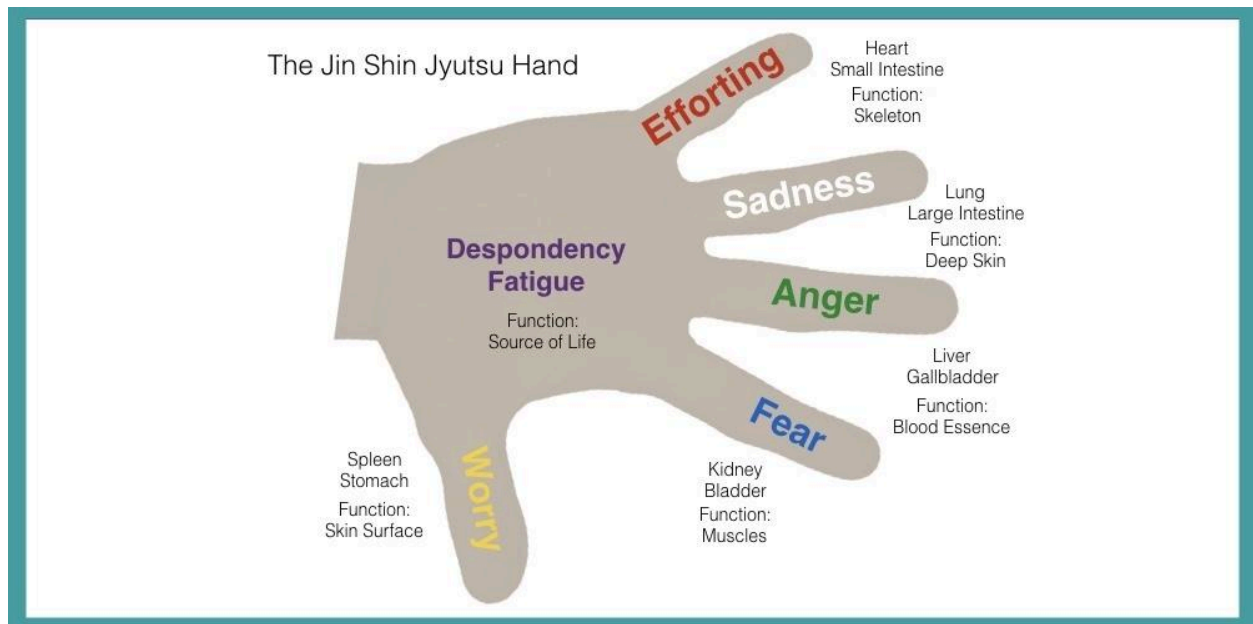


BiomeTech

Jin Shin Jyutsu Finger Holds



Simple Daily Practice for Calm, Clarity & Healing

Jin Shin Jyutsu is an ancient Japanese healing art that helps release tension and restore energy by gently holding each finger. Each finger connects to key energy pathways (meridians) in the body and correlates with different emotional states.

This gentle practice supports nervous system regulation, meridian flow, and inner balance. You can do it **first thing in the morning, last thing before sleep, or anytime you feel stress, pain, or emotional turbulence.**

How to Practice

You'll hold all 10 fingers, one by one, in a specific order. All it takes is **1–2 minutes per finger**, or until you feel a calming shift.

1. Start with your left hand.

- Sit or lie down comfortably.
- Gently wrap your **right hand around your left pinky finger**—not tight, just enough to feel a soft pulse.
- When the pulse slows, you feel a shift toward calm, or you intuitively feel ready, move to the next finger.

2. Continue moving across the left hand fingers:

- Left **pinky** → **ring** → **middle** → **index** → **thumb**

3. Switch hands.

- Now gently wrap your **left hand around your right thumb**
- Continue across the right-hand fingers:
Right **thumb** → **index** → **middle** → **ring** → **pinky**

Tip: If you fall asleep before finishing all 10 fingers, that's okay! Even a few fingers can make a difference.

Bonus: You can hold BiomeTech sprays in your mouth during this practice.


What Each Finger Supports Emotionally & Energetically

- **Thumb** — Worry, overthinking, digestion
- **Index** — Fear, anxiety, nervous system
- **Middle** — Anger, frustration, balance

- **Ring** — Grief, sadness, breath
- **Pinky** — Efforting, trying too hard, heart energy

Time Needed

- 1–2 minutes per finger
- Total time: **10–20 minutes**
- Practice anywhere: in bed, at your desk, on a plane, during a pause in your day

 This is one of the simplest ways to shift your state—no tools, no effort, just your hands, breath, and presence.

Let your fingers guide you back to calm.