

Paul Bergstrom Talk LSICC Notes and Transcription:

I may have cut the end too close requiring re-edit.

The first transcription is of the holding of the fingers and how this helps uncover or re-awaken the spiritual fruit already within us. This is practicing Jin Shin Jyutsu.

The High Five:

1. Your thumb is worry
 - a. Use your left thumb wrapping the fingers of the right hand around
 - b. **NOTE:** This is innate knowledge, it is within you, like the Fruits of the Spirit, they are already within us
 - c. When you let this go, peace shows up
 - d.
2. Index finger is fear
 - a. You might feel a pulse in this finger
 - b. You are jumper cabling yourself
 - c. Let go body, mind, and spirit
 - d. Let go of fear, love shows up. This is unconditional love
3. Middle finger is anger
 - a. You can frustration if you don't think that you have anger
 - b. Let go of anger, kindness and goodness show up
4. Ring finger is sadness
 - a. This is the relational finger
 - b. Grieving or lost in life
 - c. Let go of this, we get gentle with each other
5. Little finger is trying or effort
 - a. Japanese translation is "pretense"
 - b. Happy on the outside, crying on the inside
 - c. Let this go, reach self-control

Jin Shin Jyutsu URL; Paul Bergstrom

<http://www.paulbergstrom.com/>

Jin Shin Jyutsu is pronounced Gin Shin Jute-Sue or Jit-Sue (either way is fine). Or you could just say "JSJ" too. JSJ offers a gentle balancing of life energy to achieve health and well-being. It's a series of hands-on sequences to restore emotional, mental, and physical equilibrium by

addressing the cause of disharmonious energy. JSJ is a complementary modality that can be used anywhere and be done on oneself or with others.

Jin Shin Jyutsu & Flow: Jin Shin Jyutsu is an ancient art of harmonizing life energy in body, mind and spirit. Flows are the combination of holds on specific points on the body to unblock stuck energy. Flow is also a state of non-resistance to life, which is naturally enhanced with JSJ.

Allowing and flowing in life becomes much easier with Jin Shin Jyutsu self-helps which are taught after each session. JSJ can greatly enhance your feeling of well-being and can be done on yourself or others anytime and anywhere.

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