

THE MAIN CENTRAL

Jin Shin Jyutsu® Newsletter

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The Spring Equinox

By Louanne Ellis

The Spring Equinox marks the birth of a new year for the Northern Hemisphere. The sun's rays are perpendicular to the equator, creating equal light and dark for the planet. The Sun enters the sign of Aries initiating its annual passage through the astrological signs in what we call the Order of 12 Organ Manifesting Functions, from Mary's *"Answer Sheet."*

A New Birth/Identity and the expanding of consciousness follow each water sign (the Toe Flows) phase. The water signs Cancer, Scorpio, and Pisces represent different "death" aspects of our lives. Out of each "death" we emerge to develop the next phase of our growth and identity, represented by the fire signs, commencing in the Chest Flows with birth represented by the Lung Function Energy.

The Three Chest Flows – Lung, Heart, and Diaphragm – correspond to the fire signs in astrology: Aries, Leo, and Sagittarius. These signs reveal through natural progression the growth of our identity and consciousness in the three distinct phases of our lives: youth, middle, and elder ages. The subtle and significant words associated with these ages illuminate the specific nature of three different qualities and functions of the Breath as represented in the Spiritual Fire of the Chest Flows.

Aries corresponds to Birth, the Lung Function Energy, and the physical aspect of our spiritual identity, remembering that "matter is the lowest form of Spirit, and Spirit is the highest form of matter." The physical body is supported by RESPIRATION, the keyword describing this particular function of the breath.

Leo initiates midlife and corresponds to Heart Function Energy. The keyword describing the function of the breath sustaining our Spirit on a mental level is INSPIRATION. It

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Introducing the Booklet *Natural Positive Self-Help for People with Cancer*

By Jane Hipkiss

Cancer. It is a word that quickly throws not only the person with the cancer diagnosis off balance and into the FEAR of 4th Depth but also their immediate family and friends.

So it was with Marie at the beginning of her journey. It could so easily have been me. I found a "lump" in my breast just before Marie did and had been to the same specialist doctor for an appointment exactly a week earlier. Mine was benign but Marie's wasn't. We had already started our self-help and had exchanged Jin Shin Jyutsu treatments. So as her friend I walked the path closely beside her.

Attitude is the key to how we deal with any situation and Jin Shin Jyutsu is a powerful tool to help change our attitudes.

From Day One of her treatments Marie shared her Jin Shin Jyutsu self-help "tips" with those around her. Suddenly everyone in the waiting room was holding fingers, experiencing the Main Central and had a cheery reminder to place the left hand over the radiated area and the right hand on top of the left as they went on the journey home after their treatment.

As the weeks progressed and fatigue set in, Marie would find that at the times I was free to give her a treatment all she wanted to do was sleep. Her husband, Jim, had already been helping her with Jin Shin Jyutsu self-help, so he was utilized even more using the Opposite Fingers and Toes Sequence, Palming the Calves and any other

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“You cannot heal the body with the mind that made it sick.”

Einstein

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PLEASE NOTE: *Jin Shin Jyutsu Physio-Philosophy is not intended as a substitute for traditional medical care or emergency intervention.*

THE MAIN CENTRAL

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“Cancer Booklet...” Cont’d. from p. 1

combinations of Safety Energy Locks he was given to do. Eventually the whole family was in on the act, including her young six-year-old granddaughter. I could see that because of their love it was a powerful, empowering experience for them all.

As a result of the ease with which Marie underwent the treatment, the oncologist and radiographers soon began to ask what she was doing. So the seed was sown to produce a booklet with all the simple self-help suggestions so lovingly shared with us by Mary Burmeister, to be available free of charge for others and their close ones to use during a very difficult period in their lives. This booklet is posted on our website www.jsjinc.net. Go to the bottom of the Home Page under Quick Links. Then select “Articles.” Under the heading “Articles” you will find the title: “Art of Gentle Touch - Natural Positive Self-Help for People with Cancer.”

The booklet very much reflects Marie’s personal journey and her willingness to share her experience and everything that helped her. Thank you, Marie, for all the effort you have put in to produce this.

Now with many thanks to David Burmeister and all the many people who have read, commented and refined the content, Marie can finally share it with you and anyone whom it might benefit. ☺



A RAY OF LIGHT THE MAIN CENTRAL VERTICAL UNIVERSAL HARMONIZING ENERGY

By Anita Willoughby

Prelude: For the past few moments, I have been gazing at the sky overlooking Beesley Point in southern New Jersey, waiting for my client. It is early morning. I am down here giving a Jin Shin Jyutsu intensive to a longtime practitioner. The sky is filled with clouds with those beautiful streaks of light beaming down from the sun – the only visible remnant of the sun on this grey, cloud-covered day. I am in a moment of reverie, remembering other moments in time and space when those rays were revealed so brilliantly and clearly. Suddenly my client walked in and intuitively knowing my reverie, announced, “My son calls those God Rays.”



What a perfect name for the shower of rays descending from a single spot in the sky. I am reminded of our Jin Shin Jyutsu creation story and my reverie continues. Here I am sitting, looking over the bay to Ocean City, experiencing in real life cinematography the existence, the transformations of the rays of light of the Seventh Depth “showering down around us.” Seventh Depth rays of light are streaming down from the sun, filtering through the vast cover of the clouds. Light can only be seen if there is something that interrupts its movement. Clouds serve that purpose. A cloud is a visible mass of liquid droplets, a cloud is frozen crystals made of water and various chemicals, suspended in the atmosphere. No wonder I have always been mesmerized by the sky, the clouds and those rays, which my client just informed me her son calls “God Rays!” What a perfect name. When there are clouds in the sky, we can see rays of light streaming through in long direct lines, connecting heaven to earth in a veritable canopy, enveloping our earth.

A “Google® search” revealed that mankind has been fascinated with these rays through the ages and has come up with many names for this striking visual expression of light. These rays or sunbeams have also been called Rays of Buddha, Buddha Fingers, Jacob’s Ladder, Stairways to Heaven, Gateways to Heaven, Fingers of God, Jesus Rays, Beams of Jesus, Ropes of Maui [from the Maori tradition where these rays were the ropes with which Maui, a Prometheus prototype, restrained the movement

of the sun so there would be longer days for man to complete his daily chores]. Even the computer graphics industry has given them the name “volumetric lighting.” Sailors have named them “backstays of the sun” which is a nautical term for rods which support the mast of a sailing ship. “Crepuscular rays,” as they are more commonly called, mean “relating to twilight” in Latin. These rays are seen in the early morning or late afternoon hours during the transitional times between darkness and light, times when the veil between worlds is thin. Obviously these rays of light have captured the imagination of mankind throughout the ages and from many different walks of life. These rays of light, visible during the twilight hours and under the right conditions, resonate deeply in the human psyche. What is it about these rays that captivate us?

