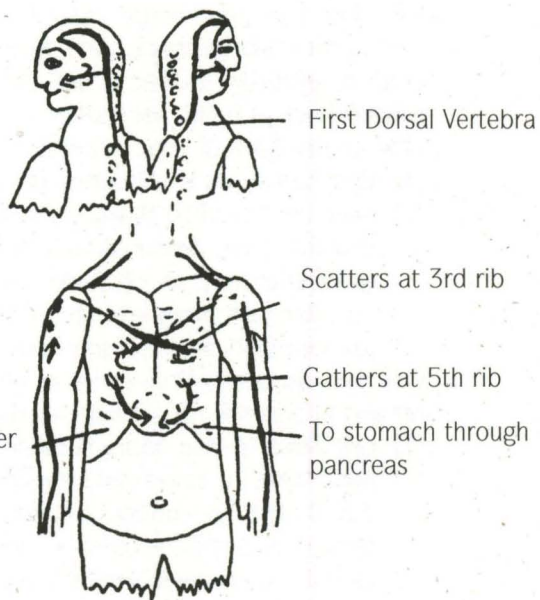
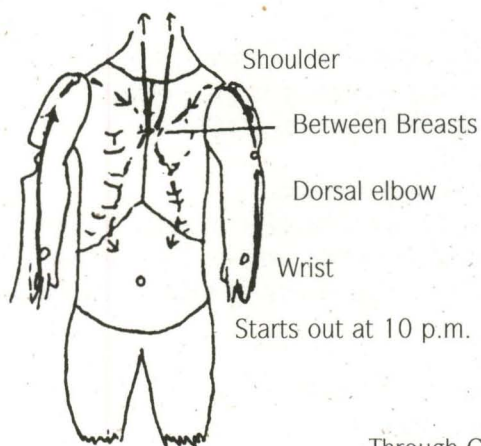
1st	R	left 20
	L	right 19
2nd	L	left 12
3rd	R	left 14
4th	L	right 14
5th	R	left 23
6th	R	left 25
7th	R	left 16
8th	R	left ring finger

STEPS ENERGY LOCK

1st	L	right 20
	R	left 19
2nd	R	right 12
3rd	L	right 14
4th	R	left 14
5th	L	right 23
6th	L	right 25
7th	L	right 16
8th	L	right ring finger

NOTES

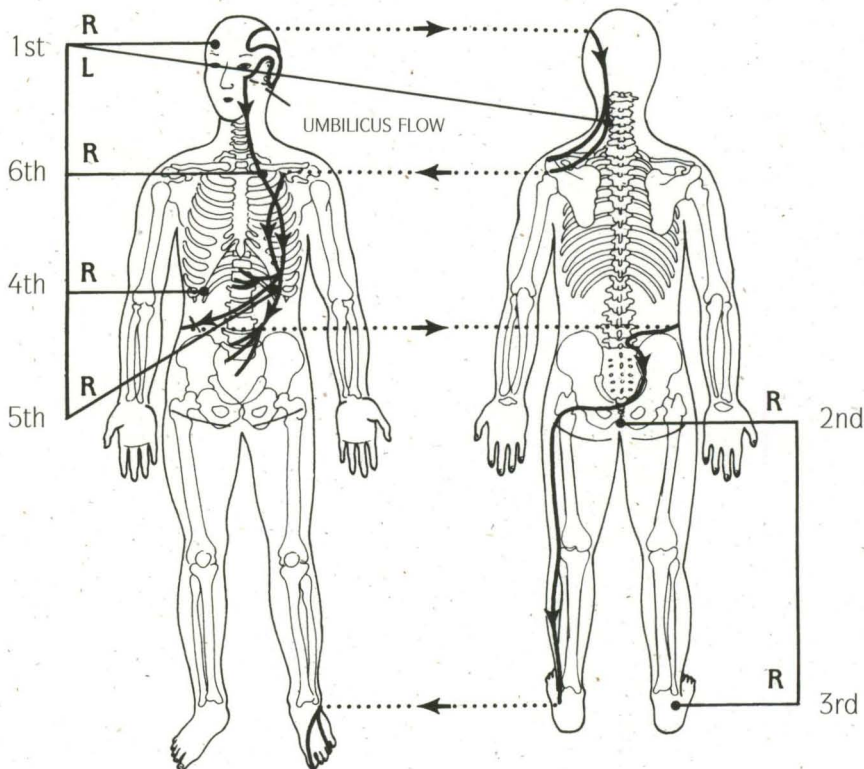
UMBILICUS FUNCTION ENERGY FLOW CIRCULATION PATTERN



11. GALL BLADDER FUNCTION ENERGY

1. Umbilicus Function Energy becomes GALL BLADDER FUNCTION ENERGY at center of lower eyelid at 12 midnight.
2. Gall Bladder Function Energy separates into two parts.
 - a. One part circulates cheek bone, ascends to one quarter of an inch from lateral (outer) edge of eyebrow, makes a half circle around back of ear to bottom of ear, turns toward back of head, ascends in half circle to forehead, makes a half circle for third time and at back of head separates into two parts.
 - (1) One part flows to acromion (front of shoulder and arm joint).
 - (2) One part from first thoracic (dorsal) vertebra flows diagonally into posterior (back) shoulder joint, descends to hollow of acromion, into chest, crosses 2.b., descends to seventh front rib cartilage, intermingles with 2.b. and separates into two parts.
 - (a) One part flows into stomach.
 - (b) One part flows to umbilicus and scatters.
 - b. One part descends from cheek bone to anterior (front) shoulder through front fourth rib and at seventh rib cartilage intermingles with 2.a. (1).
 - (1) Left flows to liver and gall bladder and to fourth lumbar.
 - (2) Right flows to spleen and pancreas and to fourth lumbar.2.b.(1) and (2) continue on into abdomen, circulates pelvis, emerges to side of rectum to opposite buttock, descends along lateral (outer) side of leg and into lateral (outer) ankle where it separates into two parts.
 - (a) One part flows across top of foot to fourth ("ring") toe.
 - (b) One part flows diagonally across top of foot to big toenail.
3. Gall Bladder Function Energy starting from below lower eyelid to big toenail takes two hours, 12 midnight to 2 a.m.
4. Disharmony of Gall Bladder Function Energy (overload) may result in:
 - a. Bitter taste in mouth
 - b. Big sighs
 - c. No luster to skin, goose flesh on face
 - d. Unable to turn to side when lying down
 - e. Lateral (outer) side of leg hot
 - f. Discomfort: Side of head; eye; chin; under breast; chest; underarm; pleura; lateral (outer) knee; shin; lateral (outer) ankle; joints
5. Disharmony of Gall Bladder Function Energy (deficiency) bends ring finger, stiffens.

HARMONIZING "Individualized" GALL BLADDER FUNCTION ENERGY
Through Unlocking Appropriate "Safety" Energy Locks Located on MAJOR
VERTICAL (Supervisor) UNIVERSAL HARMONIZING ENERGY
 (LEFT flow illustrated.)



LEFT FLOW
 (Sit on right side)

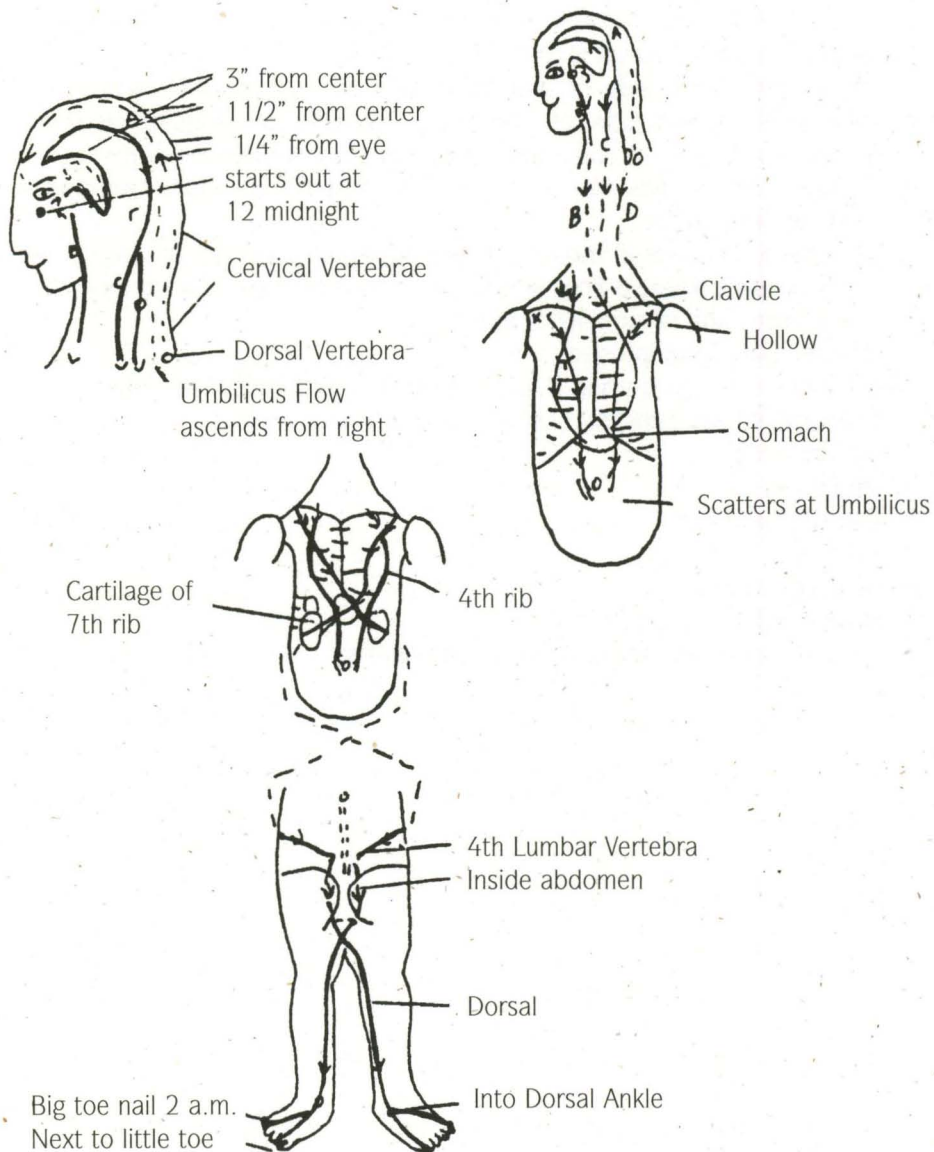
STEPS	ENERGY LOCK
1st L	left 12
R	right 20
2nd R	coccyx
3rd R	right 16
4th R	right 14
5th R	left 14
6th R	left 22

