

THE MAIN CENTRAL

Jin Shin Jyutsu® Newsletter

Number 77 • SUMMER 2012

Presentation of a Beautiful Quilt at Celebration of 100 Years of Jin Shin Jyutsu

by Terry Matthews

On the evening of Saturday May 19th in Scottsdale, AZ, students and friends of Jin Shin Jyutsu joined with David Burmeister, Wayne Hackett, Muriel Carlton, Sara Harper and the Scottsdale Office staff to celebrate 100 years of Jin Shin Jyutsu.

The event began with longtime Jin Shin Jyutsu student and Organizer, Mary Shealy, presenting David Burmeister with a beautiful quilt that she had designed and quilted to commemorate the 100 year anniversary of Jin Shin Jyutsu. The quilt represents the order of transformation of the pulses, and on page 2 you will find a fuller description and more photos.

Initially the quilt will find its home on a wall in the Scottsdale headquarters of Jin Shin Jyutsu...a very fitting tribute to the many years of transformation that have taken place within these walls, beginning with the days when another Mary, our beloved founder, Mary Burmeister, treated thousands of clients from around the globe.

Come visit us and view!

With love
David Burmeister & the Office staff of
Jin Shin Jyutsu, Inc.



Page 2 is a thorough interpretation and description of the quilt by Mary Shealy with some photos of specific components of this lovely creation. More components appear on page 15.

Celebration of Light Quilt

Designed and quilted by Mary Shealy

Embroidery by Barbara Dathe

Donated to the Mary Burmeister Foundation, May 19, 2012

The theme of the quilt is the order of transformation through the depths, the 5-pointed star, the manifested man.

Size: 74" by 84"

Materials: 100% cotton and 100% cotton batik

Interpretation of the quilt:

The 5-pointed star in the center represents the order of transformation from the 7th Depth to 6th Depth bridging in at 3rd Depth, through the depths and bridging back to 6th Depth from the 4th Depth.

The colors signify the color and constant movement of the particular depth; gold, red orange, green, white, yellow, red, blue in the vivid swirling batik colors.

Each of the 5 points of the star is 36° of the 360° circle. 5 points = 180°, the vertical. The arms are horizontal, another 180°. Mary said, "...mathematics and geometry provide the keys within the body to perfect Universal order."

The Kanji placed in the 7th and 6th Depths frame Jiro Murai's inspiration of Jin Shin Jyutsu... manifested as a gift to man in the center of the 5-pointed star.

The sun embroidered in gold typifies the action of the 7th Depth and the embroidered moon in the 6th Depth images the reflection of the sun.

The Self-Help Hands are the tools gifted as connection to the light for our personal healing.

The embroidered Mudras, the beginning of Jin Shin Jyutsu, used by Jiro Murai, are surrounded by the illustrated colors of each depth. Mudras 1, 3, and 7 are descending energy – 5 and 6 descending and ascending – 2, 4, and 8 are ascending energy.

The borders of the quilt repeat the depth colors as they spiral into manifestation from 3rd Depth back to 7th Depth ending with the golden backing and bound with black with white dots and swirls.

From the nothingness is the movement of the "dot" to the field material, white with black dots, surrounding the manifested 5-pointed star.

The dedication on the front of the quilt reads:

**Celebration of Light
1912-2012**

Jiro Murai Mary Burmeister

*All relationships, things, and situations
"fits" into one or more of the six depths -
finally united into the seventh depth,
the Light from which all depths are.*

– Mary Burmeister, page 55, Text 2.





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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

A newsletter dedicated to the Art of Jin Shin Jyutsu
Physio-Philosophy

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Moving into the Great Unknown: A Life in Transition

By Jill Pasquinelli

Transition has to do with the unknown. In every transition we are always on the bridge in the process of leaving the old before coming into the new, passing through the gates into a new territory. What am I entering into? How do I handle uncertainty? This is the story of a life in transition. It's the embodiment of 9, endings and beginnings, completion, letting go, nothing and everything, change and death. It has helped me to further understand the meaning of 9 and how it translates in life.

The husband of a longtime client has been diagnosed with late stage bladder cancer and is in the process of dying. His name is Henry.

Henry has been a powerful man in his life, he's very prominent in his community, made millions, is always at the helm navigating forward into the future of possibilities seemingly without limitation. Growing a family, expanding a community, creating an empire, he was a very successful man.

I have watched over the years and find myself reflective now as I witness the current disintegration of this larger than life figure, now 82 years old, grapple with something not in his control. No matter how well-built and carried out, lives the dream that becomes manifest, it's also a part of it's nature to dissolve, so there's space for a new dream to incubate and be born...the embodiment of 3rd Depth, of a life well lived...the movement of Spring seeking limitless opportunities, growth and expansion, metamorphosis and creation, the dreams of life. We're constantly growing ourselves, recreating who we are in every given moment and at the same time dying to that which no longer belongs or is a part of us. This beautiful and brutal gift we have all in the same breath!

To me this is the ultimate expression of 9 and how the beginnings and endings are but two brief events that bookend the life's journey.

This giant of a man, diminishing in body, the heaviness of fatigue evident as he struggles to walk, his spirit remains strong even as the body is failing.

One of his sons is getting married in August, so everyone is orienting themselves around the goal of Henry making it to the wedding. It's such a poignant and momentous time, not without irony – one life passage beginning in a union, the other life ending – hoping for just one more celebration, one last party, just this last dance.

Continued on Page 11

FATIGUE FLOW ADJUSTMENT (TRINITY)

By Jennifer Holmes

Mary tells us, *“We need never know FATIGUE. Energy can never TIRE. It is our PERSONAL imbalance that causes FATIGUE.”*

Recently I experienced the result of my own imbalance and was able to experience the positive results of applying the Fatigue Flow quickie, page 60 Text 1, by cupping both hands on top of my head.

