

The Main Central

Jin Shin Jyutsu® Newsletter
Issue 106 — Fall 2019



*The Finger Sequences
in
Self-Help Book 1*

*Hold 1s—1 Hour—1 Year
1-1-1—JSJ—3*

*From a Doctor's
Perspective*

*MBJSJO
Annual Report*

*Physio-Philosophy
and
BEing the Artist*

*The Order
of
Creation*



From the Editor

As I was working with the desktop publishing “tools” to get this issue out—thank goodness our hands don’t come with so-called upgrades!—I thought about how much it takes to make this newsletter, in particular, and Jin Shin Jyutsu, in general, happen.



Marlies Castaing—I’m fairly sure we haven’t met in person—started my stream of consciousness with an unexpected email offering an article on the Austrian Symposium. (It should be in the next issue.) She volunteers for several JSJ activities, including serving on the Certification Development Committee. David’s address at the Austrian Symposium is on the next page. After seeing her email and David’s address, I reflected on how much time, love, and plain old work are contributed to our meetings, classes, and other activities.

Then a Chinese-speaking student at Wayne Hackett’s class in Vancouver, Canada, translated the words in a photo taken in Shanghai, China. Wayne taught the first ever 5-Day Basic Seminar in Shanghai, on the Chinese Mainland, earlier this year, and the photo was taken during class. It traveled around the globe repeatedly and passed through many hands while being translated, typeset, had its caption proofed, and was printed. Each person who touched that photo had to *care*, about the photo, about the person in the picture, about the words, about what they meant.

About how we are all connected.

Our village has become the size of our globe, and now, more than ever, each one of us has an important part to play.

Still holding my fingers,

Jennifer Adair

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Cover Art

Front inset: Wayne Hackett in Hawaii, an instructor and perpetual student, BE-ing the Main Central.

Front: *Euonymus americanus* (Hearts A-Bursting) in Tennessee.

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We realize/realise that regional spellings differ. In this case, the author rules.

Letters to the editor and submissions should be sent to Jennifer Adair at MainCentral@jsjinc.net.

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- | | |
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Webinars

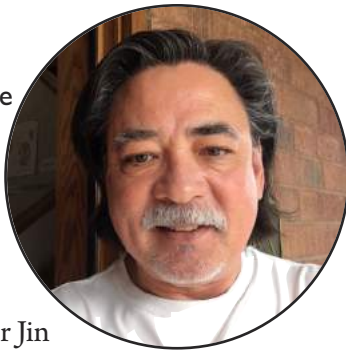
Free Replay Link: Jin Shin Jyutsu Self-Care for Enhanced Immune Function was a free 2-hour study group held on September 30, 2019. The replay link is: <https://youtu.be/wuL4L7KLov0>. In English with Susie Plettner.

October 14: It’s All About the Breath. Our first experience in life is breathing. Jiro Murai said: The breath is the Ultimate Healer. Let’s explore it together through study, self-help, and practice. In English with Jill Pasquinelli.

November: Topic and date to be announced. In English with Anita Willoughby. Webinar access is available at the JSJ Online Store.

From David

In September 2019 David gave the following address to the Austrian Jin Shin Jyutsu Association Symposium, reproduced here in full:



Dear Friends of Jin Shin Jyutsu,

On behalf of the Mary Burmeister Jin Shin Jyutsu Institute I am pleased to send our good wishes for a fun and dynamic symposium, sponsored by The Austrian Jin Shin Jyutsu Association.

Whenever I use the word “dynamic,” it reminds me so much of my mother. In every class Mary spoke about Jin Shin Jyutsu as a dynamic and limitless Art that brings forth the boundless potential of the human being. Jin Shin Jyutsu is a living, growing art that is built on the foundation that Mary Burmeister and Jiro Murai created. During the past forty years since my mother first brought Jin Shin Jyutsu to Germany, planting seeds so it could spread to so many other countries, the lineage of Mary Burmeister Jin Shin Jyutsu has touched thousands of lives. We are very grateful to The Austrian Jin Shin Jyutsu Association and all the organizations that have been inspired to preserve the authentic teaching of Jin Shin Jyutsu, as given to us by Jiro Murai, Mary Burmeister, and Haruki Kato.

With so many versions of our precious Art appearing, we will be diligent in our stewardship to ensure that the profound teachings of Jin Shin Jyutsu and What Mary Says are preserved and made available to all. At the heart of Mary’s message was deep gratitude to our Creator and deep personal integrity to the Art. This is also our foundation.

It gives me great joy to know that the Art of Jin Shin Jyutsu has found so many of you to preserve its authenticity and keep it growing to help humanity achieve balance and harmony. For this I extend my deepest gratitude and respect.

With love,

David Burmeister
Director, MB JSJ Institute
david@jsjinc.com

Classes in Scottsdale

Evening 5-Day Basic Seminar

From Ian Harris, the instructor for this seminar:

Before there was a 5-Day Basic Seminar to which we’ve become accustomed, Mary Burmeister presented this as a series of 15 evening classes—once a week for a couple of hours. Having never experienced this as a student, I was always intrigued by the idea to be able to receive all this information in more easily digestible bite size pieces.

The plan is for 2 ½-hour sessions—around 1 ½ hours of lecture with 1 hour of hands-on. I would be available a half hour before class to review and go over questions from previous sessions. This would begin in January 2020 and run for 15 weekly classes, from 6:30–9:00 p.m. If you are interested please let us know so we can choose an evening of the week that would best suit everyone. Class would be at the Jin Shin Jyutsu office in Scottsdale.

5-Day Basic Seminar

Carlos Gutterres will teach a 5-Day Basic Seminar on June 10–14, 2020 (Wednesday–Sunday).

2020 Mentoring Classes

Jill Pasquinelli will teach a Mentoring Class March 23–27, 2020 (Monday–Friday).

Carlos Gutterres will teach a Mentoring Class June 15–19, 2020 (Monday–Friday), immediately after his 5-Day Basic Seminar.

Self-Help Classes

November 2–3, Saturday–Sunday
Self-Help Books 1, 2, and 3
with Terry Matthews

A great opportunity to deepen your experience of Jin Shin Jyutsu Self Help in a small group setting. Up to 10 students will gather for 2 days with the Instructor and participate in periods of self help and discussion.

Terry has practiced Self Help Jin Shin Jyutsu since 1989. He was introduced to this engaging art of self study by an American JSJ practitioner living in the UK. Shortly after gaining practitioner status (1993), he began teaching Self Help classes in Adult education. Terry moved to Arizona in 2001 and now works at the International headquarters of Jin Shin Jyutsu in Scottsdale, where he is available for Jin Shin Jyutsu appointments and Self Help classes.

