

Introducing JIN SHIN JYUTSU IS. (Continued)

Mankind's
"SAFETY"
Energy
Locks
and Keys

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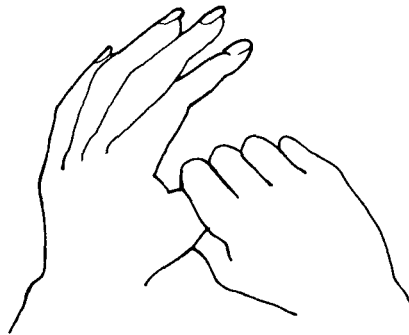
Book II

Physio-Philosophy
(Nature-Effortless Reality)

by Mary Burmeister

JIN SHIN JYUTSU IS.

Master Jiro Murai



仁神術

by Mary Burmeister

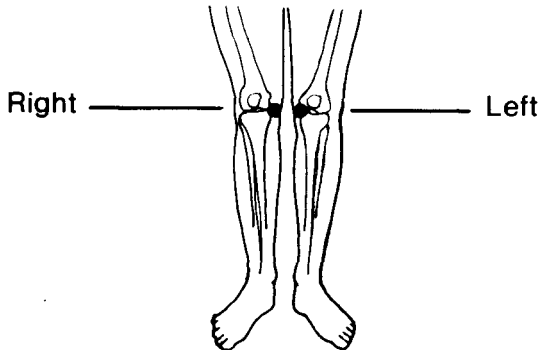
KNOW MYSELF IT IS.

JIN SHIN JYUTSU IS.

**Cosmic Artless Art to KNOW (Help) MYSELF
PHYSIO-PHILOSOPHY
(Nature - the Effortless Reality)**

BOOK 2

**Mankind's "SAFETY" Energy Locks and Keys
Basic Daily Tension/Stress Releases for MYSELF**



Illustrations by Barbara Landua

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KNOW MYSELF IT IS.

JIN SHIN JYUTSU IS. — the Cosmic Artless Art to KNOW (Help) MYSELF, PHYSIO-PHILOSOPHY, is not intended to be a substitute for regular medical attention by the recognized medical authorities.

Dedicated to Master Jiro Murai and my beloved father and mother

Mary Burmeister

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1. INTRODUCING JIN SHIN JYUTSU IS. (Continued): PHYSIO-PHILOSOPHY — KNOW MYSELF IT IS.

PHYSIO — Nature (Creator's Art)
PHILOSOPHY — Effortless Reality —
KNOW MYSELF IT IS.

Cosmic Artless Art to KNOW (Help)
MYSELF

Jiro Murai, upon realization of a connection between the body and the utilization of hands in the various ways in prayer, decided to continue his research in fasting and prayer.

Daily, he experienced the circulation patterns in his body. Eventually he recorded his experiences. This research he named "JIN SHIN JYUTSU", KNOW MYSELF IT IS., Art of the Creator through Compassionate Man.

In the earlier years of his experience he called it "Jin Shin Jyutsu" but with the character symbols meaning simply Body-Mind Art.

However, as he researched deeper into the art, he renamed the art "En Mei Jyutsu", meaning Long-Life or Art of Longevity.

After many years of research he realized the depth of the art and again renamed it "JIN SHIN JYUTSU", KNOW MYSELF IT IS. the Creator's Art through Compassionate (aware and understanding) MAN.

Now after many years of research in the art and as I realize the spreading of the awareness, I believe it will facilitate the understanding by the masses to call the art "PHYSIO-PHILOSOPHY" — KNOW MYSELF IT IS. Physio means Nature (one Order) and Philosophy means the Effortless Reality (Being the Non-being - "NATURE - THE EFFORTLESS REALITY", KNOW MYSELF IT IS.)

“INTRODUCING: JIN SHIN JYUTSU IS., Book 1” came to a close with the following:
“7. Through half a century of Master Murai’s untiring efforts to rediscover the art of Jin Shin Jyutsu and nearly thirty 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.”

ARE YOU USING, BEING, YOUR “JUMPER CABLE”?

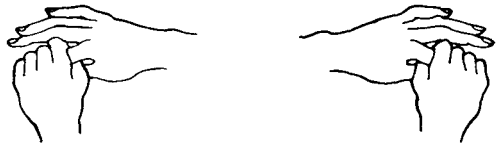
ARE YOU YOUR OWN TESTIMONY?

If you have spent a minimum of thirty minutes to an hour a day applying the art (being your “jumper cable”), you are your own testimony!

- I. 1. Relax.
 2. Be the dropping of your shoulders.
 3. Bow your head slightly.
 4. Be the SMILE.
 5. Exhale, unload all your “dirt, dust and greasy grime”, all skepticisms.
 6. Enjoy inhaling, receiving, your “Breath of Life”.
 7. Be the Essence within the breath, IT IS, KNOW MYSELF.
- II. 1. Jumper cable (hold) your thumb.



2. Exhale, unload all the impurities (dirt, dust and greasy grime) from within for the Universe to inhale and purify for us to receive.
 3. RECEIVE your Breath of Life with awareness and understanding. (Inhale, receive the Cosmic Energy Force - the spiritualizing.)
 4.
 - a. All worries begin to melt away.
 - b. Daily fatigue is "house-cleaned".
 - c. Stomach distresses are removed.
- III. 1. Simply continue smiling, be the SMILE, unloading all your "dirt, dust, and greasy grime" and RECEIVE your Breath of Life (no formalities - just RECEIVE), jumper cable (hold) your index finger and get to KNOW MYSELF IT IS.



2.
 - a. ALL FEARS begin to melt away.
 - b. Assimilation and elimination functions begin to improve.

- IV. 1. Simply continue to be the SMILE, unload and RECEIVE your Breath of Life, jumper cable (hold) your middle finger and get to KNOW MYSELF IT IS.



2. a. All frustrations, indecisions and anger begin to melt away.
b. Harmony is restored.
c. Eye tensions start to release.

- V. 1. Simply continue to be the SMILE, unload and RECEIVE your Breath of Life, jumper cable (hold) your ring finger and get to KNOW MYSELF IT IS.



2. a. All deep sadness, hurts and depressions melt away.
b. Body energy begins to increase.
c. To be the smile, to unload and to RECEIVE your Breath of Life become easier (natural and effortless) — the KNOW MYSELF IT IS.

- VI. 1. Simply continue to be the smile, unload and RECEIVE your Breath of Life, jumper cable (hold) your little finger and get to KNOW MYSELF IT IS.



2. a. ALL "TRYING TO'S" melt away and you can just BE the SELF you are — KNOW MYSELF IT IS.
- b. Heart functions become harmonized.
- c. Body energy begins to increase.
- d. Nerves become relaxed.
- e. Total PEACE engulfs your body in the get to KNOW MYSELF IT IS.
- VII. 1. Be the smile, unload and RECEIVE with awareness and understanding only "thirty-six" of the thousands of Breaths of Life we RECEIVE in a day for harmony - health, wealth and happiness — KNOW MYSELF IT IS.
2. TO BE is simple. It is our "DO's" (trying to's) that are complex.
3. As mentioned in "Jin Shin Jyutsu IS. Introducing, Book I", we are human "BEINGS" not "DOINGS".

2. MANKIND'S "SAFETY" ENERGY LOCKS— KNOW MYSELF IT IS.

WHAT ARE THEY?

1. Just as they are named, they are our truest friends, "SAFETY" Energy Locks.
2. There are twenty-six "SAFETY" Energy Locks located on the right side of the body and twenty-six "SAFETY" Energy Locks on the left side of the body.
3. They are our "SAFETY" alarm system. They "lock" when we abuse the body. This is to warn us that we are "heading" toward "problems".
4. If we heed their friendly concern, we can "instantly" help ourselves from misery — KNOW MYSELF IT IS.
5. Why twenty-six "SAFETY" Energy Locks? Each number came into the universe with a definite individual meaning and purpose. Twenty-six means COMPLETE.
6. WHERE ARE THEY LOCATED? Each of the twenty-six "SAFETY" Energy Locks is located appropriately on the body according to its respective meaning and purpose, as we shall see — KNOW MYSELF IT IS.

ALL MY MISERIES ARE SIMPLY:

I am ignorant of MYSELF.

3. MANKIND'S "SAFETY" ENERGY LOCKS — KNOW MYSELF IT IS.

WHERE ARE THEY LOCATED?

1. First of all, as introduced in "JIN SHIN JYUTSU IS., INTRODUCING, BOOK I, Project Number 1, Source of Life", the Main Central Vertical Universal Harmonizing Energy is the SOURCE of Life for our two sets of twenty-six (left and right sides of the body) "SAFETY" Energy Locks.
2. The Main Central Vertical Universal Harmonizing Energy ascends the spine, over the head and descends the center of the front of the body.
3. This circulation pattern is the SOURCE for the functions of the body.
4. This circulation pattern harmonizes the left side and right side functions of the body.
5. This circulation pattern separates into the left and right vertical "Supervisor" Universal Harmonizing Energy.
6. The left circulation pattern "supervises" all of the left half body energy functions.
7. The right circulation pattern "supervises" all of the right half body energy functions.
8. These circulation patterns further separate into the left and right diagonal "Mediator" Universal Harmonizing Energy.

9. These circulation patterns “mediate” between the left and right “supervisor” circulation patterns.
10. As they “mediate” between the left and right “supervisor” circulation patterns, they harmonize with the Main Central Vertical Universal Harmonizing Energy — the SOURCE.
11. Twenty-three “SAFETY” Energy Locks are located on the “supervisor” Universal Harmonizing Energy circulation pattern.
12. Three “SAFETY” Energy Locks are located on the “mediator” Universal Harmonizing Energy circulation pattern.
13. There are twenty-six “SAFETY” Energy Locks each located on the left side and the right side of the body.
14. All body functions come in pairs, the left and right sides. The only single pattern is the Main Central Universal Harmonizing Energy - the SOURCE — KNOW MYSELF IT IS.

KNOW MYSELF IT IS.

Self-knowledge is the KEY to be free from all miseries.

