

Jin Shin Jyutsu:

My Constant Companion for Well-Being
by Michelle Giambra

When I'm home, our female cat is pretty much always with me. If I am working on the computer, she is on the chair next to me. If I move to the couch, moments later she is there, either nestling into my chest or positioning herself very close to my body. She is my constant companion. Jin Shin Jyutsu is the same, my constant companion, always with me, a reliable friend that I can always count on.

If I find my mind preoccupied with worry, I know I can hold my thumb, and after a while, the mind chatter calms and I can think more clearly. I know that if my back aches, holding my index finger provides relief. After too many hours on the computer, if my vision starts blurring, I know that 15 minutes or so of holding my middle finger is like having someone wipe my lenses clean. In moments of feeling emotionally overwhelmed, I can "give myself a big hug," and soon the stress melts away.

One hectic day, when I was rushing, I twisted not just one, but both ankles. The pain level was very high, and by the evening I could barely walk. I thought for sure that I would be laid up the next day. However, thanks to Jin Shin Jyutsu, I was happy to awaken the next morning virtually pain-free and completely hobble-free!

With Jin Shin Jyutsu as my constant companion, the know-how of simple ways to profoundly help myself is always with me!

The re-birth of Jin Shin Jyutsu as we know it today began in 1912 in Japan when Jiro Murai, at the age of 26, dramatically cured himself of a terminal illness. Following his "miraculous" recovery, Master Murai dedicated the rest of his life to researching, studying, practicing, developing and eventually teaching Jin Shin Jyutsu. A true scientist, he used a wide variety of research methods, studied ancient texts and documented his findings. After 34 years of gathering insight, he began teaching others.

Mary Burmeister met Master Murai in the 1940s in Japan. She attended private lectures with him that launched her life-long study of Jin Shin Jyutsu. Burmeister returned to the United States in the '50s. After decades of devoted study and practice, she began teaching others; she created textbooks and self-help books to share this knowledge with the world.

Jin Shin Jyutsu is much more than a technique. Techniques are limiting.

Jin Shin Jyutsu is an art that inspires self-awareness, enhances self-understanding, and provides practical applications for maintaining and restoring harmony on all levels of your being.

The artists learn the skills, and then, with awareness and understanding, they apply their tools (their hands.)

The hands are "jumper cables" through which Universal Life Energy flows. The body contains 52 "safety energy locks," energy centers with specific functions. Applying the "jumper cables" by gently touching one or more safety energy lock(s), in a single hold, or a sequence of holds, "opens" the safety energy lock(s) and restores a harmonious flow of life energy through pathways in the body.

A safe, gentle adjunct to any therapy, Jin Shin Jyutsu may be received from a trained practitioner or applied on one's self. Regular harmonizing is beneficial to maintain proper flow and functioning of energy pathways, to relieve stress, re-energize body, mind and spirit, and to help you to feel happy and calm.

Jin Shin Jyutsu has enriched my life beyond measure. I practice self-help daily and regularly receive sessions from other practitioners. Yes, I use it when I feel an imbalance such as worrisome thoughts, an ache or indigestion, but it's not about

"fixing" things. It is about connecting with harmony. It brings to life ancient truths from many spiritual practices, making them real and tangible. Labels and judgments are removed. Jin Shin Jyutsu truly helps to undo, unburden, and unload.

Not only do the body, mind and spirit feel better, lighter even, but one's perceptions shift, and the world looks brighter, too. As a physio-philosophy, it expands my awareness. As a physio-psychology, it helps me tune into and understand myself. As a physio-physiology, it provides tools to harmonize body, mind and spirit. It is "the Creator's art through the person of knowing." It is the "Art of Getting to KNOW (help) Myself." It is my constant companion, always with me, a reliable friend I can always count on.

Michelle Giambra, Jin Shin Jyutsu Practitioner & Self-Help Instructor, LMT has over 17 years' experience with Jin Shin Jyutsu. She offers personal energy harmonizing sessions & teaches self-help (self-care) classes. She has been voted the Local "Favorite Energy Healer" & "Favorite Holistic Practitioner." Her studio, Suncoast Jin Shin Jyutsu, is located in Downtown Sarasota. For more information, call 941-228-2972, email Michelle@SuncoastJSJ.com, or visit SuncoastJSJ.com.

The Jin Shin Jyutsu information provided in this article is intended to complement, not replace, the advice of your own physician or other healthcare professional.



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