RIGHT FLOW
 (Sit on left side)

STEPS	ENERGY LOCK
1st R	right 12
L	left 20
2nd L	coccyx
3rd L	left 16
4th L	left 14
5th L	right 14
6th L	right 22

NOTES

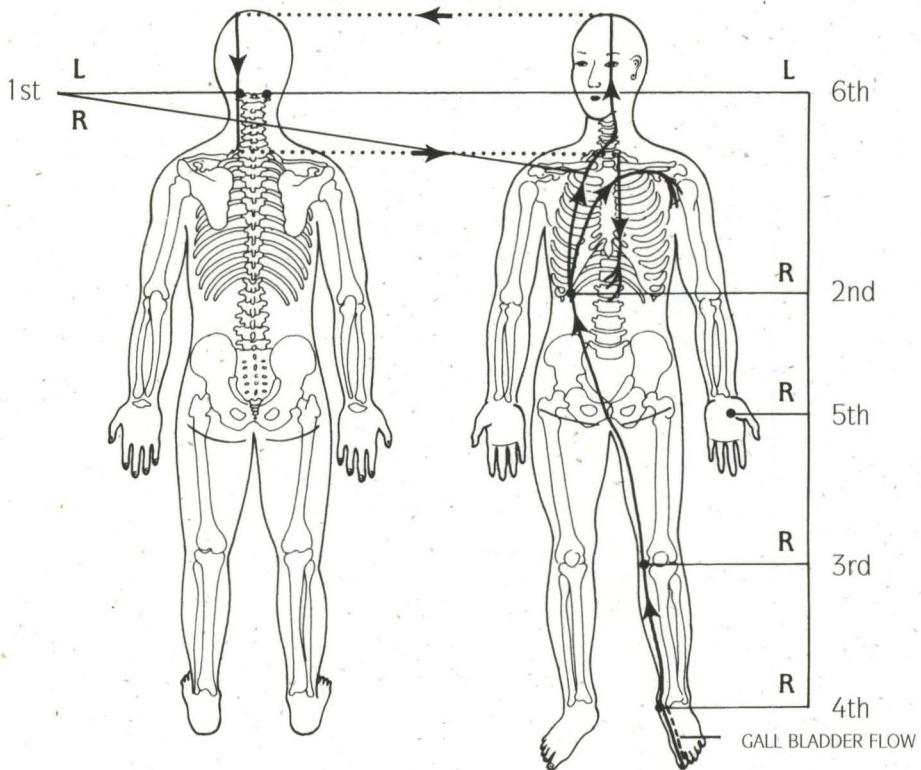
GALL BLADDER FUNCTION ENERGY FLOW CIRCULATION PATTERN



12. LIVER FUNCTION ENERGY

1. Gall Bladder Function Energy becomes LIVER FUNCTION ENERGY at big toenail at 2 a.m.
2. Liver Function Energy ascends from medial (inner) side of big toenail through medial (inner) ankle up leg through groin into symphysis pubis.
 - a. Left ascends right side of abdomen, right side of stomach and into gall bladder.
 - b. Right ascends left side of abdomen, left side of stomach and into pancreas.
 - c. Both a. and b. flow through diaphragm and separate into three parts.
 - (1) One part ascends and crosses to first front rib, to under arm area, scatters and flows into pleura.
 - (2) One part crosses at throat, ascends opposite side of throat, back of eye, into head, becomes cerebrum flow, which descends from back of head along esophagus and at outer side of stomach scatters.
 - (3) One part flows into lung.
3. Liver Function Energy starting from big toenail to lung takes two hours, 2 a.m. to 4 a.m.
4. Disharmony of Liver Function Energy (overload) may result in:
 - a. Hip discomfort
 - b. Throat Dry
 - c. Chest full and tight
 - d. Nausea
 - e. Nearsightedness
 - f. Males: abdominal discomfort
 - g. Females: lower abdomen swelling and bloating

**HARMONIZING "Individualized" LIVER FUNCTION ENERGY Through
Unlocking Appropriate "Safety" Energy Locks Located on MAJOR VERTICAL
(Supervisor) UNIVERSAL HARMONIZING ENERGY**
(LEFT flow illustrated.)



LEFT FLOW
(Sit on right side)

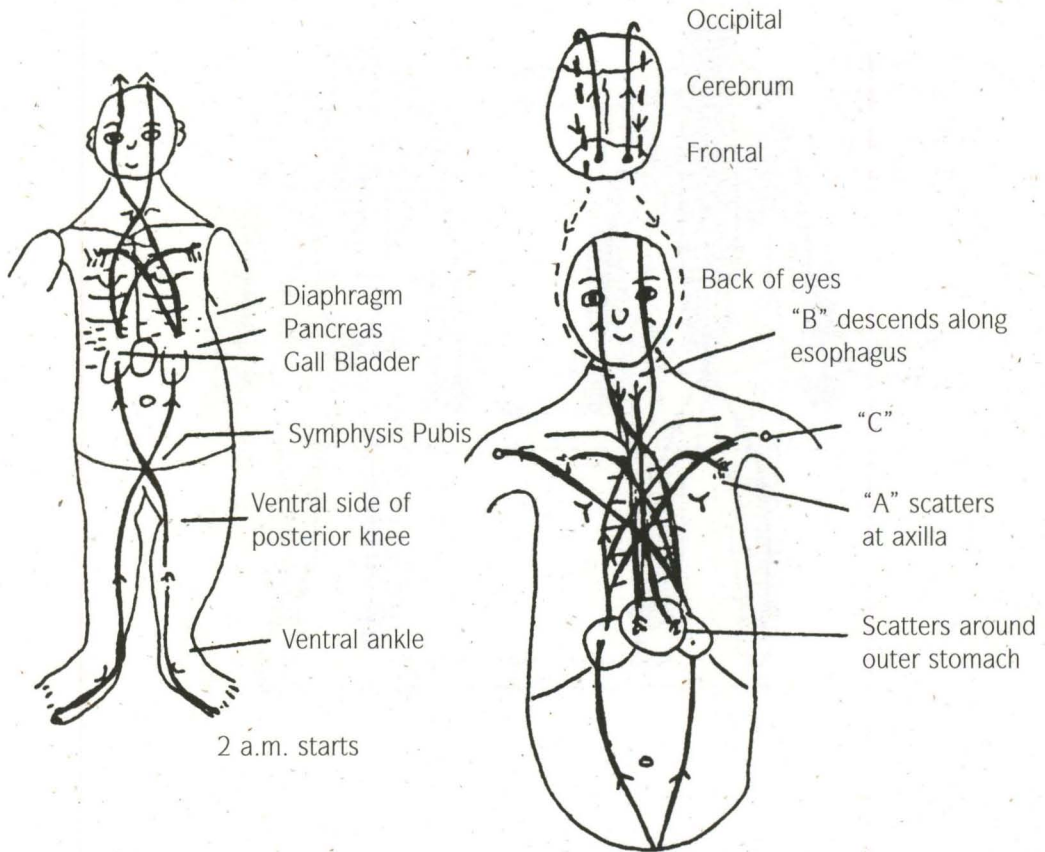
STEPS	ENERGY LOCK
1st L	left 4
R	right 22
2nd R	right 14
3rd R	left 1
4th R	left 5
5th R	left 18
6th L	right 4

RIGHT FLOW
(Sit on left side)

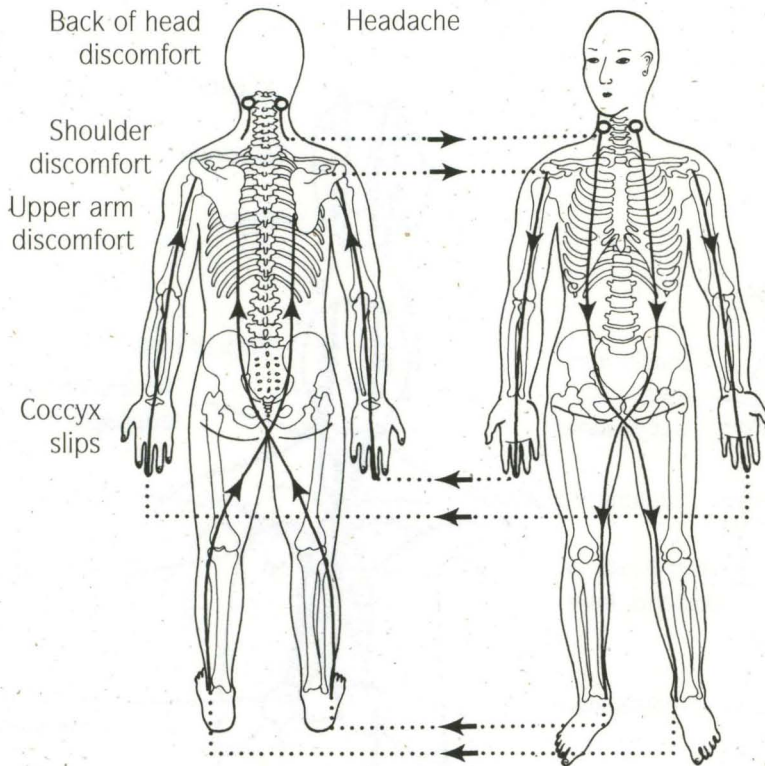
STEPS	ENERGY LOCK
1st R	right 4
L	left 22
2nd L	left 14
3rd L	right 1
4th L	right 5
5th L	right 18
6th R	left 4