BE THE SMILE.

BE THE DROPPING OF YOUR SHOULDERS.

UNLOAD (exhale) all the dirt, dust and greasy grime.

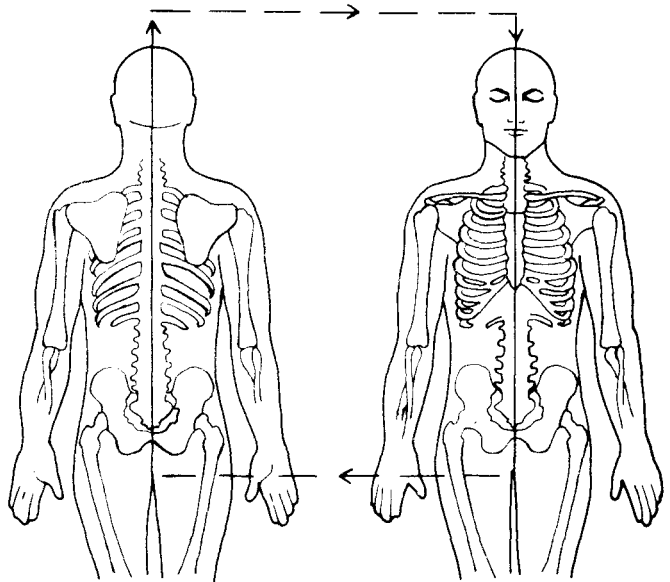
RECEIVE (inhale) all of your Cosmic Abundance.

4. Mankind's "SAFETY" Energy Locks — KNOW MYSELF IT IS:

WHO ARE THEY?

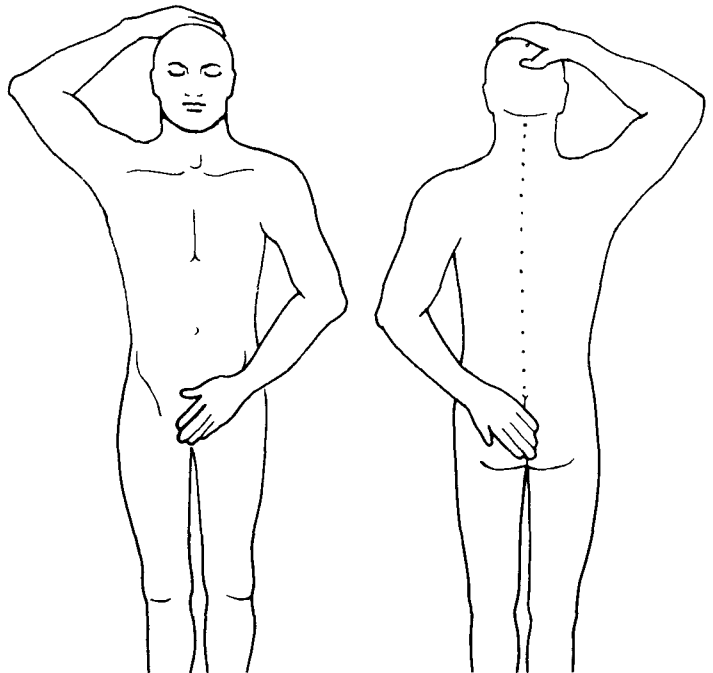
1. The O ("oval"), the only single flow pattern is located:

COSMIC EGG-
no-thing,
no limitations-
boundless.



- a. O ("oval") came into the universe meaning limitless Light; the "Breath" itself; the rootless root.
- b. In man it is called the Main Central Vertical Universal Harmonizing Energy descending the center of the front of the body, ascending the spine, flowing over the head and descending the center of the front of the body - the "oval".

- c. By applying our hand, thumb, finger(s), palm or back of the hand ("jumper cable") to this harmonizing energy, the "oval", we can help "recharge" the "run-down" energy battery; help the energy SOURCE for the body — KNOW MYSELF IT IS.
- d. AIDS:
Harmony of the total being.
- e. Just quietly jumper cable (hold) the top of the head with the right hand, and the pubic bone (symphysis pubis) and/or the base of the spine (coccyx) with the left hand, and in a few minutes, more or less, one can feel the peace, serenity and happiness overcome the total being — KNOW MYSELF IT IS.



“QUICKIE” Self Help recharge (jumper cable):

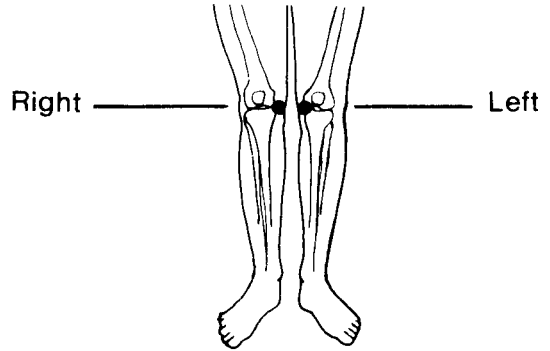
1. Jumper cable (hold) the center of the palm of the right hand with the left thumb or left finger(s); then jumper cable (hold) the center of the palm of the left hand with the right thumb or right finger(s).



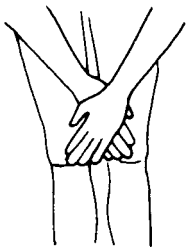
2. While applying the “jumper cable” as described above:
 - a. Be the dropping of your shoulders.
 - b. Bow your head to a comfortable position (where you do not feel the weight of your head).
 - c. Be the SMILE.
 - d. Exhale (lovingly “give” out) all of the “dirt, dust and greasy grime” from head to toes.
 - e. Receive gratefully (inhale) the Cosmic Energy from toes to head.
 - f. Start counting the exhalings from one to thirty-six.
 - g. Now we are in the “BREATH” itself. Being in the “Breath only” is heaven on earth, where there is “no-thing”. This is REALITY - PHYSIO-PHILOSOPHY (Nature - the Effortless Reality) — KNOW MYSELF IT IS.

All creation proceeds
from unity.

2. The Number 1 “SAFETY” Energy Lock is located:



- a. “1” came into the universe meaning the prime mover, connecting the extreme height with the extreme depth.
- b. In man it connects the toes with the head (back, ascending energy) and the head with the toes (front, descending energy) — KNOW MYSELF IT IS.
- c. Therefore, by simply applying our hand thumb, finger(s), palm or back of the hand (“jumper cable”) to our friend, “SAFETY” Energy Lock Number 1, we can help “recharge” the “run-down” energy battery; help the front descending energy — KNOW MYSELF IT IS.
- d. AIDS:
Abdominal distress (bloat discomforts); which in turn aids breathing; head discomforts.



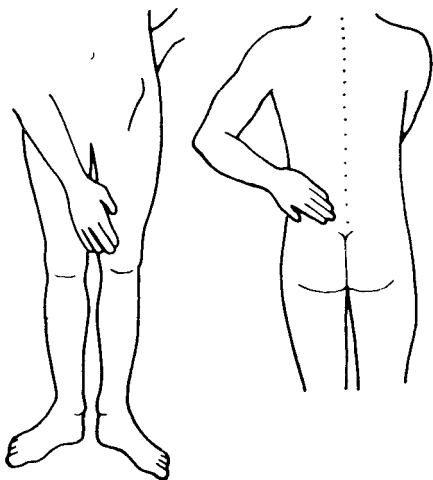
- e. Just quietly jumper cable (hold) the left and right knees on the medial (inner or "big toe side") and in a few minutes, more or less, one can feel the discomfort(s) beginning to melt away — **KNOW MYSELF IT IS.**

"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right thumb with the left hand and then jumper cable (hold) the left thumb with the right hand.



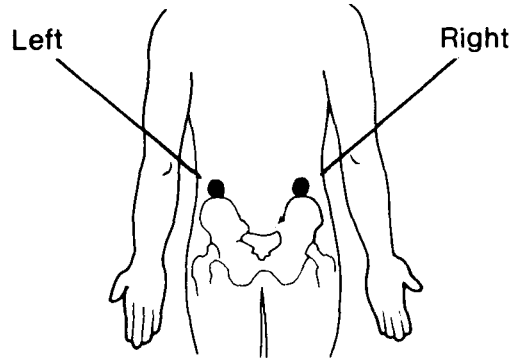
2. Or jumper cable "SAFETY" Energy Locks No. 1 and No. 2 together:



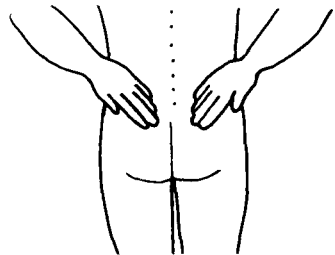
- a. Place left hand on right knee "SAFETY" Energy Lock No. 1 and right hand on right hip "SAFETY" Energy Lock No. 2.
- b. Place right hand on left knee "SAFETY" Energy Lock No. 1 and left hand on left hip "SAFETY" Energy Lock No. 2.

**Balance,
Harmony,
BE the SMILE.**

3. The Number 2 “SAFETY” Energy Lock is located:



- a. “2” came into the universe meaning Life Force for all creatures (wisdom) — KNOW MYSELF IT IS.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; help the back ascending energy; relieve tension/stress in the legs.
- c. AIDS:
General well-being; back distress; digestion; breathing; leg tension/stress.
- d. Just quietly jumper cable (hold) the left and right hips (“Safety” Energy Lock No. 2) and in a few minutes more or less, one can feel the tension/stress beginning to melt away.

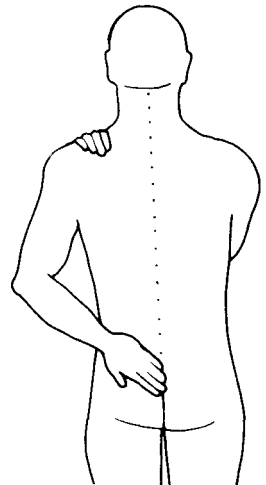
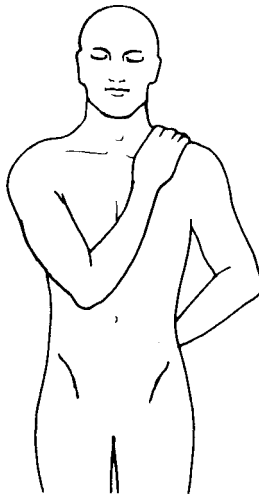


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right ring finger with the left hand and then left ring finger with the right hand.