Harmonize2Energize

New day of week: every Friday, 12:30–1:30pm (except Holidays). 15 slots each week. Can be reserved.

For more information on any class, visit JSJinc.net.
















The Finger Sequences in Self-Help Book 1

by Mona Harris

On page 10 (vehicle of the outpouring of limitless Life–Power) of Self-Help Book 1 Mary introduces us to “PROJECT II” which is “to be applied daily” in order to overcome attitudes. I remember holding fingers from the very beginning of my jumper cable days but somehow it took me years before I

even looked at the sequences themselves. After some discussions with my LTA colleagues these sequences finally started to make some sense. But it was only when I started using them regularly that they revealed their power.

Harmonizing the attitudes Mary Burmeister; Self-Help Book 1 (p 21- 37)

Left Hand				
Worry – thumb				
Fear – index finger				
Anger – middle finger				
Sadness – ring finger				
Try-to – little finger				

“Attitude is key to our harmony with the universe.”

(Mary Burmeister)

On pages 22–37 we find out that we can hold a sequence of several fingers in order to harmonize each attitude. In total we will be holding 15 (“wash our hearts with laughter”) fingers on each side of the body. Mary uses 16 pages (16: “breaking down of existing forms for new ones”—breaking down my old thoughts, my attitudes!) to show all the figures/fingers to hold. Mary calls fear the “core” of all attitudes, which might be the reason that we get an extra drawing of the index finger (which is a “quickie” for FEAR and not part of the attitude sequence).

In order to understand each sequence, let’s have a look at the relationships involved:

- attitude level (pages 10–12 in Self-Help Book 1),
- harmonizing vertebrae for organs through holding fingers (Text 1, page 38)
- beginning and ending of the “individualized” Body Function Energy pattern (see Text 2, pages 10–35)
- opposite finger-toe-flow (Text 1, page 46; Self-Help Book 3, pages 18–40) in relationship to the beginning and ending of the “individualized” Body Function Energy pattern,
- flow pattern of the Diagonal Mediator Universal Harmonizing Energy.

With this information in mind it is easy to figure out each sequence and its importance for the addressed attitude:

WORRY: We start with holding the THUMB (for overcoming the worry attitude—and/or look at Text 1, page 38, TV1), then we wrap thumb and fingers around MIDDLE FINGER (relation to the middle toe, that’s where the Stomach Function Energy ends) and we end the sequence by holding the LITTLE FINGER (look on page 38 in Text 1: TV 11 is harmonized through the little finger which helps spleen).

FEAR: We start again with the THUMB (this time it has to do with the flow pattern of the 4th Depth flows: Bladder Function Energy becomes Kidney Function Energy at the little toe—which relates to the thumb), go on with the attitude finger itself, INDEX (see also Text 1, page 38: Lumbar 2) and end with the LITTLE FINGER (Text 1, page 38: Lumbar 5 is being helped by holding the little finger).

ANGER: In order to harmonize our anger, we need to calm the 5th Depth first by holding the LITTLE FINGER (relation to the big toe, where Gall Bladder Function Energy becomes Liver Function Energy), then we go on to the RING FINGER (Text 1, page 38: TV10 is related to gall bladder) and finally we hold the “anger finger” itself (look also in Text 1, page 38: TV 9 has a relationship to liver).

GRIEF or SADNESS: Our Second Depth has the texture rocks and rods, the hardest texture of all. Maybe that is the reason why we get more helpers to break it up. We have more

Safety Energy Locks in second depth than in any other depth, and we get more fingers to hold to harmonize the attitude: THUMB (that’s where the “individualized” Lung Function Energy flows into), INDEX FINGER (that’s where the “individualized” Lung Function Energy flow becomes the “individualized” Large Intestine Function Energy), MIDDLE FINGER (Text 1, page 38: TV 3—Lung Function Energy, and Lumbar 3—Large Intestine Function Energy) and finally the RING FINGER (Self-Help Book 1, page 11).

PRETENSE: We start by holding the LITTLE FINGER which combines several levels: it is the attitude itself, it is the finger where the Heart Function Energy becomes the Small Intestine Function Energy, and it has a relation to Text 1, page 38 through TV5. As this one finger combines all these different levels, there is only one other helper needed to harmonize 5th Depth: RING FINGER (Lumbar 4).

“Attitude is key to our harmony with the universe.” That’s how Mary starts PROJECT No. II - ATTITUDES on page 21 of Self-Help Book 1. Key being the element of Third Depth reminds us of the Mediator, which is “the cause for disharmony in the body” as she states on page 18 in Self-Help Book 1. Looking at the circulation pattern of the Diagonal Mediator, we can see that it circulates through thumb and little finger. That could be another reason why Mary includes in each sequence either thumb or little finger. For harmonizing 1st and 4th Depth (energy of regeneration), both fingers are utilized.

Simple, isn’t it. ∞

Mona Harris was born and raised in southern Germany and has been studying Jin Shin Jyutsu since 1992. She has taught regular Self-Help classes since 1997, and began teach Living The Art in 2004. She became a Jin Shin Jyutsu instructor teaching 5-Day Basic Seminars in 2011. You can contact her at www.MonaHarris.de or purchase The Attitudes as a postcard.



Hold 1s—1 Hour—1 Year

1-1-1—JSJ—3

by Maria Miniello

This exercise, completed a few years back, is recorded here from my diary notes.

*“and I wonder if Beethoven held his breath
the first time his fingers touched the keys
the same way a soldier holds his breath
the first time his finger clicks the trigger.*

We all have different reasons for forgetting to breathe.”

— **Andrea Gibson**

It started with a story about 26 dynamic locations in the body called the Safety Energy Locks, each with their own personality, each with a purpose and each supporting the others in some way. That integration is key to the ease of movement we desire in all aspects of our being.

‘All’ starts with the One, the unifier and “Prime Mover.”

“All creation proceeds from unity”

— **Mary Burmeister**

(Self-Help Book 2)

An idea Mary Burmeister shared in classes suggests that if we awaken that One, all others will follow and there will be harmony. A guideline came with this notion. Hold the 1s for one hour, every day for one year. That was it, simple.

Stories were shared of this practice changing lives and generating major shifts in attitudes. I repeated these words and stories to many, many people after sessions, in self-help classes, in study group discussions, etc.

But then these words seemed to become a little rote and were losing their impact. How could I find that understanding and substance in the story if I hadn’t felt it, experienced it, in my own body?

I took the leap. The exercise was to hold the 1s for one hour each day for one year, applied any time in each 24-hour period, and so it began.

Day 1: On the sofa, cushions for support, clock ready, ding ... and we’re off.

*Eyes closed,
focus on breath,
out,
in,
many, many breaths,
transforming, yes,*

*breathe,
hands and shoulders getting numb,
it’s ok, must be half-way through,
open eyes slightly to see the clock—4 minutes!!!*

One hour of nothing seems like an eternity. It’s going to be a long year.