FOR QUICKIE revitalization of “run-down” energy:

1. Place Right fingers at top center of right half of head.
2. Place Left fingers at top center of left half of head.

There are times in life when we go through periods of feeling unwell. Sometimes minor disharmonies, such as toothache, a headache, stomachache, a sore ankle, etc., can be relatively easy to harmonize. I apply my self-help jumper cables or receive sessions from a practitioner. I may visit the dentist, doctor, naturopath or whichever professional I choose to help me. I may make some changes in diet, lifestyle and be forced to identify a negative belief pattern which has helped to create this disharmony. Gradually with time my disharmony reduces and I feel healed in body and spirit.

Then there are times when I feel more out of kilt and no matter how much jumper cabling I use, how many early nights I go to bed, my disharmony continues. I don't sleep well and toss and turn. I realize all is not well but cannot really understand quite why. I go through the day feeling grumpy and stressed. My limbs feel stiff and sore. I feel disconnected from Source.

Eckhart Tolle says in *Oeness with All Life*, page 106:

Stress always diminishes both the quality and effectiveness of what you do under its influence. There is also a strong link between stress and negative emotions, such as anxiety and anger. Stress is also toxic to the body. Unlike stress, enthusiasm has a high energy frequency and so resonates with the creative power of the universe. This is why Ralph Waldo Emerson said, “Nothing great has ever been achieved without enthusiasm.”

One afternoon I received a Jin Shin Jyutsu session from a fellow practitioner, thinking that I would feel restored and

rejuvenated. To my surprise, I began to feel more unwell. My nose and eyes watered, my throat hurt, and I began sneezing. Ah ha! I realized my Kidney Function Energy was low, and maybe I was coming down with a cold. Then in the wonderful state of receiving jumper cable energy, when I began to reconnect with my 6th Depth, I had the clear realization my 4th Depth, which is disharmonized by fear, was needing help.

I made the decision to lie down, take the phone off the hook, tell my family I was unavailable and quietly tuned into my body. I noticed my breathing was not flowing easily, my body felt really stiff and achy. I observed my thoughts. I was feeling fatigued.

Until this point I had been too busy in my jumbled thoughts, trying to get everything done before I departed on holiday to really listen to my body.

I began to relax and let go, asking my Higher Self for help, and gently cupped my hands on top of my head, the quickie for the Fatigue Flow. I really felt the pulse of 5th Depth deep within my head, where 5th Depth lives, continuing down the body to form the spine. With no resistance, only acceptance that this is how it is NOW, I began to deepen my breathing and opened to the beautiful energy of the Main Central Vertical Universal Harmonizing Energy. I am aware that within this energy is contained the Supervisors protecting and harmonizing both sides of my body and the activating principle of the Mediator Flow. (*Trinity Energy and Mediator*)

If we look at the FATIGUE FLOW Circulation Pattern we can see how it encircles the lungs. From this I know there is connection to enhancing the circulation around and in the lung area. Lung Function Energy is the prime mover for helping and building the body, the foundation of my life. When my lungs are functioning in harmony there is more oxygen available and all the other organ functions are supported. My 2nd Depth which helps me balance mind, body and spirit and promotes common sense in my life becomes stronger, Lung Function Energy being the inhale (cleaning) aspect on the organ function level.

Next I noticed how the Fatigue Flow Circulation Pattern flows up and down the arms and into the middle finger where Diaphragm Function Energy lives, supporting the core of my being.

I also noticed that some of the Circulation Pattern flows along the lymph pathways, and I am told this flow works on helping the lymphatic system, which cleans the body on the physical level. So I am beginning to understand that the Fatigue Flow is the BIG CLEANER flow helping me release toxins from foods, drugs, vaccinations and also toxins produced from my negative thinking.

From Margaret Matt's *Human Anatomy*, page 41:

Surrounding the cells is a fluid that picks up colloids, particles, electrolytes and wastes that are unable to return to the blood. The lymph system, a system of tubes like the venous system drains the fluids, which is called lymph. Lymph vessels unite to form larger and larger lymphatics and along the system