2. Or jumper cable “Safety” Energy Locks No. 2 and No. 3 together:
 - a. Left hand on right shoulder, “Safety” Energy Lock No. 3, and right hand on right hip, “Safety” Energy Lock No. 2.
 - b. Right hand on left shoulder, “Safety” Energy Lock No. 3, and left hand on left hip, “Safety” Energy Lock No. 2.



4. The Number 3 “SAFETY” Energy Lock is located:

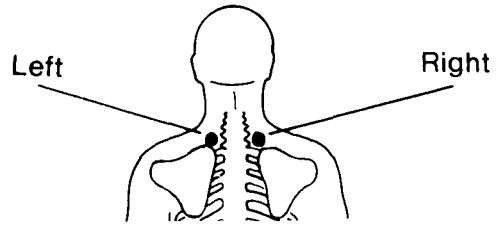
Door of Life.

BE the SMILE.

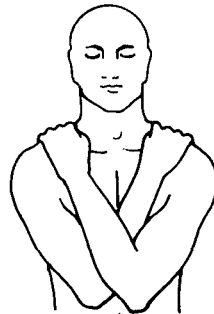
UNLOAD (exhale)
all skepticisms.

RECEIVE (inhale)
your abundance.

KNOW MYSELF IT IS.



- a. “3” came into the universe meaning understanding, “door”, defense against problems and discomforts.
- b. By applying our “jumper cable ” we can “recharge” our “run-down” energy battery; help tension/stress in our lungs and in turn relax our pelvic girdle.
- c. AIDS:
Breathing; fever and cold relief; sore throat; our personal “anti-biotic”; groin and foot congestions.
- d. Just quietly jumper cable (hold) the left and/or right shoulders, “Safety” Energy Lock No. 3, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away — KNOW MYSELF IT IS.

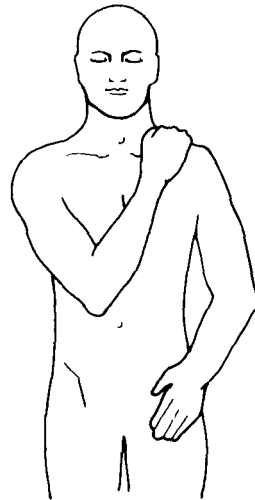


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right middle finger with the left hand and then left middle finger with the right hand.



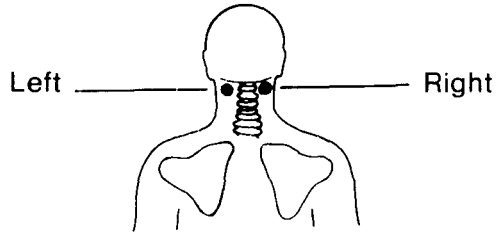
2. Or jumper cable shoulder, “Safety” Energy Lock No. 3, and groin, “Safety” Energy Lock No. 15, together:
 - a. Left hand on right shoulder, “Safety” Energy Lock No. 3, and right hand on right groin, “Safety” Energy Lock No. 15.
 - b. Right hand on left shoulder, “Safety” Energy Lock No. 3, and left hand on left groin, “Safety” Energy Lock No. 15.



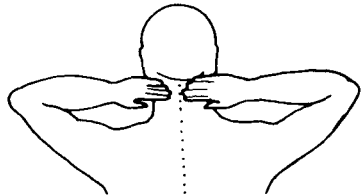
5. The Number 4 “SAFETY” Energy Lock is located:

VISION -

Self-change starts with self study. Shallow breathing causes disharmony. Deep breathing results in a loving personality.



- a. “4” came into the universe meaning Measuring Intelligence, measuring out to each body energy function all its needs from the exhaustless abundance of our Source; the “window” admitting light (knowledge) and air (Life-Breath) — KNOW MYSELF IT IS.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; help the supply of energy to each of the body energy function.
- c. AIDS:
Insomnia; head discomforts; eye, throat, leg tension/stress.
- d. Just quietly jumper cable (hold) the left and/or the right base of the skull, “Safety” Energy Lock No. 4, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away — KNOW MYSELF IT IS.

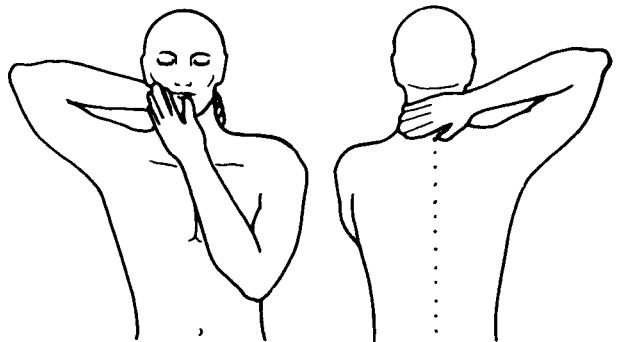


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right ring finger with the left hand and then left ring finger with the right hand.



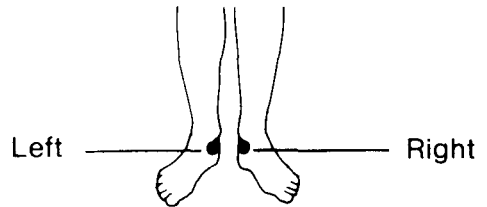
2. Or jumper cable base of skull, “Safety” Energy Lock No. 4, and cheek bone, “Safety” Energy Lock No. 21:
 - a. Left hand on right base of skull, “Safety” Energy Lock No. 4, and right hand on left cheek bone, “Safety” Energy Lock No. 21.
 - b. Right hand on left base of skull, “Safety” Energy Lock No. 4, and left hand on right cheek bone, “Safety” Energy Lock No. 21.



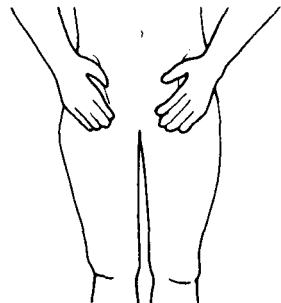
Erases FEAR - false evidences appearing real - to discover:

KNOW MYSELF IT IS.

6. The Number 5 “SAFETY” Energy Lock is located:



- a. “5” came into the universe meaning regeneration; “putting off the old and putting on the new.”
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; adapt to natural conditions to be liberated from all bondages.
- c. AIDS:
Chest congestion; digestive discomforts; back and hip tension/stress; hearing discomforts.
- d. Just quietly jumper cable (hold) the left and right groins, “Safety” Energy Lock No. 15, and in a few minutes, more or less, one can feel the tension/stress melt away in the legs and feet, and the SMILE engulfing the total being — KNOW MYSELF IT IS.

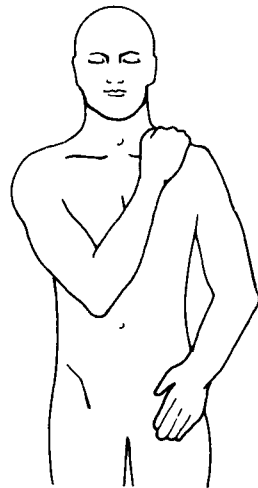


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right index finger with left hand and then left index finger with right hand.

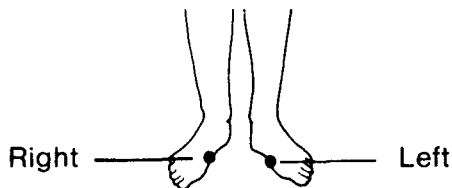


2. Or jumper cable groin, “Safety” Energy Lock No. 15, and shoulder, “Safety” Energy Lock No. 3:
 - a. Right hand on right groin, “Safety” Energy Lock No. 15, and left hand on right shoulder, “Safety” Energy Lock No. 3.
 - b. Left hand on left groin, “Safety” Energy Lock No. 15, and right hand on left shoulder, “Safety” Energy Lock No. 3.

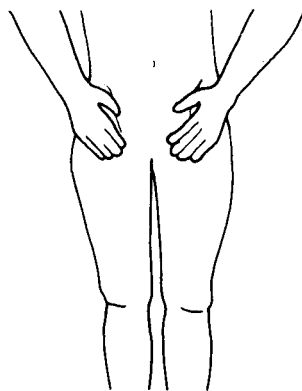


FUN -
Fulfillment,
Understanding,
No-thing.
BE the SMILE.

7. The Number 6 “SAFETY” Energy Lock is located:



- a. “6” came into the universe meaning balance, discrimination.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; release tension/stress in the shoulders, clavicle (collar-bone) areas.
- c. AIDS:
Chest congestion; digestive discomforts; back and hip tension/stress.
- d. Just quietly jumper cable (hold) the left and right groins, “Safety” Energy Lock No. 15, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away in the legs and feet — KNOW MYSELF IT IS.

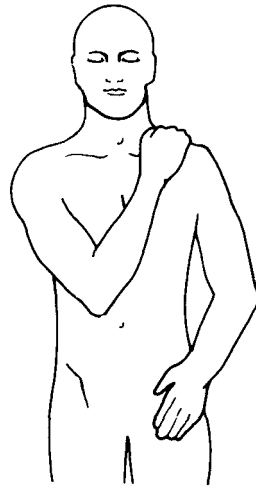


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right middle finger with the left hand and then the left middle finger with the right hand.



2. Or jumper cable groin, “Safety” Energy Lock No. 15, and shoulder, “Safety” Energy Lock No. 3.
 - a. Right hand on right groin, “Safety” Energy Lock No. 15, and left hand on right shoulder, “Safety” Energy Lock No. 3.
 - b. Left hand on left groin, “Safety” Energy Lock No. 15, and right hand on left shoulder, “Safety” Energy Lock No. 3.



8. The Number 7 “SAFETY” Energy Lock is located:

Reality is simple.

