

Introducing

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Book I

by Mary Burmeister

**JIN SHIN JYUTSU IS.
Getting to KNOW (Help) MYSELF
Art of Living**

Master Jiro Murai

by Mary Burmeister

JIN SHIN JYUTSU IS.

Getting to KNOW (Help) MYSELF
Art of Living

BOOK I

Basic Daily Tension Releases for MYSELF



Illustrations by M. and A. Mangino

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*Dedicated to Master Jiro Murai and
My beloved father and mother*

Mary Burmeister

TRIBUTE

To the most loving and patient, sorely neglected family, Gil,
Michael, David, Alice, Helen and Pat.

ACKNOWLEDGMENT

For the selfless love, dedication, encouragement, and patience in the sharing of the Getting to KNOW (Help) MYSELF, it is with love and affection that I acknowledge the countless students and friends.



JIN SHIN JYUTSU IS. – the Getting to KNOW (Help) MYSELF is not intended to be a substitute for regular medical attention by the recognized medical authorities.



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1. INTRODUCING: JIN SHIN JYUTSU IS.

JIN is man of KNOWING, compassion;

SHIN is Creator;

JYUTSU is art.

(Creator's art personally for MYSELF.)

Art of Getting to KNOW (Help) MYSELF

According to ancient written records, which remain in the Archives of the Imperial Palace in Japan, JIN SHIN JYUTSU IS was widely known before the birth of Gautama Buddha (India); before the birth of Moses (recorded in the Bible); and before Kojiki (Record of Ancient Things, Japan, A.D. 712). Jin Shin Jyutsu is an innate part of man's wisdom.

For many centuries the KEYS to the treasures of Jin Shin Jyutsu were passed from generation to generation by verbal teachings. Gradually these keys began to fade until the true concept of this art was virtually lost. The rediscovery of these ancient treasures came about by Master Jiro Murai of Japan, in the early 1900's.

Master Murai was born before the turn of the century into a family of long-lined medical professionals. He chose not to follow family tradition and began his search for the true meaning of life. During his wanderings he became terminally ill with an unknown illness. No one could be found to help him. His own family could do nothing but to watch him fade away. Master Murai never lost faith. He began to wonder about the great men in the past of whom he had read about experiencing miracles and enlightenment through quiet meditation and what would become the art of Jin Shin Jyutsu. He finally requested his family to carry him on a stretcher up to their mountain cabin. He wanted to be alone. He asked them to leave him in solitude for seven days and to return on the eighth day to see the outcome.

In the stillness of the mountain splendor Master Murai meditated and experienced the art of Jin Shin Jyutsu. Each day passed on to the next, becoming conscious and unconscious, with his physical body experiencing loss of heat each day. Then on the seventh day he experienced a feeling of being lifted out of the deep-freeze and thrown into a furnace of fire. When this tremendous heat subsided, he felt no more discomforts. It was like after the passing of a terrible storm. The quiet, the calm, the peace encompassed his whole being. To his amazement and disbelief, he was completely healed. He immediately dropped to his knees and thanked the Creator and vowed that he would dedicate his remaining years to the study of this art of Jin Shin Jyutsu and dedicate his findings to Ise Jingu (the Imperial Shrine at Ise, chief cultural center of Amaterasu since the first century A.D.) for mankind. This he did accomplish.

In the late 1940's I was guided to Master Murai. At the time of our meeting I was "searching" for that "something," which I believe each one of us experiences at one time or another in our lifetime.

Master Murai greeted me with, "Would you like to study with me to take a 'gift' from Japan to America?" – just a simple question. I had no idea of the depth of its meaning at the time. So just as simply I replied, "Yes."

Upon my attending his first lecture, I was filled with humility and awe of the "WHY" I was here. My "search" ended and an art of LIVING opened up for me. It was not until nearly thirty years later of continued study that the impact of the meaning in Master Murai's first greeting became a reality to me.

JIN SHIN JYUTSU is truly the art of happiness, the art of longevity and the art of benevolence. It is the Creator's art personally for MYSELF, the art of Getting to KNOW (Help) MYSELF.

The art of LIVING is simple. We complicate it in our efforts to try to live, or is it to exist? Jin Shin Jyutsu is beautifully simplifying the complexities of existing into an art of LIVING.

Introducing Jin Shin Jyutsu "is," is only to awaken our AWARENESS as to what "being" is. It is simply the Getting to KNOW (Help) MYSELF.

Through Jin Shin Jyutsu our awareness is awakened to the simple fact that all that is needed for harmony and balance (rhythm with the universe) physically, mentally, emotionally, digestively and spiritually is within MYSELF. Through this awareness, the feeling of complete peace, serenity, security, the oneness within is evident. No person, situation or thing can take these away from MYSELF. All fears (the basis of all disharmony) begin to dissipate one by one and all unnecessary burdens are unloaded from our shoulders to make way for the complete harmony within and without. There is no room for feelings of competition and comparison in our everyday LIVING. There is only the present state of BE-ing, which already is our "past" and the foundation of our "future."

It is the Getting to KNOW (Help) MYSELF.

2. AWARENESS of Universal Energy

Jin Shin Jyutsu reveals the knowing of our main universal revitalizing energy, which follows a circulatory pattern. This energy descends the front (anterior) and ascends the back (posterior) of the body. It is our source of life. This energy revitalizes all of our “individualized” body function energy circulation patterns. The rhythm of this energy cannot be destroyed, but abuses to the body knowingly or unknowingly can affect the supply of energy for the proper functioning of our “individualized” body function energy circulation patterns. It is the Getting to KNOW (Help) MYSELF. (Figs. 1, 2, 3, and 4) (Pgs. 15, 16, 17, 18, 19, 20)

Now the question arises as to what is energy and its various circulatory patterns. The simple way to understand this is:

What makes the heart beat?

What makes breathing possible?

What makes digestion possible?

What makes the car engine start when you turn on the key?

What makes the car lights turn on?

The answer to the last two questions would simply be:

“The BATTERY of the car.” The battery is the necessary energy source for the various functions of the car.

The answer to what is energy for the body would simply be:

“The BATTERY of life.” Energy source is necessary for the various functions of the body.

1. Jin Shin Jyutsu is the KNOWING of who, what, where, when, why and how the flow of the BATTERY of life can be kept revitalized. The battery of life is “eternally guaranteed” with a “jumper cable” attached.
2. Jin Shin Jyutsu is the knowing of the body’s vital force of life, the source. (Figs. 1 and 2) (Pgs. 15, 16, 17)
3. Jin Shin Jyutsu is the knowing of our 12 “individualized” body energy function flows. When harmony is disrupted, it becomes causes for various tensions. Disharmony or tensions are results of our “individualized” daily eating and physical habits, mental and emotional anxieties, hereditary characteristics, and/or accidents causing injuries to the body.