The days come and go. I position myself well each time because I don’t want to break the ‘concentration’. It is very mechanical, but I am adjusting slowly.

When the time is up, some days I feel energised, some days I feel like my body is a lead weight. I was fidgeting and figured it was matter sorting itself. I hadn’t found that equanimity of movement I was looking for. Sometimes my arms felt like flailing, I resisted.

Restrictions are sometimes the mother of invention.

Getting comfortable with the hold and timeframe was the focus of those days. In bed with a cushion between knees to support the top leg and provide a buffer for my hands. If applied late at night, the alarm was set one hour ahead in case I fell asleep.

Still in my head.

I soon found late nights not ideal because there was a feeling of being energised after the hour, which seems to then hamper sleep and eventually sleep deprivation was followed by fatigue. What a paradox.

Why was I feeling strangely energised after the hour? Could be a combination of the hour-long forced rest and breathing as well as the hold itself. Not ideal to apply just before sleep as the feeling is to get up and move.

Then, some days I experienced deep fatigue. Each session was slightly different.

Emotionally, I started to care less and less about ‘stuff’ and was being very selective about what I read and listened to.

Interestingly, I started exploring the SEL 1 location which was different each time. I had all 4 fingers in the area and played around to find the ‘spot’. My thumb was sometimes over on the lateral 8 area. One time I managed to hold the 1s with fingers and had the heel of the hand on the high 1s, (I think that was in a very upright sitting position).

One month on, still going. My next target is to get to the 100 days mark.

Still in my head.

It was the most monotonous of things to get started really, so I mixed it up a bit by lying down one day and sitting up another.

A very important consideration is comfort and support because once you start, it’s difficult to make adjustments without ‘breaking’ the hold. If sitting, bring the knees up so that the shoulders

are not straining. I used a foot stool. Also support the knees laterally and under one of the arms with cushions so that the body remains balanced.

The same considerations when lying down. Support the lower knee with a cushion so that the body doesn't collapse on itself overwhelming the vital organs. One challenge was keeping the energy in the fingers circulating as they sometimes tended to go numb after a while.

Week 6, a shift. This week's holds seemed to be the most comfortable. Once all of the support cushions are in place, the fingers go to the 1s with ease. It's almost as if they have keyed into place. I was also still, which made for a smoother session. Time didn't seem as long.

Another level of awareness—the breath.

Week 7, another shift. This time fatigue at the end of the session.

Had a couple of sessions where I was feeling 'trapped' and wanted to start flailing again but resisted.

Almost fell asleep for the first time during the hour. Normally, I am feeling very energised after the hold, but this time felt very heavy and fatigued. There is definitely a balancing of my nervous system as adrenals calm and it shifts to a restful state.

Was this fatigue my actual norm at that time?

Third Month and the lying down position is much more restful, and the breathing is a lot deeper. Head seemed to clear better when lying on side when drained from daily activity.

100 Days, a milestone. Keep going.

The 1-hour hold is now a part of my daily routine. If I don't have the time to sit for an hour in the evening, I go to the pre-sleep application in bed, regardless of start time.

Some days the pulses were racing along, others they were very intermittent. Mostly, the body and mind felt reenergised after the application but sometimes when I was experiencing intense fatigue, all I could do was to apply the hold in a lying down position and then straight to bed. I found that in those days—after intensive physical and mental activity—the body just need the rest and there is no bouncing back after the one hour. On those occasions there were lots of spontaneous deep breaths through the hour, the body finding its own level.

Breath was changing. Inhalations seemed desperate, as if they were outnumbered by the exhalations during the height of daily activity. They came one after the other.

How much breath can I possibly take in, and yet it continues.

On one particular day I had been under a great deal of pressure meeting a deadline. I started the 1-hour hold in bed at 11:45 pm. Throughout the hour, I was 'catching' so many deep inhalations missed from that day, it was like a quasi-sobbing

response where one takes in those staggered inhalations followed by major exhalations. Involuntary, very powerful and relaxing.

At the 4th Month mark, I had a very heavy fall onto a concrete path, landing on my elbow, impacting on my shoulder, and tearing muscle and connective tissue in my upper arm. The 'snap' was audible. My hand immediately went to SEL 26 of the injured side and I dissolved to that place of absolute stillness. After a few minutes, I made contact with family who came and picked me up. At home, I lay on the sofa for a couple of hours back in that 'place of stillness.' No thought came to mind. I was invisible, the occasional 'ping' was the only reminder of my presence here.

*"Our breath, like our heartbeat,
is the most reliable rhythm in our lives.*

*When we become attuned to this constant rhythm,
our breath can gradually teach us to come back
to the original silence of the mind."*

—Donna Farhi

That same evening, holding the 1s was very uncomfortable because of the slight twist in the arm when holding the opposite knee. During the hold, adjustments needed to be made to position and support the arm, I was in pain and could feel a 'blockage' in the injured site.

Interestingly, after about the 40–50 minute mark, the arm settled and seemed pain free for the last few minutes of the hold.

This same pattern continued for the next 3 months as the energetic movement through the injured arm was pushing through the chaos of the battered site for the first 45 minutes, then cleared at the last 15. It's a sensation that I will remember because I could imagine that movement through the obstacle.

Week by week that 'push through' sensation continued to lessen until the sense of movement in the arm became negligible. Four months after my fall. I was able to hold the 1s lying down once more. This was welcomed when weary from daily activity. The shoulder was able to tolerate the 60 minutes but not much longer.

Eight months in and I found that rather than energise me to continue with activity, holding the 1s has relaxed me to a point of much needed sleep. Thinking about this further, it seems that the hold has returned me to a natural, non-adrenal fueled state which masked that underlying fatigue.

It recharges us when we are on the go and just need the breath to catch up with our activity.

Ten months in and holding the 1s had become a very important time of the day for me to reconnect with the breath. Some days the deep inhalations were continuous through the 60 mi-

minutes and some days the breath was at a regular pace.

Shoulder no longer interfered with the hour-long commitment.

The eleventh month brings home the realisation that the hold will harmonise where needed.

If feeling fatigued, there is a calming, energising effect. If breathless from over work and stress, the breath will be harmonised and then the body will be addressed, sometimes by feeling energised and sometimes by feeling relaxed.

Left arm injury was becoming more and more mobile back to almost full extension.

Learning patience, planning, commitment, focus...

One year on, I felt like I was standing taller in every way, and I was breathing again.

One year + one day, because my muscle memory guided my hands to my inner knee area. A final nod to this moving and yet subtle experience.

Time to move on now with gratitude for the lessons. There are 366 different stories to tell, each unique to their moment.