Have no preferences.

BE the no:

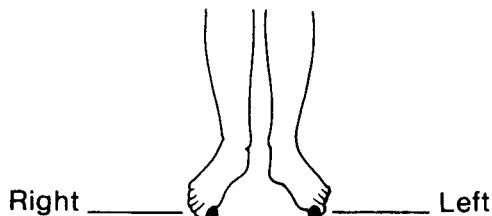
Worry

FEAR

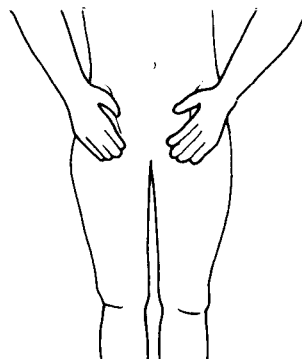
Anger

Sadness

Try to's



- a. “7” came into the universe meaning “victory”, a perfect life power.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; release tension/stress from the digestive functions; head discomforts.
- c. AIDS:
Chest congestion; digestive discomforts; back, hip, head discomforts.
- d. Just quietly jumper cable (hold) the left and right groins, “Safety” Energy Lock No. 15, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away in the legs, hips, digestive functions and head discomforts.

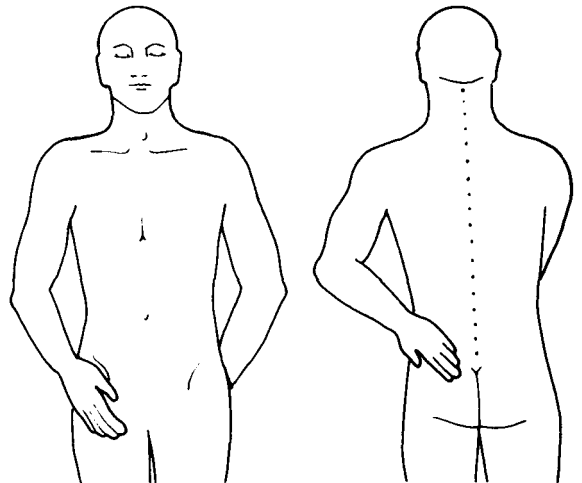


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right ring finger with the left hand and then left ring finger with the right hand.



2. Or jumper cable groin, “Safety” Energy Lock No. 15 and hip, “Safety” Energy Lock No. 2:
 - a. Left hand on left groin, “Safety” Energy Lock No. 15, and right hand on right hip, “Safety” Energy Lock No. 2.
 - b. Right hand on right groin, “Safety” Energy Lock No. 15, and left hand on left hip, “Safety” Energy Lock No. 2.

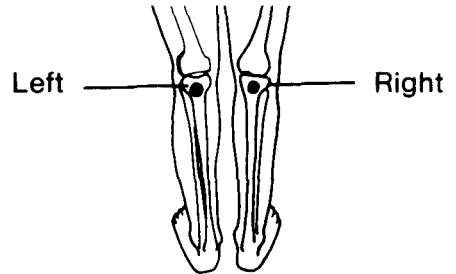


I alone impose
LIMITATIONS
upon MYSELF.

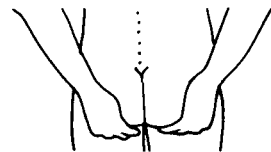
I alone am
RESPONSIBLE
for my BEING.

No focusing on
disorders -
simply focus on
"0 - 26," the answers
to all disorders.

9. The Number 8 "SAFETY" Energy Lock is located:

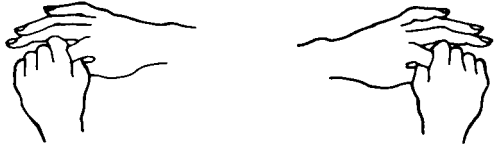


- a. "8" came into the universe meaning rhythm, strength, peace.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; release tension/stress in our pelvic girdle.
- c. AIDS:
Assimilation and elimination functions; rectal; all functions in pelvic girdle area; muscle tension/stress.
- d. Just quietly jumper cable (hold) the left and right buttocks, "Safety" Energy Lock No. 25. This can be accomplished standing, lying down, or sitting, utilizing the palm(s) or back of hand(s). If only one hand is available, it can be utilized on the side that is available only. In a few minutes, more or less, one can feel the tension/stress beginning to melt away in the legs, hip, abdomen, chest and the entire body.

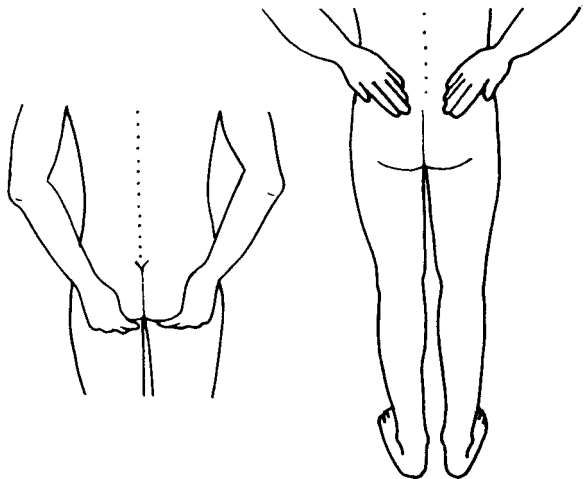


"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right index finger with the left hand and then left index finger with the right hand.



2. Or jumper cable buttocks, "Safety" Energy Lock No. 25, or hip, "Safety" Energy Lock No. 2.
 - a. Left hand on left buttock, "Safety" Energy Lock No. 25, and right hand on right buttock, "Safety" Energy Lock No. 25.
 - b. Left hand on left hip, "Safety" Energy Lock No. 2, and right hand on right hip, "Safety" Energy Lock No. 2



10. The Number 9 "SAFETY" Energy Lock is located:

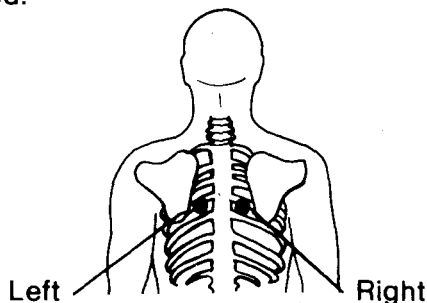
I am the past.

I am the present.

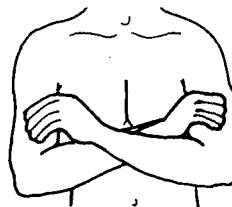
I am the future.

I am.

KNOW MYSELF IT IS.



- a. "9" came into the universe meaning end of a cycle is beginning of another; every end is seed of a fresh beginning, the basis of foundation.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; release tension/stress in our waist area-connecting waist up ("heaven") with waist down ("earth").
- c. AIDS:
Chest congestion; back; hip; foot discomforts - toes, callous, corn, sprains.
- d. Just quietly jumper cable (hold) the left and/or right elbow(s), "Safety" Energy Lock No. 19, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away across the upper, back area — KNOW MYSELF IT IS.



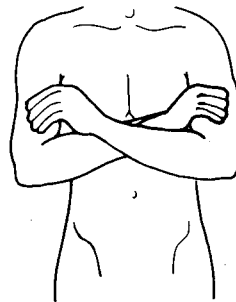
"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right thumb with left hand and then left thumb with right hand.



2. Or jumper cable elbows, "Safety" Energy Lock No. 19:

Fold arms across chest and apply either finger(s) or thumb into the bend of the elbow on the thumb side (medial) of both arms. If it is uncomfortable to "jumper cable" both elbows at the same time, one can "jumper cable" the right elbow, "Safety" Energy Lock No. 19 and then the left elbow, "Safety" Energy Lock No. 19.

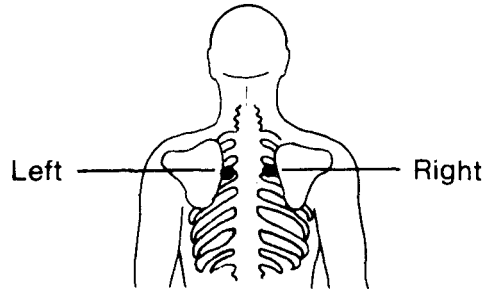


11. The Number 10 "SAFETY" Energy Lock is located:

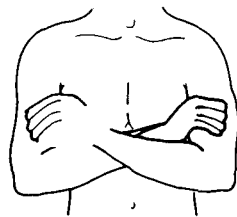
Balance - harmony:

It is AS IT IS,
and as it is,
IT IS.

BE the SMILE.

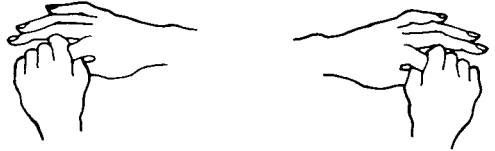


- a. "10" came into the universe meaning air, vehicle of the outpouring of limitless Life-Power.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; release tension/stress in the upper back; throat; knees.
- c. AIDS:
Chest congestion; blood pressure; voice; releases tension/stress in knee, hip, neck, shoulder.
- d. Just quietly jumper cable (hold) upper arms (between elbow and shoulder) and in a few minutes, more or less, one can feel the tension/stress beginning to melt away in the upper back, chest and legs. (Clasp upper arm between thumb and fingers like a vise or clamp.)

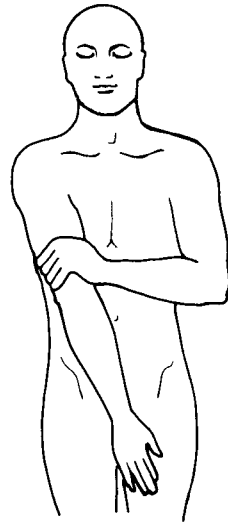


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right index finger with the left hand and then left index finger with the right hand.



2. Or jumper cable upper arm with opposite thigh:
 - a. Left hand on right upper arm and right hand on left thigh (medial or inner side).
 - b. Right hand on left upper arm and left hand on right thigh (medial or inner side).

