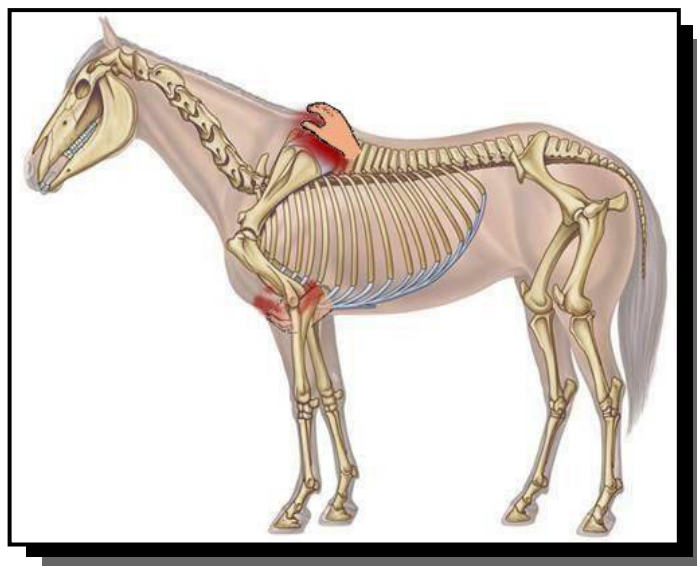


## INITIAL CENTERING SAFETY ENERGY LOCKS SICHERHEITS- ENERGIESCHLÖSSER ZUR ERSTEN ZENTRIERUNG VERROUS DE SAUVEGARDE DE L'ÉNERGIE POUR LE CENTRAGE AU DEPART

Allow yourself to be patient and truly "Be with this BE-ing in this loving and gentle Art." Let the stress drop from your shoulders... remember you are not DO-ing anything, you are BE-ing the observer of the harmonizing of the animal. Allow your hands to be "Un-needy." Allow your breath to deepen. Watch for signs of relaxation in the animal. This is a subtle and cumulative art.

I begin almost every session with the Initial Centering hold. First and foremost, this balances the exhale (the letting go) and the inhale (the receiving). The simple truth of Jin Shin Jyutsu is that if you can breathe, you can heal. This easy, non-invasive step can be a session all by itself. It establishes a connection with the animal and begins a non-verbal dialogue between the two of you. I find this very beneficial with a frightened animal, as well as one for whom breathing is a project. SELs 13 and 10 both help to balance the emotional and spiritual aspects of a BE-ing. SEL 13 is sometimes called the "Creator's Number," or "the number of creating" so holding this SEL helps to bring things to form. This SEL is very useful in giving birth to new ideas or new BEings. SEL 13 teaches us about unconditional love, thus it is wonderful to make a newborn secure, as well as to allow an older animal who may have lost his trust, to re-open to love. SEL 10 is about the limitless outpouring of the life force. Opening this SEL allows a BE-ing to receive all the good of life, starting with breath. Overworked, abandoned, abused and neglected animals will benefit from having this SEL opened.

AIDS	HAMONISIERT	HARMONISE
balancing the exhale and inhale (giving and receiving); establishing a connection; starting dialog with the animal; asthma; coughing; bronchitis; allergies; sinus; fertility issues; pregnancy; allowing the spirit to enter the body; going beyond inner/outer limitations; learning new routines and new situations; letting go of abuse and neglect	bringt Aus- und Einatmung ins Gleichgewicht (Geben und Empfangen); eine Verbindung herstellen; den Dialog mit dem Tier beginnen; Asthma; Husten; Bronchitis; Allergien; Nebenhöhlen; Fruchtbarkeitsthemen; Schwangerschaft; dem Geist erlauben, in den Körper einzutreten; über innere/äußere Grenzen hinaus gehen; neue Abläufe und neue Situationen lernen; Misshandlung und Vernachlässigung loslassen	équilibre l'expiration et l'inspiration (donner et recevoir); établir un lien; commencer le dialogue avec l'animal; asthme; toux; bronchite; allergies; sinus; thèmes de fécondité; grossesse; permettre à l'esprit d'entrer dans le corps; aller au-delà de limites intérieures/extérieures; apprendre de nouvelles routines et des situations nouvelles; relâcher (les traumatismes dus à) la maltraitance et la négligence (l'abandon)



hold SEL 13 and SEL 10