In ancient times and when we camp, we construct tents made of hide or fabric supported by poles to shield our bodies and protect us from the elements. In the forests, there are leafy upper branches which form a canopy supported by the trunks of trees to give cover to the life below. And on the level of space or heaven, we have poles of light, beams of light supporting and suspending the canopy of the sky above us separating heaven from earth. We have a heaven as our roof and sunbeams as our support beams. [No wonder they are called beams!] Is the structure of the energetic world columns of sunlight? Is

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The Instructor Training Program

*By Jenny Felber, Betsie Haar, Dick Schnickel
the Jin Shin Jyutsu Advisory Council*

The Advisory Council feels that this is a good time to take a retrospective look at the Jin Shin Jyutsu Instructor Training Program (ITP). We are now in an interval of reduced activity following the unusually active period of 2009-2011. That time of heightened activity has also exposed the need for some changes to the ITP. Some of these changes result from organizational decisions such as the elimination of the Living the Art faculty as a separate faculty, and other changes should improve and clarify the program. This redesign phase will be completed by October 31, 2012, and the online application site will be closed till then.

In August 2009 six trainees entered the ITP, and by October 2011 all six had completed the program and joined the faculty. Three were Living The Art instructors who chose to seek positions on the five-day faculty when the decision was made to discontinue Living The Art as a curriculum with a separate faculty. So the unified faculty now includes former Living The Art instructors: Mona Harris from Germany, Sara Harper from the U.S. and Margareth Umeoka Serra from Brazil. Two of the others gave us a faculty presence in their countries for the first time: Carlyse Smyth from England and Jennifer Holmes from New Zealand. The sixth, Michael Wenninger, came with a unique background and skill set seen to be valuable to the organization.

In August 2011 Maria Jesus (Chus) Arias was accepted as a trainee and has started presenting in classes. We expect Chus will be the first Jin Shin Jyutsu instructor in Spain. Otherwise, there is currently not an identified need for additional faculty, and we hope the temporary website closure will not be an impediment to anyone intending to apply.

About the ITP

The Jin Shin Jyutsu Instructor Training Program is a self-initiated, self-directed, self-paced program that requires much from the trainees in study, energy, time and expense. It also has high expectations of Jin Shin Jyutsu students, organizers, faculty, administration and the advisory council. This is just as it should be. Selecting those who are to teach the Art recovered by Jiro Murai and brought to the West by Mary Burmeister necessarily has a major impact on the continuation, growth and development of the Art.

Each trainee must have a faculty member sponsor to apply to the Instructor Training Program and a faculty member mentor to be a trainee. Trainees teach in classes at the invitation of faculty members who, along with the students in their classes, offer feedback directly and through evaluation forms. Trainees also present class material and offer sessions to the staff at the Scottsdale office, all of which is evaluated. During the 2009-2011 period over three hundred evaluations were completed, the majority by students and organizers. Each evaluation was considered by the respective mentor and the advisory council in the deliberations to recommend the trainees to David Burmeister for faculty membership.

Thank you

It's evident that this selection process has a good deal of complexity. It involves all segments of our Jin Shin Jyutsu international community, relies on the good will of each of those segments, requires tens of thousands of air travel miles, counts hundreds of email transmissions and yet comes together with a minimum of drama and with wonderful additions to the faculty.

The training duration for the recent group of six ranged from ten months to just over two years, but each one was characterized by a transformation that brought the trainees to their own paths into the material and to their own voices as instructors. As a matter of fact, this process has almost certainly involved you – the Jin Shin Jyutsu student reading this article – or almost certainly will involve you at some stage. Thank you. Please feel deeply your part in the development of our faculty. We are grateful for your participation and in the knowledge that our faculty grows out of our community in such an organic way.



“The study of visible man is complicated. The study of invisible man is simple. Study invisible man more.” Paracelsus

Jin Shin Jyutsu for Animals Certification Program

By Adele Leas

Over twenty years ago I attended my first 5-day class taught by Wayne Hackett. I was quite sick back then and rather apprehensive about being able to grasp the enormity of this Art. Not knowing what to expect, I remember being concerned the first time I got on the table. I was afraid they might learn how out of balance I was and ask me to leave. They did not; they welcomed me and told me I could harmonize totally. I realized by the end of the 5 days that this was the “home” I had been searching for. On the second day of class, we studied the 5/6/7/8 Flow, and Wayne mentioned that it helped with diarrhea. While I had been too shy to say a word till then, my hand now shot up. “Does this work on dogs?” I asked. “Well, my cat sure loves it,” Wayne replied.

At that time my constant companion was a wise and compassionate collie dog named Amity. He was strong of heart and mind, but, boy, was his digestion a mess. I had tried everything Western medicine had to offer and lots of holistic approaches, too. Nothing worked for long. I left that class determined to find a teacher and offer JSJ to Amity. While I found JSJ’ers who had some experience with animals and the work, I could not find anyone to study with. It took me several years to become centered enough to simply get down on the ground and Be with him, sharing the Art as I understood it and letting him guide me with looks, movements and breath. Some time after that I got enough requests to start sharing what I knew and teaching Jin Shin Jyutsu for Animals classes.

Fast forward twenty years. I have now met JSJ’ers on four continents sharing the flows with animals and have sent my book, *Jin Shin Jyutsu for Your Animal Companion* to 26 countries. Until now the focus of the work has been to teach folks how to share the work with their own animals. But more and more often I receive requests from students of the Art that want to share the work on a professional basis. They want to understand the “universal” part of this work and be able to work on numerous species; deepen their understanding of the work and become Jin Shin Jyutsu animal practitioners. Several of the students want to work with local rescue organizations and have been asked by the shelters for credentials. So, after much thought and discussion with Jin Shin Jyutsu, Inc., I am going to initiate a Jin Shin Jyutsu for Animals Certification

Program. The goal of this will be to give interested folks a firm base in both the Art of Jin Shin Jyutsu and how to share it with many different species in diversified situations. I have very good relationships at several of the top animal sanctuaries and rescue facilities in the country, and they are willing to recognize and support this idea. At the Best Friends Animal Sanctuary, the largest no-kill sanctuary in the country, where I have taught for the last six years, they suggested a volunteer program or residency where dedicated, certified Jin Shin Jyutsu animal practitioners could come for extended periods of time with access to thousands of animals.