Jin Shin Jyutsu is the knowing of how to revitalize our twelve “individualized” body energy function flows through the universal energy. (Figs. 5, 6, 7, 8, and 9) (Pgs. 22 through 37)

4. Jin Shin Jyutsu is the knowing of the 26 “safety energy locks.” (Figs. 3 and 4)

By utilizing one or a combination of the 26 “keys” (energy unlocking sequence) the tensions, the causes of imbalances, may be unlocked for the proper functioning of the body.

All of our “individualized” body function energy is revitalized through these sequences.

The number 26 means “complete” – the present state of BE-ing.

5. Jin Shin Jyutsu is a “built-in” simple art of LIVING, Getting to KNOW (Help) MYSELF. It is an art and not a technique. An art requires much understanding and is creative, which is simple. A technique requires much effort in memorizing and is imitative, has limitations and is competitive, therefore, complex.
6. Jin Shin Jyutsu is simple. It is the awakening of the MYSELF awareness for maintenance of health, happiness, longevity and benevolence. This knowing is endowed equally to all. It is the Creator’s art personally for MYSELF to be utilized with humility and awe, the Getting to KNOW (Help) MYSELF.

3. APPLICATION of awareness:

1. Relax – if unable to relax, just be as you are. There is no need to try to relax. In time one can be able to relax without trying. We are human BE-ings, not human TRY-ings, or DO-ings, or STRIV-ings. We are just simply human BE-ings. Visualize a “braking” system or “safety energy locking” system within us. As we abuse our body in our daily routine mentally, emotionally, digestively or physically, our “braking” or “safety energy locking” system becomes “activated”. This is simply to let us know we are abusing our body. The knowing of Jin Shin Jyutsu awakens our awareness that we must change our ways to keep stress from accumulating in our body.
2. Sit, stand, lie down, whatever position and wherever it is most convenient, practical and comfortable.
3. Apply each “connection” or step until rhythmic pulsation can be felt. However, at first, until the sequences become a part of your art of LIVING, just apply a few minutes at a time to each step. If there are 4 steps in a sequence and you have about 15 minutes to spare, apply about 3 or 4 minutes to each step. All sequences can be adjusted to MYSELF. In time the awareness of being in rhythm with the universal energy will become an art of LIVING, an art “personally” for MYSELF, the Getting to KNOW (Help) MYSELF.

4. There are sequences for the right side and left side of the body. Since our daily art of LIVING does not normally utilize the left and right sides of the body equally, the one side or the other becomes more taxed than the other. This imbalance causes tensions.

Our awareness begins to develop to determine whether the right side or the left side of the body is more tense. Then only the sequence for the tense side need be applied. However, until this awareness is developed, sequences for both the left and right sides may be applied. The side that is less tense will just naturally take less time for the energy pulsation to get back into rhythm with the universe.

5. The sequences are applied fully clothed. The revitalizing may be accomplished effectively over clothing, bandage, brace or cast.
6. The palm, tip of thumb, one finger, or fingers, the palm or back of the hand may be utilized — whichever is most appropriate, comfortable, or convenient at the time.

7. It is not necessary to apply too much pressure, rub, or massage.

(Visualize your two hands as being like a “jumper cable.” No strength is required, just apply.)

8. It is the daily application of the simple sequences that will accomplish results as well as develop patience. The knowing of the sequences but not applying them will not accomplish results. It is awakening the awareness of the Getting to KNOW (Help) MYSELF, which will accomplish results.

- 9a. PROJECT I is to be applied daily. It may be applied before getting out of bed in the morning, during the day, and/or before falling asleep at night. This simple sequence takes only a few minutes, or as much time as can be spared. There are only 6 steps for the first sequence and only 3 steps each for the second set of sequences. This project acts as a “warm-up” sequence in the mornings and as a “clean-up” sequence (for accumulated tensions of the day) in the evenings. If time does not allow the application of all of the above 12 steps, only the 6 steps or the 3 steps may be utilized. There are no set rules. Everything can be “custom-built” by you for you to suit your convenience. (Figs. 1, 2, 3, and 4) (Pgs. 15 through 20)

- b. PROJECT II is to be applied daily. Relax and become aware of your main ATTITUDE of the moment. Refer to the sequence for that particular attitude. (Figs. 5, 6, 7, 8 and 9) (Pgs. 22 through 37)

- (1) WORRY – 3 steps, or as a “quickie” hold thumb.

WORRY
Fig. 5



(Refer to PROJECT II – No. 1 Attitude Worry.) (Pgs. 22, 23, 24, 25)

- (2) FEAR – 3 steps, or as a “quickie” hold index finger.

FEAR
Fig. 6



(Refer to PROJECT II – No. 2 Attitude Fear.) (Pgs. 26, 27, 28)

- (3) ANGER – 3 steps, or as a “quickie” middle finger.

ANGER
Fig. 7



(Refer to PROJECT II – No. 3 Attitude Anger.) (Pgs. 29, 30, 31)

- (4) GRIEF – 4 steps, or as a “quickie” hold ring finger.

GRIEF
Fig. 8



(Refer to PROJECT II – No. 4 Attitude Grief.) (Pgs. 32, 33, 34, 35)

- (5) PRETENSE – (crying on the inside and laughing on the outside) – 2 steps, or as a “quickie” hold little finger.

PRETENSE
Fig. 9



(Refer to PROJECT II – No. 5 Attitude Pretense.) (Pgs. 36, 37)

The awareness of the moment (the breath),
one's present state of being will become an
art of LIVING.

- c. PROJECT III is to be applied daily. These three sequences may be applied at one's convenient time. All three sequences do not have to be applied at one time. (Figs. 10, 11, 12, 13, 14 and 15)
- (1) The first sequence of 5 steps renews energy for all of one's "individualized" body energy function.
(Refer to PROJECT III – No. 1 For general daily energy revitalizing.) (Figs. 10 and 11) (Pgs. 39 through 42)
- (2) The second sequence releases all accumulated tensions of the day from the head to the toes, the anterior (front) of the body, the mental, emotional and digestive.
(Refer to PROJECT III – No. 2 For general daily energy revitalizing.) (Figs. 12 and 13) (Pgs. 43 through 47)
- (3) The third sequence of 5 steps releases all accumulated tensions of the day from the head to the toes, the posterior (back) of the body, the mental, emotional and physical.
(Refer to PROJECT III – No. 3 For general daily "individualized" body energy revitalizing of posterior descending [down the back] energy.) (Figs. 14 and 15) (Pgs. 48, 49, 50)
- d. PROJECT IV is to be applied daily where needed. (Pgs. 22 through 37 and 51 through 56)
The ten sequences will soon become your "individualized" art of LIVING. (Figs. 5, 6, 7, 8, 9, 16, 17, 18, 19, 20, 21, and 22)

Simply – Getting to KNOW (Help) MYSELF

4. Getting to KNOW (Help) MYSELF:

PROJECT NO. I – SOURCE OF LIFE

1. Main Central Vertical Harmonizing Energy (Universal)
(Refer to Figs. 1 and 2)

(This is our Source of Life. We are as harmonious or out of rhythm as is the energy supply from this source. In fact, this is our present state of being – in health or ailing.)

