



Mona Dabbagh: Space Clearing Your Body Inside Out



Based in Dubai, Mona Dabbagh is a certified Jin Shin Jyutsu (JSJ) practitioner. She helps people to facilitate the process of letting go internally with JSJ practice, and externally by decluttering and organizing their space. Discover the relationship between the Inner Home (the body) and the Outer Home (the house we live in). Learn how to use the hands as a tool to harmonize the flow of energy through the Art of Jin Shin Jyutsu.

TOP EMBODIMENT TIP: My hands are the keys to my home. We can be more with less.

Our Inner Home (Our Body): Harmonizing Internal Flow with Jin Shin Jyutsu

- Jin Shin Jyutsu is the art of harmonizing life energy in the body, mind and spirit.
- The breathing practice is simple: exhale and let go to create space for the inhale.
- The hands are used as a tool to direct the body to go into its own natural flow.
- Each finger is linked directly to one or more organs, and has certain characteristics:
 - Thumb: when in harmony, brings calm and peace (linked to digestion, stomach)
 - Index finger: when out of harmony brings finger-pointing or blames others (linked to water element and flow, bladder, kidney)
 - Middle finger: when out of harmony brings rage, frustration (linked to fire element, detox, liver)
 - Ring finger: about relationship; brings joy, love, grief, sadness (linked to air element, lung, large intestine)
 - Pinkie finger: about authenticity; we may be afraid to show who we really are. If one is connected to one's heart, one is authentic. (linked to heart and small intestine)

The Outer Home (Our House): Harmonizing Space with Decluttering

- Decluttering is the process of removing what is no longer needed. It is clearing the space for new things to come in.
- Decluttering clears the mind and the body. Ask yourself: does the space or object bring joy? If not, let it go.
- Decluttering or clearing space in a home is similar to the practice of Jin Shin Jyutsu. Our first home is our body. Whatever I do on the outside will reflect on the inside.

Inner and Outer: Bringing Decluttering and Jin Shin Jyutsu Together

- Mona facilitates the client's process of decluttering from the outside, and then from the inside with a hands-on Jin Shin Jyutsu session.

Resources

- ❖ **Website:** <http://www.exhalewithmona.com>
- ❖ **References:** *Clearing Space*, Karen Kingston



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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