NOTES

LIVER FUNCTION ENERGY FLOW CIRCULATION PATTERN



13. (A) DESCENDING ENERGY INTERMINGLES AND REVERSES

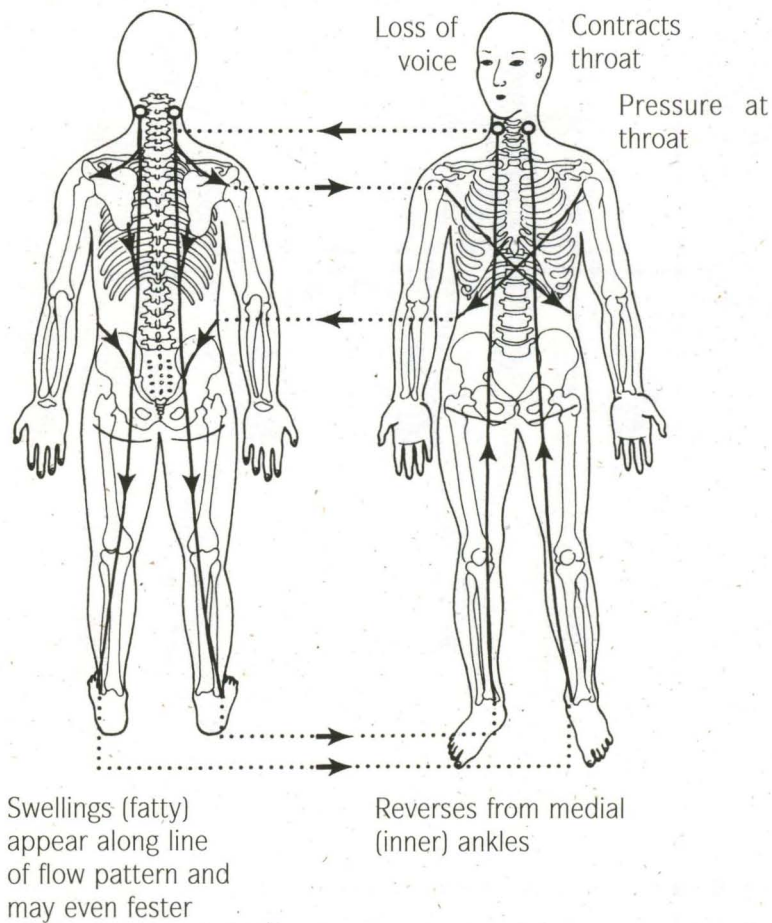


Of the twelve body function energy descending energy intermingles and reverses direction. As a result Kidney Function Energy separates and overflows, causing face, arms and shoulders to feel as though pricked with needles.

It may cause discomforts from lateral (outer) ankle to back of head.

(Caused through strenuous usage of body.)

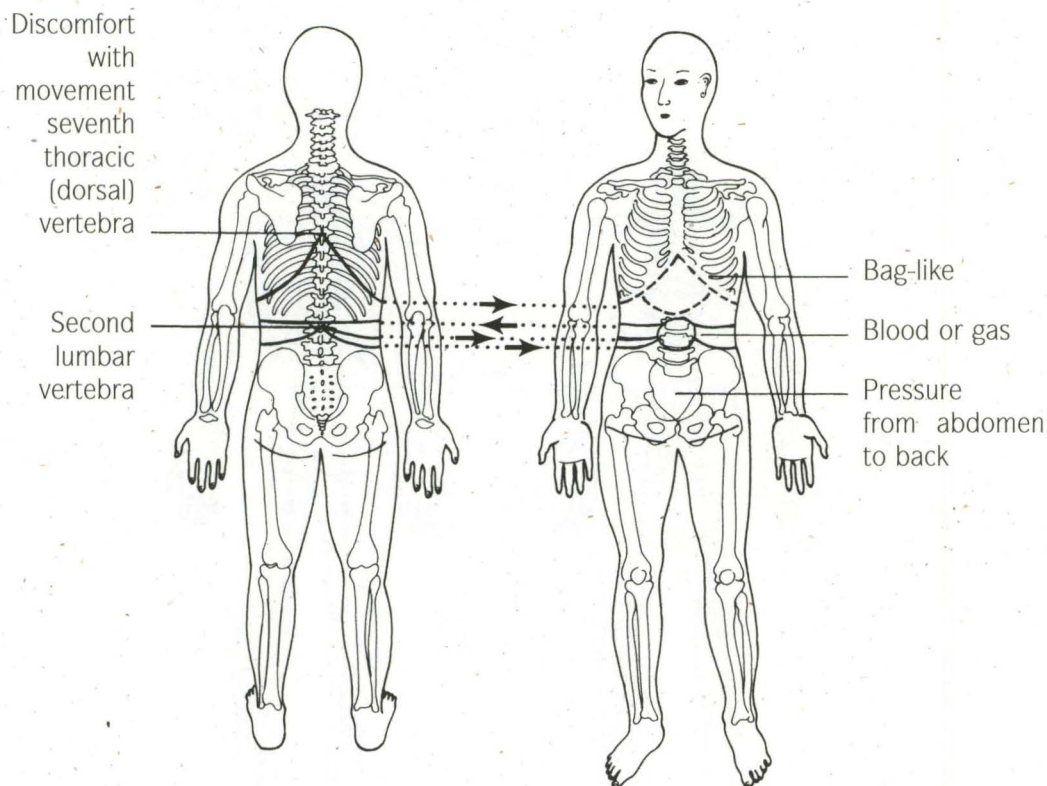
13. (B) ASCENDING ENERGY INTERMINGLES AND REVERSES



Of the twelve body function energy ascending energy intermingles and reverses direction causing swelling and festering.

Throat contracts or tenses and loss of voice results.

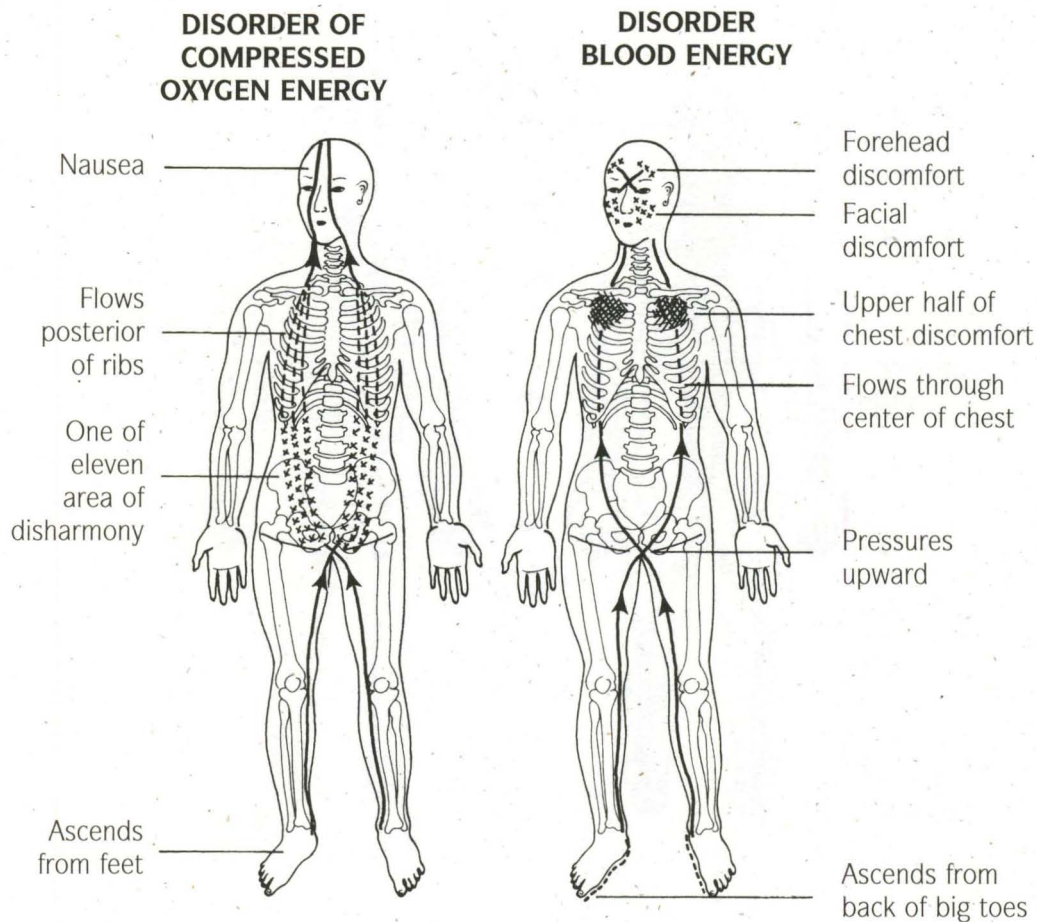
14. INTERMINGLING OF KIDNEY AND BLADDER FUNCTION ENERGY



Kidney and Bladder Function Energy at seventh thoracic (dorsal) vertebra and second lumbar vertebra intermingles and starts flowing horizontally. At pit of stomach develops a bag-like container in which water or gas accumulates and causes disharmony.

Stomach and abdominal discomfort; vomits water tasting acid, bitter, sweet, salty or of no taste; and color may be yellowish, whitish, or fresh water-like. When disharmony becomes acute, vomits blood, pasty chocolate colored substance, or excrement.

15. KIDNEY FUNCTION ENERGY SEPARATES AND OVERFLOWS

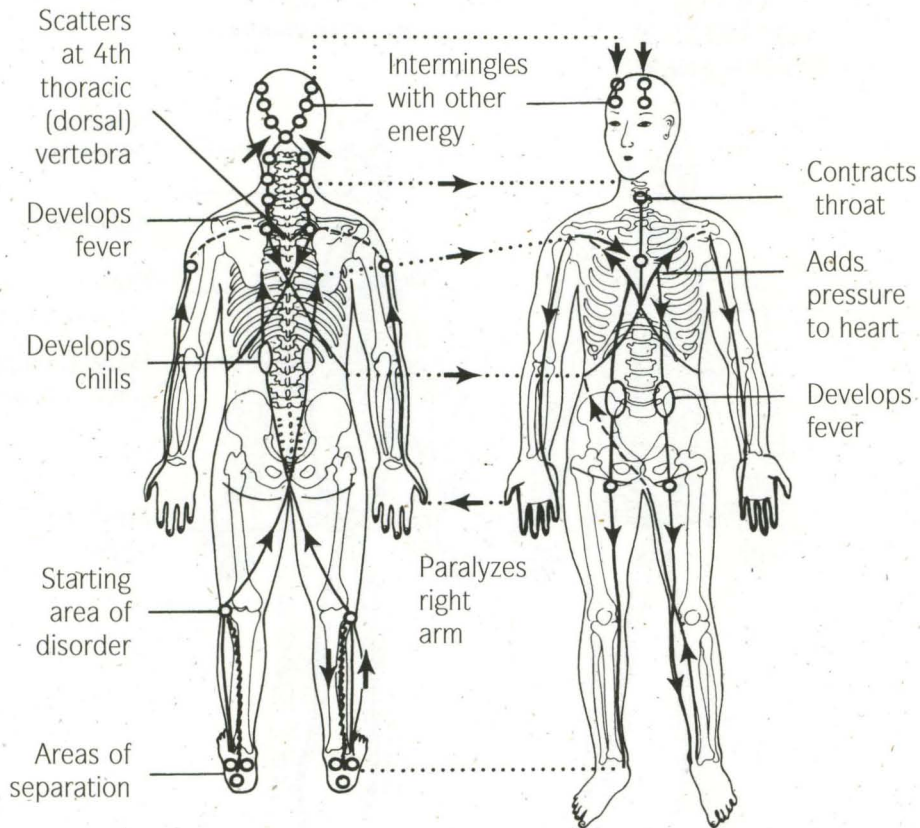


When animal matter is partaken in large quantities, Kidney Function Energy separates into Blood Energy and Oxygen Compressed Energy.