To be in harmony with this source the following simple daily maintenance sequence is all that is required.

- 1a: Place right finger, fingers, or palm on top center of head.
(Fig. 1)



Fig. 1

- 1b: Place left finger or fingers between the eyebrows.

(Revitalizes the deep body energy circulation, memory; dissipates senility.)
(Fig. 1)

- 2: Do not remove right hand at center top of head. Replace only left finger or fingers to tip of nose. (Fig. 1 – nose)

(Revitalizes superficial body energy circulation, also reproductive functions.)



Fig. 1

- 3: Continue holding top center of head with right hand. Replace only left finger or fingers to between the breasts on the sternum (breastbone). (Fig. 1 – between breasts)

(Revitalizes breathing [lungs] and pelvic girdle [hips] energy.)

- 4: Still holding top center of head with right hand, replace only left finger or fingers to base of sternum (pit of stomach). (Fig. 1 – base of breastbone)

(Revitalizes the SOURCE OF LIFE energy, both ascending and descending.)

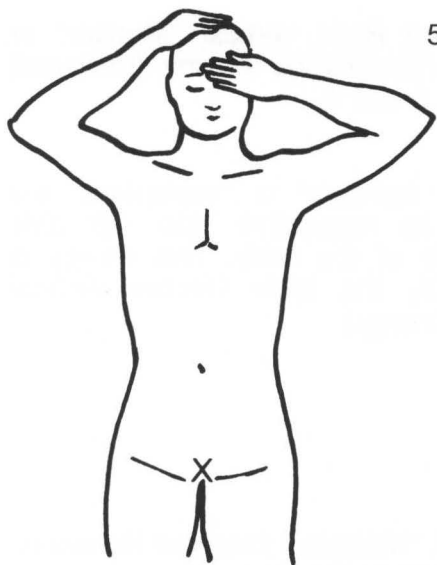


Fig. 1

- 5: Still holding top center of head with right hand, replace only left finger or fingers to top of pubic bone.
(Fig. 1 – pubic bone)

(Revitalizes descending SOURCE OF LIFE energy.
Aids in strengthening spine.)

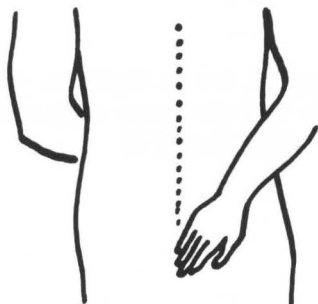


Fig. 2

- 6: Leave left hand on top of pubic bone. Replace only right finger or fingers to base of spine (coccyx). The palm or back of right hand may be used, whichever seems more comfortable to you.
(Fig. 2 – tail bone)

(Revitalizes the ascending SOURCE OF LIFE energy. Aids in circulation of legs and feet.)

NOTE:

Further understanding of above Main Central Vertical Harmonizing Energy is available in the JIN SHIN JYUTSU manuals, which accompany the complete JSJ Seminar.

2. (1) Major Left and Right Vertical “Monitor” or “Supervisor” Harmonizing Energy (Universal) (Refer to Figs. 3 and 4)

(This energy “monitors” or “supervises” the harmony of its respective side, left side and right side of the body. This energy is harmonized by the Main Central Vertical Harmonizing Energy.)

- (2) Left and Right “Mediator” Diagonal Harmonizing Energy (Refer to Figs. 3 and 4)

(This energy “mediates” from left to right and right to left sides of the body to see that each side of the body is in harmony with the Main Central Harmonizing Energy.)

- (3) For the above energy to be in balance, the following simple daily maintenance sequence is all that is required. (Figs. 3 and 4)

NOTE:

This is the “mediator.” Therefore, this energy is the cause for disharmony in the body. It is of vital importance to keep this energy functioning properly for the total supply of energy to the whole man.



Fig. 3

1. For left side energy:

1a: Place left thumb over left ring fingernail. (Make a circle with palm side of thumb over ring fingernail.) (Aids in clearing chest.)

1b: Place right hand over left shoulder. (Simply place hand over shoulder as one would a coat hanger.) (Revitalizes ascending energy.)

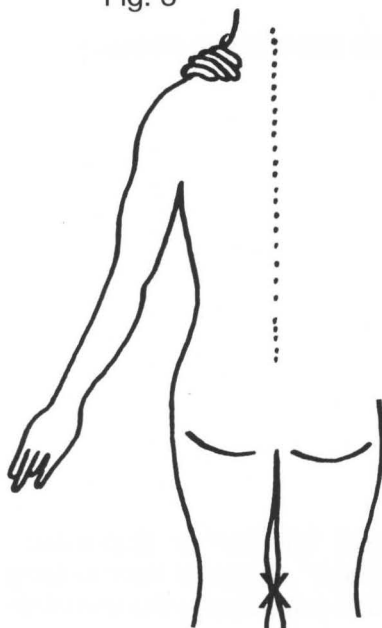


Fig. 4

2: Bring left and right knees, medial (inner) sides together. (Feet apart or together, whichever is most comfortable.) (Revitalizes descending energy.)



Fig. 3

2. For right side energy:

1a: Place right thumb over right ring fingernail. (Make a circle with palm side of thumb over ring fingernail.)

(Aids in clearing chest.)

1b: Place left hand over right shoulder. (Simply place hand over shoulder as one would a coat hanger.)

(Revitalizes ascending energy.)

2: Bring left and right knees, medial (inner) sides together. (Feet apart or together, whichever is most comfortable.)

(Revitalizes descending energy.)

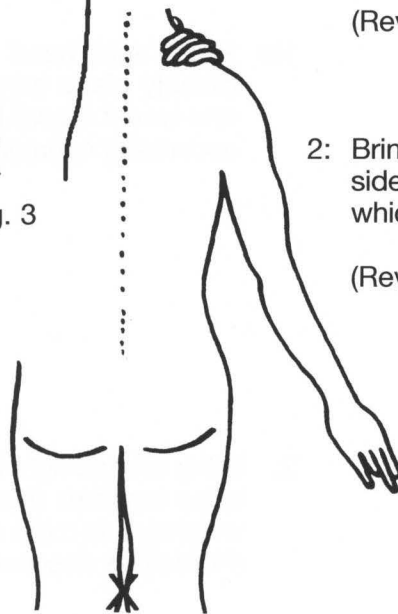


Fig. 4

NOTE:

Further understanding of above Major Left and Right Vertical "Monitor" or "Supervisor" Harmonizing Energy (Universal) and Left and Right "Mediator" Diagonal Harmonizing Energy is available in the JIN SHIN JYUTSU manuals, which accompany the complete JSJ Seminar.