This idea, notion, impulse of movement, can be applied to just one session and also to the whole sequence of sessions over the 366 days—it is accumulative.

A few years on from this experience, during a 60-minute meditation, I remembered the awareness of subtle movements in the body and felt 'dregs' move for 45 minutes (dredging), then for the last 15 minutes, a sense of peace and cleanliness where light was shining bright—light, lightness, flow, and rhythm.

First 25 minutes – Unsettled; Up to 45 minutes – deep state; Last 15 minutes – awareness, brightness, and alertness.

Each stage provides the foundation for a cause bringing about an effect, the next state.

Why do it: Back to basics, start from the beginning. Simplicity in application.

Expectations: None.

Lessons: Many.

- **Breath awareness** – The most powerful and yet subtle lesson. Expands consciousness and connects with your inner self by listening to the inner voice.
- **Change** – returning to a balanced state.
- **Lesson in patience** – 1 hour can seem like an eternity until you let go of that linear time construct. When you do, there is an awareness of the natural rhythm and adjustments that the body is making. The energy moving through my injured arm giving an experience of the actual movement of energy in this form. Fascinating to feel this subtle shift. First 45 minutes is the adjustment and height

of activity and last 15 minutes relaxes into the change and allows the body time and a reason to adapt to its new condition—so that it can find a reason for the change and hold onto it.

- **Accepted practice** – I presented the exercise as a normal daily routine and all who were around me accepted it, no judgement. Phone rang one time, daughter answered it and I heard her saying as a matter of fact, “Sorry, mum can’t come to the phone, she’s holding her 1s.”
- **Outcome** – The adjustment in our being at all levels can be incremental or a dynamic shift. Whatever the case, it is accumulative and integrative with whatever other revision you may be implementing in your life.

Final thought:

Initiate movement to re-connect with Breath and breath.

Freedom. Let your breath balance your natural rhythm.

∞

Maria lives in Perth with her family and is a Jin Shin Jyutsu class organiser, self-help class presenter, practitioner and devoted student. She has a background in clothing design, working with the body and its form.

Jin Shin Jyutsu has progressed that focus, to work through the layers of the physical body all the way to its core and then beyond, to the original “blueprint.”



Submitted by Wayne Hackett:

A Jin Shin Jyutsu student, Susan B., recently sent me a photograph of her three-year-old granddaughter, Ember, using her fingers for self help. The photo was taken on the first day of Ember's attendance at her preschool. Sitting next to her is one of her classmates.

Her grandmother says, “I’ll be bringing Ember to seminars in the future.” Personally, I think Ember's Jin Shin Jyutsu studies have already begun.

From a Doctor's Perspective

by Patricia H. Arnazzi, MD, LAc

My first encounter with Jin Shin Jyutsu began almost serendipitously four years ago. I am an MD who also has a doctorate in Traditional Chinese Medicine, and was looking for classes to accrue some of the 50 hours of continuing education I need yearly to keep my license current. The California Board of Acupuncture listed a class on JSJ which was worth more than 30 hours. I decided to take it and at the same time enjoy a nice vacation in San Diego. The instructor then was the awesome Cynthia Broshi. To say I was blown away with what I learned from her is an understatement. I could not wait to learn more, and six months later I took another class in Long Beach. This time taught by the equally awesome Sarah Harper, who opened even more my understanding of this healing art.

From the beginning, I started practicing some of the flows on myself, my family, and friends. Recently, I took my third 5-Day Basic Seminar with the incredible Jed Schwartz, who encouraged me to share with the JSJ community some of my experiences with this art via the Main Central.

The times when I have witnessed the healing power of the flows are too numerous to count so I have chosen only three.

The first time was few weeks after taking Cynthia's class when I went to summer camp as a volunteer to provide medical care to young women from twelve to eighteen years of age. I was told I would be provided with a fully equipped emergency kit, which proved to be not so a few hours after my arrival to the camp. A young woman was brought to me with a full blown anaphylactic reaction and unable to speak. I did not find epinephrine in the kit, and the first urgent care facility was about an hour distance. After assessing the situation and barking orders to call the paramedics which I knew would reach us too late, I decided to hold her inner knees for dear life. Almost miraculously, after only a few minutes, the girl began to be able to speak in halting gasps to tell me about what she had touched during the treasure hunt she had been taking part in minutes before. When the paramedics arrived, they found a badly shaken patient, with slightly swollen lips and eyes but otherwise fine.

My second dramatic experience was during my training with Jed. After only one day into the course, I received a text from a patient who had been receiving treatment from one of my OB-Gyn partners for menopausal symptoms. She has seen me for more alternative care on and off for two years and she trusts me. One month ago, she had undergone a minor surgical procedure performed by one of my friends where hormones in a pellet were inserted in her body. Since then, her hot flashes

had increased to more than fifty during the night and many more during the day. Could I do something to help her, she asked? She met me at my office after class that day, and I decided to test some of the things I had learned from Jed.

I used the SEL 1 and SEL 5, 6, 7, 8 flows on her. The following day during class she texted me the following words, "Dr. Arnazzi. THANK YOU!!! You are awesome! Last night for the first time in three weeks I was able to sleep and so far I have only had one hot flash and very minor. I will see you again next week. You are a miracle worker!"

After Jed's seminar, and now that I have completed my three 5 Day Basic trainings, I have been using JSJ on all my patients. As I shared via email with Jed, an old patient called me to see if she could make an appointment for her husband who had injured his lower back while surfing. They were leaving for a week long trip to Hawaii the following day and he could not sit, stand or move. On this patient I again decided to use SEL 1 since it is the general harmonizer but I also worked in SEL 2 for its chiropractic benefits. I sent him away with instructions to hold his palms during the long flight and have his wife and kids help him hold his 5/6's if pain restarted. Two days after his visit, his wife texted me, "He did amazingly well on the long flight. And has not stop frolicking with the kids on the beach. THANK YOU!"

This particular patient came in for a follow up visit yesterday and told me he has spoken with more than 10 of his associates about me. I believed him, because that same day I did receive a phone call from a woman who told me on the telephone that she had been referred by him. "I hear you have a magic wand," I heard her say on the line.

There is no magic wand. I only have my hands, my faith, and my knowledge of this incredible art, which is only beginning, and helps me tap into the healing power of the Creator, to help those I come in contact with. Now that I know Myself, I can help others do the same. ∞

Patricia H. Arnazzi, MD LAc was born and raised in Mexico. She immigrated to the US in the early 1970s to pursue her college education at Ohio State University. She went on to obtain a medical degree and practiced medicine in the fields of Obstetrics, Gynecology, and Infertility for over 25 years in California. Fifteen years ago, under what she believes was Divine intervention, she decided to go back to school and obtain a doctorate in Oriental medicine. Presently, she practices traditional Chinese medicine in association with western physicians in Torrance, California. Her studies in alternative medicine brought her to the wonderful world of a Jin Shin Jyutsu practitioner, for which she feels very humble and grateful.



