

Jin Shin Jyitsu meditation

Count 9 exhalations for each finger position, without trying to breathe. Let your breath be however it is without changing it.

If you lose count, start that finger again. Begin with either hand.

Repeat both hands a second or third time, if you like.

Let your mind be a passing parade.

There is no correct experience.

The reason for this is that holding these finger positions connects the energy channels through your body in their natural sequence, and allows your life-force to unblock, flow and balance itself.

**First depth
Thumb**



**Fourth depth
Index finger**



**Second depth
Ring finger**



**Fifth depth
Little finger**



**Third depth
Middle finger**



**Sixth depth
Centre of palm**