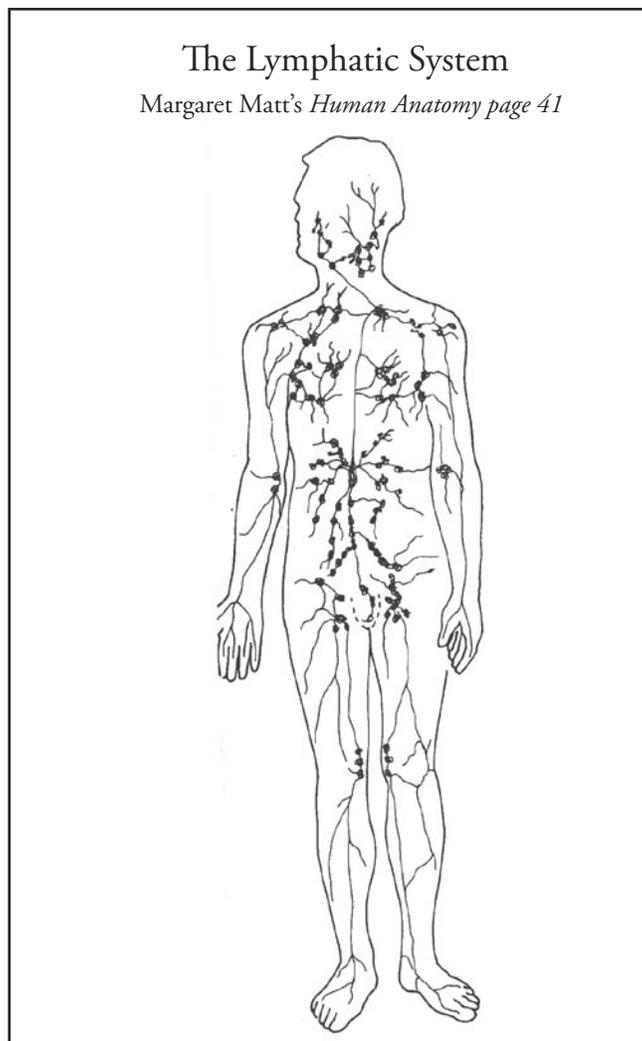
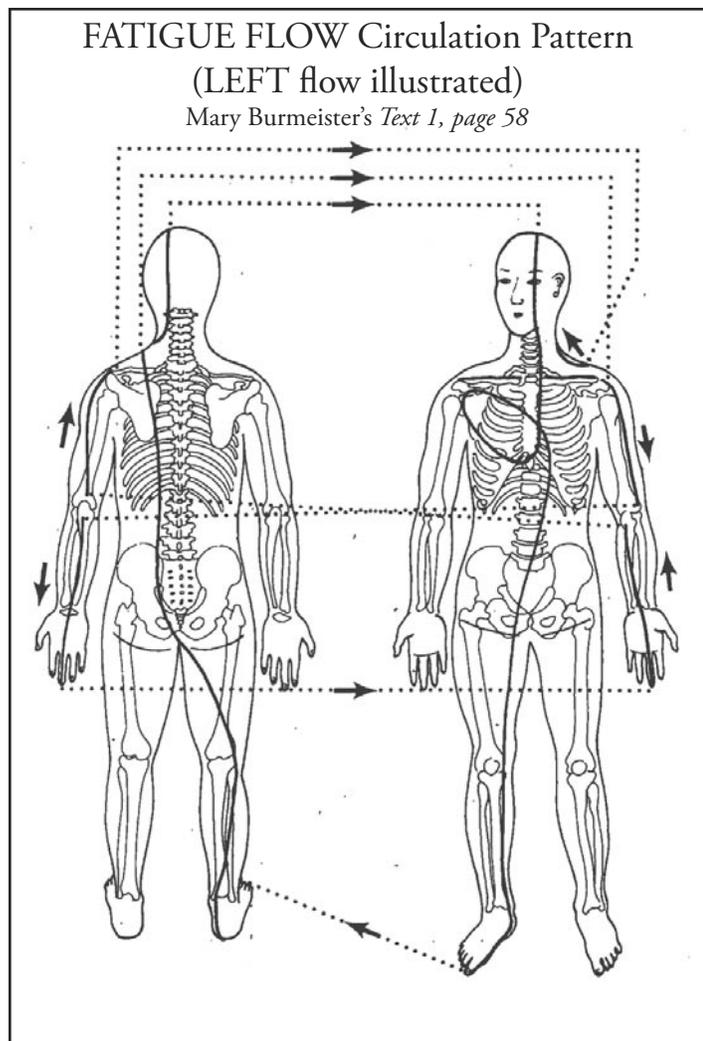
form lymph nodes that strain and purify lymph and remove infectious organisms and bacteria before the lymph returns to the blood.

The Fatigue Flow also works on the autoimmune system and longstanding chronic conditions, such as fibromyalgia, arthritis or cancers – in fact, anything which has become deeply ingrained and needs cleaning from the body.

We are told Jiro Murai gave Mary this flow for modern man's lifestyle, so it will also help accumulations from cell phone usage and exposure to electromagnetic fields. It also helps with tired, heavy bodies including pregnant women.

When I study pages 59 and 60 of Text 1, the Fatigue Flow Adjustment (Trinity), I see in my notes that you may take an hour to give this flow, staying on each step for 3 to 4 minutes. Then you can give the Mudras on page 47 as homework.

Article Continues on Page 6



SIMPLY HELP YOURSELF

Introducing a Jin Shin Jyutsu Self-Help DVD

by Juliane Barner

A few years ago Manuel Abascal and I got together to create a self-help DVD for low income people with serious conditions. The project came out of an "Open House" event of the Charlotte Maxwell Complementary Clinic (CMCC) in Oakland, CA, where Manuel and one of the founders were talking about other ways to help clients. CMCC is a state licensed health clinic providing free complementary alternative medical treatments to low income women with cancer. Every Friday, Saturday and Sunday modalities like acupuncture, Chinese and Western herbs, Jin Shin Jyutsu and massage, among others, are offered by dedicated women volunteers in addition to social services, transportation and organic produce and bread donated by local merchants.

I was a volunteer at CMCC for 10 years, primarily working for the InHome Comfort Care Program (IHCC) and serving as its program manager for 4 years. IHCC is an end of life service for clients with end stage cancer who are dying and no longer able to come to the clinic. They receive very gentle hands-on and/or emotional support at their home or facility.

In general, low income people lack accessibility to medical and/or alternative care. This means not only the inability to pay for care including alternative modalities such as Jin Shin Jyutsu, but also a lack of exposure and therefore awareness of alternative holistic medicine treatments and their effectiveness. A self-help DVD can promote outreach and offer a sense of personal power to individuals.

Over the years we created a beautiful DVD on a very low budget thanks to many extra portions of good will, dedication, generosity, love of the Art of Jin Shin Jyutsu and love of humanity by everybody involved.

We aspired to make the DVD in the spirit of Jin Shin Jyutsu, of Jiro Murai and Mary Burmeister – in the spirit of IT IS, IS. And I hope we accomplished that.

The project wasn't just easy. It experienced its share of bumps and took much longer than expected. Mistakes were made, and a lot has been learned. Hindsight – of course! How perfect, though, the debut of *Simply Help Yourself* in 2012! Not only because of the 100-year anniversary of Jiro Murai's discovery of the Art through self-help, but also of the change that is associated with this year and the years ahead.