Mary Burmeister Jin Shin Jyutsu Outreach

2018 Annual Report of Activities

by Kelly Mount

In 2018 we celebrated the 100th birthday of our namesake Mary Burmeister. To commemorate this special event we had a party in Mary's honor at the 2018 Organizer's & Instructor's Meeting. We launched a special donation campaign to find 100 people to give \$100 in order to meet our goal of \$10,000.00. Each donor received a special notebook with the kanji for Jin Shin Jyutsu and our charity's name embossed on the cover as a token of our appreciation. We were able to create a new link to our Simply Help Yourself Video that we can email to any donor who contributes any amount. A special thank you to Juliane Barner and everyone who created the Simply Help Yourself DVD for making it possible for the MBSJO to share the new video link with so many more people. To view segments of the video please visit www.bit.ly/jsjoutreach. We also prepared a special video to play during the birthday celebration to commemorate and honor Mary that features grant recipients of the MB-JSJ Outreach. Each grant recipient shares their testimonials and birthday wishes. A special thank you to Alessandro Palma for his work to create both videos and to view this amazing tribute visit <https://youtu.be/53oRbgLLgeM>. As a result of the generosity of our community we raised \$15,729 last year! We awarded \$4,930.00 in grant funds to students in the US and abroad.

The Mary Burmeister Jin Shin Jyutsu Foundation and Outreach was founded in 2001. The MBSJO is fiscally sponsored by United Charitable and they are a registered 501 (C) (3) public charity. The purpose is to expand the work of Mary Burmeister and the art of Jin Shin Jyutsu Physio-Philosophy through contributions that support medical research; educational development that creates different avenues of presentation including language translations, implementation of scholarships that base selection on merit, need or minority status; selection of individuals to receive Jin Shin Jyutsu sessions; financial support for Jin Shin Jyutsu associations, seminars, correspondence courses and outreach programs in developing countries. Since joining with United Charitable in 2011 we have raised over \$111,000 in charitable contributions! Grants have been awarded in the United States in AZ, CA, CO, DC, FL, HI, IA, KS, KY, MA, MD, MI, MO, NC, NJ, NM, NY, OH, OR, TN, TX, VT, WA and WI. United Charitable can now only award grants outside of the United States when US instructors present the 5 Day Basic Seminar. Over the years we have awarded grants in Australia, Austria, Brazil,

Canada, Czech Republic, Egypt, England, Germany, India, Israel, Latvia, the Netherlands, New Zealand, Philippines, South Africa, and Spain. It is incredible how one woman's grass roots efforts have sparked a global community that continues to create a perpetual cycle of giving and receiving the art of Jin Shin Jyutsu.



Jinghua Chen, Alice Liu (organizer), and Changmei Lu, at the first ever 5 Day Basic Seminar in Shanghai.

In 2019 we awarded two tuition grants for students to attend the very first 5 Day Basic Seminar in Shanghai, China. Last year we supported JSJ Practitioner, Nema Nyar, in presenting Self Help Classes in Cameroon in Central Africa. The MBSJO and JSJ INC helped to provide the Self Help Books for these classes. Over the years we have supported Prity Jani similarly with Self Help Classes in the prisons in India. Global Outreach was even offered in 2013 in Beshlaw, Egypt. David Burmeister and 13 volunteers gave sessions and Self Help Classes were presented. Our Outreach also extends to the Unconditional Love Program facilitated by Adele Leas in the Florida prison systems in the Panhandle. For more information about these programs you can request a copy of our brochure.

United Charitable now requires the Mary Burmeister Jin Shin Jyutsu Outreach to raise a minimum of \$10,000 in annual donations. We still need your support to reach our goal in 2019! If you would like to organize a Harmonize-A-Thon or other special fundraising event in your community please let us know. We are always looking for volunteers and partners to help us with our charity's mission. Donations can be made on-



Jinghua Chen, his wife Changmei Lu, Wayne Hackett, Kathy Li, and her husband Bob Sha, at the 5 Day Basic Seminar in Shanghai, China held 29 June – 3 July, 2019.

line at www.jsjinc.net > Outreach > Make A Donation. We accept Visa, Master Card, Discover and wire transfer donations. Checks and money orders may be made payable to MBJSJO and sent to Mary Burmeister Jin Shin Jyutsu Outreach, C/O Kelly Mount, P.O. box 410, Simpsonville, KY 40067. If you are a student seeking to apply for an Outreach grant please download our grant application at www.jsjinc.net > Outreach > Home > Outreach Financial Aid. Thank you everyone for your continued support of the Mary Burmeister Jin Shin Jyutsu Outreach. Every dollar makes a difference. ∞

Kelly Mount is a Licensed Massage Therapist and Jin Shin Jyutsu practitioner. She is the JSJ Class Organizer in Kentucky and volunteers as the Program Manager of the Mary Burmeister Jin Shin Jyutsu Outreach.



Submitted by Wayne Hackett:

Dawid Nalepa, a student at the first Jin Shin Jyutsu 5-Day Basic Seminar held in China, standing at the base of a sculpture in a neighborhood park in Shanghai. The sculpture evidences the practice of self help in China.

The park is in front of the Caohengling Xinxing Technology Development Zone Developer's Headquarters. The three Chinese characters are the logo of the development company—and they could be good descriptive adjectives for Jin Shin Jyutsu, too!

From left to right, the Chinese characters translate as:

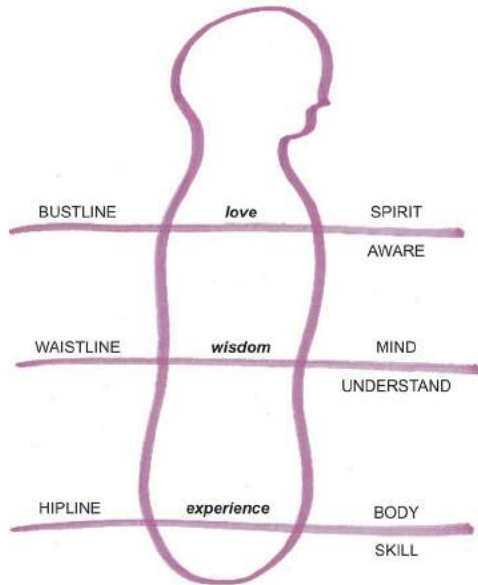
1. Harmony/Balance
2. Creation/Innovation
3. Growth/Development

The photo demonstrates that Jin Shin Jyutsu self help is universal and practiced throughout the world.