5. Getting to KNOW (Help) MYSELF:

PROJECT NO. II – ATTITUDES

Attitude is key to our harmony with the universe.

Revitalizing through the simple usage of the fingers and thumbs to melt away daily fatigue caused through being unaware, or even being aware, but not knowing how to keep from burdening the body with the stress and strain of daily existing and not “LIVING.” The body is affected by the air, food, actions, thoughts etc., that make up each moment in the Art of Living. It is comforting to know that the “tools” we need to be in harmony with the universe, our fingers and thumbs, are with each one of us at all times. We need never fear that we have forgotten or misplaced our fingers and thumbs. Each finger and each thumb are the simple unlocking keys to harmonizing attitudes.

Simply – Getting to KNOW (Help) MYSELF

ATTITUDES: Worry, fear, anger, grief, pretense (cover-up) are all results of disharmony and "rundown," "individualized" energy. Fear is the "core" of all attitudes.

- a. WORRY
(depression, hate, obsession, anxiety, self-protection)
(An imbalance in our "individualized" stomach and spleen energy pattern.)

- (1) For RIGHT side of our "individualized" energy pattern:

- (a) Wrap left thumb and fingers around RIGHT thumb.
(Fig. 5)



Fig. 5

- (b) Wrap left thumb and fingers around RIGHT middle finger.
(Fig. 7)



Fig. 7

(c) Wrap left thumb and fingers around the RIGHT little finger.
(Fig. 9)



Fig. 9

The above 3 simple steps revitalize the energy pattern. They remove tensions which cause the attitude of WORRY.

NOTE:

A simple “quickie” method for overcoming the worry attitude is to get into the habit of wrapping left thumb and fingers around the RIGHT thumb and the right thumb and fingers around the LEFT thumb.
(Fig. 5)

NOTE:

There is no “set way” to hold thumb or finger. Just hold in your comfortable way – your “natural” hold.

When your “allotted” time is up, or when you become aware of the rhythm of the universe in your thumb or finger, simply move on to the next step.

The art of LIVING is not filled with “man-made” techniques. JIN SHIN JYUTSU is an art which molds into your own “individualized” art of LIVING.

- (2) For LEFT side of our “individualized” energy pattern:

NOTE:

The sequence for the LEFT side of the body is in reverse of the right side energy pattern. As your time permits, both right and left sequences may be applied. However, if your time does not permit applying both sides, only the more tense side may be applied.



Fig. 5

- (a) Wrap thumb and fingers around the LEFT thumb.
(Fig. 5)

- (b) Wrap right thumb and fingers around the LEFT middle finger.
(Fig. 7)



Fig. 7

- (c) Wrap right thumb and fingers around the LEFT little finger.
(Fig. 9)



Fig. 9

Getting to KNOW (Help) MYSELF

b. FEAR

(Timidity, mental confusion, depression, perfectionism, criticism, frustration, desire for life.) (An imbalance in our "individualized" bladder and kidney energy pattern.)

- (1) For RIGHT side of our "individualized" energy pattern:



Fig. 5

- (a) Wrap left thumb and fingers around the RIGHT thumb.
(Fig. 5)



Fig. 6

- (b) Wrap left thumb and fingers around the RIGHT index finger.
(Fig. 6)



(c) Wrap left thumb and fingers around RIGHT little finger.
(Fig. 9)

Fig. 9

The above 3 simple steps revitalize the energy pattern. They remove tensions which cause the attitude of FEAR.

NOTE:

A simple "quickie" method for overcoming the attitude of fear would be to get into the habit of wrapping left thumb and fingers around RIGHT index finger and the right thumb and fingers around LEFT index finger. (Fig. 6)



Fig. 6

NOTE:

The sequence for the left side of the body is in reverse of the right side energy pattern. As your time permits, both the right and left sequences may be applied. However, if time does not permit applying to both sides of the body, only the more tense side need be applied.



Fig. 5

(2) For LEFT side of our "individualized" energy pattern:

- (a) Wrap right thumb and fingers around LEFT thumb.
(Fig. 5)



Fig. 6

- (b) Wrap right thumb and fingers around LEFT index finger.
(Fig. 6)



Fig. 9

- (c) Wrap right thumb and fingers around LEFT little finger.
(Fig. 9)

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c. ANGER

(Cowardly, irritable, indecisive, unstable, not alert, emotional) (An imbalance in our "individualized" gall bladder and liver energy pattern.)

- (1) For RIGHT side of our "individualized" energy pattern:



Fig. 9

- (a) Wrap left thumb and fingers around RIGHT little finger.
(Fig. 9)



Fig. 8

- (b) Wrap left thumb and fingers around RIGHT ring finger.
(Fig. 8)

- (c) Next wrap left thumb and fingers around RIGHT middle finger.
(Fig. 7)



Fig. 7

The above 3 simple steps revitalize the energy pattern. They remove tensions which cause the attitude of anger.

NOTE:

A simple “quickie” method for overcoming the attitude of anger would be get into the habit of wrapping left thumb and fingers around RIGHT middle finger and wrapping right thumb and fingers around LEFT middle finger.
(Fig. 7)

NOTE:

The sequence for the left side of the body is in reverse of the right side energy pattern. As time permits, both right and left sequence may be applied. However, if time does not permit applying to both sides of the body, only the more tense side need be applied.



Fig. 9

(2) For LEFT side of our “individualized” energy pattern:

(a) Wrap right thumb and fingers around LEFT little finger.
(Fig. 9)



Fig. 8

(b) Wrap right thumb and fingers around the LEFT ring finger.
(Fig. 8)



Fig. 7

(c) Wrap right thumb and fingers around LEFT middle finger.
(Fig. 7)

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- d. GRIEF
(negative, mucus forming, common sense)
(An imbalance in our "individualized" lung and large intestine energy pattern.)

- (1) For RIGHT side revitalizing of "individualized" energy pattern:



Fig. 5

- (a) Wrap left thumb and fingers around the RIGHT thumb.
(Fig. 5)



Fig. 6

- (b) Wrap left thumb and fingers around the RIGHT index finger.
(Fig. 6)

- (c) Wrap left thumb and fingers around the RIGHT middle finger.
(Fig. 7)



Fig. 7

- (d) Wrap left thumb and fingers around the RIGHT ring finger.
(Fig. 8)



Fig. 8

The above 4 simple steps revitalize the energy pattern. They remove tensions which cause the attitude of grief.