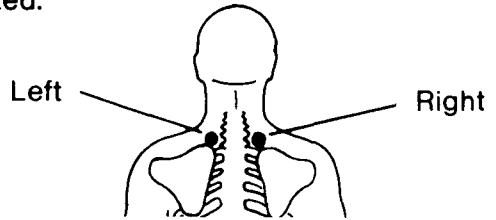


12. The Number 11 "SAFETY" Energy Lock is located:

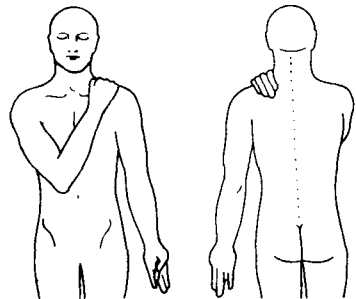
BE the SMILE.

BE the dropping of your shoulders - unload, receive and tune into the rhythm of the cosmos where there is no-thing.

BE the SMILE.



- a. "11" came into the universe meaning justice; getting rid of "excess baggage" (garbage), and is located in the center of all the "Safety" Energy Locks for effecting total balance of the body.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; release tension/stress from the shoulders ("excess garbage"), which brings peace and harmony from head to toes, toes to head.
- c. AIDS:
Shoulder, neck tension/stress; hip, leg, head, arm, elbow, wrist, hand, finger discomforts.
- d. Just quietly jumper cable (hold) shoulder, "Safety" Energy Lock No. 11, and "make" a ring with thumb and ring finger.



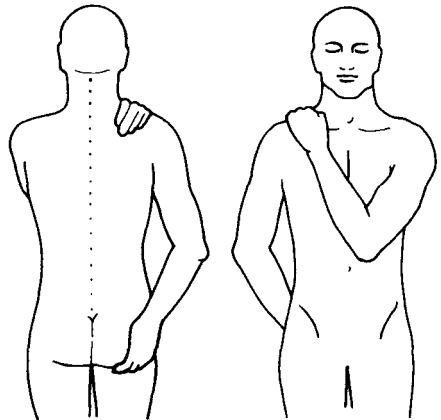
“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right index finger with left hand and then left index finger with the right hand.



2. Or jumper cable shoulder, “Safety” Energy Lock No. 11, with buttock, “Safety” Energy Lock No. 25:

- a. Jumper cable (hold) right shoulder with left hand, “Safety” Energy Lock No. 11, and right buttock, “Safety” Energy Lock No. 25, with right hand.
- b. Jumper cable (hold) left shoulder with right hand, “Safety” Energy Lock No. 11, and left buttock, “Safety” Energy Lock No. 25, with left hand.

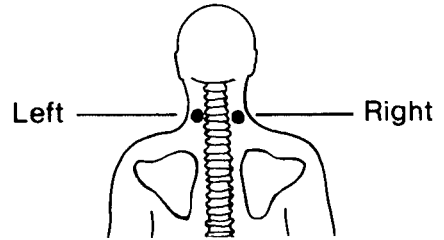


13. The Number 12 “SAFETY” Energy Lock is located:

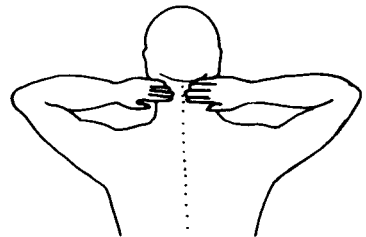
Unload all ATTITUDES:

1. Worries
2. FEARS
3. Anger
4. Sadness
5. Try to's

HAVE FUN.



- a. “12” came into the universe meaning “Not my will but Thy will” - submission of personal consciousness to the direction of Universal Mind.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; helps to keep from TRY-ing to DO and allows us to effortless BE — KNOW MYSELF IT IS.
- c. AIDS:
Release of arm tension/stress and neck, “Safety” Energy Lock No.12.
- d. Just quietly jumper cable (hold) the left and right side of neck, “Safety” Energy Lock No. 12, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

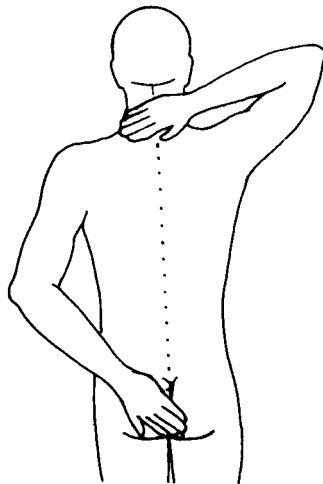


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right middle finger with the left hand and then left middle finger with the right hand.

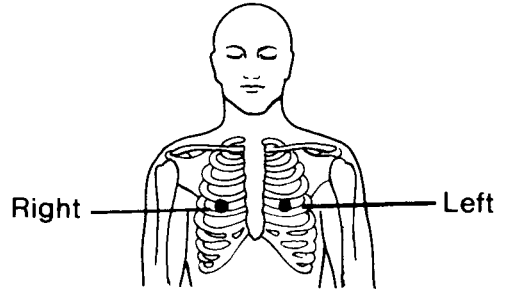


2. Or jumper cable neck, “Safety” Energy Lock No. 12, and base of spine, coccyx:
 - a. Left hand on right side of neck, “Safety” Energy Lock No. 12, and the right hand on base of spine, coccyx.
 - b. Right hand on left side of neck, “Safety” Energy Lock No. 12, and the left hand on base of spine, coccyx.

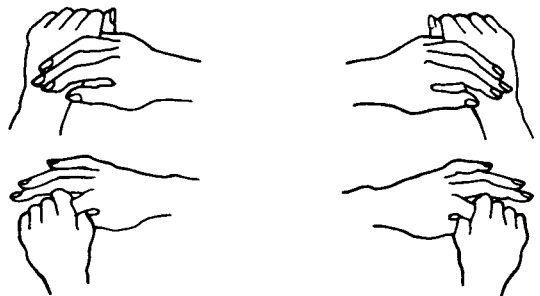


14. The Number 13 "SAFETY" Energy Lock is located:

Awareness and understanding of the UNLOADING (exhaling) and RECEIVING (inhaling) of the BREATH of LIFE will help one to develop a more thoughtful and more all-embracing KNOW MYSELF IT IS.



- a. "13" came into the universe meaning fertility -- "Love your enemies".
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; increase our productiveness; help to change image, which will ultimately change the external form.
- c. AIDS:
Chest congestion; appetite balance; reproductive functions; tension/stress of shoulders and neck.
- d. Just quietly jumper cable (hold) the index fingers and the little fingers and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

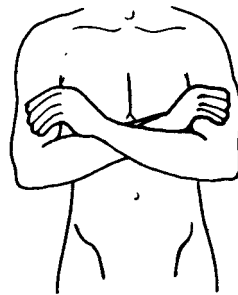


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right middle finger with left hand and then left middle finger with the right hand.



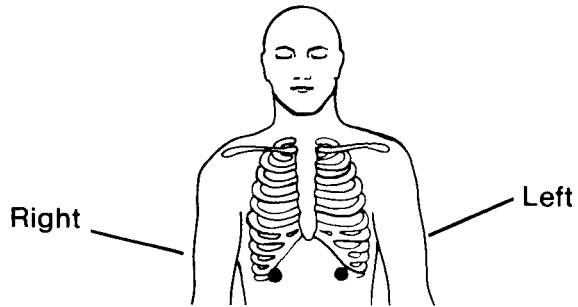
2. Or jumper cable upper arms.
 - a. Left hand on right upper arm.
 - b. Right hand on left upper arm.
(This can be applied separately on each arm or the left and right upper arms can be held together.)



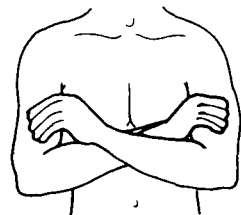
15. The Number 14 "SAFETY" Energy Lock is located:

KNOW MYSELF IT IS.

To do, just BE.



- a. "14" came into the universe meaning equilibrium, sustenance.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize our ascending and descending circulation patterns.
- c. AIDS:
Hips and thighs tension/stress; maintains our harmony waist up with waist down.
- d. Just quietly jumper cable (hold) left and right elbows (together or one at a time, whichever is most comfortable and convenient) and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

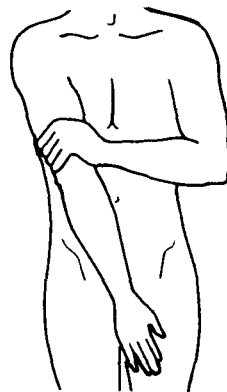


"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right ring finger with left hand and then left ring finger with right hand.



2. Or jumper cable elbow, "Safety" Energy Lock No. 19, with opposite thigh.
 - a. Left hand on right elbow, "Safety" Energy Lock No. 19, and right hand on left thigh.
 - b. Right hand on left elbow, "Safety" Energy Lock No. 19, and left hand on right thigh.



Laughter is the KEY to no ATTITUDE.

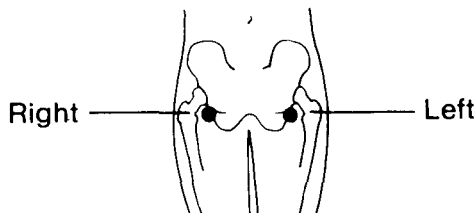
BE the SMILE.

BE the dropping of your shoulders.

UNLOAD (exhale) and RECEIVE (inhale) in abundance, BE the no ATTITUDE.

KNOW MYSELF IT IS.

16. The Number 15 “SAFETY” Energy Lock is located:



- a. “15” came into the universe meaning laughter - “wash our hearts with laughter”.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; harmonize functions of the heart to bring complete mental peace and security; helps to bring forth new ideas and adaptations.
- c. AIDS:
Abdominal and leg tension/stress; hips, knees, foot disharmonies, including bloat tension/stress.
- d. Just quietly jumper cable (hold) left groin, “Safety” Energy Lock No.15, with the left hand and the right groin, “Safety” Energy Lock No. 15, with right hand. This can be applied to the left and right groins simultaneously or separately, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.



“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right little finger with the left hand and then left little finger with the right hand.

