

Waltraud Riegger-Krause

Health Is in Your Hands

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Jin Shin Jyutsu®

Practicing the Art of
Self-Healing

Upper West Side Philosophers, Inc.



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Jin Shin Jyutsu®

Among other texts, this book-and-card set is greatly indebted to:

Introducing Jin Shin Jyutsu Is. Books 1-3 (Scottsdale, AZ: Jin Shin Jyutsu Distributors, 1981, 1985, 1994), *“What Mary Says, ...”: A Compilation by Lynne Pflueger and Michael Wenninger*, (Scottsdale, AZ: Jin Shin Jyutsu, Inc., 1997), and *Chart of the 26 Safety Energy Locks*, (Scottsdale, AZ: Jin Shin Jyutsu, Inc., 1991), all by Mary Burmeister. All quotations of Mary Burmeister are taken from *“What Mary Says, ...”* and the author’s notes from her classes.

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Upper West Side Philosophers, Inc. provides a publication venue for original philosophical thinking steeped in lived life, in line with our motto:

philosophical living & lived philosophy.

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How to use the cards and book

“The regular practice of Jin Shin Jyutsu affects body, mind and spirit.”
Mary Burmeister

The card set and book you are holding in your hands allow you to easily practice the art of Jin Shin Jyutsu and offer a glimpse into its philosophy.

There is one card for each of the 26 Safety Energy Locks (SEL), the 12 Organ Flows, the 6 Depths and three further simple self-help sequences. On the front of each card you will find the meaning and location of the respective Safety Energy Lock or Organ Flow. On the back, you will find some simple applications.

The accompanying book provides an introduction to the foundations of Jin Shin Jyutsu as well as further ways of practicing this art. It also describes the circulation patterns of the Organ Flows in detail.

Learning the connections

In order to learn and understand the connections inherent in Jin Shin Jyutsu, select one or more cards to read daily. The cards depict the Safety Energy Locks, the Depths with their respective applications, as well as the Individualized Body Function Energy

healing touch



In Jin Shin Jyutsu, attention is focused entirely on the energy that pulsates in our hands and fingers.

Flows (Organ Flows). By repeatedly studying the cards, you will familiarize yourself with the various aspects and symptoms that go along with the respective Safety Energy Locks and Organ Flows.

The Safety Energy Locks (SEL)

Find the location of any given Safety Energy Lock on your body and hold it for about 3-5 minutes. If you are already somewhat experienced, you may also hold it until you feel a pulsation under your fingers. Repeat holding the same Safety Energy Lock for a number of days so that you can better memorize its place and meaning. Each Safety Energy Lock

has physical and spiritual correlates that are harmonized by holding it ('jumper-cabling'). In order to support the effect of the selected Safety Energy Lock, you can also hold the combinations of Safety Energy Locks, or the corresponding fingers, indicated on the back of the cards.

Flows and Body Function Energy

Select a card with a Flow and follow its circulation pattern with a finger along your body. You will find exact descriptions of the various circulation patterns below (p. 66 ff.). Repeat the exercise for a few days so that you can better memorize any given Flow. In order to harmonize your bodily energy, you should also practice the various self-help sequences and hold the appropriate fingers as described on the cards.

Daily self-help

Holding the Safety Energy Locks and jumper-cabling the Organ Flow sequences are also suitable for daily self-help. You can thereby dissolve energy blockages at large, harmonize and strengthen your bodily energy, and prevent discomfort and illness. If you have no particular symptoms, you can go through the Energy Locks and Flows one by one, or you can simply select one card for the day.

Harmonizing symptoms

If you have a specific physical or mental/emotional discomfort, look for the symptoms in the index (pp. 89-93), and select the specified cards. There you will find the applications that serve to harmonize the symptoms. Should the symptoms not go away after holding the appropriate Safety Energy Locks, or should they persist over time, it is recommended that you seek professional medical help.

Connection to the Depths

In Jin Shin Jyutsu, the various forms of expression of energy and degrees of energy density are called 'Depths'. These Depths are correlated with the Safety Energy Locks, Flows, elements, and colors. If you would like to explore the connections between these various aspects more deeply, follow the color codes at the top of each card. All cards with the same color indicate a link to a specific Depth.

- **yellow** = First Depth; element: earth
- **white** = Second Depth; element: air
- **green** = Third Depth; element: 'key', ether, wood
- **blue** = Fourth Depth; element: water
- **red** = Fifth Depth; element: fire
- **red** = Sixth Depth; element: FIRE (primordial fire)

An example All cards with a yellow top pertain to the First Depth. For Safety Energy Lock cards, this means that these locks are born in the First Depth. For Individualized Body Function Energy Flow cards, it means that the flows belong to the First Depth and thus to the element of earth.

Your daily companion

You can also use the book and cards as your daily companion. Simply pick a card for each day. Each card contains philosophical words of inspiration. These can be used as the basis for meditation or as daily mottos.

The teachings of Jin Shin Jyutsu

“The energy that is motivating us does not come from the body. It is part of the universal abundance, which comes through us from the universal source.”

Mary Burmeister

The teachings of Jin Shin Jyutsu, which were rediscovered by Jiro Murai in Japan at the beginning of the last century, consist of a philosophical and a practical level. On the one hand, they delineate an art of living that helps us to “know ourselves” and to bring our lifestyles into harmony with the laws of the universe; on the other hand, they present a system of Energy Flow patterns and Energy Points for practical use on ourselves and others to alleviate discomfort and pain.

