

Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

Safety Energy Lock 5 - Regeneration

Location: At the inside of the ankle, between the ankle bone and heel

Depth: 2

Function/Harmonizes: Connects the Four Elements with Spirit; Release of Fear; Clears Shoulders and Chest; Chest Congestion; Digestive Discomforts; Back & Hip Tension / Stress; Hearing Discomforts

Finger: Index

Quickies: R right 15 & L right 3, L left 15 & R left 3; SEL 5 & opposite 10; SEL 5 & same side 16

SEL 5 restores our ability to release all that is old and take up the new. It helps us let go of old thoughts and habits and find new direction. For this reason, it is associated with regeneration and rebirth. When SEL 5 is open, we feel liberated from all the bondage that held us back in the past.

Pythagoras states that five is the number of final healing (four elements plus spirit), the finding of divine purpose in all things. Jin Shin Jyutsu teaches that Five is Man: the union of spirit (the One) with the four elements (matter).

SEL 5 is known as the Mind Specialist because it erases FEAR—False Evidence Appearing Real.

Physical Application

Strengthens the uterus, ovaries and prostate, helps with menstrual pain; promotes fertility; chest congestion; bronchial asthma; digestion discomfort; back and hip tension/stress; hearing discomfort and tinnitus; dry mouth and throat

Mental/Emotional Application

Fears and uncertainties; discarding old habits and thoughts; ability to love.