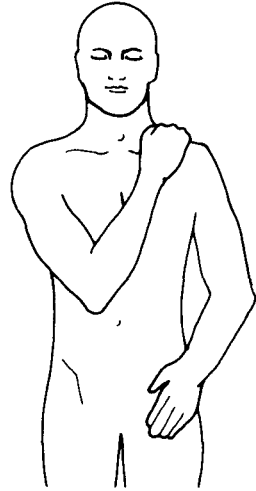


2. Or jumper cable the groin, “Safety” Energy Lock No. 15, with the instep, “Safety” Energy Lock No. 6, and/or shoulder, “Safety” Energy Lock No. 3.

If jumper cabling (holding) instep, “Safety” Energy Lock No. 6, is inconvenient, then skip jumper cabling (holding) the instep, “Safety” Energy Lock No. 6, and just jumper cable (hold) the groin, “Safety” Energy Lock No. 15 with the shoulder, “Safety” Energy Lock No. 3. You are the “artist” and JIN SHIN JYUTSU KNOW MYSELF IT IS. is an art and not a technique. You are the creator.

- a. Right hand on right groin, “Safety” Energy Lock No. 15, and left hand on right instep, “Safety” Energy Lock No. 6. (One can skip this step, if it is inconvenient to apply.)
Then replace left hand from the right instep, “Safety” Energy Lock No. 6, to the right shoulder, “Safety” Energy Lock No. 3.

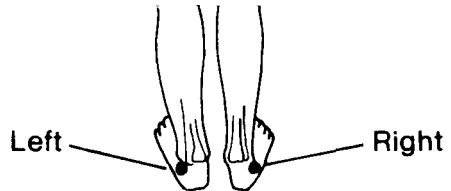
- b. Left hand on left groin, “Safety” Energy Lock No. 15, and right hand on left instep, “Safety” Energy Lock No. 6. (One can skip this step, if it is inconvenient to apply.) Then replace right hand from the instep, “Safety” Energy Lock No. 6 to the left shoulder, “Safety” Energy Lock No. 3.



PHYSIO - PHILOSOPHY (Nature - Effortless Reality)
Laughter is the KEY to Harmony.
BE the SMILE

17. The Number 16 "SAFETY" Energy Lock is located:

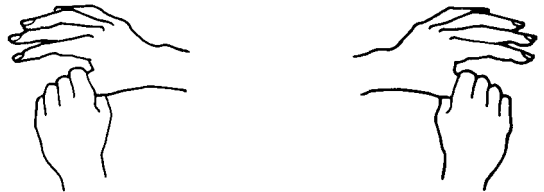
Remember each number has its own inner meaning and purpose.



Unload all ATTITUDES and have FUN.

Self-Knowledge IS the KEY to BE.

- a. "16" came into the universe meaning the basis of all human activities - breaking down of existing forms for new ones.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize the generative functions; skeletal balance; tonify muscles.
- c. AIDS:
Head, back, elimination tension/stress.
- d. Just quietly jumper cable (hold) right thumb with left hand and place right knee over left knee cap. When the back of knee on the little toe side of the knee (lateral or "outer" side) is placed on the opposite knee cap, one can feel the tension/stress in the back of the knee, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.



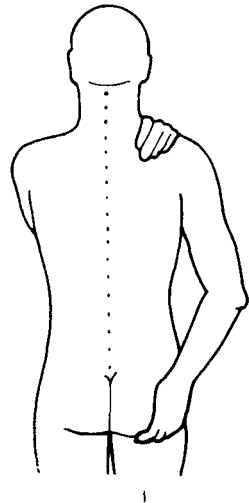
Then simply reverse the above for the left side.

"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right thumb with left hand and then the left thumb with the right hand.



2. Or jumper cable shoulder, "Safety" Energy Lock No. 11, and buttock, "Safety" Energy Lock No. 25.
 - a. Right hand on left neck, "Safety" Energy Lock No. 11 and left hand on left buttock, "Safety" Energy Lock No. 25.
 - b. Left hand on right neck, "Safety" Energy Lock No. 11, and right hand on right buttock, "Safety" Energy Lock No. 25.



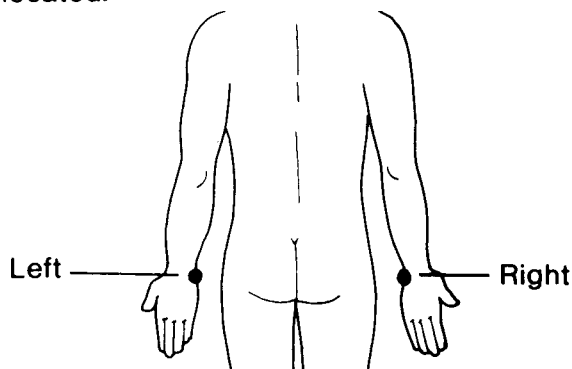
18. The Number 17 “SAFETY” Energy Lock is located:

Disorders are rooted in abuses:

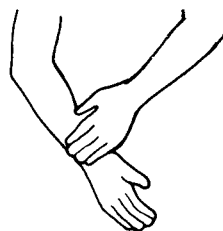
worry, FEAR, anger sadness, and try to's.

It is AS IT IS, and as it is, IT IS.

KNOW MYSELF IT IS.



- a. “17” came into the universe meaning reproductive energy, relaxation of mind and nerves.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; harmonize the nervous system; relax the mind; relieve ankle tension/stress.
- c. AIDS:
Chest congestion; bloat/swelling; heart, breast, back tension/stress.
- d. Just quietly jumper cable (hold) right wrist with the left hand and then left wrist with the right hand and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.



“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right ring finger with the left hand and then left ring finger with the right hand.



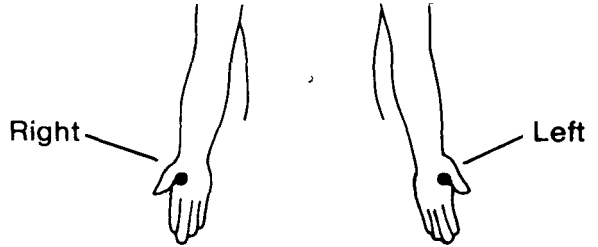
2. Or jumper cable right little finger with the the left hand and then left little finger with the right hand.



**IT IS AS IT IS, and KNOW that as it is, IT IS.
Simply BE the SMILE.**

BE the KNOW
MYSELF IT IS.

19. The Number 18 "SAFETY" Energy Lock is located:



- a. "18" came into the universe meaning body consciousness; functions affecting human personality.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize from back of the head, "Safety" Energy Lock No. 4, down to the feet, "Safety" Energy Lock No. 7.
- c. AIDS:
Chest congestion; rib cage distortions and/or back stiffness tension/stress; back of head congestion.
- d. Just quietly jumper cable (hold) base of right thumb, "Safety" Energy Lock No. 18, with left hand and then base of left thumb, "Safety" Energy Lock No. 18, with right hand and in a few minutes, more or less, one can feel the tension/stress from the back of the head and the body bloat beginning to melt away.



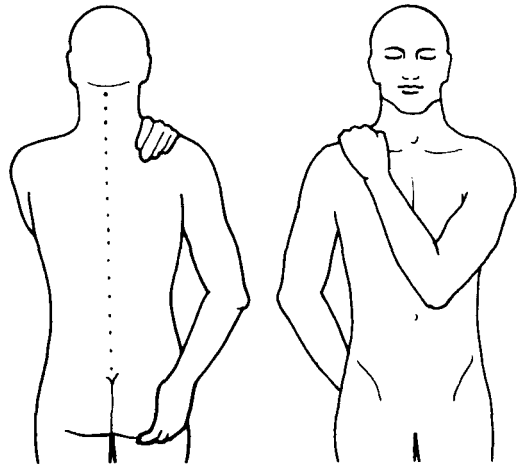
“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right little finger with the left hand and then left little finger with the right hand.



2. Or jumper cable buttocks, “Safety” Energy Lock No. 25, and shoulders, “Safety” Energy Lock No. 3.

- a. Jumper cable (hold) right buttock, “Safety” Energy Lock No. 25, with the right hand and right shoulder, “Safety” Energy Lock No. 3, with the left hand.
- b. Jumper cable (hold) left buttock, “Safety” Energy Lock No. 25, with the left hand and left shoulder, “Safety” Energy Lock No. 3, with the right hand.



20. The Number 19 "SAFETY" Energy Lock is located:

KNOW MYSELF IT IS.

IT - Infinite Truth

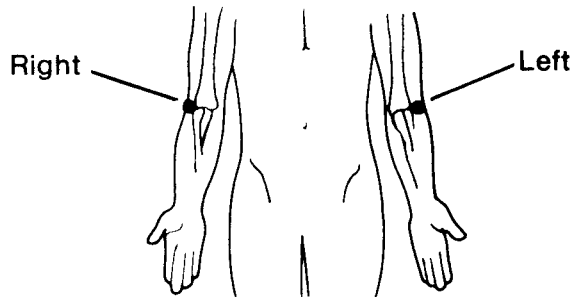
What is Truth?

Unload all ATTITUDES.

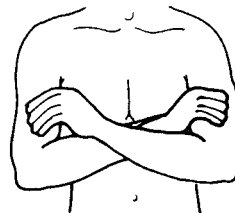
IS - Impersonal Self

What is IS?

Unload all ATTITUDES.

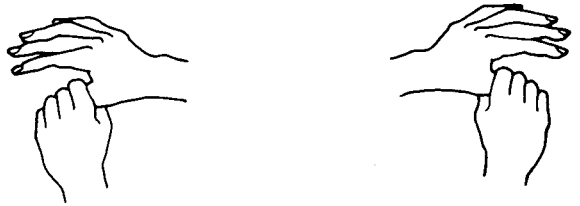


- a. "19" came into the universe meaning authority and leadership, perfect balance.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize left side of the body with the right side for easier breathing, good digestion and general well-being.
- c. AIDS:
Backaches; chest (lungs and breasts) congestions.
- d. Just quietly jumper cable (hold) right elbow, "Safety" Energy Lock No. 19, with left hand and then the left elbow, "Safety" Energy Lock No. 19, with the right hand and in a few minutes, more or less, one can feel the tension/stress from the back and chest beginning to melt away.

