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& Alternative Health

Issue 52



**Free
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My Journey

Tai Chi Chuan

General Principles and Concepts

**Training Tips:
Footwork
Jin Shin Jyutsu
Health Matters**



**TCAH Open Retreat
Aug & Dec 2008**



What may sound like a martial art at first, is in fact an ancient Japanese healing art & philosophy which was widely known and practiced even before the birth of Gautama Buddha (India) and Moses (recorded in the Bible) and which is rapidly gaining worldwide popularity again, since it yields amazing results of both physical and emotional well-being and health.

Just like most other traditional healing systems – from Ayurvedic to Greek and Chinese- Jin Shin Jyutus (JSJ) looks beyond the purely

biological and physical part of life and sees life as pervaded by an underlying energy or single living force, manifested in every individual being. In Chinese medicine, this life energy is known as *chi*, the Hindus call it *prana*, the ancient Greeks referred to it as *pneuma*, and the Japanese call it *ki*. In order for the body to heal itself, it is essential to reconnect with this life force and harmonize and strengthen its flow within us. A gentle, yet highly effective way to do this is by applying the art of Jin Shin Jyutsu.

We owe the rediscovery of this ancient healing art, which is an innate part of man's wisdom, to Master Jiro Murai of Japan who was born in Taiseimura (currently Kaga City, Japan) in 1886. Since Jiro Murai was the youngest of two sons born to a medical doctor and his older brother followed in the footsteps of their father, Jiro was allowed to freely choose his own path. However, he had a reckless nature and overindulged in food and drink until, at the age of 26, he fell seriously ill. In fact, his condition was so bad that he was pronounced incurable and given up by doctors.

Jiro's last wish was to be carried up to the family's mountain cabin and to be picked up there again on the eighth day. Those days spent in the pure nature of the



Jin Shin Jyutsu

*An ancient Japanese Healing Art rediscovered
The Art of getting to know (help) oneself*

by Irene Lauretti-von Olnhäusen

紅
神
術[®]

JIN
is man of
KNOWING,
compassion

SHIN
is Creator

JYUTSU
is Art



Master Jiro Murai

Japanese mountains turned out to become the turning point in Jiro's life and, later, in the lives of so many people who came into contact with the power and wisdom of Jin Shin Jyutsu (JSJ).

Master Murai used the 7 days in the mountain cabin to practice various finger positions that were known in the Japanese culture. At the same time he fasted and meditated. While his physical body grew colder each day he passed in and out of consciousness, until suddenly, on the seventh day, he felt as if he was thrown into a blazing furnace, followed by a tremendous inner peace and well-being. At this stage Master Jiro Murai knew that he had been healed completely and vowed that he would dedicate the rest of his life to the study of healing.

During the course of his studies, Master Murai was also drawn to the Kojiki (Record of Ancient Things, Japan, A.D. 712). To his amazement, Jiro discovered that, what would later become known as the art of Jin Shin Jyutsu, was written down in its entirety, though cryptically, in those ancient records. The gods and goddesses and their characteristics actually represent the different energy flows and the energy locks within us.

The energy moves around our body in the ascending and descending order in the front and back of our body. In a healthy person, the energy moves freely and without obstructions. However, during the course of our lives most of us develop attitudes like fear, worry, sadness, anger and pretence which are the root cause of problems and diseases later in life.

Often, we are not even aware of those attitudes, because we have become so used to them that our current state of being seems normal to us. However, since each attitude is related to a specific organ energy flow, it is easy to understand how it affects our mental, emotional and physical body. Since all energy flows in the body are connected and interdependent, it is of vital importance to keep and/or restore the harmony of the body's energy flows.

Although Jin Shin Jyutsu has some resemblance with Acupuncture due to the similarities between the Meridians of Acupuncture and the organ energy flows of JSJ, in JSJ treatments only hands and fingers are needed to apply this art, whereas Acupuncture treatments require needles. Moreover, JSJ also stresses the importance of working with the more unmanifested levels of energy, called the Trinity Flows. This prenatal energy was transmitted to us by our ancestors, whereas the organ flows are postnatal body fluids that an individual has generated from food. Since the organ flows are mobilized by using the power of the prenatal energy, it is of utmost importance to get these flows harmonized as well. By restoring harmony in the Trinity flows we restore the cord that feeds our whole being with vital life energy, which will then assist our body in restoring health and harmony on all levels of our being.

Contrary to Western Medicine, where the focus is on diagnosing a problem and on removing symptoms, in JSJ the focus is always on restoring harmony and releasing the root cause

*it's all in your
fingers*



For first-time users and anybody wishing to experience the positive effects of JSJ self-help, the self-help wellness guide for airline travellers **"Wellness above the Clouds"- The unique guide to complete harmony of Body, Mind & Spirit** by Irene Lauretton-von Olnhausen (ISBN : 978-3-00-020579-8) is highly recommended. This illustrated book in full colour is a great way to discover and immediately apply the simple, yet highly effective self-help positions without any prior knowledge. Among the positions featured in this self-help wellness guide are many of the Mudras used by Jiro Murai when he healed himself from his "terminal illness". The 22 programs described in this book make it easy to immediately choose the position best suited for the present need of the person.