The basic requirements for this certification are:

1. Attendance at 3 human 5-Day Basic Seminars (the basic Jin Shin Jyutsu certification).
2. Attendance at 3 animal Jin Shin Jyutsu classes, with at least one of them being in a sanctuary setting or a location where multiple species and varied special needs animals are available for practice.

I have met many students who are only interested in working on animals, but I strongly believe these students should attend a five-day human class...or two...or three. Quite a few of them have. The result has been what I had wished for – that they remain simple in their choices of how and what to share with the animals, but can now do that from a place of deeper understanding. For instance, in my class we talk about using Safety Energy Lock 3 and same side 15 for any issues affecting the immune system. Once they take a 5-day human class, they may get a feel for the Trinity Flow to aid the immune system. I know from experience that it is not a good choice to pick something with 17 steps to share with an animal! But I love that the students may get to glimpse how Safety Energy Locks 3/15 and Trinity both access the Mediator and keep Safety Energy Lock 3 happy. They get to taste the whole ART.

People may ask why the animal certification requires more than is asked for basic human practitioner level certification. Since the animal client does not have the benefit of spoken language, I believe the added study will help to strengthen a practitioner’s body-reading and intuitive skills, as well as endowing her with the ability

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One Breath, one Pulse, one Heart...in Communion with Source

by Marta Bonany Peris

On October 22nd and 23rd, 2011, we celebrated a two-day Jin Shin Jyutsu event in Canals, a little town of around 14,000 people, near Valencia, Spain. We gave free Jin Shin Jyutsu sessions for all who wanted to come. Most of these people had never heard about Jin Shin Jyutsu before that moment. A group of ten Jin Shin Jyutsu practitioners from Canals, Alcudia, Ibi, Barcelona, Granada, Venezuela and Brazil started an “energy movement” to help ourselves and help others, focusing on working with love and generosity by telling the Universe about Jin Shin Jyutsu, “We are here! Here are our hands....”

We worked together, we utilized the same flow, starting and ending the flow and following each step at the same time...all of us being part of one body, one breath, one pulse, one energy...all of us dancing the same music, the melody of one heart.

The local authorities allowed us to hold this event in City Hall. Over the two-day period, the practitioners gave of their time and love eight hours per day; 242 people received a Jin Shin Jyutsu session. Food was collected for a local NGO – 360 kilos – donated by the grateful people who received sessions. These people felt the calm and heavenly happiness of Jin Shin Jyutsu...most of them stood up and just said, “I’ve been in Heaven, thank you.”

We had one practitioner greet people at the entrance, and one bed was free all the time without our knowing why – we just remembered that Mary was with us all the time.

What Jiro Murai and Mary began is so big that it can’t be hidden: it can’t be stolen. What we know and live must be shared; this is the best present we can offer on our own and to the people in our own communities. This is a wonderful seed of love and happiness that is the beginning of a change for all of us, for our families, friends and beyond.

From the bottom of my heart, thank you, Mary, for your whole life and lifework and for accepting Jiro Murai’s present.

On behalf of our Jin Shin Jyutsu community, I wish to thank David Burmeister, Carlos Gutterres, Mati Gramaje, Manolo Micó, Tais Schebela, Edson Bernd, Isabel Ribelles, Merçe Sisternes, Tere Mira, Mariola Julve, Olgalicia Celis, Manolo Teruel, M^a Carmen Sánchez, Andrés Galán, Eduardo Blasco, Ricardo Martínez, Maria Galán, Jaime Yagüe, Cándido Argent and Marta Argent. ☺



“Animal Certification Program”...Cont’d. from p. 5

to understand the adjustments needed to work with different sizes and types of Be-ings.

The certification will serve primarily as an indication of dedication and some level of exposure to the ideas. As Mary so eloquently said, “*After 3 classes we may be able to know enough to comprehend how little we understand and at least be able to ask questions.*”

If you are interested in learning more about animal certification, please contact me at: adelejspets@hotmail.com, or (504) 782.8831, www.jsjforyouranimal.com

What a great way to give back some of the unconditional love animals give to us! ☺

“A Ray of Light...” Cont’d. from p. 3

the Main Central Vertical Universal Harmonizing Energy (MCVUHE), which eventually manifests as our spine, an expression of one of those sunbeams? Is the Main Central the support beam, the tree trunk of our body? Is our MCVUHE a “mini” ray of light, a “mini” expression of one of those sunbeams? Our spine supports us from head to tail and separates “HEAVEN, the HEAD” from “EARTH... the pelvic girdle.” (*A & Q TEXT Know Myself* by Mary Burmeister) So maybe, just maybe, the residence of an individual ray of the sun is in our spine and this is why those Buddha Rays resonate in our psyches. We are the microcosm of the macrocosm.

Let us take a moment and look at the MCVUHE which is mentioned in Text 1 on page 3 as the first movement of the Trinity flow, “...our cosmic source – the First Commandment.” Then again on page 37, where there are 10 steps for abundance to jumper cable the MCVUHE, our Source of Life, our Battery of Life. Pages 38, 39, and 40 reveal the relationship between the Main Central/Spine and the fingers, and then in turn that relationship to the organs, the nervous system and the muscular system. The MCVUHE appears again on page 57 under the guise of the Third Method of Correction. Then in Text 2, page 41, 7th Depth LIGHT the 17th “INDIVIDUALIZED” BODY FUNCTION ENERGY, entitled “ANTERIOR-POSTERIOR VERTICAL HARMONY ENERGY (Eternal Life Energy) opens our MCVUHE to the light to help us heal disharmonies in the spine, the chest, abdomen, back and hip areas. The subsequent pages 42 and 43, entitled “ALL COMBINED ENERGY –TIMING” reveal where the sixteen body function energy flows connect to the MCVUHE and ultimately to the Light of 7th Depth for nourishment. And then there is the special illustration of the Main Central Vertical Universal Harmonizing Energy/Endocrine System and its relationship to music and primordial tones.