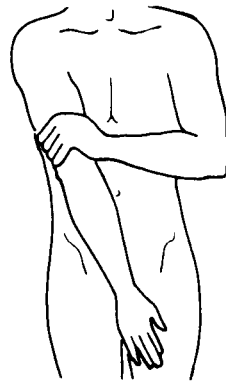


"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right thumb, "Safety" Energy Lock No. 18, with the left hand and then left thumb, "Safety" Energy Lock No. 18, with the right hand.



2. Or jumper cable the upper arm with the opposite thigh.
 - a. Jumper cable (hold) right upper arm with the left hand and the left thigh with the right hand.
 - b. Jumper cable (hold) left upper arm with the right hand and the right thigh with the left hand.



21. The Number 20 "SAFETY" Energy Lock is located:

I am the Star.

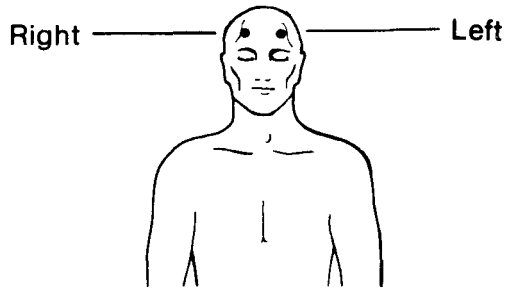
I am the Planet.

I am the Cosmos.

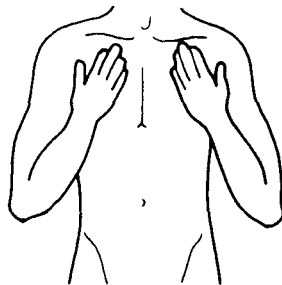
PHYSIO-PHILOSOPHY
(Nature-Effortless Reality)

PHYSIO - PSYCHOLOGY
(Nature-Stop, Look within
and Listen)

PHYSIO - PHYSIOLOGY
(Nature-Practical Applica-
tion)



- a. "20" came into the universe meaning ever-lasting, eternity.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize mental activities.
- c. AIDS:
Chest; heart; head; ears; eyes; equilibrium tension/stress - disharmony.
- d. Just quietly jumper cable (hold) center of left collar-bone (clavicle), "Safety" Energy Lock No. 22, and center of right collar-bone (clavicle), "Safety" Energy Lock No. 22, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.



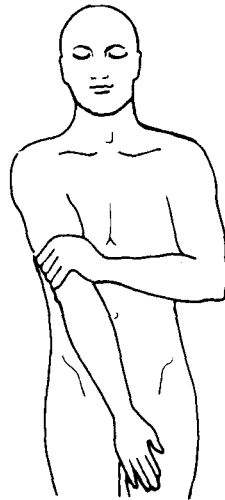
"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right little finger with the left hand and then left little finger with the right hand.



2. Or jumper cable upper arm with the opposite thigh:

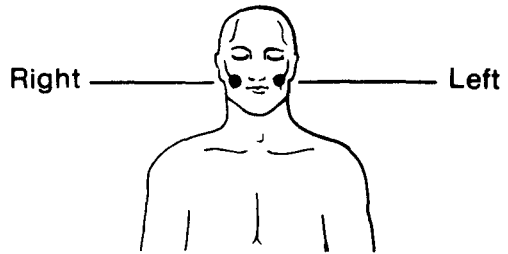
- a. Jumper cable (hold) right upper arm with the left hand and left thigh with the right hand.
- b. Jumper cable (hold) left upper arm with the right hand and the right thigh with the left hand.



22. The Number 21 "SAFETY" Energy Lock is located:

Hands, the "jumper cable" are the KEY to recharge the "body energy battery" for the Life Force - the natural and Creator given Energy that we all possess.

Erase all mental bondages.



- a. "21" came into the universe meaning profound, security, escape from mental bondage.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize mental bondages.
- c. AIDS:
Equilibrium, dizziness, mental tension/stress; energy build-up; weight balance.
- d. Just quietly jumper cable (hold) thighs, both left and right thighs together or one at a time, whatever is most comfortable, or convenient, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

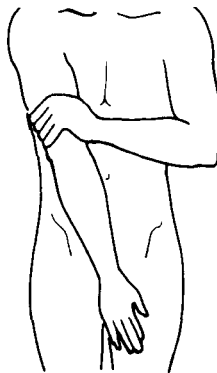


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right thumb with the left hand and then left thumb with the right hand.



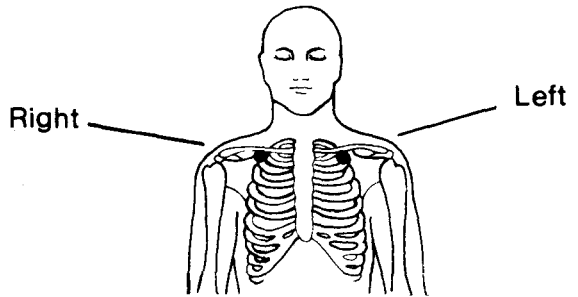
2. Or jumper cable upper arm, “Safety” Energy Lock No. 19, with the opposite thigh, “Safety” Energy Lock No. 1.
 - a. Jumper cable (hold) right upper arm, “Safety” Energy Lock No. 19, with left hand and the left thigh, “Safety” Energy Lock No. 1, with the right hand.
 - b. Jumper cable (hold) left upper arm, “Safety” Energy Lock No. 19, with the right hand and the right thigh, “Safety” Energy Lock No. 1, with the left hand.



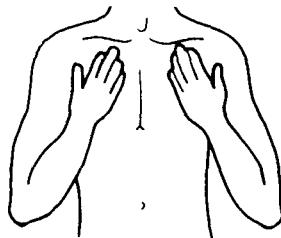
23. The Number 22 "SAFETY" Energy Lock is located:

All my miseries are results of: I am ignorant of MY-SELF.

KNOW MYSELF IT IS.



- a. "22" came into the universe meaning complete.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize concepts, help to release perceptions into boundless dimensions.
- c. AIDS:
Mental, emotional, digestive, physical tension/stress.
- d. Just quietly jumper cable (hold) left and right centers of collar-bone (clavicle), "Safety" Energy Lock No. 22, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

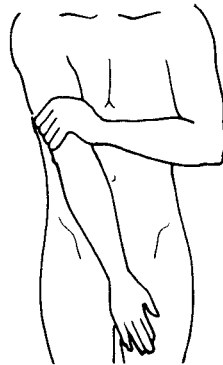


"QUICKIE" Self Help recharge (jumper cable):

1. Jumper cable (hold) right index finger with left hand and then left index finger with the right hand.



2. Or jumper cable upper arm, "Safety" Energy Lock No. 19, with the opposite thigh, "Safety" Energy Lock No. 1.
 - a. Jumper cable (hold) right upper arm, "Safety" Energy Lock No. 19, with the left hand and the left thigh, "Safety" Energy Lock No. 1, with the right hand.
 - b. Jumper cable (hold) left upper arm, "Safety" Energy Lock No. 19, with the right hand and the right thigh, "Safety" Energy Lock No. 1, with the left hand.

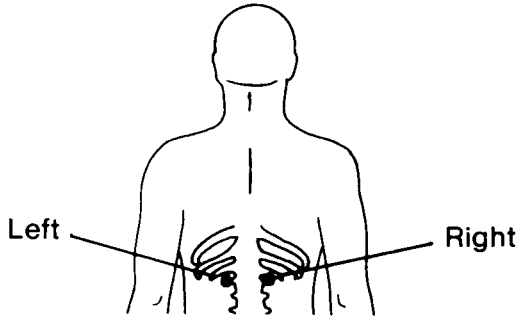


24. The Number 23 "SAFETY" Energy Lock is located:

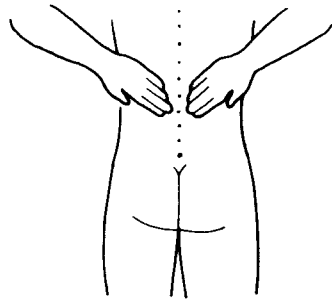
Techniques in themselves are false securities.

Awareness and understanding of each of the "Safety" Energy Locks are the KEYS to security.

KNOW MYSELF IT IS leads to universal knowledge.



- a. "23" came into the universe meaning proper circulation maintenance.
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize blood circulation, brain functions; physical agility and frustrations.
- c. AIDS:
Clear-thinking; temper tantrums; selfishness; adrenal function tension/stress.
- d. Just quietly jumper cable (hold) left and right "small of back", "Safety" Energy Lock No. 23, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

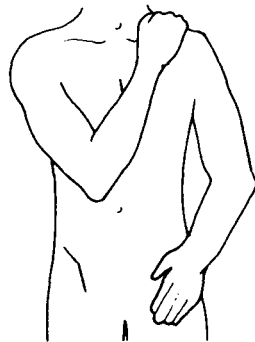


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right little finger with left hand and then left little finger with the right hand.



2. Or jumper cable groin, “Safety” Energy Lock No. 15, with the same side shoulder, “Safety” Energy Lock No. 3.
 - a. Jumper cable (hold) right groin, “Safety” Energy Lock No. 15, with the right hand and right shoulder, “Safety” Energy Lock No. 3, with the left hand.
 - b. Jumper cable (hold) left groin, “Safety” Energy Lock No. 15, with the left hand and left shoulder, “Safety” Energy Lock No. 3, with the right hand.



25. The Number 24 “SAFETY” Energy Lock is located:

Are you?

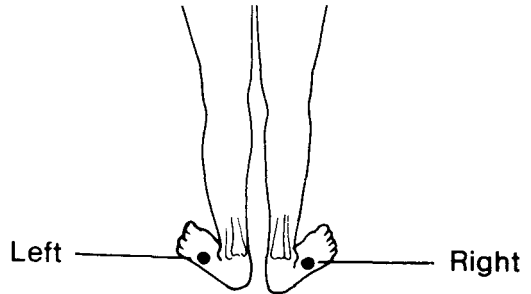
BE the SMILE.