The DVD is made in a way that it can easily be translated into other languages and we hope that in the future the DVD will be available in other languages spoken within the U.S. as well as other countries if funds and logistics allow it.

We are living in a time where more and more people are struggling on an economic level, are poor, and many are homeless. The need for help, for community and for change is great worldwide. This time, I believe, is also a time where alternative medicine, Jin Shin Jyutsu and other modalities, will become more visible and able to help humanity understand who we truly are and the healing powers within each of us.

And here, dear fellow Jin Shin Jyutsu practitioners, is where this project would like to invite you to become a part of it, to get involved in whatever way would work for you. If you are working or volunteering for organizations that serve individuals with low economic means – like community clinics, hospitals, nursing homes, prisons, organizations that help veterans, etc. – please request a DVD. Maybe this project encourages you to volunteer for an organization. Or you may want to make a donation and/or alert family, friends or organizations etc. about this project.

All are welcomed and appreciated. Let's build community and serve each other. We are all one.

With deep gratitude to: Manuel Abascal, Margo Shafer (editing and support), Jill Pasquinelli (voice), Donna Morton (demonstrating the exercises), David and Michael Burmeister, Jeanne Marie Brennan (Mary Burmeister Outreach), and many others for all their contributions, assistance and support for this project.

The Mary Burmeister-Jin Shin Jyutsu Outreach is providing free of charge a limited number of *Simply Help Yourself* DVDs for low income people. The DVDs are available only to low income people and/or practitioners or organizations that serve low income people. The *Simply Help Yourself* DVD will be duplicated and distributed by the Mary Burmeister-Jin Shin Jyutsu Outreach within the U.S. only.

To obtain a *Simply Help Yourself* DVD please send a written inquiry with information about yourself or your qualifying organization to:

Mary Burmeister-Jin Shin Jyutsu Outreach
c/o Jeanne Marie Brennan
414 Baxter Avenue, Suite 240
Louisville, KY 40204

Donations are gratefully appreciated and are tax deductible in the U.S. Donations may be sent to the above address or made online at [\JSJ Charities\ Outreach\ Help Others](http://www.jsjinc.com).

Jeanne Marie Brennan can also be reached at (502) 585-5524; fax (502) 584-5514 or email at mbjsj@yahoo.com.



A Brief Discussion of Some Relationships of Jin Shin Jyutsu to the Chakras

By Jed Schwartz

Jin Shin Jyutsu is a way to understand all the connections that create the universe... that we are the “microcosmos” that relates to the “macrocosmos.” By knowing ourselves, we can then know the entire universe. Another illustration of this is the chakra system expressed in yogic philosophy. Just as the *Kojiki* is the Record of Ancient History of Japan, there exists in the Hindu religion the Upanishads [literally meaning “to sit near the (Truth)”], philosophical texts relating the ancient story of the world from northern India.

Within the Upanishads the explanation of the chakras is told as an expression of the creative life force and life purpose. Just as with Jin Shin Jyutsu, it is the story of our evolution from Spirit to matter, from heaven to earth, from the top of our head to the bottom of our spine and back. The yogis understood that we evolve through the seven worlds (chakras) to connect back to the Source, the Light, which is expressed as the goddess Jyoti (meaning “light”), residing at the top of our head. In Jin Shin Jyutsu, the creation of the human being is seen through the six depths, with our Seventh Depth expressed as the light of the sun that descends around us.

The Sanskrit word *chakra* means “wheel” or “psychic center.” To understand this system, we need to look at the energy that flows through the body to create these seven wheels of life. The energy that flows through the spine is called the *kundalini* and literally means “coiled.” This “corporeal energy” lies coiled at the base of the spine. It is envisioned either as a goddess or else as a sleeping serpent, and sometimes is referred to as Shakti (the divine feminine creative power). The *kundalini* resides in the sacrum in three and a half coils and has been described as a residual power of pure desire. This power of the Serpentine Goddess, lying coiled at the base of the spine, waits to become awakened so that she may rise upward on her journey home. This is similar to the story in the *Kojiki* of the Sun Goddess, Amaterasu, who hides in a cave after being tormented by her brother, taking light and life with her. She hides in the cave until cajoled to come out and then returns to the sky, to bring light back into the world:

“When her brother, the storm-god Susanowa, ravaged the earth she retreated to a cave because he was so noisy. She closed the cave with a large boulder. Her disappearance deprived the world of light and life. Demons ruled the earth. The other gods used everything in their power to lure her out, but to no avail. Finally it was Uzume who succeeded. The laughter of the gods when they watched her comical and obscene dances aroused Amaterasu’s curiosity. When she emerged from her cave a streak of light escaped (a streak nowadays people call dawn). The goddess then saw her own brilliant reflection in a mirror which Uzume had hung in a nearby tree. When she drew closer for a better look, the gods grabbed her and pulled her out of the cave. She returned to the sky, and brought light back into the world.” – Kojiki

The serpent *Kundalini*, who lies coiled three and half times, is said to represent the three *gunas*. The *gunas* are the fundamental attributes that represent the natural evolutionary process through which the subtle becomes gross.

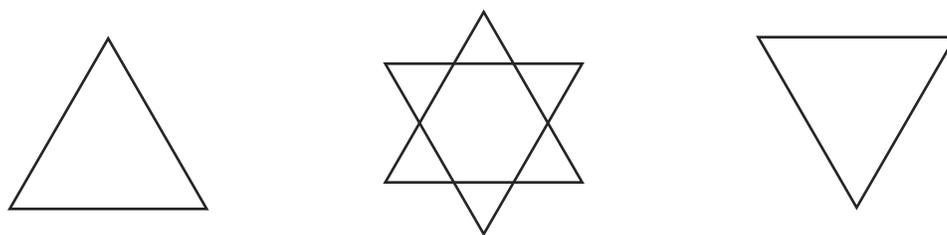
Relating this to Jin Shin Jyutsu we have:

Sattva : Essence (subtle) - relates to 13 and the bust line.