NOTE:

A simple "quickie" method for overcoming the attitude of grief would be to get into the habit of wrapping left thumb and fingers around the RIGHT ring finger and wrapping right thumb and fingers around the LEFT ring finger. (Fig. 8)

(2) For LEFT side of our "individualized" energy pattern:



Fig. 5

(a) Wrap right thumb and fingers around LEFT thumb.
(Fig. 5)



Fig. 6

(b) Wrap right thumb and fingers around LEFT index finger.
(Fig. 6)

- (c) Wrap right thumb and fingers around the
LEFT middle finger.
(Fig. 7)



Fig. 7

- (d) Wrap right thumb and fingers around the
LEFT ring finger.
(Fig. 8)

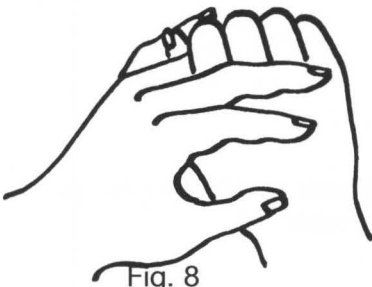


Fig. 8

NOTE:

The sequence for the left side of the body is in reverse of the right side energy pattern. As time permits, both the right and left side energy pattern may be revitalized, or whichever side of the body that seems to be more tense than the other. You do not have to apply the left and right sequences at one sitting, only the sequence for the tense side need be applied. By releasing tensions, revitalization takes place.

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- e. PRETENSE (Cover-up)
("Crying on the inside and laughing on the outside,"
insecure, nervous, confused, mortality) (An imbalance
in our "individualized" heart and small intestine
energy pattern.)

- (1) For RIGHT side of our "individualized" energy
pattern:



Fig. 9

- (a) Wrap left thumb and fingers around the
RIGHT little finger.
(Fig. 9)



Fig. 8

- (b) Wrap left thumb and fingers around the
RIGHT ring finger.
(Fig. 8)

The above 2 simple steps revitalize the
energy pattern. They remove tensions which
cause the attitude of pretense (cover-up).

NOTE:

A simple “quickie” method for aiding in pretense (cover-up) attitude would be to get into the habit of wrapping left thumb and fingers around the RIGHT little finger and wrapping the right thumb and fingers around the LEFT little finger. (Fig. 9)



Fig. 9

- (2) For LEFT side of our “individualized” energy pattern:



Fig. 8

- (a) Wrap right thumb and fingers around LEFT little finger.

(Fig. 9)

- (b) Wrap right thumb and fingers around LEFT ring finger.

(Fig. 8)

NOTE:

The sequence for the left side of the body is in reverse of the right side energy pattern. As time permits, both right and left sequences may be applied. However, if time does not permit applying to both sides of the body, only the more tense side need be applied.

Simply – Getting to KNOW (Help) MYSELF

6. Getting to KNOW (Help) MYSELF

PROJECT NO. III – GENERAL DAILY SEQUENCES

The following three sequences are for general daily supply of energy by simply utilizing combinations of the 26 “keys” for unlocking the “safety energy locks” located on the “monitor” or “supervisor” energy pattern.
(Figs. 3 and 4)

1. For general energy revitalizing:
(Figs. 10 and 11)

- a. For RIGHT side of body:

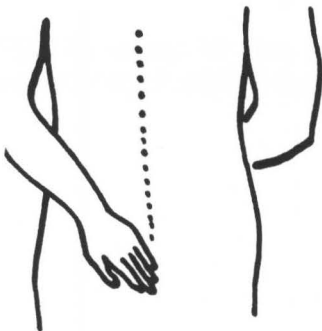
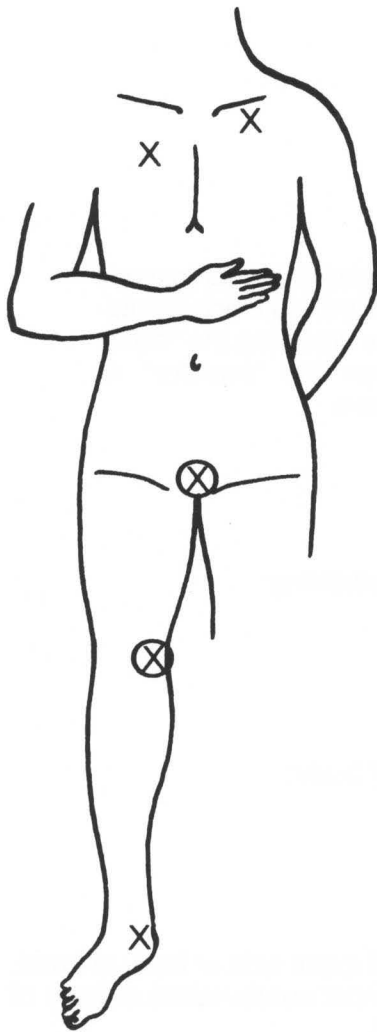


Fig. 11

- (1) Place left hand (palm side or back of hand, whichever is most comfortable) at base of spine (coccyx).
(Fig. 11)



- (2) Place right hand on RIGHT medial (inner) side of ankle bone (between inner side ankle bone and inner side heel). (Fig. 10)

If the above position is uncomfortable, place right fingers on RIGHT medial (inner) side of knee, or place right fingers on the pubic bone. No straining is necessary to unlock any of the 26 "safety energy locks." There are no "should's" or "have to's." Just comfortably apply sequence. It is simply "Getting to KNOW (Help) MYSELF."

- (3) Replace right hand only to base of center of LEFT front rib cage. (Fig. 10)
- (4) Replace left hand only to center of RIGHT third rib from right clavicle (collar bone), just above right breast area. (Fig. 10)
- (5) Replace left hand only to center of LEFT clavicle (collar bone) between clavicle and first rib. (Fig. 10)

Fig. 10

b. For LEFT side of body:

The sequence for the LEFT side of body is in reverse of RIGHT side. As time permits, both right and left sequences may be applied. However, if time does not permit applying to both sides of the body, only the more tense side need be applied. Simply allot time available to the 5 steps. When your "allotted" time is up, or when you become aware of the rhythm of the universe in each step, simply move on to the next step. There are no rigid rules. Simply adjust the sequence to your own convenience and comfort. If, for instance, a "step" feels most revitalizing to you, just get into the habit, in your art of LIVING, of utilizing that step as your own "special" "quickie" revitalizing exercise. The art of LIVING is simple. You are the "artist."