Blood Energy reverses flow and causes festering.

Compressed Oxygen Energy causes neuralgia.

16. GALL BLADDER FUNCTION ENERGY INTERMINGLES WITH OTHER BODY FUNCTION ENERGY

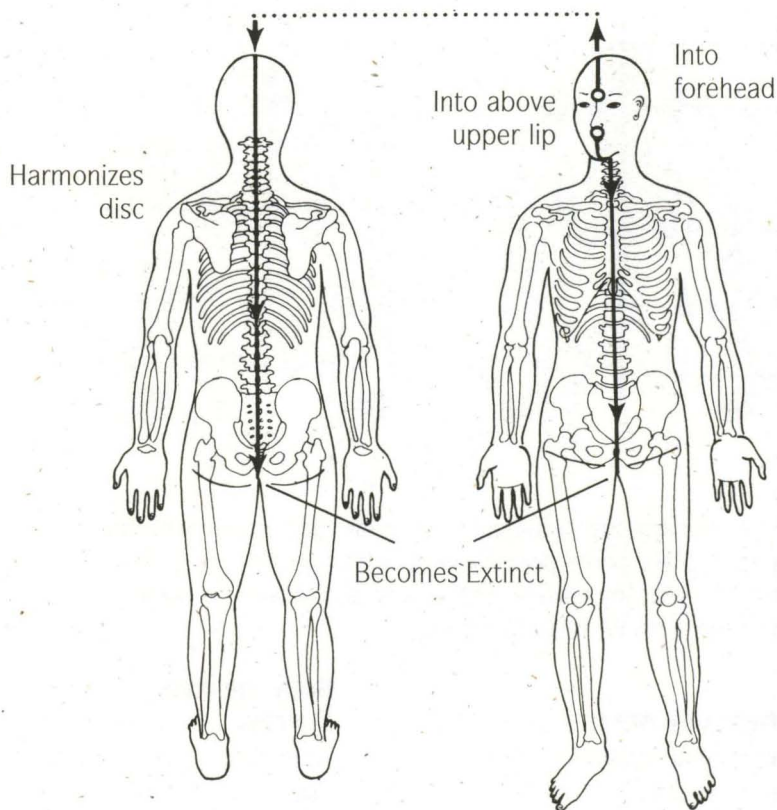


Gall Bladder Function Energy becomes intermingled with twelve body function energy and causes disharmony, fever, chills and adds pressure to heart.

1. At kidney-chills (posterior); fever (anterior)
2. At head-congestion of brain, hemiplegia (paralysis of one side of body)
3. At heart-insanity
4. Ascends to seventh thoracic (dorsal) vertebra and paralyzes right arm

17. ANTERIOR-POSTERIOR VERTICAL HARMONY ENERGY

(Eternal Life Energy)

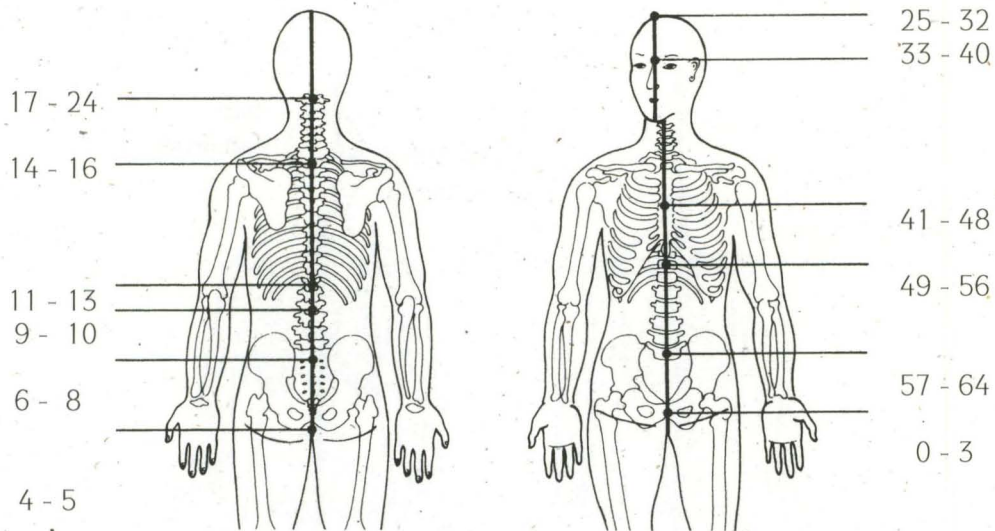


As this energy descends from just above upper lip through front ribs and abdomen, it harmonizes stagnant energy of chest and abdominal areas.

As this energy ascends from forehead into center of head and descends back, it harmonizes stagnant energy of back and hip areas.

(Anterior-Posterior Vertical Harmony Energy harmonizes variations of sixteen body function energy.)

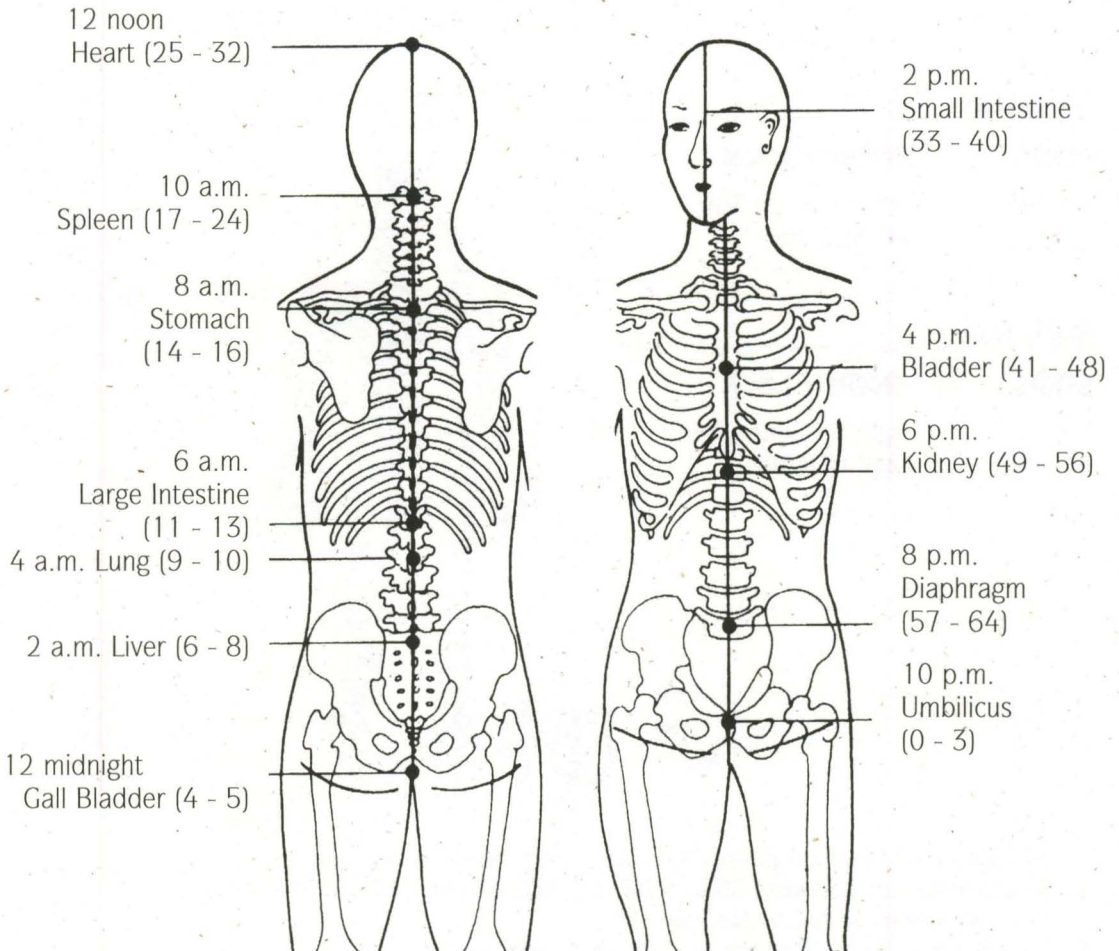
DISHARMONY OCCURRING ACCORDING TO AGE (Critical)



There is a cause for disharmony somewhere in body and result will appear elsewhere. If disharmony is caused at place corresponding with one's age, this result will be critical or cause invalidism. Therefore, disharmony corresponding with age should be taken care of immediately and completely to prevent future reoccurrences.

Ages:	Disharmony Area:	Body Function Energy:	Hour:
0 - 3	reproductive organ	Umbilicus	10 p.m.
4 - 5	sides of coccyx	Gall Bladder	12 midnight
6 - 8	st sacrum vertebra	Liver	2 a.m.
9 - 10	2nd lumbar vertebra	Lung	4 a.m.
11 - 13	2th thoracic vertebra	Large intestine	6 a.m.
14 - 16	2nd thoracic vertebra	Stomach	8 a.m.
17 - 24	back of head	Spleen	10 a.m.
25 - 32	top of head	Heart	12 noon
33 - 40	between eyebrows	Small Intestine	2 p.m.
41 - 48	between breasts	Bladder	4 p.m.
49 - 56	3" above umbilicus	Kidney	6 p.m.
57 - 64	umbilicus	Diaphragm	8 p.m.
Over 64	reproductive organ and coccyx	Umbilicus	10 p.m.

ALL COMBINED ENERGY - TIMING



At center of head and inside umbilicus seventeen body function energy intermingles.