Rajas : Activity - relates to 14 and the waist line.

Tamas : Inertia (gross) - relates to 15 and the hip line.

Once *Kundalini* is awakened, she is protected by the Hindu god *Shiva* and his two sons. *Shiva* rules our pelvis, the resting home of *Kundalini*. His first son, *Ganesha*, protects her at our Root Chakra, helping us to break and dissolve all obstacles and ignorance, so that we can rise upward to our true self. *Skanda*, the second son of *Shiva*, guides the Goddess *Kundalini* as she rises up the spine. Within Jin Shin Jyutsu our manifested being is constantly supported by the invisible world of the Ninth, Eighth and Seventh Depths, the realm of the gods.



Shiva is the divine descending masculine energy of transformation (represented by the equilateral triangle pointing downward), and the *Shakti* is the divine ascending feminine energy (represented by the equilateral triangle pointing upward). Together we have creation with the star representing the union of the male and female forces.

Kundalini exists within us as three *nadis* (energy channels) that spiral up from the bottom of the spine to the head. The *Sushumna nadi* is the center channel or tube, similar to the Main Central Vertical flow and our spinal column. The *Ida nadi* flows up the left side of the spine and is related to the left Supervisory Flow. The *Pingala nadi* flows up the right side of the spine and relates to the Right Supervisory flow.

The *Ida* and *Pingala* spiral and weave around the *Sushumna*, bringing about the movement that relates to our Mediator. These two *nadis* cross the *Sushumna*, creating a vortex or wheel of energy, which is a chakra center. These centers relate to the nerve plexuses in our body physiology.

Just as we can discuss in great detail each of the depths, so too can we talk about each of the chakras, but for this article we will introduce only a few of the many relationships.

At the base of our spine is the first chakra, *Muladhara*, which means “foundation” and is expressed as a 4-petal lotus flower, and its color is red. It is located at the pelvic plexus between the anus and genitals, at the base of the spine. The pelvic plexus innervates the urinary bladder, prostate, *ductus deferens* and cranial urethra. It is supplied by the hypogastric and pelvic splanchnic nerves. Here is where we work on our physical security, survival and the beginning of manifesting on earth. It is our earth element, and as such it is related to our First Depth energy. Both are related to the planet Saturn and to the sense of smell.

At the lower abdomen is the second chakra, *Svadhithana*, which means, “dwelling place of the self,” and is expressed as a 6-petal lotus flower with the color orange. It is located at the hypogastric plexus, the genitals and the area of the low back and hips. The hypogastric plexus is a complex of nerve fibers in the pelvic area. Here is where we work on our emotional control, sexuality and the attitude of fear. It is our Water element and, as such, it is related to our Fourth Depth energy. Both are related to the planet Mercury and to the sense of taste.

At the navel is the third chakra, *Manipura*, which means, “The City of Gems,” and is expressed as a 10-petal lotus flower with the color yellow. It is located at the solar plexus and epigastric plexus. Here is where we work on our personal control, our will, ego and our domination of the world around us. It is our Fire element and, as such, is related to the Fifth Depth energy. Both are related to the planet Mars. The sense of eyesight is related to this chakra and, being near the waistline, it has a relationship with Jin Shin Jyutsu’s understanding of vision (Third Depth).

At the heart center is the fourth chakra, *Anahata*, which means, “unstricken,” and is expressed by the 12-petal lotus flower with the color green. Located at the cardiac plexus, the fourth chakra represents the balance between the lower and higher consciousness, our mortal common love and our love of others and humanity. It is our Air element and, as such, is related to the Second Depth energy. Both are related to the planet Venus and to the sense of touch.

Continued on Page 10

“Jin Shin Jyutsu and the Chakras”...Continued from page 9

At the throat area is the fifth chakra, *Vishuddha*, which means “pure,” and is expressed by the 16-petal lotus flower with the color blue. It is located at the carotid plexus and the pharyngeal plexus. The fifth chakra embodies our ability to express ourselves through communication and creativity. It is all the elements combined and, as such, is related to the Third Depth energy. Both are related to the planet Jupiter.

At the area between the eyebrows is the sixth chakra, *Ajna*, which means, “Authority, unlimited power,” and is expressed by a 2-petal lotus flower with the color indigo. Located at this Third Eye is the medulla plexus and the pineal plexus.

The sixth chakra is the conscience and reveals the insight of the visible and invisible worlds. It is related to our higher Self and thus to the Sixth Depth energy. Both are related to the Moon and to the consciousness of our soul.

The area at top of the head is the seventh chakra, *Sahasrara*, which means, “Empty void,” and is expressed by a thousand petal lotus flower with the color violet, located at the top of the cranium, the cerebral plexus. The seventh chakra is our connection to the universal identity and the teacher inside. It is our Source and as such is related to the Seventh Depth energy. The illusion of “individual self” is dissolved in the Seventh Depth and the seventh chakra. Both express the Light.

Looking at the Lumbar Circle, we see a common relation of the movement through the depths and chakras. The Lumbar Circle expresses the elements blending together to bring us into manifestation. Moving from Lumbar 5 upward we see the same movement as the chakras:

Lumbar 1 = 3rd Depth 5th Chakra

Lumbar 2 = 2nd Depth 4th Chakra

Lumbar 3 = 5th Depth 3rd Chakra

Lumbar 4 = 4th Depth 2nd Chakra

Lumbar 5 = 1st Depth 1st Chakra

The chakras are bringing the evolving human being through each level of consciousness for us to be whole and complete, starting from the gross and bringing us to the sublime.

