



Jin Shin Jyutsu: Einfache Anwendung zur Selbsthilfe (German Edition)

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Die japanische Kunst des Heilströmens

Jin Shin Jyutsu ist eine traditionelle japanische Heilkunst für den gesunden Erhalt der Lebensenergie, die sich nach dieser Lehre in verschiedenen Tiefen von den unsichtbaren kosmischen Kräften bis hin zum sichtbaren Körper zeigt. Durch das Auflegen der Hände auf bestimmte Punkte des Körpers, den so genannten Sicherheitsenergieschlössern, setzt das heilende Strömen ein und sorgt so für Harmonie und ein inneres Gleichgewicht. Dieses handliche Buch vermittelt kompakt und anschaulich, wo sich die 26 Sicherheitsenergieschlösser befinden und wann man sie wie aktiviert. Ideal für alle, die auch unterwegs nicht auf die tägliche Anwendung von Jin Shin Jyutusu verzichten wollen.

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