

WHAT TO EXPECT

You will be invited to lie on a comfortable massage table.

The session is comprised of 3 parts:

1. ASSESSMENT

- History taking
- Location of sore and tender areas

2. REBALANCING

- A series of 2 acupressure points will be held consecutively. You may enter a deep state of relaxation quietly or you may also wish to explore emotional issues.
- Deep breathing facilitates the release of energy blockages.



3. NECK RELEASE

- A final neck release will allow all activated energies to circulate freely from head to toe.
- A very calm rebalancing completes your session.

WHY IS EACH SESSION UNIQUE?

Each session is specially designed to accommodate the individual's physical and emotional process. People come to acupressure treatments for a variety of reasons:

- To find deep relaxation
- To find an alternative to pain-killers and other drugs
- To help the body heal naturally
- To have a confidential space and supportive assistance to process emotional issues

HOW MANY SESSIONS ARE REQUIRED?

A series of sessions (weekly, bi-weekly, or monthly) is recommended. Regular treatment will benefit both those with specific problems and those seeking general relaxation.



Confidentiality is strictly observed.

Jin Shin Do sessions are offered at
Holistique Medical Center
1899 116th Ave. NE Bellevue, WA 98004

425-451-0404

www.HolistiqueMedicine.com

Jin Shin Do®



BodyMind Acupressure™

by Nancy Tung RN

*“The Way of the
Compassionate Spirit”*

Jin Shin Do® is a synthesis of:
Traditional Japanese Finger Pressure
Classical Chinese Five Element
Acupuncture Theory
Reichian Segmental Theory
Qigong Exercises & Breathing
Western Psychotherapy

www.Jinshindo.org

HOW DOES IT WORK?

According to Traditional Chinese Medicine Theory there is a Life Force called Qi energy. Qi flows through our body in 12 main channels like an interconnected system of rivers. These channels are called “meridians.”

When the energy in our meridians is flowing smoothly, we feel balanced and healthy. When certain points are congested or blocked, we experience pain, sickness, and/or emotional distress.

氣 Qi

WHAT HAPPENS?

Holding acupressure points frees blocked energy like removing debris from a river. This alleviates the tension and discomfort and the body starts to heal itself.

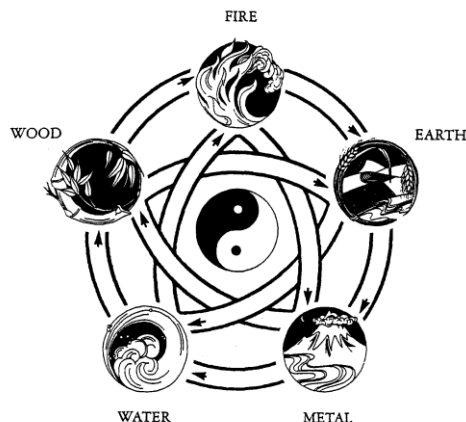
WHAT DOES ONE FEEL?

During the session, a tingling sensation is often felt in the arms or legs, and sometimes in the entire body. Frequently a feeling of FLOATING is experienced. One often feels SUPPLE and CONTENT after a session.

HOW CAN YOU PREPARE YOURSELF?

Acupressure points are held firmly but gently.

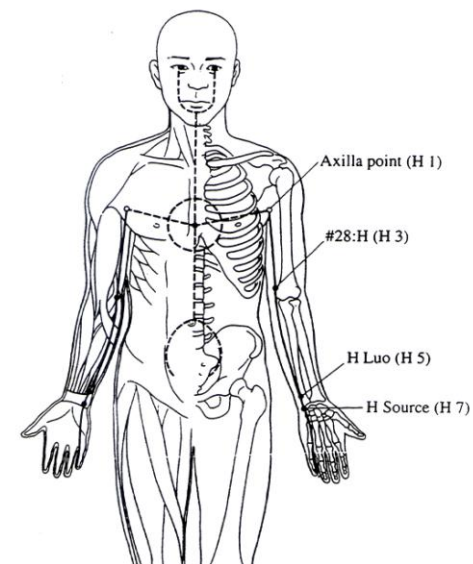
- Please wear loose cotton clothing such as a jogging outfit.
- Allow 50 minutes to an hour for the session and some free time for yourself afterwards. Please be well hydrated before and afterwards.



HOW LONG DOES RELIEF LAST?

Relief from pain and tension can be experienced for a few hours, days, or longer, depending on the cause and the initial conditions. Insights gained during sessions exploring the cause of the pain can lead to a change in attitude and/or lifestyle. Relief can therefore be permanent.

THE HEART MERIDIAN (One of the 12 energy channels)



For example, an imbalance in the **HEART MERIDIAN** is often accompanied by depression or anxiety. When it is flowing freely, we are able to experience:

HAPPINESS
SELF-CONFIDENCE
AND
COMPASSION