When we move from Lumbar 5 to Lumbar 1, we experience the Earth energy rising back up to Spirit, just as the *Kundalini* energy – the Serpent power within us – spirals through the seven chakras back home to the Creator.

Just as with all things we may not at first see all the relationships as being in common. That is why we must continue to look deeper for the connections on other levels, one day seeing the oneness in all things.

As Mary says, *“Jin Shin Jyutsu is the study of worlds within worlds.”*



“The best way to understand why a disharmony recurs after consistent treatment is to go to the attitudes. The attitudes are at the bottom of everything.” – Mary

“Moving into the Great Unknown...” Continued from page 1

The fact is that the chemotherapy that Henry has been given for the last month has not been successful. The tumors have grown, he's having difficulty breathing, and the pain is unbearable.

The family has been looking into alternative treatments. Henry's four children, his wife, and many friends have dedicated themselves to the task of finding a cure, or at least some kind of treatment to extend his life for as much time as possible. He is already receiving Jin Shin Jyutsu, acupuncture and physical therapy, keeping him alive and allowing some quality of life. They also found a new treatment which is a chicken virus that is being used in Israel and in the U.S., but they're still doing trials on it. There have been some remarkable recoveries for some people with metastatic bladder cancer. Henry and his wife actually talked to one person on the phone from the Bay Area who made a recovery.

The doctors are now pushing a new chemotherapy...one that shows better results from testing his tumors. The tumors are more responsive. However, there's some question as to whether Henry is strong enough for another round of chemotherapy. This cancer is aggressive and moving fast, so they want to do it as soon as possible.

This could be a life or death decision. What's going to give the better outcome? A very well known acupuncturist and herbalist from this area said this is a time of limiting regret. Which decision will be the right one with the desired result? Will there be any regrets in choosing one or the other? Which one might grant the time Henry needs?

It's "let's make a deal" time. What kind of deal can he strike with God? What kind of bargain can he make? The irony is that Henry built his career on bargaining and winning. Part of this equation is regret management, not looking back and thinking if only.... There's no guarantee, no right answer, except maybe turning to that deeper instinct and knowing that guided Henry through his life.

As I watch and witness this process, it's so clear to me that this is Henry's journey, and only his. There is no better or wrong decision to be made, in fact I think the real thing at hand here is much bigger than any of us can imagine, the bigger picture of one's destiny.

This is another aspect of 3rd Depth where decision making and mystery lie together as part of the soul's journey, propelling us forward into unknown territory. We're making our path as we go along.

Henry picks the new chemotherapy. It seems the more secure choice that comes with doctors, approval, and studies behind it. The picture has the illusion of certainty or at least of buying time.

The family is happy about this choice. Hope is alive and wedding bells are ringing.

Henry will also begin the chicken virus a week after chemotherapy, starting with a lower dose.

I can see Henry surrender to some innate intelligence, some inner voice that is guiding him and directing him now. That inner knowing is his alone.

I watch him take in the miracles of life around him, hearing a song being sung for him, feeling the sun on his hand, coming alive as friends and family come up to talk to him while at the same time giving each and every one in the family an order, a direction or chore to do on his behalf. I have to laugh as I think it takes a village to attend to Henry. He's just so Henry and will be to the end.

I think that we die as we have lived, true to ourselves in being who we truly are with all of our gifts and limitations. ☯

Self-Help for People with Cancer

Dear friends,

I wish to express gratitude for this booklet. It is written with such grace and clarity! My friend and I are studying Jin Shin Jyutsu and wished we could help a young father with stage 4 colon cancer. We made a date to meet with him, and in the meantime, this beautiful help appeared on your website. We gave him some flows and sent the book home with him. His wife told me she is giving her husband flows now. What is so beautiful is that there really is something that can take the place of the feeling of fear and powerlessness that come with that big label. Bless you all.

Love,

Jan Finnan - 7/8/2012

Jin Shin Jyutsu in Egypt

By Tatiana Contreiras, Jin Shin Jyutsu Practitioner, São Paulo, Brazil

This story started during a trip to Egypt that my mother and I made in January 2012. Visiting such a special place had been a dream for a long time. Alone in a country so distant from Brazil and with such a different culture was not without difficulties. However, even with all the communication predicaments, we were helped and supported at all times.

In one of such instances we had the opportunity to meet Mr. Mohamed Ali, public relations officer of the hotel chain where we stayed in Luxor. He noticed our difficulty dealing with our travel agent on the phone and readily offered to help. It was then that we noticed great empathy between us, although we had already had the opportunity to marvel at the kindness and generosity of the Egyptians. We experienced the language of the smile, of eye contact and especially of allowing ourselves to give in to the natural flow of events.

Without speaking a single word of Arabic, we managed to communicate with everyone, and things flowed smoothly. For the first time, my mother and I experienced releasing rational control and letting something higher lead our way.

During our long conversation, Mohamed told us about the village he came from, Beshlaw, a settlement situated in the southernmost part of Egypt – an extremely poor place, deprived of the very basics in terms of healthcare, sanitation, education and housing. We were extremely touched by his account, and from that moment on have felt the desire to aid this person who struggles so hard to help his people. It was not by chance that we met him at the hotel lobby, and it was not by chance that he asked us: *“Do you believe in fate?”*

That was all we needed to know. That was our opportunity, the invitation from the universe to demonstrate our gratitude for the abundance we have always experienced in life. As a Jin Shin Jyutsu practitioner I have had the opportunity and honor to literally extend my hands to others, and for

this I am extremely grateful. That invitation from fate was not to be dismissed, and I started planning the idea of organizing a small mission of service and Jin Shin Jyutsu Self-Help for the population of that settlement.

We even thought of the possibility of training some key persons in the community to continue the work after our first visit. The idea is to sow a tiny Jin Shin Jyutsu seed, which can grow and bloom into fruits of love, compassion and healing on so many levels. Offering this art of harmonization to people in such precarious conditions could represent a major step in meeting some of their most pressing needs. After all, most of us are blessed with two hands.