Jin Shin Jyutsu is based in Eastern philosophy, which sees humankind as rooted in the laws of nature. According to its teachings, life is formed out of a life energy that manifests itself in various depths and degrees of differentiation, from invisible cosmic forces to the visible body. The human body is pervaded by a multi-stranded system of Energy Flow patterns that purvey life energy to every cell. A stressful way of life and certain mental attitudes can cause this life energy to stagnate, leading to

emotional imbalance and physical disorders. The art of harmonizing and healing ourselves has been passed on orally for generations. Jin Shin Jyutsu® Inc., Scottsdale, Arizona, wishes to stay true to this tradition and offers courses worldwide that teach this art of self-help.

Jin Shin Jyutsu comes to the West

Jin Shin Jyutsu was brought to the West by Mary Burmeister. The daughter of Japanese parents, Mary was born in Seattle in 1918 and died on January 27, 2008. Dissatisfied with her life and curious about her parents' country of origin, she traveled to Japan in the 1940s. Searching for the meaning of life, she met her future teacher Jiro Murai. In his lectures, Jiro Murai spoke, among other things, of the primordial forces of man and their connection to the cosmic laws. Here, Mary felt at home. She sensed that the greatest healing power consisted in living in harmony with the laws of the universe and oneself.

Jiro Murai taught an art of living that he called Jin Shin Jyutsu. The name Jin Shin Jyutsu (pronounced: jin shin jitsu) comes from the Japanese.

- 'Jin' means '(compassionate, knowing) man'.
- 'Shin' means 'creator', or 'spirit of God'.
- 'Jyutsu' means 'art'.



Mary Burmeister brought the ancient knowledge of Jin Shin Jyutsu to the West.

Mary Burmeister, Jiro Murai’s devoted student, would subsequently also refer to the art of Jin Shin Jyutsu as “Now Know Myself” and “Physio Philosophy” (“philosophy of nature”).

Jin Shin Jyutsu incorporates all the wisdom, philosophy and experiences of life. Of course, we can delve that much deeper into an understanding of

this art the more we get to know ourselves. But we can also begin practicing it any time — even now, in this exact moment, and with our current understanding of this art of living.

After studying with Jiro Murai for seven years in Japan, Mary returned to the United States and began practicing what she had learned and passing it on in classes. She opened an office in Scottsdale, Arizona, supported in her work by her loyal friend and colleague Pat Meador.

Harmonizing the body

Practicing Jin Shin Jyutsu means working with our hands, using them to touch and hold our fingers as well as specific places on the body — so-called Safety Energy Locks (SEL) — in order to dissolve energy blockages and balance the flow of life energy within us.

Safety Energy Locks are not simply points but, rather, larger, hand-size centers. They acquired their name because they shut down for our own safety whenever we overload body or soul. We experience their shutting down as pain or discomfort, which ought to alert us that something is wrong and make us stop and change our behavior.

Touching and holding Safety Energy Locks is also called ‘jumper-cabling’. Unlike other treatments

gentle holding



Jin Shin Jyutsu works entirely without pressure. The hands are placed gently on the body.

that stimulate or sedate, Jin Shin Jyutsu harmonizes life energy through gentle holding without pressure or rubbing. Thus, internal bodily adjustment happens entirely on its own. Jumper-cabling finetunes energy vibration, calms the mind, balances the emotions, dissolves blockages and promotes self-healing. This subtle and holistic method also strengthens the vegetative nervous system.

An art of living

Jiro Murai called Jin Shin Jyutsu an art of living. This means that all people have the ability to creatively shape their lives. Practicing Jin Shin Jyutsu regularly helps us to get to know ourselves. It enables us to look beyond our personal problems and to recognize the wider contexts of our lives. It makes the inconveniences of the everyday appear less dramatic and lets us discover lightness and joy in ourselves. Instead of directing our attention to what is currently not going so well in our lives, we begin to see the many little good things.

Jin Shin Jyutsu is the 'art of knowing myself'. An art is not a technique. It requires creativity, is practiced individually, and is thus natural and simple.

Getting to know body and soul, learning to help oneself

Often, we are not particularly aware of our mental-spiritual and emotional needs. We often repress them and pay less attention to them than to physical discomforts. Thus we often develop a physical illness in order to carry out spiritual healing. We often sense precisely when a bad feeling arises within us initiating disharmony. Yet we tend to disregard the problem at first, repressing it.

balance in the body

Sometimes we get a second or third hint; we must do something about it then, at the very latest, but nonetheless we don't. Until, finally, the body very clearly tells us that we must change something. However, by that time it is often too late because the body has already responded with an illness. Only when the latter has set in, when spiritual worry has expressed itself as physical illness, do we understand.

Jumper-cabbling promotes physical health

- it provides for the better care of cells and tissue layers by allowing life energy to flow unobstructedly through the body
- it more effectively detoxifies the body
- it stimulates our metabolism
- it puts the body in a state of deep relaxation, thereby balancing vegetative and functional disturbances
- it harmonizes circulation and digestion
- it strengthens the immune system

Jumper-cabbling promotes mental/emotional health

- it brightens one's mood
- it strengthens self-confidence
- it dissolves old behavioral patterns
- it harmonizes attitudes — worry, fear, anger, sad-

- ness, and pretense/trying-to
- it dissolves depressive moods
- it improves our charisma

Jumper-cabling promotes spiritual and mental harmony

- it dissolves negative thought patterns
- it fosters serenity and cheerfulness
- it brings about eye-opening experiences
- it facilitates mental-spiritual clarity
- it increases spiritual insight
- it expands consciousness