

one - fertility

Asia's leading community empowering your journey having a baby



Unblock any stagnant energy pathways that affect health, vitality and fertility with Jin Shin Jyutsu by **Anke Moeller Chandiramani**

What is Jin Shin Jyutsu?

JIN SHIN JYUTSU (“The Art of the Creator through the compassionate Man”) is the Art of releasing tensions which are the causes for various symptoms in the body. Our bodies contain several energy pathways that feed life into all of our cells. When one or more of these paths become blocked, this damming effect may lead to discomfort or even pain. This blockage or stagnation will not only disrupt the local area but will continue and eventually disharmonize the complete path or paths of the energy flow.

How can Jin Shin Jyutsu help with fertility?

Fertility depends on the health and harmony of both parents. Stressful lifestyle, hereditary factors, poor nutrition and other factors can lead to hormonal and other physical imbalances that may make conception difficult. The goal of any treatment should not just be enabling conception, but improving the person's overall health in such a way that pregnancy, birth, parenthood and of course the health of the future child are as good as possible. Jin Shin Jyutsu helps to unblock any stagnant energy pathways that affect health, vitality and fertility. By removing “roadblocks” created by stress, negative emotions and unhealthy lifestyle, the organs and cells are nourished and can do what they are meant to do.

A Jin Shin Jyutsu treatment is always individualized. No two sessions will be the same. There are some routines or “flows”- sequences of hand positions that can be used on a daily basis and that clients have found to help with wellbeing, conception, pregnancy.

What you can try?

Round 1 – Place Right Hand/Fingers on Top of Head. Maintain this position during the routine through L1 to L7.

L1 – Place Left Fingers between Eyebrows > L2 – Place Left Fingers on Tip of Nose > L3 – Place Left Fingers on centre of Sternum > L4 – Place Left Fingers between Breasts on Sternum > L5 – Place Left Fingers at Base of Sternum > L6 – Place Left Fingers about an Inch above the Belly Button > L7– Place Left Fingers on Pubic Bone

Round 2 – Right Hand moves from Top of Head to Base of Spine (Coccyx). Hold all positions lightly until you feel pulses harmonize, or for a couple of minutes each. For best results, apply daily upon waking and if you can, before going to sleep.

Warmest

Anke

Read more about Anke in the side box. One-Fertility is an online community that empowers couples along their journey to parenthood. One-fertility provides options, alternatives and is no replacement for a medical treatment. Maika is Fertility Coach certified by Fertility Asia.

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QUICK TIPS

- ❖ *“Jin Shin Jyutsu awakens our awareness due to the simple fact that we are endowed with the ability to harmonize and balance ourselves (in rhythm with the universe) physically, mentally and spiritually.”*
- ❖ *A Jin Shin Jyutsu session usually lasts about 40 minutes to an hour. The client rests, fully clothed, on a treatment bed. The practitioner will design each treatment individually by listening to the client's pulses, performing body reading and listening to the client's story.*
- ❖ *A 7 step flow can help to stimulate and enhance fertility.*

CONTACT ANKE MOELLER CHANDIRAMANI

Originally from Germany, Anke followed her passion for alternative treatments. She is Jin Shin Jyutsu Practitioner, Holistic Nutrition Consultant, Journey Therapist and Reiki Master. With her family she is living in Singapore. She can be contacted via One – fertility webpage.

FURTHER INFO / EVENTS

www.one-fertility.com