A dear photographer friend of mine wrote a beautiful sentence in one of his books: *“On the path there is a stone and several extended hands.”* This is exactly the spirit of this initiative...to extend hands in support of this community.

As with all universal matters, all the help necessary for this action seems to be magically materializing, effortlessly – or rather, nearly effortlessly. Persons from different walks of life have extended their hands and this idea will have a chance of coming true, but we still need more hands.

It is our plan to visit the area in January 2013. Should you also wish to extend your hands, we would be eternally grateful.

To all who feel touched in life, our deepest gratitude.... To Mary Burmeister who gave us this opportunity, our eternal love and respect....

To extend a helping hand to Egypt, donations may be made online at [\JSJ charities\Outreach\ Help Others](http://www.jsjinc.com) or by sending donations to:

The Mary Burmeister-Jin Shin Jyutsu Outreach
414 Baxter Ave., Suite 240
Louisville, KY 40204

Attn: Jeanne Marie Brennan



Mary Burmeister-Jin Shin Jyutsu Outreach Seeks Volunteers for Egypt Project

Written by Jeanne Marie Brennan

A Jin Shin Jyutsu initiative will begin in Egypt, in a southern village near the Nile, and will take place from January 7-15, 2013. The name of the village is Beshlaw and it is located in the area of Luxor.

A team of 15 volunteer Jin Shin Jyutsu practitioners is desired and will be sufficient to meet the needs of this endeavor. Sessions will be provided to people of all ages in the village—children, teenagers, adults and elders. Self-Help instruction will be offered. This Jin Shin Jyutsu initiative will take place in an old school. Camp cots (for treatment tables), foam pads, sheets and stools will be purchased for session use by the Mary Burmeister-Jin Shin Jyutsu Outreach. A well illustrated emergency resource Self-Help manual is being prepared and translated into Arabic. A large quantity will be printed and distributed among the villagers. Self-Help books and *The Touch of Healing*, in Arabic, will be donated for those who can read. Among those who can read that will receive copies of the books are teachers and a pediatrician. There is a kitchen to prepare lunch for the volunteers.

Two preliminary visits have been made by Tatiana Contreiras from Brazil, and she was invited to treat at the village. On the first visit she held and treated a baby with a high fever and quickly the temperature was reduced. On the second visit a teacher experiencing severe liver pain asked Tatiana to treat him. An unusual and special authorization was given for him to receive Jin Shin Jyutsu while many

villagers observed. After the session, the teacher reported he felt great relief and an immense sensation of peace and tranquility.

The villagers suffer from many diseases including malnutrition, high blood pressure, diabetes, glaucoma, chronic liver diseases, cancer of the larynx and mouth, skin allergies, asthma and other respiratory diseases, cerebral palsy and seizures, rheumatic fever and congenital heart diseases, trauma, injury and fractures, and the pregnant women frequently die from eclampsia. The local community is very receptive and looking forward to our visit in January to begin the initiative.

To volunteer as a Jin Shin Jyutsu practitioner or obtain more information, please contact Tatiana Contreiras through email or skype. Via skype: tcontreirasdesouzaxavier. Email: contreirastatiana@gmail.com. Currently there are 5 volunteers from Brazil and 2 practitioners from the U.S. intending to participate in this project. To make a donation for purchase of supplies that will be provided by our Outreach please contact Jeanne Marie Brennan at email: mbjsjo@yahoo.com or phone (502) 584-5524. Donations may be made online at [\JSJ Charities\Outreach\Help Others](http://www.jsjinc.com) or by mailing a check payable to “Mary Burmeister-Jin Shin Jyutsu Outreach” to 414 Baxter Ave., Ste. 240, Louisville, KY 40204. Thank you in advance for your support of this project. ☺

News from Scottsdale

We are excited about the worldwide special event on October 13, 2012 celebrating 100 Years of Jin Shin Jyutsu. This will be part of a global event, where it is suggested that students hold the mudras for an hour between 3-4:00 p.m. in their respective time zones. See the back cover of this newsletter. In Scottsdale we anticipate there will be room for between 26 and 30 students on a first come first served basis. Sign up now to avoid disappointment. Plan to arrive by 2:45 to get ready.

A wonderful self-help booklet has recently been released on our website for people with cancer labels. It was written by Marie Blackford of New Zealand, who shares her experience of working through breast cancer and how she used Jin Shin Jyutsu to help with her healing. You can find the booklet in English on the American Jin Shin Jyutsu website, www.jsjinc.net. On the right side of the home page, see the section “Jin Shin Jyutsu news,” and click on the link to our articles section. Her booklet is listed there.

There are still spaces available in the following Scottsdale Mentoring Program classes:
July 30-August 3, 2012 – Instructor: Margareth Umeoka Serra in Portuguese
August 20-24, 2012 – Instructor: Jennifer Holmes
September 24-29, 2012 – Instructor: Cynthia Broshi

Horses in the Classroom?

by Gail Okray and Carol Welhouse

You should have been there to experience the moment as the whole class watched two beautiful horses walk into the building, then continue right into the classroom without hesitation. The honored guests had arrived, and they knew it! This was just the first day of the two-day class on June 23, 2011, in Green Bay, Wisconsin, for Lynne Pflueger's *Helping our Animal Friends* class.

This class was designed for students who had attended at least one 5-day basic class and have a passion to help animals. In the interest of simplicity, Lynne primarily used flows from *Self-Help Book 2*. The two text books can be useful as well.

During class Lynne guided students to expand their knowledge of the relationships in both texts during treatment time.