As this energy ascends and descends through head and umbilicus, it develops:

- Ascending and Descending Skin Function Energy
- Diagonal Muscle Function Energy
- Chest-Back Expanding and Contracting Function Energy

1. a. SKIN SURFACE ASCENDING FUNCTION ENERGY

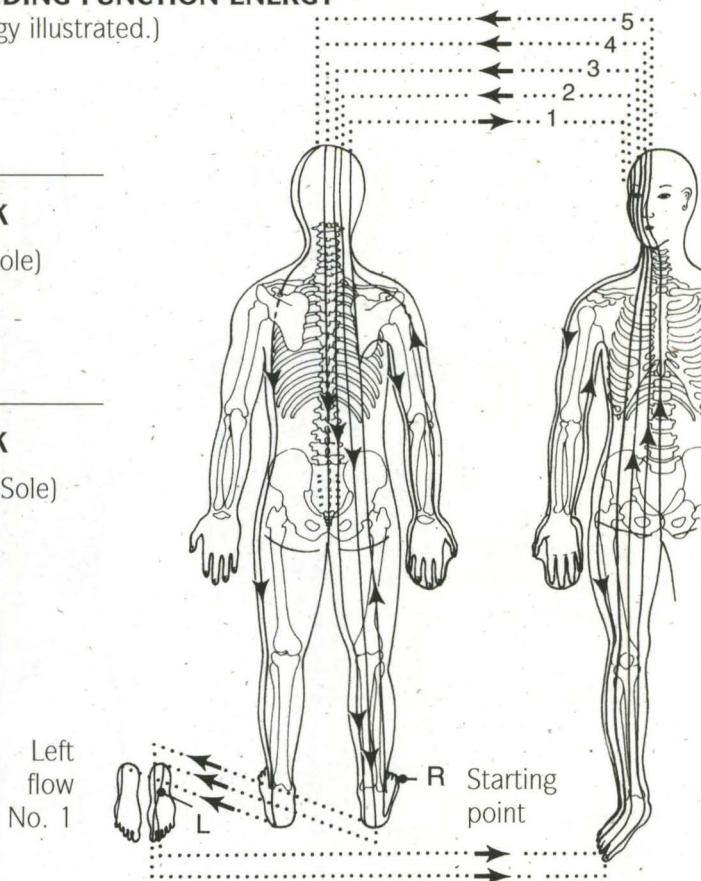
(Right Function Energy illustrated.)

LEFT FLOW

STEPS	ENERGY LOCK
1st R	left 6 (Center Sole)
L	left little toe

RIGHT FLOW

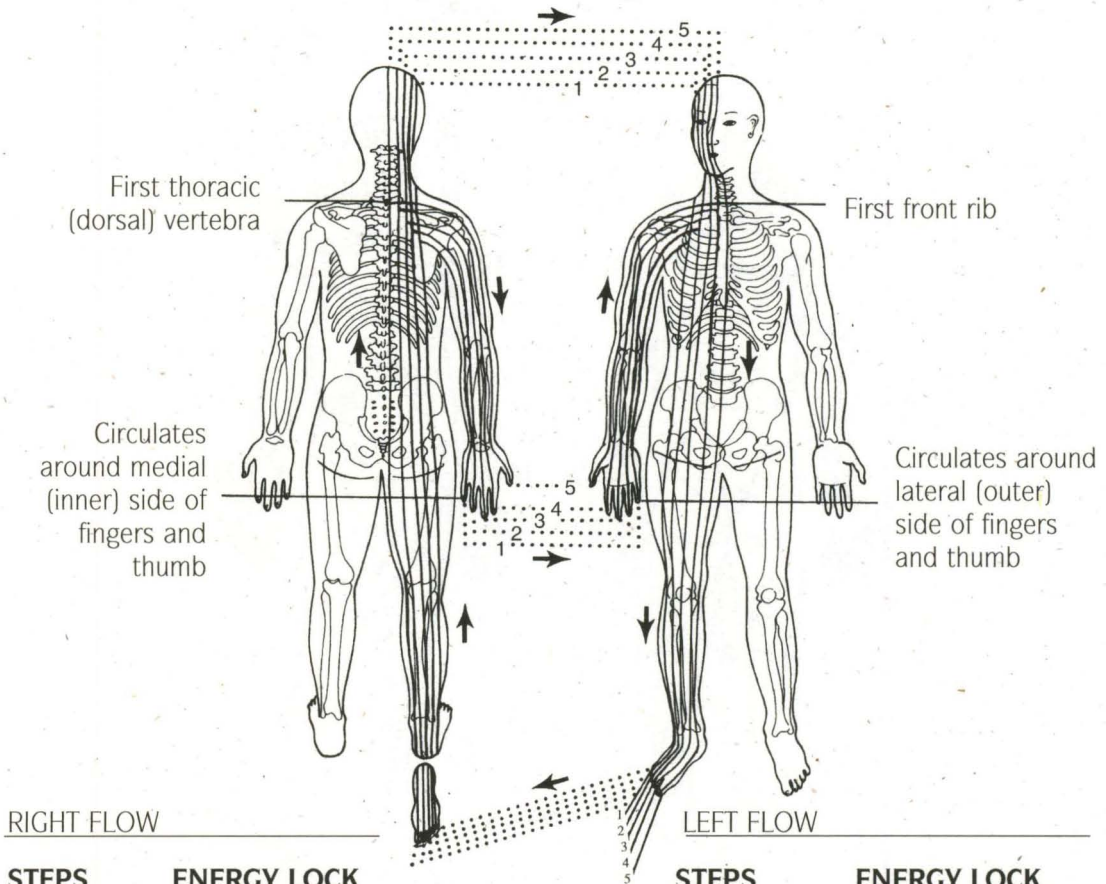
STEPS	ENERGY LOCK
1st L	right 6 (Center Sole)
R	right little toe



1. All Combined Function Energy circulates from head to umbilicus and part of energy from inside umbilicus becomes SKIN SURFACE ASCENDING FUNCTION ENERGY.
2. Circulates from umbilicus through skin.
3. Skin Surface Ascending Function Energy warms body.
4. This energy ascends:
 - a. lateral (outer) side of little toe
 - b. posterior lateral (outer) side of leg
 - c. from axilla (underarm) ascends posterior medial (inner) side of arm
 - d. continues around tip of each finger and from posterior lateral (outer) side of arm into head
 - e. starts descending from front of ear, ascends lateral (outer) side of arm, around tip of all fingers and from little finger descends to axilla (underarm)
 - f. descends lateral (outer) side of body to little toe and into next toe (ring toe)
 - g. ascends anterior (front) of body and descends back in order of 1, 2, 3, 4 and 5 as illustrated.

1. b. DEEP SKIN DESCENDING FUNCTION ENERGY

(Right Function Energy illustrated.)



STEPS ENERGY LOCK

1st R right calf
L left calf

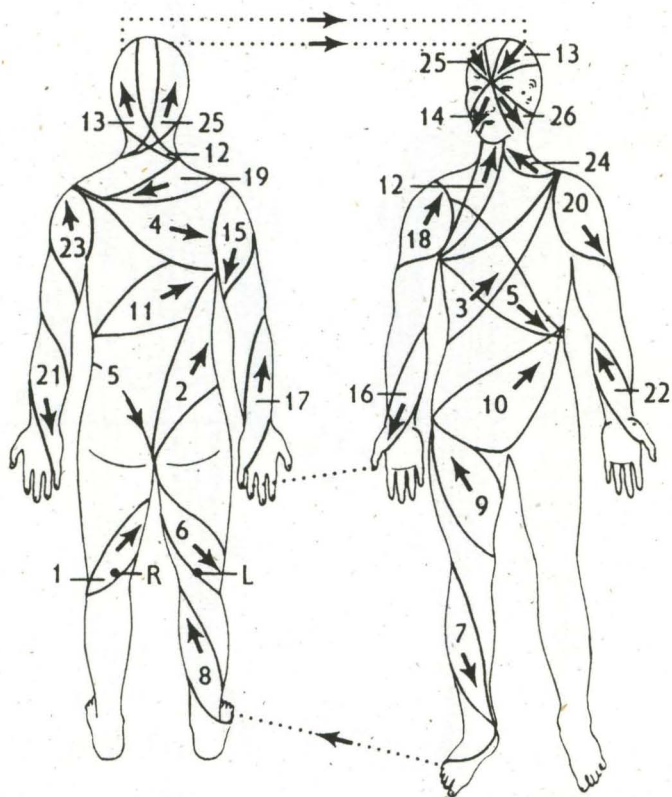
STEPS ENERGY LOCK

1st L right calf
R left calf

1. A part of All Combined Function Energy becomes DEEP SKIN DESCENDING FUNCTION ENERGY at top of head and descends through skin.
2. Deep Skin Function Energy cools body.
3. Descends right side of chest in order of 1, 2, 3, 4 and 5 as illustrated.
4. In back ascends in order of 1, 2, 3, 4 and 5.
5. From first thoracic (dorsal) vertebra ascends posterior (back) of arm in order of little finger; ring, middle, index and thumb.
6. Circulates around finger tips, descends anterior (front) side of arm and at first front rib intermingles with MAIN CENTRAL UNIVERSAL HARMONIZING ENERGY.

2. DIAGONAL MUSCLE FUNCTION ENERGY

(Right Function Energy illustrated)



RIGHT FLOW

STEPS

1st R
L

ENERGY LOCK

left 8 (Medial)
right 8 (Medial)

LEFT FLOW

STEPS

1st L
R

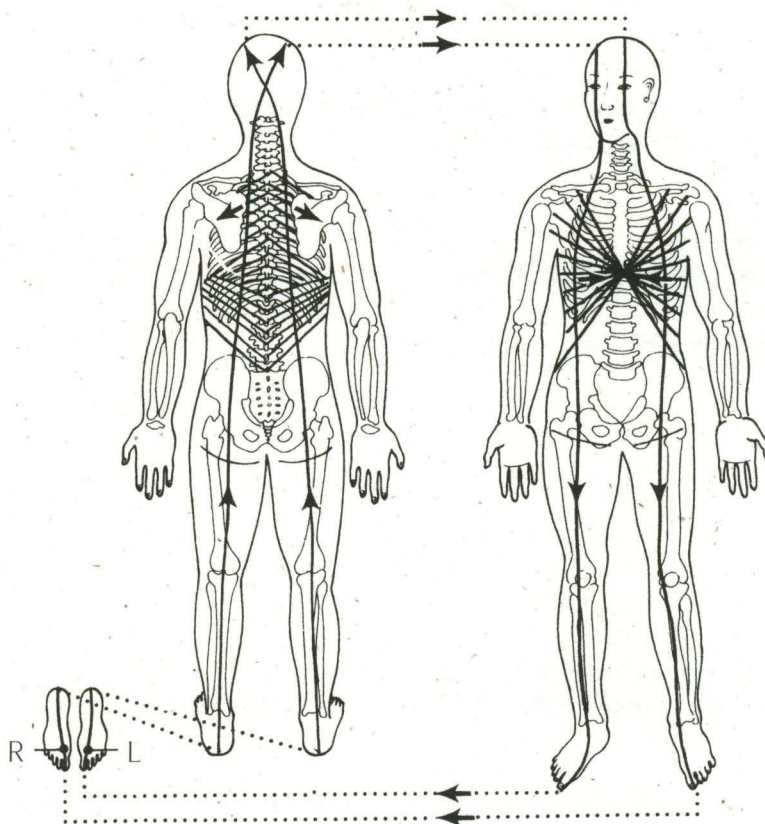
ENERGY LOCK

left 8 (Medial)
right 8 (Medial)

1. Diagonal Muscle Function Energy starts from "Safety" Energy Lock No. 8.
2. At "Safety Energy Lock" No. 21 (No. 26 as illustrated), flow reverses through opposite Diagonal Muscle Function Energy circulation pattern and returns to "Safety" Energy Lock No. 8.