In the beginning [yes, everything has an “in the beginning”] of my study of Jin Shin Jyutsu, I was often in a rush to know what projects each flow helped. “Yes, and what else does that flow help?” In my rush to know more and more, I found myself skipping over the deep and profound simplicity of this Art. I have scribbled in my notes on the Main Central Vertical Universal Harmonizing Energy, “helps everything, helps the Endocrine System and the

glands, helps the 12 organ flows, and the 72,000 Special Body Function Energy (SBFE) both left and right and the 72 trillion cells.” (But on that one I always asked, “Who was counting?”) And, of course, wasn’t one of the first things we learned about the MCVUHE to “*never leave home without it, to do the self-help Main Central before we get out of bed every morning.*” You would think those simple and profound statements would have made me sit up and pay attention. Well, of course, they did but only for a moment and then on to the next page, and yes, “what does this flow help,” as if the MCVUHE wasn’t a show-stopper, a crowd pleaser, and couldn’t I have spent a little time delving into this Source of our Being, this Capital “B” Breath of Life, this higher fire element, this Will to Be, this Desire to Be. Okay, so it has taken me years to come full circle and start to pay attention to the simple power and meaning of the Main Central Vertical Universal Harmonizing Energy. Often we can absorb only so much at one time, and maybe I wasn’t ready for the deeper impact of this energy.

It was later in my Jin Shin Jyutsu study, learning and teaching that I knew I had to study the MCVUHE in relation to the Endocrine System. In fact every special topic class I come up with seems to be about the MCVUHE and one of its many facets. I had always been intrigued by Mary’s drawing of the Endocrine System and was particularly attracted to a quote from Joachim-Ernest Berendt, “*Before we make music, music makes us.*” Knowing that the best way to learn something is to teach it, I began a series of special topic classes on the *Main Central and the Endocrine System, Before We Make Music*, which sent me on the journey into understanding the vital importance of the Endocrine System and the endocrine glands to the overall health of our beings – mentally, emotionally, spiritually and physically.

It was with the deepening of this awareness of the power of the MCVUHE, the “magic wand” which connects heaven to earth, our head to our tail that this Ray of God, this “magic wand” – this lightning rod, this lighthouse, this ray or beam of light – is profoundly relevant to the alchemical process of turning sound and light into matter. If the 8th Depth is movement/sound/music and the 7th Depth is Light, then is it through the Endocrine System that the vibrations of sound and light are transmuted?

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Jin Shin Jyutsu In Psychiatric Care: A Case History

By Eika Bingden

Renate Kanigowski was a physiotherapist in the regional hospital for psychiatry in the town of Wehnen near Oldenburg, Germany. As part of her professional training, she got to know physio-acupuncture-therapy; however, working with this method did not feel appropriate to her. In a book about Schüssler-Salts she was given the hint that you can remove physical blockages with Jin Shin Jyutsu. In February 2001 she found out more about Jin Shin Jyutsu in a public lecture by Dr. Markus Dongowski and received a reference to the book *The Touch of Healing* by Alice Burmeister.

Immediately she started to hold particular Jin Shin Jyutsu sequences on her patients and gained firsthand experience. The self-help courses expanded her understanding of the healing art and made her curious about the 5-Day Basic Seminars, which she has attended annually since 2006. Gradually she employed the (re-)gained knowledge about the connection between body, mind and soul, especially in cases in which all conventional methods did not work. Many a success in treatments quickly got around to the practicing doctors and psychologists, and more prescriptions were given for Jin Shin Jyutsu. Sometimes she gave 5-6 treatments a day. The head of the physiotherapy ward had to restrict the weekly amount of Jin Shin Jyutsu treatments so that Renate could also do a certain amount of classical physiotherapy treatments. In the meantime she had established two patient self-help groups with whom she met once a week and carried out simple self-help exercises. When she gave up her job at the end of 2009 due to a changed personal situation, there occurred a vacuum for some time.

At the beginning of 2011, owing to a private contact between the business administration of the hospital and Dr. Markus Dongowski, Jin Shin Jyutsu was reintroduced to the renamed Karl-Jaspers-Clinic.

It was arranged to introduce Jin Shin Jyutsu during working hours as part of further internal training for interested nurses as well as employees in physiotherapy. Basic knowledge was to be acquired, putting the nursing crew in a position to have firsthand experience with the application of Jin Shin Jyutsu in the psychiatric field for self-help as well as for nursing intervention on various wards.

We decided to provide an overall view on the basis of Mary



Renate Kanigowski

Burmeister's Self-Help books 1, 2 and 3 for the participants, allowing them to experience Jin Shin Jyutsu in a simple way:

- for oneself
- for patients by offering self-help tips to them
- as nursing intervention.

Fourteen interested people registered for the skill enhancement.

The hospital together with the Rafael Publishing Company as well as the German Association for Mary Burmeister, Jin Shin Jyutsu, provided three introductory books by Mary Burmeister to the participants free of charge.

The four Wednesday afternoons were organized in a way starting with an explanation of the physio-philosophical background and was followed by practical experience of Jin Shin Jyutsu. What was studied in the three books varied during the four afternoons.

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From the Treatment Room

By Jill Pasquinelli

March 15, 2012: In my years of practice I must admit I've never had a day quite like this, and I feel compelled to tell the story.

It begins with my schedule. I have five clients scheduled in a row from 12 noon to 5 p.m. In order to follow this story, I'll name them in order of appearance:

Client #1 – Mary 12 noon

Client #2 – Gloria 1 p.m.

Client #3 – Helen 2 p.m.

Client #4 – Lily 3 p.m.

Client #5 – Chloe 4 p.m.

The day begins with my twelve noon client, Mary, showing up a few minutes late. She is going through chemotherapy and doing very well. But today is the day after chemo, and her pulses have that pounding metallic quality that I often find after chemotherapy. She tells me that while receiving her six-hour infusion yesterday, she had three different women come in and out during that time, also receiving chemo. They shared what kind of cancer they had, and she said, "You know we're all on the same journey, just different manifestations in the way it has shown up." All three women were much more advanced than my client. One was in such bad shape that they ended up taking her to the hospital. As she was going out, my client, who knows sign language, signed her that she was so sorry and would pray for her. The woman understood and there was a moment of eye contact and connection as she was being taken away. Then Mary slipped into a deep internal state—journeying, as she calls it, and going to her place

in the pines.

About halfway through Mary's session another client comes through the gate, someone scheduled for the previous day. She came in quietly and left. I wonder why she had shown up, but I continue on with Mary's treatment.