Physio-Philosophy and BEing the Artist

by Cynthia Broshi

SOURCE (ENERGY) desires to KNOW itself. Energy loves Energy. “Physio” (Nature, Body) ”Philosophy” (Loving Wisdom) is an art of Trinity: Me-You-Us; Spirit-Mind-Body; Main Central-Supervisor-Mediator; Bustline-Waistline-Hipline. Look where Wisdom lives: embraced by Awareness (Love) and Body (Experience).

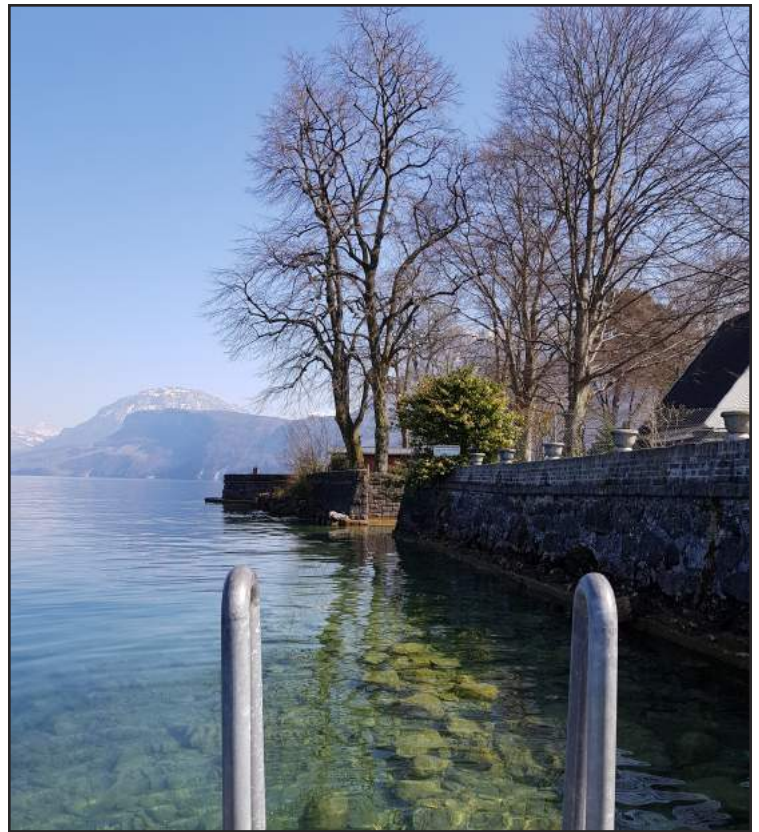


Last March, in a Special Topic Class titled “Physio-Philosophy: Loving the Wisdom that brings Forth, that makes grow”, we took a field trip five minute’s walk downhill to the shore of Lake Lucerne. We did this on two days. The first day, once all had found a comfortable spot to sit, lie, or stand, I gave these instructions:

1) As an experiment (with no goal, no right or wrong), watch ENERGY transforming. Feel free to “watch” energy inside and/or outside yourself.

After ten minutes I gave this instruction: 2) Watch the ELEMENTS inter-relating.

After another ten minutes we returned (with a deep quiet) to the classroom, where we put our observations of Energy into Jin Shin Jyutsu language. By visually categorizing what we’d heard, seen, and felt into groupings of the Depths on paper, we found that the Trinity Energy Flows and the relationships of the Depths that we illustrate as the 6-Pointed Star (page 7, Text 1) and the Lumbar Circle emerged. The states and actions of ENERGY these symbols describe aren’t weird or strange—they’re within and all around us. We KNOW them intimately.



Lake Lucerne. Photo by Monika Steinmetz

To be

*I stand still and the mountain moves itself towards me,
you open the eyes and the light gifts itself to you,
the lake lets itself be moved by the wind,
the waves enjoy the blessing,
I hear the world and let it be –
We are connected, nothing is alone.*

— Eva Graf



ENERGY (6th Depth)
transforming as
Main Central, Supervisor,
Mediator
(Trinity Energy)



ENERGY (6th Depth)
transforming as
3rd, 5th, 1st, 2nd, 4th, Depths
(the 6-POINTED STAR:
Page 7, Text 1)



ENERGY (6th Depth)
transforming as
3rd, 2nd, 5th, 4th, 1st, Depths
(the LUMBAR CIRCLE:
the Elements)

In Asian and many other cultural traditions, practitioners of healthcare and healing commonly practice other forms of art as well. Painting, poetry, song, and dance are paths to meditative mind and refine corporeal senses and skills. Art is a mapping of relationships: me-you-us; inner-outer-All. Art (including the hands-on art of Jin Shin Jyutsu) is practiced, taught, studied, and understood within a “language-ing” of the world—a translation of WHAT IS into concept, word, and

image—so “speaking” an art (as in, translating experience into poetry or feelings into a painting or practicing Jin Shin Jyutsu hands-on) helps me understand what I didn’t even know I KNOW.

On day two of the STC, the students read aloud some poems by Zen and Chan poets. We talked a bit about how the images (stones fluctuating under water, war between tribes, a remote-control washed by moonlight) can translate to expressions of the Depths, so are elucidating relationships amongst the Depths. We returned to the lake shore, where I gave this instruction:

1) Simply watch, listen, BE (outer and inner).

After 10 minutes I gave this instruction:

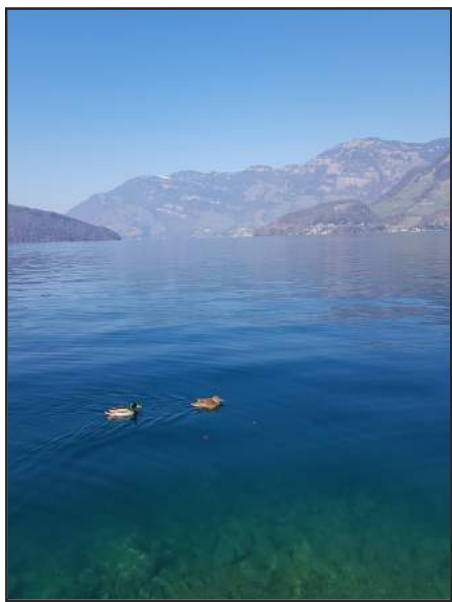
2) Observe ENERGY transforming. Observe the ELEMENTS transferring energy.

After 10 minutes I suggested:

3) Write a short poem describing what you observe.

The poems in this article were written during those 10 minutes. Later in the day we began translating their images and actions into the language of Jin Shin

Jyutsu and, again, Trinity Energy and the Depths, relating in the 6-Pointed Star and Lumbar Circle frequencies, came alive.