3. CHEST-BACK EXPANDING AND CONTRACTING FUNCTION ENERGY

(To Expand Back and to Contract Chest Illustrated.)



TO EXPAND BACK AND TO CONTRACT CHEST

(Fingers toward head)

STEPS

1st L
R

ENERGY LOCK

ball of right foot
ball of left foot

TO EXPAND CHEST AND TO CONTRACT BACK

(Fingers toward head)

STEPS

1st R
L

ENERGY LOCK

ball of right foot
ball of left foot

1. Chest-Back Expanding and Contracting Function Energy gathers at pit of stomach and flows into Left and Right Major Vertical (Supervisor) Universal Harmonizing Energy.
2. At base of head emerges to throat, descends center of chest and from coccyx ascends back.

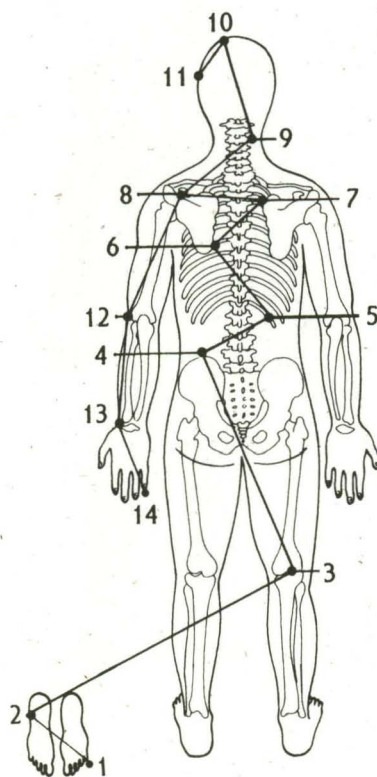
MOVEMENT ORDER OF DISHARMONY

1. Body Function Energy created from liquids and foods circulates from skin surface through muscles and into bones.
2. Reverses from bones, muscles and to skin surface.
3. As it circulates, it may change its course, stagnate or reverse.
4. Disharmony begins and may travel as follows:
 1. Toes
 2. Ankle and heel
 3. Knee, front and back
 4. Large intestine, small intestine, kidney
 5. Liver, gall bladder
 6. Heart, spleen and pancreas
 7. Lung
 8. Shoulder
 9. Throat, neck
 10. Cerebrum
 11. Ear
 12. Shoulder, elbow
 13. Wrist, palm
 14. Fingers
5. Time Lapse:
 - a. Complete cycle may be made in one day,
 - b. or move from each position daily, monthly, yearly, or even a few years between each movement.

(Left circulation pattern is opposite to illustration.)

MOVEMENT ORDER OF DISHARMONY

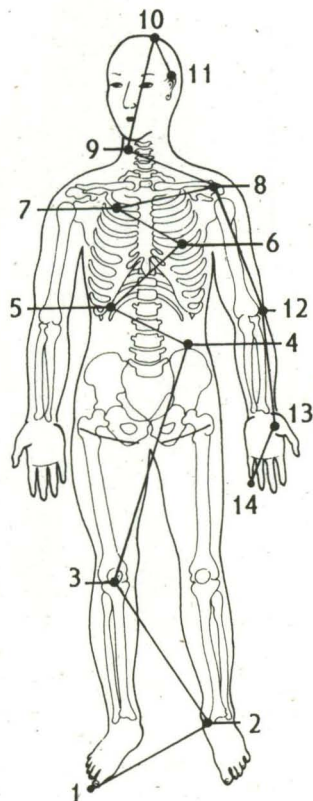
(Right Function Energy illustrated.)



FOR RIGHT ENERGY

R - right 6

L - right little toe



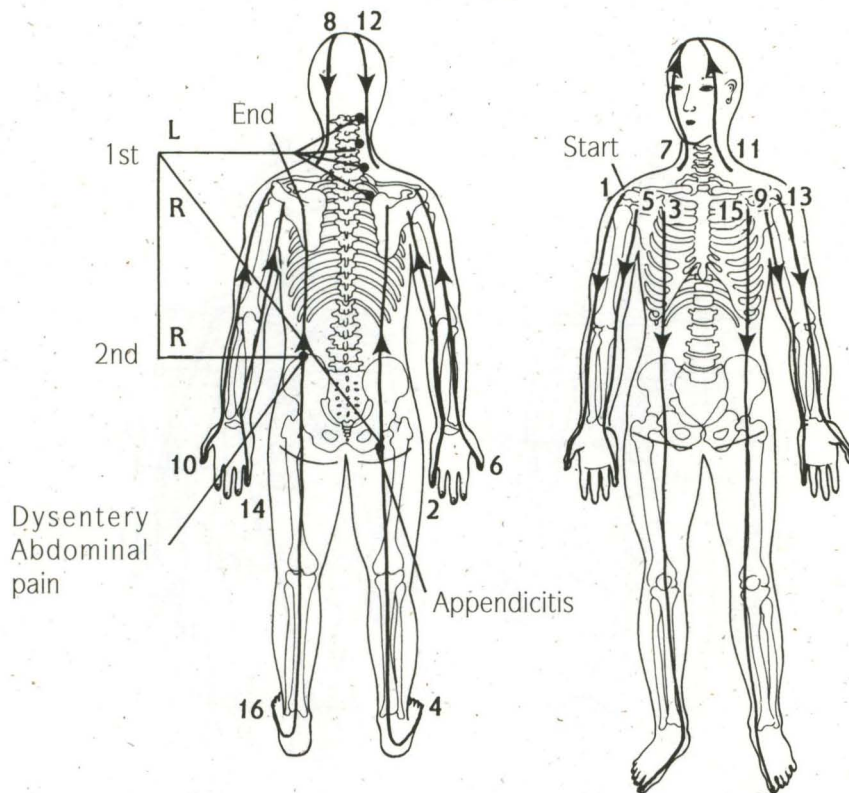
FOR LEFT ENERGY

L - left 6

R - left little toe

SPECIAL BODY FUNCTION ENERGY (1)

(Right Function Energy illustrated.)



RIGHT FLOW

STEPS	ENERGY LOCK
1st R	right 25
L	right 4/12/11/3
2nd R	left 2

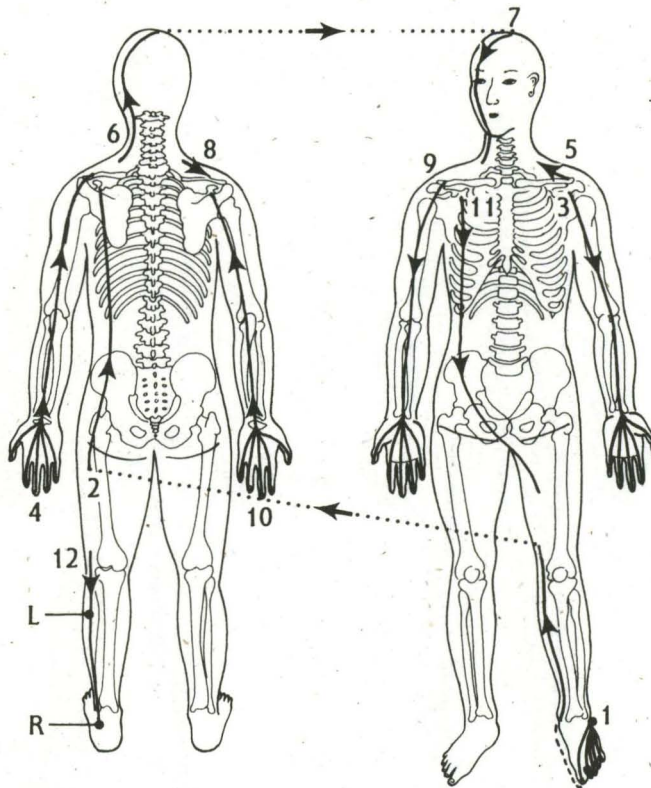
LEFT FLOW

STEPS	ENERGY LOCK
1st L	left 25
R	left 4/12/11/3
2nd L	right 2

Disharmony of this Special Body Function Energy may result in:
Imbalances in liver, gall bladder, colon, appendicitis, abdominal discomfort, dysentery.

SPECIAL BODY FUNCTION ENERGY (2)

(Left Function Energy illustrated.)