- (1) Place right hand (palm side or back of hand, whichever is most comfortable) at the base spine (coccyx).
(Fig. 11)

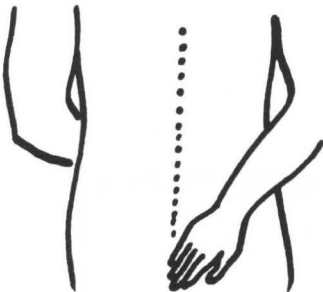


Fig. 11

- (2) Place left hand on LEFT medial ankle bone (between inner side ankle bone and heel). (Fig. 10)

NOTE:

If this position is uncomfortable, place fingers on LEFT medial (inner) side of knee, or place left fingers on pubic bone. No straining is necessary to unlock any of 26 "safety energy locks." Remember there are no "should's" or "have to's." Simply hold each position in your most comfortable way.

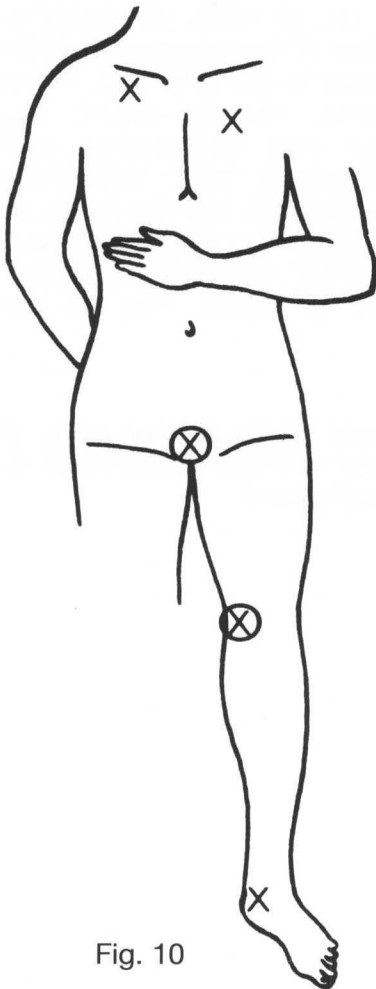


Fig. 10

- (3) Replace left hand only to base of center of RIGHT front rib cage. (Right hand is still at the base of the spine (coccyx). (Fig. 10)
- (4) Replace right hand only to center of LEFT third rib from LEFT clavicle (collar bone), right above LEFT breast area. (Fig. 10)
- (5) Replace right hand only to center of RIGHT clavicle (collar bone) between clavicle and first rib. (Fig. 10)

NOTE:

Aids in revitalizing energy, "refuelling."



Fig. 12

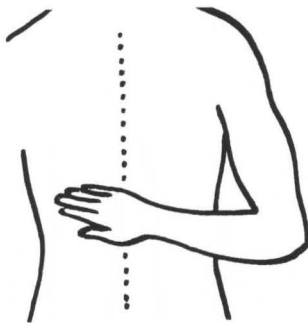


Fig. 13

2. For general daily energy revitalizing of ANTERIOR DESCENDING energy (down front of body):
(Figs. 12 and 13)

a. For RIGHT side of body:

- (1) Place left finger or fingers on base of RIGHT cheek bone.
(Fig. 12)
- (2) Place right finger or fingers at center of RIGHT clavicle (collar bone).
(Fig. 12)
- (3) Place right finger or fingers only to base of center of LEFT front rib cage.
(Fig. 12)
- (4) Place right finger or fingers only to LEFT small of back (above LEFT waist at base of LEFT back rib cage).
(Fig. 13)

NOTE:

Always know that any step you are not able to reach comfortably you can skip and go on to the next step you are able to reach without strain. You may not be able to feel the rhythm of the universe at first, but with patience you can soon begin to feel the pulsation, or feel a relaxation in the "connection."



Fig. 12

- (5) Replace the right finger or fingers only to base of center of RIGHT front rib cage.
(Fig. 12)



Fig. 12

- (6) Replace right finger or fingers only to medial (inner) side of LEFT thigh about 3" above LEFT knee.
(Fig. 12)

- (7) Replace right finger or fingers only halfway down calf about midway, between lateral (outer) side of knee and ankle, off the LEFT shin bone.
(Fig. 13)

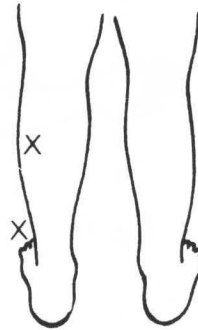


Fig. 13

- (8) Replace right finger or fingers only to LEFT middle toe (sandwich middle toe with a finger and thumb).
(Fig. 13)

NOTE:

Left finger or fingers have been on the base of RIGHT cheek bone throughout this sequence, and only the right finger or fingers have been moved.

Aids in releasing tensions causing head, breathing, digestive discomforts and bloating, as well as weight problems.

b. For LEFT side of body:

NOTE:

The sequence for LEFT side of body is in reverse of the RIGHT side. As time permits, both the right and left sequences may be applied. However, if time does not permit, or there is no need to apply both the left and right sequences, only the side is more tense need be applied. Simply allot available time to the 8 steps, moving from one step to the next according to time allotted, or when the rhythm of the universe is felt. Again, only those steps particularly comfortable for you need be applied, as this may be just the “modified” or “individualized” sequence needed for your body at that time.

The 26 “safety energy locks” are our own “individualized” Art of LIVING, the Getting to KNOW (Help) MYSELF.



Fig. 12

- (1) Place right finger or fingers on base of LEFT cheek bone.
(Fig. 12)
- (2) Place left finger or fingers at center of LEFT clavicle (collar bone).
(Fig. 12)
- (3) Replace left finger or fingers only to base of center of RIGHT front rib cage.
(Fig. 12)

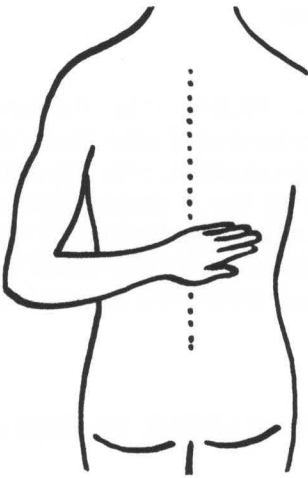


Fig. 13

- (4) Replace left finger or fingers only to RIGHT small of back (above RIGHT waist at base of RIGHT back rib cage).
(Fig. 13)



Fig. 12

- (5) Replace left finger or fingers only to base of center of LEFT front rib cage.
(Fig. 12)

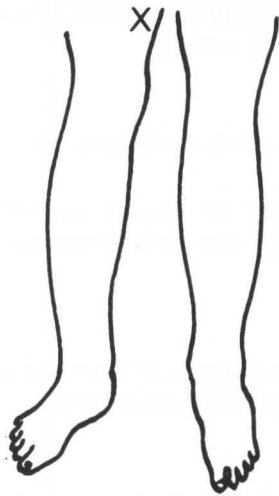


Fig. 12

- (6) Replace left finger or fingers only to medial (inner) side of RIGHT thigh about 3" above RIGHT knee.
(Fig. 12)