Another recommended book is

"The Touch of Healing" – Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu®

by Alice Burmeister (ISBN: 9780553377842)
This book is a comprehensive guide for anybody wanting to study the art of Jin Shin Jyutsu.

the energy concentrates along the pathways. In fact, these sites act as circuit breakers, shutting down and restricting the flow of energy, to protect the body when injury or the abuse of everyday physical, mental and emotional stress (attitudes) occur. The number of each SEL has a significant energetic meaning which is one of the many fantastic ways in JSJ to increase the awareness of ourselves and to grow more finely attuned to the sources of disharmony. Understanding ourselves and how attitudes affect us is the fundamental basis for any changes to occur.

"There are no incurable diseases, only incurable people"

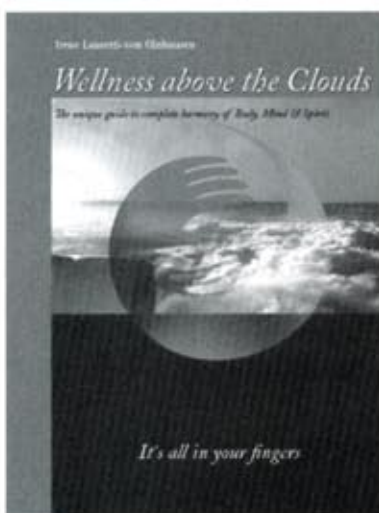
Mary Burmeister

Another way to apply the art of JSJ is by simple self-help. When we think of Master Murai and how he healed himself from a terminal illness by simply applying self-help finger positions, we get an idea of how powerful such simple finger positions, Mudras, can be. In fact, Haruki Kato, who, apart from the Japanese-American Mary Burmeister, is one of the few disciples of Jiro Murai, said about using the fingers:

*"A mere flexing of a finger has profound meaning.
If one bends the fire finger,
it extinguishes fire.
If one straightens the water*

which may or may not yet have manifested itself as a physical problem.

During a JSJ session, the receiver lies comfortably and fully dressed on a massage table. The practitioner first "listens" to the pulse by holding both wrists, which indicates those areas of the body that are weak and need balancing. Then, the practitioner gently places his/her hands on the receiver's body in order to unlock the 26 "safety energy locks"(SEL`s). It is at these energy locks that



*finger, water rises...
One can represent and
mobilize the entire universe
at one's own will with a
mere ten fingers."*

The simplest way to harmonize ourselves is by gently holding our fingers. Each finger is related to a certain depth. Depths are varying levels of density of life energy. Each depth is related to a certain element (earth, water, wood, air & fire) and forms two organ function energies. Thus, by simply holding a finger, we can harmonize the related depth including the element and the organ function. It has been known for thousands of years that health depends on the harmony of the elements within us and how we interact with nature. We are the Microcosm in the Macrocosm. The easiest way to harmonize the elements is by getting into the habit of holding the fingers daily. Besides harmonizing the elements, each finger harmonizes many more bodily functions, altogether as many as 14400!!

The simple act of holding a finger is not only extremely effective for our general well-being, it can even be lifesaving. For example, when someone has a heart attack and/or severe heart problems, immediately holding one or both little fingers can rapidly harmonize the heart function energy and fill the gap until the emergency doctor arrives.

*"God is in my fingers"
quoted by Mary Burmeister.*

To obtain the best results for people suffering from big labels or projects (for, in JSJ, we refer to projects or labels rather than diseases, since working on a project is fun and the focus is on

harmonizing and healing the person, instead of "getting rid of a disease"), it is recommended to practice both self-help and to get JSJ sessions by a trained practitioner at least twice a week. However, surprisingly quick results can be achieved by weekly sessions and sometimes even after one single session. JSJ can be used safely in conjunction with any other therapy or medication.

Getting into the habit of practicing self-help daily will help the applicant to increase vitality, keep fit and healthy, improve the immune system and obtain a profound self-knowledge. JSJ self-help can be used anywhere and any time and the finger positions are so unobtrusive that they may be applied in aeroplanes, in a crowded bus, during meetings, or simply while relaxing on the sofa reading a book or watching TV.



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About the author

Irene Lauretti-von Olhausen is a trained and experienced Jin Shin Jyutsu practitioner. She gives JSJ self-help classes and JSJ sessions in Germany, England & Ireland. For more information please visit her website on www.itsallinyourfingers.com or email: info@itsallinyourfingers.com

The address of the European JSJ-office is:

European JSJ Office, Quirinstr. 30,
53129 Bonn, Germany
Phone: 0049-228 23 45 98 Fax: 0049-228 23 94 04
email : JSJRaphael@aol.com
Website : www.jinshinjyutsu.de