My 1 p.m. client, Gloria, shows up, and Saffron, my dog, is jumping in ecstasy to see her. They have a special relationship. Saffron actually asks to get onto the treatment table. And it's a mutual adoration society as well, because they treat each other! ...Not to mention, Gloria brings him treats regularly. So we settle in with Saffron placing one paw on Gloria's right 14 just as my 2 p.m. client, Helen, arrives at the door. I jump up and go to greet her, reminding her that her appointment is at 2 p.m. (as it has been for the last 3 months), and she reminds me that last week she told me that the 2 p.m. appointment wouldn't work for her this week, but she can come earlier. I said that my 1 p.m. client can be very flexible, and I will check to see if she can change. I was pretty sure it would work, so I told Helen that I will only call her if it doesn't work, but to assume I will see her at 1 p.m. unless she hears from me. Well...needless to say I forgot completely. As soon as I hung up the phone, it was gone from memory.

At this point Gloria gets off the table and says graciously, "Oh this is no problem, I'll just go and have a cup of tea and come back in an hour." Helen replies that Gloria doesn't really have to do that, it is o.k.; she (Helen) can leave instead. However, they work it

out, and Gloria goes out for tea while Helen gets on the table, leaving Saffron bewildered and confused. What is going on anyway?

The hour passes and I hear the gate open expecting to see Gloria, but instead there's a client who isn't scheduled at all, and her husband is with her. This elderly couple lived in the city for years and had just moved to a retirement place in Oakland. It had been a very traumatic experience for them. They sit down outside to wait. By now my head is spinning. What to do? They drive all the way over to my house from the East Bay in the rain – at least a 45-minute drive. So I let Helen out. Helen, while putting on her shoes, again thanks Gloria for being flexible, but she looks up and sees someone else instead – Doris from Oakland. I can see the perplexed look on her face, and I say with a smile, "Gloria's coming later." I wonder just how flexible Gloria will be...so at this point I turn it over to God and decide to pray it will all work out.

I invite Doris in, and as she gets on the table I explain that I will have to interrupt our session for a few minutes. Someone is coming, and I need to talk to them briefly. After a few minutes, I see Gloria's van pull up outside. So I quickly excuse myself and hurry out to meet her. She gets out and starts walking towards me with a big smile. I ask her, "Just how flexible are you? Someone who isn't scheduled at all has just arrived from Oakland for an appointment. I can see you at 5 today or tomorrow at 10. Will either of those work?" She laughs and assures me it is o.k. She will take the 10 a.m. tomorrow

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“Spring Equinox”...Cont’d. from p. 1

nurtures our individual creativity and the peak of our ego development. Mary taught us that 80% of our “breath” goes to the brain.

Sagittarius initiates elder age and corresponds to the Diaphragm Function Energy. The awareness of our spiritual identity expands through this learning phase of exploring higher consciousness. The keyword describing the function of the breath supporting our spiritual identity is ASPIRATION.

Aries, corresponding to the Lung Function Energy, is the first fire sign and represents our physical body and instinctual nature. The corresponding time of life is birth to seven years. The lung literally provides us with the breath that enlivens our being. We come into this life as a spiritual being. We come into the present incarnation as a result of selecting the “refresh” mode for experience on the physical plane to continue our individual spiritual evolution. When the lung is in harmony we experience the natural spontaneity of youthful exuberance as we discover who we are, the development of ego consciousness. We are instinctually driven to act, to explore, to discover “Who am I?” – as a result of interaction with the unlimited potential of this new unfolding opportunity – the “refresh” button in action.

The attributes of Aries, when out of balance or out of phase, are evidenced by the time of life that Aries rules, birth to seven years. As infants and children, Aries expect the world to revolve around them, which it literally does in their infancy. They can be self-serving, selfish, hardheaded, and often will act without thinking – hyper-independent and “thoughtless.” Their positive attributes are also independence, bravery, and adventurous pioneering natures. They are instinctually intelligent and spontaneous. They are natural warriors and explorers. The connection to the lung will manifest in disharmony when an individual is experiencing fear of life, as an overlay to the subconscious sense of loss and disconnect. This could be seen as asthma, bronchitis, or any lung ailment. When the lungs are strong, a person is supported with the physical energy to engage in life spontaneously and fearlessly.

Leo, corresponding to the Heart Function Energy, is the high point of the individuated ego development and expression of creativity. Leo is where we identify with ourselves as the center of the “universe.” The Sun, god of our local universe, rules Leo. You may have observed that the phenomenon of “young

masters of the universe” is an attitude which peaks at 28-35 years. This is the peak of belief in one’s individual abilities. From here on, life’s lessons and maturity begin to provide these beautiful idealistic youthful beings with “doubt,” or information indicating that perhaps they are not the center of the universe – darn! Aries (birth-7 years) don’t think about it; they will “act” as if they are the center; infants get all the feedback from life they need to assume that the sun rises and sets based on their needs. The fire signs complete with Sagittarius and the realization of just how small our “Sun” is in relationship to the universe.

The attributes of Leo in disharmony are evidenced by an unnatural need for attention. Ego insecurity drives the individual to seek approval from the outside as a result of not feeling it internally. A damaged ego from childhood will result in the individual craving attention and recognition; therefore, we see the Jin Shin Jyutsu attitude of “trying to” – trying to prove the worthiness of being noticed, loved, admired, etc. In harmony, Leo, ruled by the Sun and the Heart Function Energy, will be generous, affectionate, loyal, and creative. Leos can be natural leaders, great teachers, artists, and lovers.

Sagittarius corresponds to the **Diaphragm Function Energy**, and the spiritual phase of the breath, which begins in the lung, Second Depth, and the first stage of manifestation. Astrologically, Sagittarius is the culmination of spiritual development. It is the third manifestation of the fire signs (the Chest Flows). In the Diaphragm we experience Aspiration, and the physio-philosophy of our spiritual nature and the support of *prana*, or life/spirit force transmitted through the Diaphragm and the Sixth Depth or Bridge connecting us to Source.

The common expression of the Sagittarian “signature” in disharmony is arrogance. Sagittarius corresponds to the Diaphragm Function Energy in Jin Shin Jyutsu and the Sixth Depth. It is the masculine function of the Sixth Depth and assists in the exhaling process. When emotions get stuck or frozen in the body, the diaphragm often becomes restricted or “stiff.” The inability to exhale by definition limits receiving and relaxing. The Sixth Depth does not have a corresponding emotional

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Number 76

“From the Treatment Room” Cont’d. from p. 9

and get out of having to go to exercise class, and today she can go shopping. As she is leaving she says, “I think it’s the time change, don’t you?”