- (7) Replace left finger or fingers only to halfway down calf, about midway between lateral (outer) side of knee and ankle, off RIGHT shin bone.
(Fig. 13)

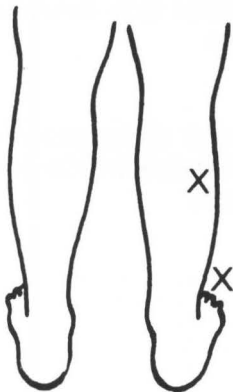


Fig. 13

- (8) Replace left finger or fingers only to RIGHT middle toe (just sandwich the middle toe with a finger and thumb.)
(Fig. 13)

NOTE:

Aids in releasing tensions causing head, breathing, digestive discomforts. (Steps (1) and (6) may be used to aid in releasing tensions causing abdominal, bloating and weight discomforts.)

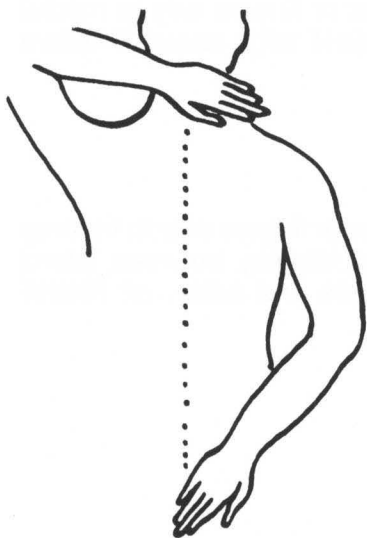


Fig. 14

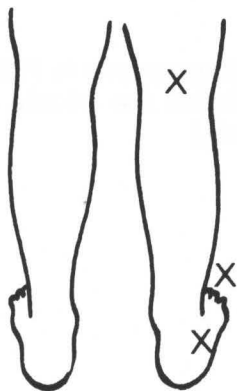


Fig. 15

3. For General Daily "individualized" body energy revitalizing of POSTERIOR DESCENDING (down the back of body) energy:
(Figs. 14 and 15)

a. For RIGHT side of body maintenance:

- (1) Place left finger or fingers on RIGHT side of cervicals (on neck between ear and spine).
(Fig. 14)
- (2) Place right hand (back of hand or palm side) at base of spine (coccyx).
(Fig. 14)
- (3) Replace right finger or fingers only to back of RIGHT knee (center back [bend] of knee).
(Fig. 15)
- (4) Replace right finger or fingers only to RIGHT lateral (outer) side ankle below RIGHT ankle bone.
(Fig. 15)
- (5) Replace right finger or fingers only to RIGHT little toe (sandwich little toe with thumb and a finger).
(Fig. 15)

NOTE:

Aids in releasing tensions causing head, back, elimination and leg discomforts.

Simply – Getting to KNOW (Help) MYSELF

b. For LEFT side of body maintenance:

NOTE:

The sequence for the LEFT side of body is in reverse of the RIGHT side. As time permits, both the right and left sequences may be applied. However, if time does not permit, or there is no need to apply to both the left and right sides of the body, only the side that is more tense need be applied. Simply allot the available time to the 5 steps, moving from one “safety energy lock” to the next for the time allotted, or when the rhythm of the universe is felt. Again, if a “safety energy lock” is uncomfortable to reach, skip it and go on to the next comfortable step, knowing that it is “individualized” by you for you.

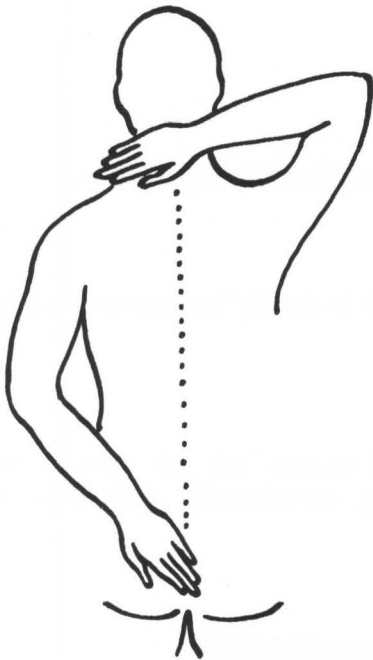


Fig. 14

- (1) Place right finger or fingers on LEFT side of cervicals (on neck between ear and spine).
(Fig. 14)
- (2) Place left hand (back of hand or palm side) at base of spine (coccyx).
(Fig. 14)

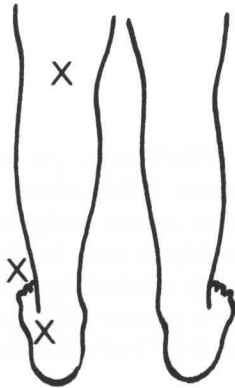


Fig. 15

- (3) Replace left finger or fingers only to back of LEFT knee (in the center back [bend]).
(Fig. 15)
- (4) Replace left finger or fingers only to LEFT lateral (outer side) ankle below LEFT ankle bone.
(Fig. 15)
- (5) Replace left finger or fingers only to LEFT little toe (sandwich little toe with thumb and a finger).
(Fig. 15)

NOTE:

Aids in releasing tensions causing head, back, elimination, leg discomforts.

JIN SHIN JYUTSU is our inheritance. All we need is desire for awareness. It is Getting to KNOW (Help) MYSELF.

PROJECT NO. III, the three sequences outlined above, are for special daily maintenance to be in complete harmony mentally, emotionally, digestively and physically.

Simply – Getting to KNOW (Help) MYSELF

7. Getting to KNOW (Help) MYSELF

PROJECT NO. IV – SPECIAL SEQUENCES

Special unlocking energy revitalizing of body energy patterns:

(Any one or more of the following special sequences may be applied at any time. Let these become your art of LIVING to revitalize your energy. These constitute our daily maintenance project.)



Fig. 16

1. Fold arms across chest.
(Fig. 16)

(Lightly place thumb on medial [inner] side of upper arm and fingers on lateral [outer] side of upper arm.)

Aids in harmonizing breathing and digestive energy pattern.

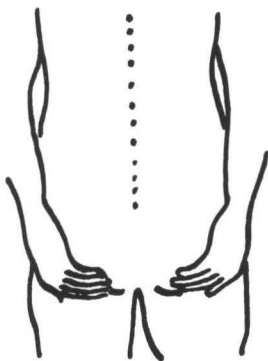


Fig. 17

2. Sit on both hands.
(Fig. 17)

(Palm side or on back of hand, whichever seems most comfortable at the time.)