BE the dropping of the shoulders.

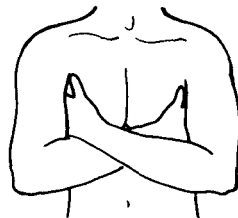
UNLOAD (exhale) all the dirt, dust and greasy grime.

RECEIVE (inhale) the abundance.

Are you?



- a. “24” came into the universe meaning understanding, harmonize chaos.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; harmonize all chaos within for complete peace of mind and body.
- c. AIDS:
Understanding, prevention of jealousy, revenge, stubbornness.
- d. Just quietly jumper cable (hold) right underarm, “Safety” Energy Lock No. 26, with the left hand and left underarm, “Safety” Energy Lock No. 26, with the right hand (a big hug) and in a few minutes, more or less, one can feel the tension/stress beginning to melt away.

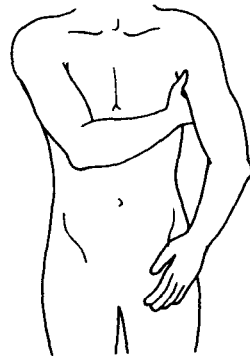


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right little finger with the left hand, and then left little finger with the right hand.



2. Or jumper cable underarm, “Safety” Energy Lock No. 26 with the groin.
 - a. Jumper cable (hold) right underarm, “Safety” Energy Lock No. 26, with the left hand and left thigh or right groin, “Safety” Energy Lock No. 15, with the right hand.
 - b. Jumper cable (hold) left underarm, “Safety” Energy Lock No. 26, with the right hand and right thigh or left groin, “Safety” Energy Lock No. 15, with the left hand.

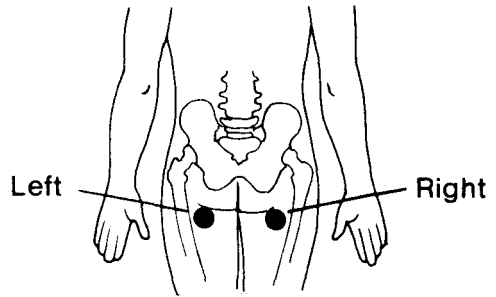


26. The Number 25 “SAFETY” Energy Lock is located:

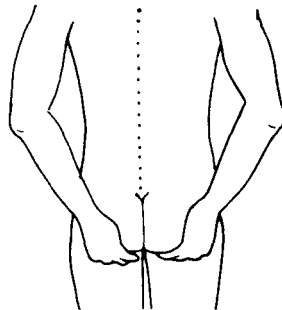
Solutions to all “problems” reside within MYSELF.

Self-knowledge IS KEY to all “problems”.

“Problems” turn into PRO-JECTS.



- a. “25” came into the universe meaning quietly regenerate.
- b. By applying our “jumper cable” we can recharge our “run-down” energy battery; harmonize chaotic mind.
- c. AIDS:
Developing alertness; energetic mind.
- d. Just quietly sit on our hands, either on the palms or backs of the hands, and in a few minutes, more or less, one can feel tension/stress beginning to melt away. If only one hand is available at the moment, apply only the convenient hand.
 (“Substitutes” for walking, when necessary.)

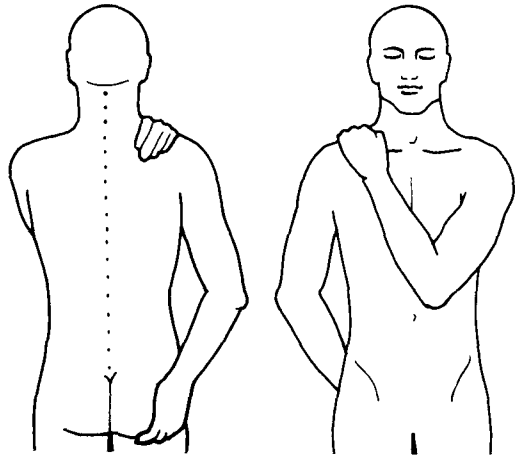


“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) right middle finger with the left hand and then left middle finger with the right hand.



2. Or jumper cable buttocks, “Safety” Energy Lock No. 25, and shoulders, “Safety” Energy Lock No. 3.
 - a. Jumper cable (hold) right buttock, “Safety” Energy Lock No. 25, with the right hand and right shoulder, “Safety” Energy Lock No. 3, with the left hand.
 - b. Jumper cable (hold) left buttock, “Safety” Energy Lock No. 25, with the left hand and left shoulder, “Safety” Energy Lock No. 3, with the right hand.



27. The Number 26 "SAFETY" Energy Lock is located:

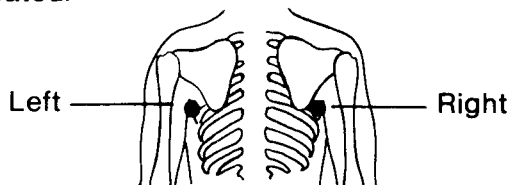
All is AS IT IS, and as it is, IT IS.

So simply BE the SMILE.

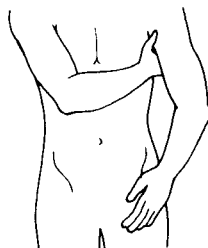
BE the no ATTITUDES.

BE the boundless.

KNOW MYSELF IT IS.



- a. "26" came into the universe meaning complete (that which was, is, will be).
- b. By applying our "jumper cable" we can recharge our "run-down" energy battery; harmonize mental, digestive and physical functions.
- c. AIDS:
Vital Life Force for the total Being.
- d. Just quietly fold arms across the chest and hold opposite underarm, "Safety" Energy Lock No. 26, and in a few minutes, more or less, one can feel the tension/stress beginning to melt away—just giving MYSELF a big "hug".
If uncomfortable or inconvenient to hold both underarms together, hold right underarm, "Safety" Energy Lock No. 26, with the left hand and right groin, "Safety" Energy Lock No. 15, with the right hand. Or simply jumper cable (hold) the one underarm, "Safety" Energy Lock No. 26, and then the other, whichever is convenient at the moment.



“QUICKIE” Self Help recharge (jumper cable):

1. Jumper cable (hold) center of right palm with the left hand and then center of left palm with the right hand.
This can also be applied simultaneously to the left palm and the right palm, if you so desire. You are the “artist”. You are the “creator”.



2. Or jumper cable all thumbs and fingers.
 - a. Jumper cable (hold) right thumb, index finger, middle finger, ring finger and little finger with the left hand, one by one.
 - b. Jumper cable (hold) left thumb, index finger, middle finger, ring finger and little finger with the right hand, one by one.
 - c. Or just quietly fold the hands, be the SMILE, be the dropping of the shoulders, bow (tilt) the head to a comfortable position, and exhale (unload) “one”, inhale (RECEIVE the Cosmic Energy Force), exhale (unload) “two”, inhale (RECEIVE),etc., counting up to thirty six aware and understanding BREATHS - the “purified” Cosmic Energy Force - daily. Just quietly enjoy each BREATH - no TRYing to breathe - just exhale (unload) all of the “dirt , dust and greasy grime” and inhale (RECEIVE) the “purified” Cosmic Energy Force.

This “simple” routine applied daily will enable one to synchronize with the “rhythm” of the Cosmos for a tension/stress free FUN (Fulfilling, Understanding, No-thing) way of BEING instead of “existing”.

“Existing” is filled with FEAR (False Evidence Appearing Real).

SIMPLE, isn't it.

Whole purpose of self-study of Physio-Philosophy (awareness of MYSELF), Physio-Psychology (understanding of MYSELF) and Physio-Physiology (application of method) is to KNOW the inner freedom from my self-knowledge.

5. MANKIND'S "SAFETY" ENERGY LOCKS — KNOW MYSELF IT IS.

SUMMARY

WHEN AND HOW DO THEY HELP?

1. JIN SHIN JYUTSU IS. - Physio - Philosophy -
KNOW MYSELF IT IS.
 - a. Physio - Philosophy (Nature - Effortless Reality) - the Creator's Art - MAN - KNOW MYSELF IT IS - Infinite Truth, the Impersonal Self.
 - b. Physio - Psychology (Nature - STOP, LOOK WITHIN and LISTEN) - the Creator's Art - Inner Self - KNOW MYSELF IT IS. Unload all dirt, dust and greasy grime (simply unload all attitudes) and TRUTH IS.
 - c. Physio - Physiology - (Nature-Practical Application) - the Creator's Art -- Method technique - KNOW MYSELF IT IS. the "transcending of techniques" for the Art to BE the Cosmic Artless Art to KNOW (help) MYSELF — KNOW MYSELF IT IS.
 - d. WHEN and HOW do they help?
 - (1) BE the "jumper cable" in the Breath that I am.
 - (2) BE the awareness of the usefulness of our hands, the "jumper cable".
 - (3) BE the understanding of the "Safety" Energy Locks, 0 - 26, that I am.

(4) BE the awareness and understanding of who, what, where, when, why of the "jumper cable" and the "Safety" Energy Locks 0 - 26 — KNOW MYSELF IT IS.

e. BE the SMILE, BE the dropping of your shoulders, bow your head, exhale (unload all of the "dirt, dust and greasy grime") and inhale (RECEIVE the Cosmic Energy in Abundance).

BE the SMILE

f. To DO, effortless BE. It is complex to TRY to BE that which I am.

If I am Cosmic Rhythm, (which is the Breath I receive), all knowledge - wisdom - is within. So simply BE the awareness and the understanding (the knowledge - the wisdom).

BE the "jumper cable" itself.

g. Utilize your awareness and understanding of Mankind's "Safety" Energy Locks and Keys, your "jumper cable", daily to recharge the energy battery eternally to BE.

2. "BE your own testimony. No other testimony can BE greater than that of MYSELF." KNOW MYSELF IT IS.

PHYSIO-PHILOSOPHY

KNOW MYSELF IT IS.

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