What a blessing! Truly grateful, I slip back into the house with the weight off my shoulders. I begin Doris’s treatment with the Breathing Flow, thinking this will be good for both of us, and indeed we both settle into the spaciousness of breath. Just as we are settling in and the pulses are falling into a pattern of organization, I hear the gate open and in comes my 3 p.m. client, Lily. It’s now 2:30. No, I’m not dreaming. This is for real, although I wonder if I am dreaming at this point. She gestures to me that she is tired and will go sit on the couch. I finish the session with Doris, who gets up and goes in the hall to put on her shoes. My 3 p.m. client, Lily, is stretched out on the couch. Doris is standing next to the couch facing me, and we’re finishing up our conversation. The whole time I’m looking over her shoulder at Lily stretched out on the couch and hoping Doris wouldn’t notice that someone is there. She leaves not noticing. I can’t say I handled this all professionally, but honestly I am flying by the seat of my pants.

Lily gets off the couch and explains that she was in the neighborhood and finished early and thought she’d come and wait in the car but it was too uncomfortable. Lily has been under incredible stress. A week ago her first grandchild had been diagnosed with Junior Rheumatoid Arthritis at 19 months. The whole family was in crisis, and I’d been treating Lily several times a week and advising her on which flows to use for her grandson daily as things were progressing. Needless to

say it was a very intense situation. The remarkable thing about it all is that Lily was demonstrating all of the same symptoms as her grandson. They are very close. This is something I haven’t seen so clearly before. I was thinking about the power of the energy of generation as we started the treatment. I felt like I was treating her grandson through her. It was remarkable. I also had her treating herself with flows that he needed when she couldn’t see him for one reason or another. It was powerful and was making a big difference in his symptoms and the way the disease wasn’t progressing. He went from not being able to walk and having no energy – to walking, talking, eating and singing! It was really beautiful to watch this unfold; I can only call it love.

Chloe, my 4 p.m. client, also arrives early. She comes in and sits on the stairs. Chloe had taken up kite-boarding lessons while in Israel, and in her first lesson broke her back. She is 30 years old. It’s a miracle she’s not paralyzed. I taught her parents opposite fingers and toes, which they gave her daily, several times a day. The doctors couldn’t understand why she wasn’t paralyzed. Chloe’s mother is one of Lily’s best friends. So as Lily gets up from her treatment and sees Chloe, there is an emotional reunion. After all, they haven’t seen each other in two weeks. They talk of the grandson’s situation and Chloe’s back condition. After about 15 minutes of this tearful encounter, Chloe gets on the table. She tells me that she finally met with the doctor here after returning from Israel. He too was amazed at her progress and asked her if she was paralyzed. She said she didn’t think so. I’m thinking, “Now the doctors have to ask if you’re paralyzed? What’s wrong with this picture?” Chloe

is obviously not paralyzed. In fact she’s been walking three miles a day. The difference and the progression of her pulses have been remarkable. At the end of her treatment, Chloe picks up her phone to make another Jin Shin Jyutsu appointment. She looks at her phone and says, “Oh, I have to go right now, there’s something I need to do for work.” And with that she disappears out the door.

I look down at Saffron whose head is cocked at an angle, looking at me as if to say, “What just happened here?” I breathe a sigh of relief and put on my coat to go walk Saffron.

I started thinking about the day’s events. It seemed everything was all over the place, out of control – yet it all worked out. There was very little I could do about any of it, so ultimately I surrendered, and it sorted itself out. I didn’t get lost in it, react to it, control it, resist it, judge it – I just went with it and prayed. Somehow I was able to hold myself still in the middle of incredible unpredictability. Not only was there a time change, but it was leap year. Things weren’t lining up as usual – but were out of order, or rather aligned to a new order. We just haven’t caught up yet it seems. A real First Depth experience, Saturn reflecting our relationship to boundaries, structure, rules, and time – the direction being center, center of the universe, center of myself. I have some catching up to do with the cosmos.

And for Saffron it will be a new day. Gloria will arrive again, just a day later! How great is that? And he’ll be on the table again, both receiving and giving a treatment. O lucky day! Everything is perfect, as it should be. ☺

“Ray of Light...” Cont’d. from p. 7

What is this “alchemical process” which transforms sound and light into matter? And how is the Endocrine System involved? To begin with, let’s look at the word “alchemy.” Alchemy comes from an Arabic phrase “*al-kimia.*” “*Kimia*” comes from the root word “*khem*” which refers to the black fertile soil of the Nile delta as differentiated from the surrounding desert and is one of the roots from which the word “chemical” ultimately derives. Esoterically the word refers to the dark mystery of the birth of matter from which all life emanates. Alchemy is the process of transformation of nature, of all the rhythmic growth processes of nature. It is in the dark fertile soil of the delta where growth can happen, not in the desert. Alchemy happens on all levels. We in the Western world are often focused on the physical level, but alchemy starts on the energetic level, turning sound and light into matter, then on the material level turning base metals into gold and seeds into plants, into trees and into fruits, eggs into animals. Alchemy is one of the fundamental laws of life, laws of nature. Life is a process of transforming; life is a process of chemicals interacting and transmuting from one element to another. From the creation of the cosmos to the transformation of our souls into matter, we are in a process of transforming sound and light into matter. Through the chemicals of the endocrine glands, human beings are a part of that process.

The power of music to transform the soul, to alter our mood, to raise our spirits, to open our hearts cannot be disputed. Music massages the soul and connects to the 8th Depth, the depth of magic, of creation energy, of movement and sound. In other words music changes our movement, enables us to move in a different fashion. Music, sound and movement are all ways to express the inexpressible. Maybe this is what the ancients meant by the nectar of the gods or the elixir of life, the chemical secretions of the Endocrine System which are awakened by the vibration of sound.

Let us continue by defining “endocrine.” Even the definition of words leads us to a deeper understanding of this system. *Endo* and *crinis* are Greek words which mean “inside, within” and “to secrete,” respectively. *Krinein* also means “to separate, to distinguish.” “Endocrine” as an adjective means “secreting internally.” To my mind from Mary’s illustration of the MCVUHE/Endocrine System, the endocrine glands are mediating sound/tone and light/color from the outside directly into the body, through chemical secretions released into the bloodstream. So the Main Central/Endocrine

System is the connecting link to the SOURCE of all SOURCES, 8th Depth, through the light of 7th Depth into 6th Depth, our individual source, and the Endocrine System is the communication system from the outside to the inside of the body.