Ducks on Lake Lucerne.
Photo by Monika Steinmetz

Awareness can only be impersonal, transpersonal. Safety Energy Lock 6: KEEN PERCEPTION: THE ART OF DISCERNMENT: CREATIVITY: HUMAN LOVE. This is a waistline Safety Energy Lock: UNDERSTANDING. The wisdom “I” stand within, on, and under. Experiencing the ease and joys of receiving WHAT IS in wilderness, I find it easier to dare to approach another human being without my standard judgements, comparisons, competitions—without any intent to control. In other words with sensitivity, curiosity, and reverence. Who, What, Where, How is *this* Universe, NOW?

*SIMPLY Be
Warmed by the sun
Carried by the wave noise
Caressed by a small breeze
With loving birdsong
Inhaling the spring air
Filled with inner peace
SIMPLY beautiful!*

— Susanna Janza

*Simply just be, be like stone on stone in balance.
Resting in the nature, that is pure life.
Sorrow and worry fade and I can regain joy
and courage.*

— Susanne Dalcher-Janka

Often I think of Muriel saying, “Everybody trying to fix the baby. Why not simply love the baby?” She was being (kindly) oblique. It wasn’t really “everybody”—Mom and Dad, helping out with their jumper cables in my treatment room, were absolutely adoring their gift from heaven. It was me who had the attitude: what am I missing? What do I not see, not understand; how can I help this child more???

I recall the years of treating my daughter, Lucy: one hour each dawn; one hour, with household chores complete and she in deep sleep, late in the night. As she slept her divinity rose, like the full moon, past the horizons of our personal relationship, to lead me. I could drop all my longings—hopes, fears, frustrations—my desire for control—and listen with reverence and awe to this small incarnation of the vast Universe. How fortunate to have felt, with and through my hands, an eternity of Being in her—of her—a Being universal and yet, somehow, uniquely textured, flavored and fragrant—which—21 years past her body’s life—has never died. Trinity Energy is Universal—Eternal—and witnessing its moment-to-moment, breath-by-breath transformation, I am transformed.

*Yes, there is space for everyone on earth.
The water comes and goes and the light makes figures. All is good in the Now-Moment.
All is changing and it is good as it is. Thank you.
Wideness, Freedom, unconditional Love from the Heart.
Peace, everything is here and changes itself in its own
Two People who Love each other and yet each is his own Individual.
Yes, it is as it is, and it is good. Love, Thank you.*

— Silvia Distel

It’s not that my personal desires aren’t grist for the mill: *all* is simply energy. Melting in the furnace of the heart’s desire to KNOW the One we IS, my desires—both altruistic and selfish—can be the fuel spurring me to devote myself to the Other—to study, to be brave, to breathe in The Impossible and exhale, opening to an energy and perception beyond fatigue and attitude. There’s no need to be enlightened before I can jumper cable: when I am simply BEing the jumper cable, or even partially simply BEing the jumper cable, that act in-lights me.

*Trees, mountains, flowers waste themselves to the One.
I am a molecule between
you and you
between today, yesterday and tomorrow.
I am.
And one, that arose in thought of Mary:
Waves catch me,
bound in coming and going,
captured in All and No-Thing.
— Sabine Krings*

Still, society and genetics entrain us to dance a complex tango with our fellow human beings. Philosophers, shamans, mystics, artists, and scientists have always sought quiet spaces between human contact, seeking truths of Being in wilderness. I've heard that, in his desire to understand the nature of the body, Jiro Murai disappeared into the mountains for months at a time.

*In Joy
I BE
Allowing the Universe
To express itself
Through me.
— Sonja Müller*

Whether alone with the world or in my human communities, practicing keen perception hones my capacity to hear the call and voice the response. How to write an article? How to answer the question a student can't yet quite verbalize? What to do about my life? Which flow to use? How to be the change I want to see? Each answer unfolds in the light and heat of my willingness to SEE — HEAR — TOUCH — BE — like a butterfly's first unfurling of wings in Spring.

*Spring
My hands caress the grass.
A fly lets its tiny wings circle to the sample,
the sun irradiates every single stalk,
who swings elated into its old position.
Harmony in the very small, in front of the little wall at the lake.
Birds sing in tree and shrub,
warmth fills all life – the ant as well.
Serene, grounded, connected with Mother Earth, who carries me
I enjoy and feel life, new and conscious.
— Monika Steinmetz*

P.S.: In this Winter's issue of The Main Central the adventures of our 3rd Depth buddies (Fluffhead, et al.) will continue... leading us (in their bumbling ways) into new possibilities of perception and jumper cabling...!

∞



Expressions of the Depths we call “**Lake Lucerne in Spring:**” Liquid (6th Depth influenced) 4th Depth and fluffy/solid (3rd and 2nd Depth influenced) 4th Depth and evaporative (gaseous = 3rd Depth influenced) 4th Depth, with solid (Metal) 2nd Depth and evaporative (3rd Depth influenced) (Air) 2nd Depth. Note how both states of 2nd Depth are supporting one or more state of 4th Depth. If we think in planetary time, we can see that 4th Depth is also breaking down (burdening) 2nd Depth. (The Lumbar Circle in action! Generation [clockwise] and Regeneration [counter-clockwise] work together to create the world [the body].). Photo by Cynthia Broshi.



Jin Shin Jyutsu has been Cynthia Broshi's daily practice for 35 years. Her studies with Mary Burmeister (1985-1989) were supplemented with frequent hands-on training with Mary over a ten-year period. She joined the faculty in 2002. Visit her website at www.jsjbroshi.net

Drawings by Cynthia Broshi.

The Order of Creation

by Kym Walker

This whimsical take on the Order of Creation was written in the tea break after a totally inspiring session with Waltraud in Perth, Western Australia, in 2018. It is thanks to her and to all of the instructors—past, present, and emerging—who have inspired me to the stars and back.

From pregnant darkness
Forms a vast, unbounded
Ocean of light.
Sparkling, shimmering,
It seeks expression
Beyond its boundless fire.

In a unique coincidence,
A serendipital conjunction,
A possibility is found.
It flows, through stars
Aligned and cosmic pathways
Into the banks of our Main
Central River.

Filling us with our individual
Potential of an elemental life,
It pulses.

Sperm meets egg in a startling
Exquisite display of this light.

Smaller light Rivers form
Within this field.
Two Supervisors are born
And in turn they give birth

To gateways;
Portals we call Safety Energy Locks
Open and close,
Permeable to light,
Permeable to love.
Mediator River is born.
Light ebbs and flows within us.
Spirally down and up,
Recording all our thoughts and stories.

We are visible, shimmering
With the light that is shining
Through us, from us, is us.

Flowing from mediator our
Individualised Body Function
Energies are formed.
Each streams into its own river of
Light with clear
Intention and destination;
Ascending and descending
From light to light.

I am ... we breathe.
I have ... we affirm.
I think, I feel everything.

