

**THE EFFECTS OF
LIFESTYLE & STRESS,
HOW WE CAN
REGENERATE**

with

Jill Marie Pasquinelli



Spring Special Topic Class

When: Friday, March 8, 2019 - Sunday March 10, 2019

Where: Rudramandir Center
830 Bancroft Way
Berkeley, CA 94710

Prerequisite: One Basic 5-Day Class

Registration Online [HERE](#)

Early Bird Eligible ends on January 07, 2019

Mary said: Jin Shin Jyutsu is the study of Nature. Jin Shin Jyutsu is living in accordance with Nature.

How does our lifestyle enhance or disrupt the relationship of us with nature? Together we are an organism that is interrelated, how we live affects nature, and nature has an intrinsic effect on us. It's the

relationship of the macrocosm and microcosm. Everything outside of us in the universe can be found in our own bodies and visa versa. Scientists have found that we are made of the same substance as exploding stars. We are literally born from the stars and the planets. How is my inner relationship with the world, and how do I reflect back to the universe what I have received? Am I able to receive, transform and reflect energy back to the Universe? We are a whole living within a greater whole.

There is one rhythm that runs throughout everything, that is the rhythm of the seasons, the days and the hours that ultimately reflect the rhythm of the breath. The breath is our life.

If we don't receive and release through the breath we begin to accumulate daily fatigue which if not taken care of increases and grows and stops sending purified energy to other parts of the body. This produces stagnation over time, so you could say our toxicity comes from our lifestyle. Jiro Murai sent the Three Methods Correction, the Mudras, and the Special Body Flows to help "modern (Hu)man with our lifestyle."

We will look at the relationships of the Trinity Flows, The Methods Correction, and the Special Body Flows in relationship to lifestyle. We'll also look at how lifestyle is reflected through the Answer Sheet in the Cervical Star, The Order of Creation - 5 Pointed Star, and the Lumbar Circle.

Please bring a notebook as we'll reflect on how we're living, bringing awareness to my choices and lifestyle, and what's possible, how can I change to live a healthier happier life in accordance with nature?

Please also bring Text 1 and 2. - *Jill*



Jill Marie Pasquinelli has been a student and practitioner since she began her studies with Mary Burmeister in 1982. She joined the faculty in 2002 and has been teaching 5-Day classes, Special Topics, mentoring, and self-help classes worldwide.

The experience of living through a life threatening illness twenty years ago led Jill to bring Jin Shin Jyutsu into a medical oncology practice. There she developed an integrative oncology program, and treated patients in that setting for over eight years. This along with her own experience has given her a deeper understanding of the Art, both as a receiver and one who shares it through being in service to others.

She has learned there are no bad days. Instead she sees the stark realities of life with a sense of realism and humor. She loves living the questions.

Organizers:

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