The endocrine glands are our energetic physicians. They have been called the “guardians of our health.” The endocrine glands store energy and regulate the distribution of energy to the whole body. The endocrine glands bridge and connect the organs and the nervous system and the nervous system and the fluids/water. They release chemicals or secretions directly into the blood stream thereby affecting every cell in our body. These chemical messengers are called hormones. “Hormone” comes from a Greek word meaning impetus, impulse, to spur on, to urge on, in plain terms, “Get moving!” So our glands, through these hormones or chemical messengers, get life moving and promote all of our growth and development. They work together to balance and organize the whole body. They help in metabolizing our food, help in our sexual and reproductive functions and profoundly affect our moods. The Endocrine System governs the mystery of puberty, menopause and andropause. These hormones are so powerful that only a tiny amount can affect every cell in our body and cause profound changes. Hormones are the catalyst for life-promoting changes in our chemical make-up. They work slowly but powerfully. Although all cells have hormones, the major hormone producing glands are the pineal, mammillary, pituitary, thyroid, thymus, adrenals, pancreas and ovaries/testes. Our self-help Main Central jumper cables the area of each of these major endocrine glands.

When we look at the word “person” and examine its roots, we see that *per* is a prefix which means “by” or “through,” and *son* comes from the word “sonar,” which has to do with sound wave frequency. First comes sound then light at a higher frequency. In Spanish the word *sonar* means “to dream.” So a person is expressed through sound, or through dream. Then we add an “a” to the word, and we have “persona,” which means we have put a mask over the sound or the dream to present to the world.

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“Spring Equinox”...Cont’d. from p. 10

expression in the manner of the Depths 1-5, as presented by Mary Burmeister. This is because the Bridge contains the potential and integration for all the depths. In Mary’s terms it would be the “inclusive” function. The Sixth Depth has a similar function as the Main Central Vertical Flow; i.e., it is an immediate source for all the individualized flows. The Diaphragm, the masculine function of the Sixth Depth, is critical in assisting the body to receive the life force of *prana*. It IS the “RAINBOW BRIDGE.” I do not use the term “rainbow bridge” as metaphysical jargon. It is profoundly significant and is why it has found its way into multiple expressions, songs, books, etc. The “Light – the Spark” of the Seventh Depth bridging down into the Sixth Depth as Life, has an intrinsic correspondence to the seven major chakras/the endocrine system and the seven rays of the visible color spectrum. This rainbow message is the covenant signifying that God will never withdraw his Love. The Bridge transmits the Light of the Seventh Depth through the Sixth Depth as the spectrum of Love, supporting our individualized Spirit.

The Bridge connecting our individual spirit to the collective spirit functions with/as the breath. Mary told us that 36

conscious breaths would bring our being into harmony – 36 applications of giving and receiving, exhaling and inhaling – 3x12 corresponds to the 12 organ flows completed in the physical, mental, and spiritual dimensions – 4x9 corresponds to a completed cycle of the four elements: chest, finger, face, toe flows. I don’t know if 6x6 has a meaningful or useful correspondence. This brings to mind, the brilliant songwriter and musician David Byrne, and his song “*Like Humans Do*” – *I’m breathing in I’m breathing out*. It is a bit more poetic than Mary, but there we have the wisdom of the ubiquitous message, “JUST BREATHE.”

To recap:

The Lung Function Energy flow, corresponding to Aries, initiates the gift of a new incarnation, a new physical body. We take in the Breath of Life to commence this journey. The Heart Function Energy flow, corresponding to Leo, provides us with the inspiration and dedication to creatively express our individual identity. The Diaphragm Function Energy flow, corresponding to Sagittarius, provides us with the aspiration to expand our awareness and identity as we become aware of our spiritual nature.



“Ray of Light...” Cont’d. from p. 12

Ever since I was a child, I knew that music and movement had the power to transform my mood. One of my favorite activities was to turn on the stereo and dance. That delight/passion followed me all the way through college and into my early adulthood, when I danced and performed. Now through the power of chanting/*mudra* I have come to a deeper understanding of the power of the vibration of the word. What are these endocrine glands doing? Are they the alchemical process, which transforms music and light through their secretions to send messages to the whole body through the bloodstream? Is this why music is such a powerful instrument for transformation? It changes our mood and affects the hormones or chemical messages which are released into our bloodstream. The hormones carry these musical notes, these feelings, to every cell in our body.

Yes, yes, yes, it is true – all those things we say about the MCVUHE. It is true, and the truth is simple. We

just may not believe it the first time around, or for that matter, for the first 20 years. It appears that learning and understanding happen on many layers and filter through our subconscious to our consciousness and to our kinesthetic experiential understanding, where we know something not just intellectually, not just in words, but we know in the core of our being. We know in every cell of our body. That is the study and the learning I am interested in and that, as it turns out, has a lot to do with the Endocrine System/Endocrine Glands and the Main Central Vertical Universal Harmonizing Energy.

My simple handwritten notes under the Main Central flow on page 37, Text 1 – “helps everything, helps the Endocrine System and the glands, helps the 12 organ flows, and the 72,000 SBFE both left and right and the 72 trillion cells” are now resonating with a deep and profound truth. ☺

“JSJ in Psychiatric Care...” Cont’d. from p. 8

The participants clearly enjoyed the self-help exercises and received a relaxing and profound effect from the beginning when they did some of the self-help sequences on each other. From time to time the initial skepticism decreased; first reports were given at the second meeting of the group, and many participants considered how they could already integrate Jin Shin Jyutsu into their lives and their work. At the third and fourth event, one could sense that the spark of enthusiasm was ignited for most of them.

By the way, the participants received credit points from the hospital for this training course.

Following, the head of the nursing service, Ms. Jüttner, who looks upon this project benevolently, was asked by the participants to relate to the physicians and therapists that the nurses want the doctors to be informed about our project and the general ideas about Jin Shin Jyutsu.

At short notice we were given a twenty-minute opportunity during the weekly meetings of physicians and therapists to introduce Jin Shin Jyutsu and our present experience with it. We especially emphasized the simplicity combined with high effectiveness and the self-help aspect. During the subsequent short discussion, we also referred to the twenty years of clinical experience of Morristown Memorial Hospital in New Jersey, U.S.A. We got the impression that there is a certain openness for Jin Shin Jyutsu even in the medical profession.