LEFT FLOW

STEPS	ENERGY LOCK
1st L	left low 8
R	left 16

RIGHT FLOW

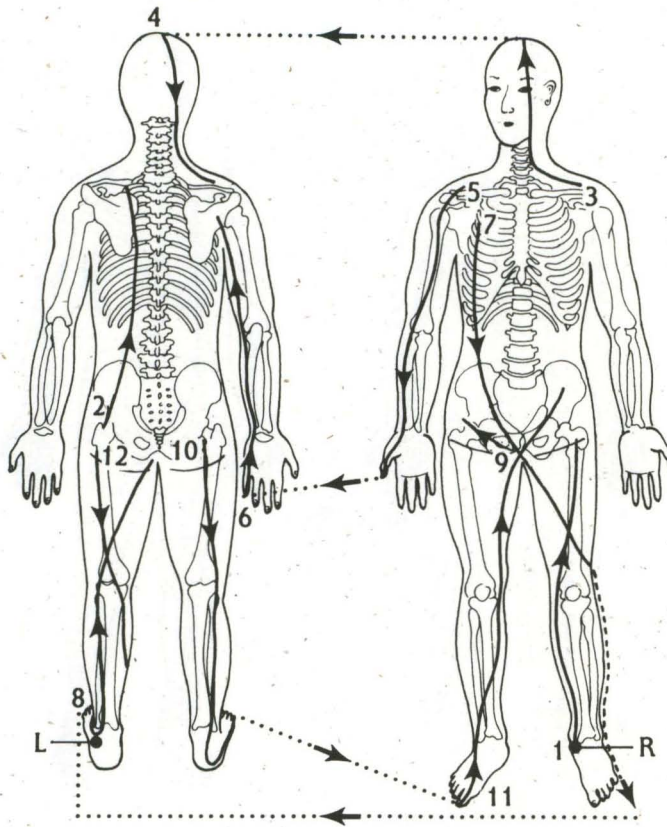
STEPS	ENERGY LOCK
1st R	right low 8
L	right 16

Disharmony of this Special Body Function Energy may result in:

Tonsillitis, asthma, bronchitis, menstrual disorder, nausea, lateral (outer) leg from knee on down disorder, bunions, callouses on bottom of feet.

SPECIAL BODY FUNCTION ENERGY (3)

(Left Function Energy illustrated.)



LEFT FLOW

STEPS	ENERGY LOCK
-------	-------------

1st L	left 16
R	left 5

RIGHT FLOW

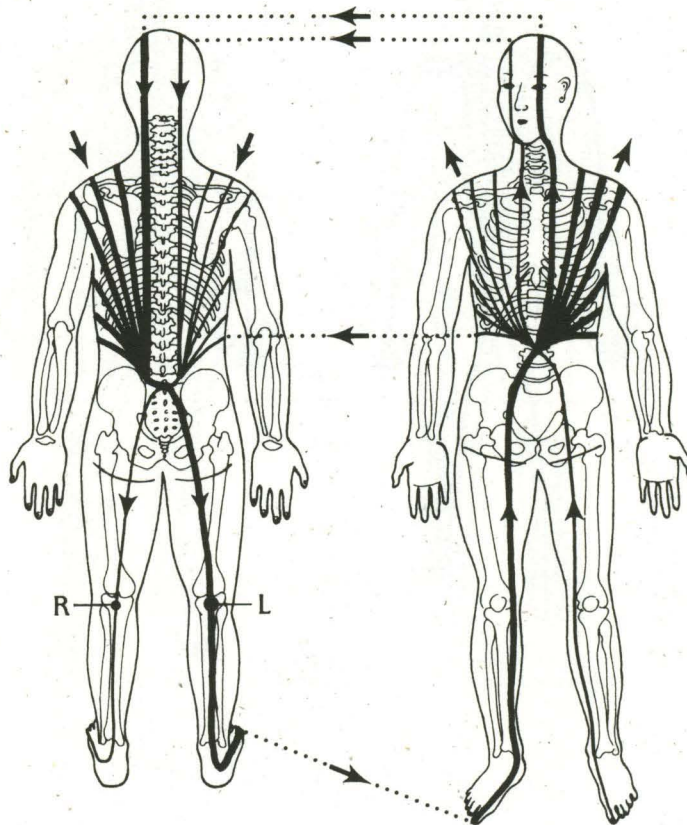
STEPS	ENERGY LOCK
-------	-------------

1st R	right 5
L	right 16

Disharmony of this Special Body Function Energy may result in:

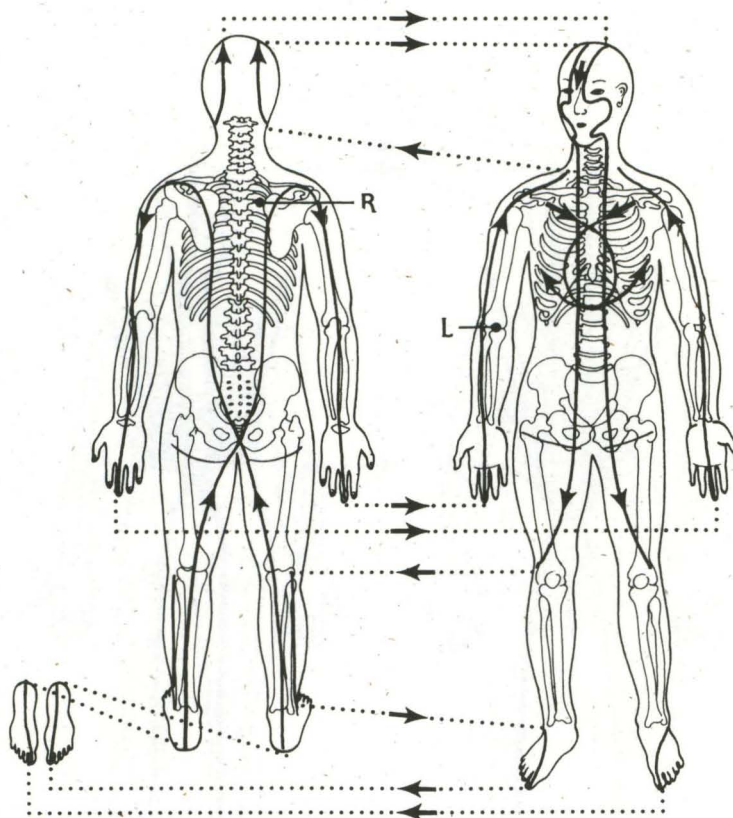
Neuralgia, rheumatism, infantile paralysis, joint discomfort, arm and leg bent or stiffness.

SPECIAL BODY FUNCTION ENERGY (4)



Disharmony of this Special Body Function Energy may result in:
Hip imbalance, body function energy stagnating in one side of body and causing that shoulder to become higher or lower.

SPECIAL BODY FUNCTION ENERGY (5)



RIGHT FLOW

STEPS	ENERGY LOCK
1st R	right 11/3
L	right 19

LEFT FLOW

STEPS	ENERGY LOCK
1st L	left 11/3
R	left 19

Disharmony of this Special Body Function Energy may result in!

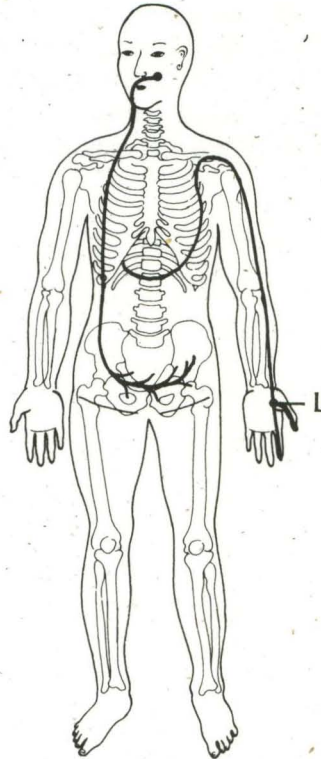
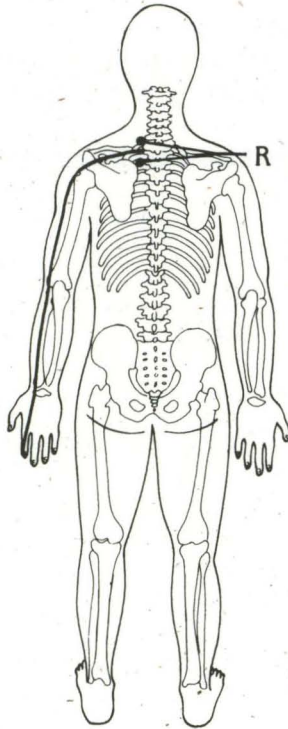
Stagnation and hardening of joints from daily body fatigue function energy intermingling into twelve body function energy cause four limbs to become affected. This is due to body function energy unable to circulate freely through joints.

Are you hugging the body; dropping the shoulders; bowing the head; BE the smiling and unloading, EXHALING 1, receiving, INHALING; EXHALING 2, receiving, INHALING, up to thirty-six unloadings and receivings and having FUN?

All relationships, things and situations "fits" into one or more of the six depths - finally united into the seventh depth, the Light, from which all depths are.

- 1 The state of happiness (harmony) is indicator of balanced Trinity Energy.
2. The state of BEING of Trinity Energy results in harmony or disharmony in basic twelve functional body building energy.
3. The state of no attitudes is indicator of balanced basic twelve functional body energy.

THUMB FUNCTION ENERGY
(Lung and Large Intestine Function Energy intermingles)
 (Left Function Energy illustrated.)



LEFT FLOW

STEPS	ENERGY LOCK
1st L	left 18
R	left 11/3

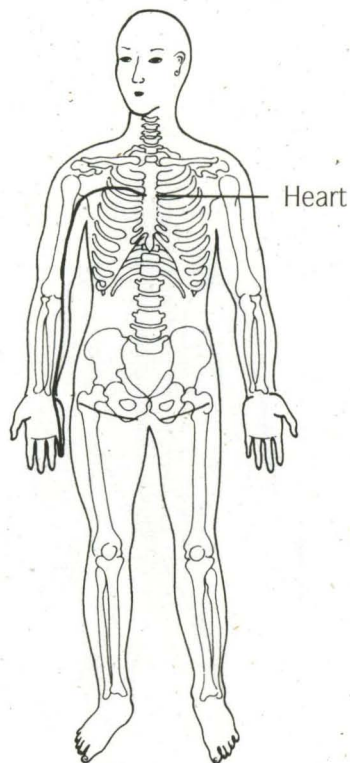
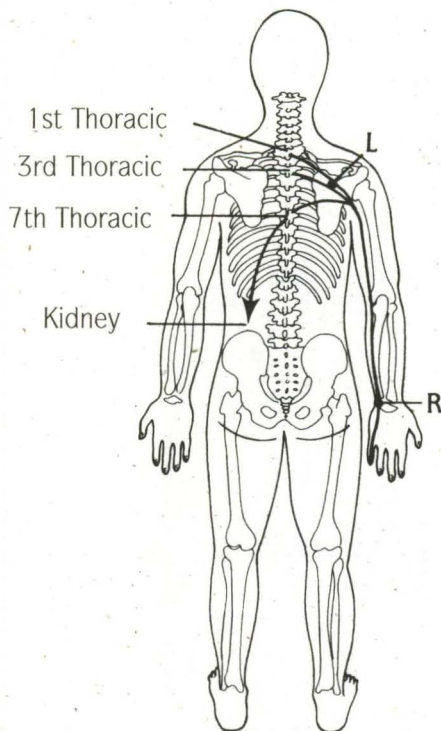
RIGHT FLOW

STEPS	ENERGY LOCK
1st R	right 18
L	right 11/3

Disharmony in this function energy may result in:

Lung congestion, heart palpitation, rapid pulsation, coughing, phlegm, eye irritation, perspiring when asleep, nose bleeding, nose clogging, breast discomfort, upper arm, elbow, teeth, chest full, cheeks swell, throat discomfort.