Day one began with a dog party, small and large and hairy. Buddy, a cocker spaniel, came to class with an inner ear infection, and a veterinarian recommendation of a six-month prescription for antibiotics. Refusing to eat or drink the day before class, he walked to the treatment table with his head tilted to one side. Lynne's hands were directed to Safety Energy Lock 12 on the Kidney Function Energy line and the coccyx. Buddy was treated twice the first day of class and once on the second day. The tilt of his head straightened, his tail wagged, and he finally began to eat and drink.

Students saw a variety of breeds and projects that day. Many dogs were treated including a Newfoundland, several Boston terriers, and a mixed breed rescue dog with an anxiety project. All were happy to come for treatment, feeling better when they left. There was also time for students to have hands-on with dogs, exploring Safety Energy Lock locations and practicing flows.

The honored guests arrived late afternoon bathed and groomed, even with braided manes and tails. Looking marvelous, Penny, a quarter horse, looked in the door and calmly entered the room filled with people as well as other animals. Majestic, a Tennessee walker, followed Penny. The horses filled the classroom with their presence. Each horse allowed anyone to touch them and to experience hands-on with a large animal. What an end to great day!

Day two took an interesting twist. Besides having the horses, a variety of dogs...including a Kerry blue terrier, curly-coated retrievers, a yellow Labrador retriever, an American cocker spaniel, both buff and tri-colored, and a chow...our horizons were expanded by two chickens, a guinea pig and three eight-week-old kittens.

Malrkie, the nine-month-old guinea pig, was perfect and nevertheless received a short treatment.

Cinnamon, the never-ending crowing rooster, wanted his treatment. Lynne stated, "Sounds like shouting. Let's give him a liver flow." Lynne placed her hands on Cinnamon and he melted, right down onto the table, placed his head down and closed his eyes. What complete trust! Normally chickens roost on a perch to sleep; they would be very vulnerable if they fell asleep while on the ground. Yet this rooster did exactly that. He placed his beak on the ground and closed his eyes and fell asleep. This needy greedy rooster received treatment from several other students that day.

The three little kittens were excellent during their sessions. They enjoyed being treated by students, quickly fell asleep during the sessions and just lay on the table.

Lynne allowed plenty of time for students to experience hands-on time with dogs, horses, kittens, chickens and guinea pig. After two days of hands-on, the animals were blissful. Some of the dogs, normally allergic to the kittens or chickens, had no difficulty sleeping side by side.

Thank you, thank you, thank you, Lynne, for coming. ☺

Lynne with Ginger



Above: Majestic, a Tennessee walker and Jessica.

Below: The never-ending crowing rooster, Cinnamon



Above: Holding the 15s on Noodle the little kitten.

Below: Lynne and Mary with Penney, a quarter horse



Why sadness and mourning can be so devastating and disharmonizing....

By Marna Schauten-Kruijt, The Netherlands

When Suzy came to my practice for the first time I saw a beautiful lady of 62 years old. She tells me a little part of her story. And I tell her little bit about how I work and I suggest beginning.

So she lies down and I feel her pulse and start with the 11/12 flow. Soon I feel the energy moving in high waves throughout her body and feel even a little bit seasick. I also feel a lot of sadness. I talk with Suzy about my feelings, and she tells me about the great sudden loss of her son-in-law in September 2010. They are all very sad and shocked by what happened. During his work, this 36 year-old man fell down and died a couple of days later in the hospital. He literally fell out of their lives. He is very missed by Suzy's daughter and Suzy. Since this happened Suzy feels very out of balance and very sad, and she does not really know how to go on from here.

After the 11/12 flow, the pulse and my intuition told me to do a Mediator

Flow. While doing this nice comforting flow I think about the "why" of this flow and the connection with sadness and mourning. I think about sadness and the Second Depth and the Safety Energy Locks in the Second Depth. Suddenly I see the devastation and the imbalance as a result of sadness and mourning.

A lot of the Safety Energy Locks living in the Second Depth have a pretty direct relationship with the three levels: BUST LINE (#13 and #10), WAIST LINE (#9, #14, and #12), HIP LINE (#15 and #11). So sadness gives disharmony on all three main levels, and the devastation is complete. This insight made it clear to me why the Mediator came to me as a flow to help the harmony become more in balance on all three main levels – Bust line, Waist Line and Hip Line. Also made clear to me is how devastating sadness can be because it disharmonizes all levels of being through the Safety Energy Locks of the Second Depth.

Of course, the first flow that came to me, the 11/12 Flow, is a Second Depth flow. Also a connection is here with the hip line and waist line levels harmonizing through the #11 (with #15 and #2) and the #12 (with #14 and #9/23).

The insight of this treatment was felt as a present and a gift, and I really felt the need to share this experience with readers of this newsletter.

A few weeks later I gave a session to a man, and again I felt similar high waves going through his body and a lot of sadness. Now I recognized it as deep sadness and probably mourning. At the end of the session the man was crying, and we didn't talk much. I only let him know that I perceived his sadness. Twenty minutes later he gave me a big hug without saying a word. Four days later he told me his story of loss and mourning. ☯

More patches from the quilt...





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100 years of Jin Shin Jyutsu

On October 13, 2012 we want to celebrate this jubilee in many places all around the world at the same time.

It's our suggestion to practice the mudras at 3-4 p.m. So far, there are people in Austria, Switzerland, Germany, the United Arab Emirates, Nepal and America who will participate. We all can practice in our own individual time zone, so this event will travel around the world from time zone to time zone.

We invite you to take part in this event, to announce your own event. Whatever you like to do – meet with friends, invite some official guests, have an open house – every event is welcome! Also a lot of individuals are planning to participate privately. You can view a list of events that are planned worldwide so far on the website: www.100-jahre-jsj.de/en

Let us share our ideas and do our flows on that day with each other in mind – wherever we are. And those who don't want to offer an event themselves or do the flows on their own will hopefully find an event to take part in on the above website.