I have stepped through the
Mysterious veil to shine
With all the light within me.

Analysing, creative, re-creating
Balancing.

I live ... I breathe.

I remember, I reach back
Through the veil and I sleep.
I replenish to know again
and believe.

I am visible, invisible, visible.
And then,
As easily as I arrived
I leave ... I evaporate ...
Carried on the light that
Gave me birth
I return to the welcoming arms
Of its vastness;
I return to myself,
To the mystery.
∞

Kym Walker has a passion and interest in people! She has worked with the mind-body-spirit using a variety of hands-on natural therapies for 35 years.

Her introduction to Jin Shin Jyutsu was in 1999, attending her first class in Auckland with Jed Schwartz. Over the last 20 years she has attended many classes with many amazing instructors. Each of them has helped her add depth and breadth to her understanding, and gradually her practice has become predominantly a Jin Shin Jyutsu practice.

Kym's particular interest has always been working with trauma—the treatment and processing of this through the somatic experience of the body. She has found JSJ to be an integral and essential part of the trauma healing process, as it clears the energy of old emotional templates and stories from our past.

Kym is very passionate about the way Jin Shin Jyutsu transforms her own life, informing both her life and her work every day. Her life is also enriched by family and friends, her darling partner Lance, her small dog Jack, growing things in the earth, walking in the forest, and a daily practice of Tai Chi. Kym's hope is that, like many who have gone before her, she will still be able to practise Jin Shin Jyutsu well into her 80s!



The Main Central

Jin Shin Jyutsu Newsletter

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Ongoing Study Groups

Alaska, Homer. Monthly on 1st Tuesday, 7pm with summer hiatus (resumes in September). Hilda Caraballo, (907) 299-0110 or hildacaraballo@yahoo.com.

Arizona, Sedona. Monthly. Bonnie Hartenstein, (928) 284-0430 or Bonnie.Hartenstein@gmail.com.

California

• Long Beach. Monthly on 3rd Sunday. Susan Galvao, (562) 896-8165 or suegalvaojsj@gmail.com.

• San Luis Obispo County / Santa Barbara County. Ongoing JSJ Self-Help class and study group. Bruce Autolitano, (805) 440-9043 or bautolitano@gmail.com.

• Yorba Linda (Orange County). Monthly. Mary Easton Wagner, (714) 222-3633.

• Newport Beach/Orange County. Self-Help study group. Monthly on 3rd Monday with winter hiatus. Blythe Fair, (949) 718-3530 or blythefairjsj@gmail.com.

• Portola Valley. Every 3–4 months with Cynthia Broshi. Uzi Broshi, (510) 290-7989 or uzibroshi@gmail.com.

• Redwood Coast. Robert Nelson, (707) 502-9464 or being@asis.com.

• San Francisco. Monthly. Stephanie Temkin, (415) 928-0249 or skatjsj@yahoo.com.

• Sacramento. Monthly on 2nd Tuesday. Beth Lendrum, (916) 467-6232 or bethjsj@gmail.com.

Colorado

• Boulder. Monthly on 2nd Thursday, noon–2pm. Elia Brandão, elia@energizingtouch.com. Registration at boulderjsj.eventbrite.com.

• Colorado Springs. Weekly on Monday, 9am–12 noon. Elizabeth Augustyn, (719) 578-8552

or elizabethroseaugustyn@comcast.net.

Connecticut, Salisbury. Monthly on 1st Sunday, 1–4pm. Lee Ann Sullivan, sullivan.lee.ann@gmail.com.

Florida

• North Tampa Study Group for All. Monthly on 1st Tuesday, 2:30–3:30pm. Participation in person or by phone or Skype. Diane Murray, (813) 500-1899 or JSJFlorida@gmail.com.

• North Tampa Study Group for Practitioners (at least one 5 Day Basic Seminar). Monthly on last Monday, 1–3pm. Participation in person or by phone or Skype. Diane Murray, (813) 500-1899 or JSJFlorida@gmail.com.

Kentucky

• Lexington. Monthly on 1st Tuesday, 7pm. Karen Thomas, kgthomase@gmail.com.

• Louisville. Kelly Mount or Cheryl Plain, (502) 893-0998 for dates/times. Schedule is on jsjlouisville.com.

Maryland, Baltimore/Crofton/Washington DC area. Study and hands-on. Monthly on 1st Tuesday, 7–10:30pm. Mary Shealy, (410) 721-8186 or jsjmary71@gmail.com.

New Jersey

• NYJ, Morristown Study Group. Most months on 2nd Saturday, 10am, at the Atlantic Health Rehabilitation center on Mount Kemble Ave. Joan Millspaugh, (908) 766-3697 or Debbie Burnet, 973-713-0434 or debbieburnet@att.net.

• Central New Jersey Area. Monthly on 3rd Wednesday. Judy Marlow, (732) 530-8710.

• Princeton. Monthly on 3rd Sunday. Monica Freund, (609) 333-8866 or monicafreund@gmail.com.

• West Berlin. Monthly on 3rd Saturday, 10am–1pm. Terri Land, (856) 430-8714 or

thelotusblossom@yahoo.com.

New York

• NYC Manhattan. Monthly on 1st Wednesday, 7–9pm. Susan Scanga, (212) 406-2568 or Carrie Strauch, (212) 647-0427 or Nyjsjclasses@gmail.com.

North Carolina

• Raleigh/Durham/Chapel Hill. Monthly. Carol de Poix, (919) 960-0380.

• Asheville. Yahoo group for area study groups to communicate. Subscribe at ashevillejsj-subscribe@yahoo.com. Beth Molaro, (828) 712-0115 or bmolaro@earthlink.net.

• Greenville. Monthly. Aleta Braun, (252) 355-5750 or aletabraun@gmail.com or Ruth Kempf, (252) 695-0017.

Ohio, Cleveland. Weekly on Thursday, 6:30–8:30pm, and one Sunday every quarter. Donna Tkachyk, (216) 287-4635 or Tkachyk@aol.com.

Oregon, Florence (central coast). Study and hands-on. Weekly on Thursday afternoons. Rosemary Alden, (541) 556-0177.

Pennsylvania, Chalfont, Bucks County (near Montgomery and Philadelphia counties). Study and hands-on. Monthly on 1st Saturday, 1pm. Barbara Myers, (267) 228-5397 or barbara@barbND.com.

Virginia, Culpepper. Book study, discussion, and hands-on. Bimonthly meetings. Lynette Krueger, (540) 547-4247 or kruegerlyn@gmail.com.

Washington, Seattle. Weekly on Tuesday, 10:30am–12:30pm at Bettelinn Krizek Brown's home. Bettelinn, (206) 363-5517 or Lynn Bryson, (206) 782-8183.