LITTLE FINGER FUNCTION ENERGY **(Heart and Small Intestine Function Energy intermingles)** (Right Function Energy illustrated.)



RIGHT FLOW

STEPS	ENERGY LOCK
1st R	right 17
L	right shoulder blade

LEFT FLOW

STEPS	ENERGY LOCK
1st L	left 17
R	left shoulder blade

Disharmony in this function energy may result in:

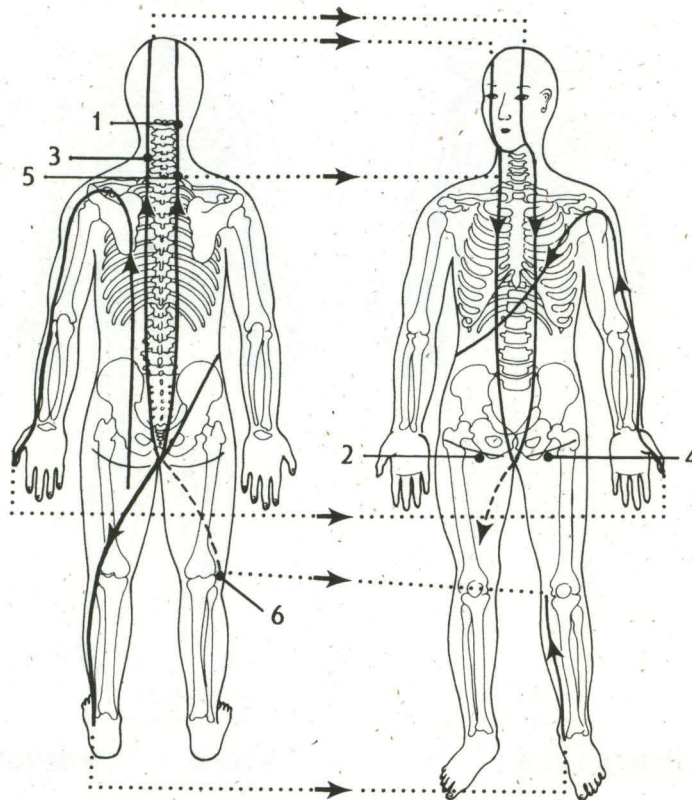
Discomforts of heart, appendix, solar plexus, shoulder, anterior (front) arm, upper arm, elbow - palm feverish, cold feet, throat, cheeks swell, thyroid disharmony

SELF HELP:

Three tense knots in axilla (underarm):

Hold with left or right hand with fingers pointing toward wrist.

BLOOD CONGESTION



1. NOSE BLEEDING:

When blood stagnates in muscle along spine; pushes over head toward chest and stops, nose bleeding results.

2. MENSTRUATION:

After circulating 28 times within body, function energy arrives at side of nose. Reproductive organ tube opens and blood flows out when right and left energy is in harmony. If function energy is not in harmony, sluggish side reverses and results in abdominal discomfort.

OVARY BLEEDING:

Function energy from buttock which should flow into legs intermingles and results in ovary bleeding.

3. VOMITING OF BLOOD:

Due to stagnation of food, inside surface of stomach becomes irritated. Darkish blood from stagnated blood and fermented food is vomited.

4. BLOOD IN BM AND URINE:

Due to constipation from congested areas in intestine, stagnated fermented food and blood substance are released.

Due to diarrhea condition, intestinal wall becomes irritated and congested blood is released.

Due to tension/stress conditions, kidney and bladder functions are affected and congested blood is released.

5. LUNGS:

When blood congests in vertical sack-like area along scapula and stomach is full, fatigue function energy cannot descend to abdominal area. Blood will seep into bronchial area from back and lung becomes congested.

6. HEMORRHOIDS:

When left or right energy flow into leg is not in harmony, weaker side will become cause for hemorrhoids.

Blutstauung

1 Nasenbluten

4-Strom, Nieren-Strom, 2 CM
SH: beide 4 halten

2 Menstruation

15-Strom, 13-Strom, 11/12-Strom, Zehenströme (Leber),
5/6/7/8-Strom

Eierstockblutung:

Na, 2-Strom, 14-Strom
SH: 19a und ggf. 8, 8a und 16

3 Erbrechen von Blut

23/25-Strom, 9-Strom, 11/12-Strom, 14-Strom
SH: 12 und F1 auf Nagel von F4

4 Blut im Stuhl und Urin

Als Folge von Verstopfung: R2 und L8, 11/12-Strom
(Schultern entspannen) DiDa

Als Folge von Durchfall: L2 + R8, DiDa, UZ 2T

Als Folge von Spannung und Stress: Ni, UZ 4T, 2CM, 23/25-
Strom, 5/6/7/8-Strom, 15-Strom
SH: Daumenfunktionsenergie

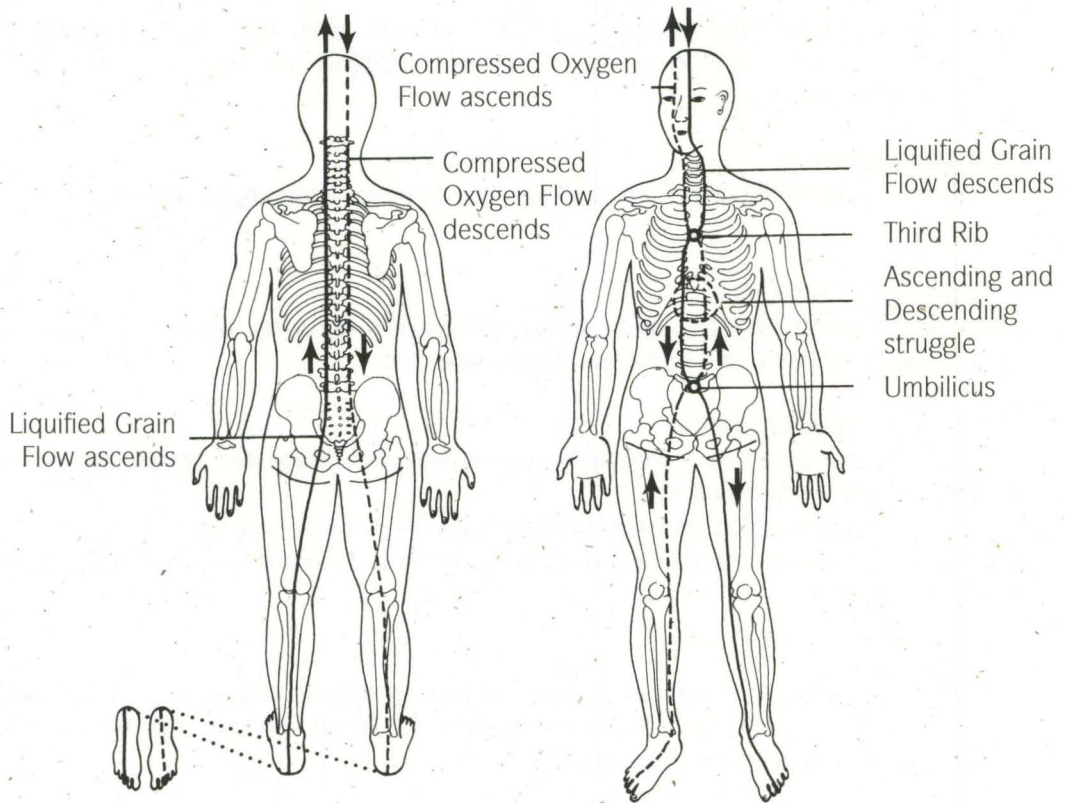
5 Lungen

Dreieinigkeitsstrom, 3CM, Lu, Atemstrom, 3-Strom, 10-Strom
SH beide 19a

6 Hämorrhoiden

MC, ZU 3T, Bla, GaBla
SH: Rectum und ggf. 8

LIQUIFIED GRAIN FUNCTION ENERGY AND COMPRESSED OXYGEN FUNCTION ENERGY



1. Umbilicus Function Energy and Suprarenal Gland Function Energy control circulation patterns of Liquified Grain and Compressed Oxygen Function Energy.
2. Beginning of Liquified Grain Function Energy and ending of Compressed Oxygen Function Energy meet at third front rib.
3. Beginning of Compressed Oxygen Function Energy and ending of Liquified Grain Function Energy meet at a point about one inch below umbilicus.
4. If there is any imbalance, a struggle between the two function energy will take place in stomach.

PRODUCTION AND CIRCULATION OF COMPRESSED OXYGEN FUNCTION ENERGY AND LIQUIFIED GRAIN FUNCTION ENERGY

1. Compressed Oxygen Function:
Breath through nostrils ascends to head; descends along cervicals and from third thoracic flows through trachea into lung. Breath becomes compressed by Liver Function Energy. This, known as Liquified Oxygen or Compressed Oxygen Function Energy, flows out to seventh thoracic, descends to buttock, thigh, knee, ankle; from sole of foot to tip of middle toe and combines with the Liquified Grain Function Energy.
2. Liquified Grain Function Energy:
Food from mouth; digested in stomach to which liver and pancreatic digestive juices combine flows into small and large intestines; absorbed by intestinal walls; arrives in kidney where carbohydrates (nutriment) and liquid separate. Liquid becomes urine; carbohydrates go to spleen as Liquified Grain Function Energy. Into nutrients Spleen Function Energy combines, descends abdomen, thigh, knee, ankle, instep, around tip of middle toe and combines with Compressed Oxygen Function Energy.
3. At tip of middle toe intermingled Compressed Oxygen and Liquified Grain Energy ascends from center of sole of foot; leg; into fourth lumbar; umbilicus and separates into two parts.
 - a. One reverts back to Compressed Oxygen Function Energy.
 - b. One ascends through center of abdomen, chest, throat and up to top of head. (This intermingles with all Combined Energy.)
 - c. 3.a. in a systematic sequence intermingles with each of twelve body function energy.

KNOW MYSELF BE IT IS, IS.
PHYSIO-PHILOSOPHY-(Nature-Effortless REALITY)

NOTES

NOTES

NOTES

NOTES

NOTES