One month later we met again with the training group. This time the question in the foreground was what kind

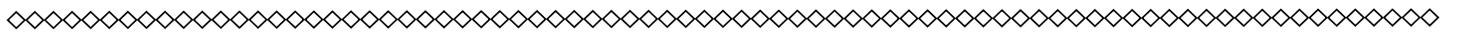
of experience had been gained and what help was still required in order to employ the knowledge. Besides the valuable personal experiences, there were actually several reports where Jin Shin Jyutsu had been employed in certain cases.

Especially in physiotherapy and on a ward for people suffering from depression, the nurses had started to offer a Jin Shin Jyutsu session to several patients and, without exception, had received positive feedback. Again we summed up the most important principles for the application of Jin Shin Jyutsu and outlined extensively the content of Mary’s three introductory books, thus encouraging those present to “simply” start.

In the meantime, a further month had passed by, and we had another discussion with the very committed head of skill enhancement, Ms. Machner, and the head of the nursing department, Ms. Jüttner. Both are great supporters of this action. In a detailed way they reported about the first beginnings which individual participants of the further training had described. Besides, a group already exists which meets on a monthly basis in order to exchange experiences. Many wish to attend a 5-Day Basic Seminar soon. We discussed the realization of this wish financially.

Within the coming six months, all experiences which have been gained in the use of Jin Shin Jyutsu, shall be collected and evaluated. Should the result be significant (which we assume it will!), a long-term project can be envisioned.

A beginning has been made!



A Call for Your Articles...

We learn so much from each other’s stories.

Please send me your submissions. Any length (but not too long) will do. We are especially interested in publishing practical applications of Jin Shin Jyutsu and how clients, family and friends have been helped. Send your articles to Karen@jsjinc.com.

Thanks, from the Editor

News from Scottsdale

100-Year Anniversary Celebration of Jin Shin Jyutsu in Scottsdale

In 1912 in the Mountains of Japan, Jiro Murai first discovered the keys that would enable him to develop the Art of Jin Shin Jyutsu. This year, in many communities around the world, Jin Shin Jyutsu friends and students will be joining together to honor this historic event.

In Scottsdale, Arizona, in conjunction with the Scottsdale 5-Day Basic Seminar taught by Wayne Hackett, we will be celebrating on Saturday, May 19, 2012, from 7 to 9:30 p.m. at the Gainey Suites Hotel. The celebration will include special footage of Mary Burmeister teaching Jin Shin Jyutsu in the late 1980s, a historical presentation of Jin Shin Jyutsu from 1912-2012, by David Burmeister and of course the loving presence and words of Wayne Hackett, one of Mary's early students and the first of her teachers selected to share this precious Art.

This Celebration on May 19, 2012, will be a cheese, wine and beer party that will also have iced tea and lemonade. There is limited space for this gathering and the cost will be \$15 for those of you who are not attending Wayne's class. For those of you in the class, it will be free of charge.

Please contact the office to register at \$15 per person on a first-come-first-served basis. It will be a fun night and opportunity for all of us to celebrate 100 years of Jin Shin Jyutsu.

Location: Gainey Suites Hotel, 7300 Gainey Suites Drive, Scottsdale, Arizona 85258

Date: Saturday May 19, 2012 from 7 to 9:30 pm.

Cost: Please send checks payable to Jin Shin Jyutsu, Inc. at 8719 E. San Alberto Dr. Scottsdale, AZ 85258. You can also pay by cash or credit card at the Office.

- As an excellent primer for Wayne's 5-Day Class, there is a 2-day Self-Help Class with: Sara Harper and Terry Matthews, on May 12-13, 2012 (Sat.-Sun.). For further details go to www.jsjinc.net, Click on the Classes tab, then the Scottsdale Office Classes tab.
- Spaces are available for the following Mentoring Classes in Scottsdale:
 - **July 30-August 3, 2012 (Mon.-Fri.) with Margareth Serra (in Portuguese)**
 - Margareth's pre-requisites are a minimum of 2 years experience and 5 five-day classes, or 4 five day classes and either 2 two-day Special Topic classes, or a Living The Art class. (One Now Know Myself or one Journey Continues class can count as 1 five-day class.)
 - **August 20-24, 2012 (Mon.-Fri.) with Jennifer Holmes**
 - Jennifer's pre-requisites are 3 five-day classes, 1 Living The Art class or 2 Special Topic classes and 2 yrs. experience.
 - **September 24-28, 2012 (Mon.-Fri.) with Cynthia Broshi**
 - Cynthia's pre-requisites are a minimum of 2 years ongoing practice and 5 five-day classes (can include 1 Now Know Myself or 1 Journey Continues class).

The Student/Practitioner Mentoring Program provides in-depth, practical study in a small group setting with an instructor. For one week, up to 9 student/practitioners will gather with one faculty member, and participate each day in eight hours of hands-on, discussion and other study activities. Each participant receives two sessions daily.

- For the most up-to-date information and changes to our class schedules, please consult www.jsjinc.net. ☺



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Fabulous Mentoring class with Wayne and Carlos in Dubai, Feb. 5-7, 2012

by Elisabeth Waddington

It is a blessing indeed, that the Jin Shin Jyutsu faculty has recently given permission, for a shortened version of the mentoring program to be taught outside of Scottsdale.

The emphasis of this class was on transformation rather than information. We 13 lucky ones received two daily sessions of hands-on, with the focus on EXPERIENCING Jin Shin Jyutsu and going within. An added bonus and absolute privilege was the opportunity, of being in trinities with Wayne and Carlos respectively for a while every day.

In awe of the Art, in silence, with deep exhales and sweet sighs..... “Aha – heaven and earth connected” as Mary says. This profound experience, has given us more awareness of ourselves and our transformation through our collective

growth. I so treasure the fleeting moments in the field of grace, during these special exchanges.

This class was simply heavenly and I dearly wish many more will get the opportunity to experience mentoring in their own communities. It is unique and an immensely valuable addition to the Jin Shin Jyutsu classes.

Thank you, Wayne – thank you, Carlos – for your generosity in sharing gems of wisdom and BE-ING with us in Dubai. We are ALL looking forward to the next time! ☺



Students of 3-Day Mentoring Class in Dubai with Wayne Hackett and Carlos Gutierrez