Aids in harmonizing ascending (going up) and descending (going down) energy pattern.



Fig. 18

3. Sit on left hand (palm side or back of hand) and place right hand on LEFT shoulder as you would a coat hanger.
(Figs. 18 and 19)

Aids in releasing tensions causing LEFT abdominal stress, overeating, breathing discomforts.

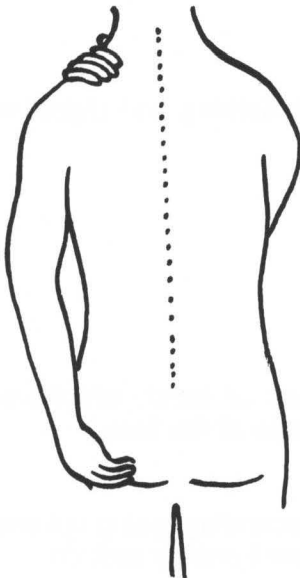


Fig. 19

4. Sit on right hand (palm side or back of hand) and place left hand on RIGHT shoulder as you would a coat hanger.
(Figs. 18 and 19) (Reverse)

Aids in releasing tensions causing RIGHT abdominal stress, overeating, breathing discomforts.

5. Lightly place left palm on medial (inner) side of RIGHT thigh and right palm on medial (inner) side of LEFT thigh.
(Fig. 20)



Fig. 20

Aids in harmonizing the descending (going down) energy pattern.

Aids in releasing tensions causing breathing, digestive, bloat, obesity, nervous discomforts.

Aids in harmonizing mental — emotional, digestive, physical body energy functions.

If left hand is busy (as for instance, when talking on the telephone), use only right palm on LEFT medial (inner) side of thigh. If right hand is busy, only use left palm on RIGHT medial (inner) side thigh.

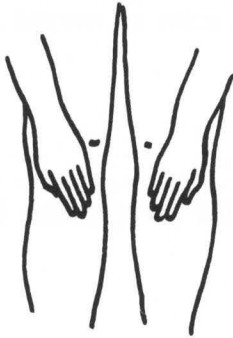


Fig. 21

6. Place finger or fingers or thumb on back of LEFT and RIGHT knees simultaneously, just below bend of knee (top of calves).
(Fig. 21)

Aids in revitalizing overall muscular tensions.

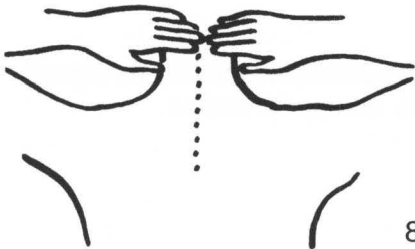


Fig. 22

7. Place thumbs or finger or fingers on LEFT and RIGHT base of skull, either sitting down, standing or lying down.
(Fig. 22)

Aids in releasing tensions causing head, eye, general fatigue discomforts.

8. Fold hands (as in prayer) without tensing shoulders, relaxing the complete body.

Aids in releasing tensions in shoulders.

9. Revitalizing through thumbs and fingers:

- a. Wrap left thumb and fingers around RIGHT thumb.
(Fig. 5)

Aids in revitalizing physical fatigue, back of head, breathing, digestive discomforts.

- b. Wrap left thumb and fingers around RIGHT index finger.
(Fig. 6) (Pg. 26)

Aids in harmonizing digestive, elimination, wrist, elbow, upper arm discomforts.

- c. Wrap left thumb and fingers around RIGHT middle finger.
(Fig. 7) (Pg. 22)

Aids in harmonizing ascending (going up) and descending (going down) body energy pattern.

Aids in revitalizing general fatigue, eye, forehead discomforts.

- d. Wrap left thumb and finger around RIGHT ring finger.
(Fig. 8) (Pg. 29)

Aids in harmonizing breathing, ear discomforts.

- e. Wrap left thumb and fingers around RIGHT little finger.
(Fig. 9) (Pg. 29)

Aids in calming nerves, bloat discomforts.



Fig. 5

10. Reverse No. 9 (a) through (e) for revitalizing energy for LEFT side of body discomforts.



Simply wrap right thumb and fingers around LEFT thumb, index finger, middle finger, ring finger and little finger, one at a time knowing and awakening your awareness of the Art of Getting to KNOW (Help) MYSELF.

Each LEFT thumb and finger may be simply held for your "allotted" time or until you become aware of the rhythm of the universe in each thumb and finger. All thumbs and fingers may be applied at one sitting (or standing, or lying down), or either thumb or any finger or fingers, whatever is needed at the time. It is not necessary to wait until you have time to go through all fingers and thumbs at one time.

NOTE:

The art of LIVING is to be aware of one's present state of being. (For further details, workshops are offered in the practice of the complete art of Jin Shin Jyutsu.)

8. SUMMARY – JIN SHIN JYUTSU IS.

1. By revitalizing one's energy, all disharmony, imbalance, fears, and attitudes disappear. The rhythm with the universal energy (body function energy pattern) within and without takes place. In this state of harmony there is no imperfection.
2. The three main universal energy patterns:
 - a. the Main Central Vertical (our source of life)
(Figs. 1 and 2) (Pgs. 15, 16, 17)
 - b. the Major left and right Vertical "monitor" or "supervisor"
(Figs. 3 and 4) (Pgs. 19, 20)
 - c. the left and right Diagonal "mediator"
(Figs. 3 and 4) (Pgs. 19, 20)
 - d. all descend (down the front of the body) and ascend (up the back of the body) keeping the body in rhythm with the universal energy
 - e. from the above three universal energy patterns our "individualized" body function energy pattern is born
 - f. from our "individualized" twelve body function energy patterns the various "special" body function energy is born

3. In our two hands ("jumper cable") is the natural and Creator-given energy. Only our awareness of its presence is necessary. Our two hands ("jumper cable") are the revitalizer, the generator of the universal (Creator) source, not from within us, but from the ever-constant and forever-balanced universal supply.
4. We have Jin Shin Jyutsu as our inheritance. All we need is the desire for awareness. We set our own limitations with our own "individualized" desires. The "gauge" of the kind of "wire" for MYSELF is "selected" by MYSELF.
5. Simply, it is Getting to KNOW (Help) MYSELF. It is not what can I "add" to release the tensions, but how can I "unlock" the causes of disharmony.
6. Jin Shin Jyutsu is simplification – the de-mystifying of the unknown (fears).
7. Through half a century of Master Murai's untiring efforts to rediscover the art of Jin Shin Jyutsu and nearly 30 years of my study in the art, testimonies from all over the world can be obtained. However, why not you be your own testimony! No other testimony can be greater than that of MYSELF.

Getting to KNOW (Help) MYSELF

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