

An Introduction to the History of Jin Shin Jyutsu
As told by Mary Burmeister
Taken from Introducing Jin Shin Jyutsu Is - Book 1
By Mary Burmeister

JIN is man of KNOWING, compassion;

SHIN is Creator;

JYUTSU is art.

(Creator's art personally for MYSELF.)

Art of Getting to KNOW (Help) MYSELF

According to ancient written records, which remain in the Archives of the Imperial Palace in Japan, JIN SHIN JYUTSU was widely known before the birth of Gautama Buddha (India); before the birth of Moses (recorded in the Bible); and before Kojiki (Record of Ancient Things, Japan, A. D. 712.)

Jin Shin Jyutsu is an innate part of man's wisdom.

For many centuries the KEYS to the treasures of Jin Shin Jyutsu were passed from generation to generation by verbal teachings. The rediscovery of these ancient treasures came about by Master Jiro Murai of Japan, in the early 1900's.

Master Murai was born before the turn of the century into a family of long-lined medical professionals. He chose not to follow family tradition and began his search for the true meaning of life. During his wanderings he became terminally ill with an unknown illness. No one could be found to help him. His own family could do nothing but to watch him fade away.

Master Murai never lost faith. He began to wonder about the great men in the past of whom he had read about experiencing miracles and enlightenment through quiet meditation and what would become the art of Jin Shin Jyutsu. He finally requested his family to carry him on a stretcher up to their mountain cabin. He wanted to be alone. He asked them to leave him in solitude for seven days and to return on the eighth day to see the outcome.

In the stillness of the mountain splendor Master Murai meditated and experienced the art of JSJ. Each day passed on to the next, becoming conscious and unconscious, with his physical body experiencing loss of heat each day. Then on the seventh day he experienced a feeling of being lifted out of the deep-freeze and thrown into a furnace of fire. When this tremendous heat subsided, he felt no more discomforts. It was like after the passing of a terrible storm. The quiet, the calm, the peace encompassed his whole being. To his amazement and disbelief, he was completely healed. He immediately dropped to his knees and thanked the Creator and vowed that he would dedicate his remaining years to the study of this art of Jin Shin Jyutsu and dedicate his findings to Ise Jingu (the Imperial Shrine of Ise, chief cultural center of Amaterasu since the first century A.D.) for mankind. This he did accomplish.

In the late 1940's, I was guided to Master Murai. At the time of our meeting I was "searching" for that "something," which I believe each one of us experiences at one time or another in our lifetime.

Master Murai greeted me with, "Would you like to study with me to take a 'gift' from Japan to America?" - just a simple question. I had no idea of the depth of its meaning at the time. So just as simply I replied, "Yes."

Upon my attending his first lecture, I was filled with humility and awe of the "WHY" I was here. My "search" ended and an art of LIVING opened up for me. It was not until nearly thirty years later of continued study that the impact of the meaning in Master Murai's first greeting became a reality to me.

Jin Shin Jyutsu is truly the art of happiness, the art of longevity and the art of benevolence. It is the Creator's art personally for MYSELF, the art of Getting to KNOW (Help) MYSELF.

Through JSJ our awareness is awakened to the simple fact that all that is needed for harmony and balance (rhythm with the universe) physically, mentally, emotionally, digestively and spiritually is within MYSELF. Through this awareness, the feeling of complete peace, serenity, security, the oneness within is evident. No person, situation or thing can take these away from MYSELF. All fears (the basis of all disharmony) begin to dissipate one by one and all unnecessary burdens are unloaded from our shoulders to make way for the complete harmony within and without. There is no room for feelings of competition and comparison in our everyday LIVING. There is only the present state of BE-ing, which already is our "past" and the foundation of our "future."

It is the Getting to KNOW (Help) MYSELF.... Mary Burmeister



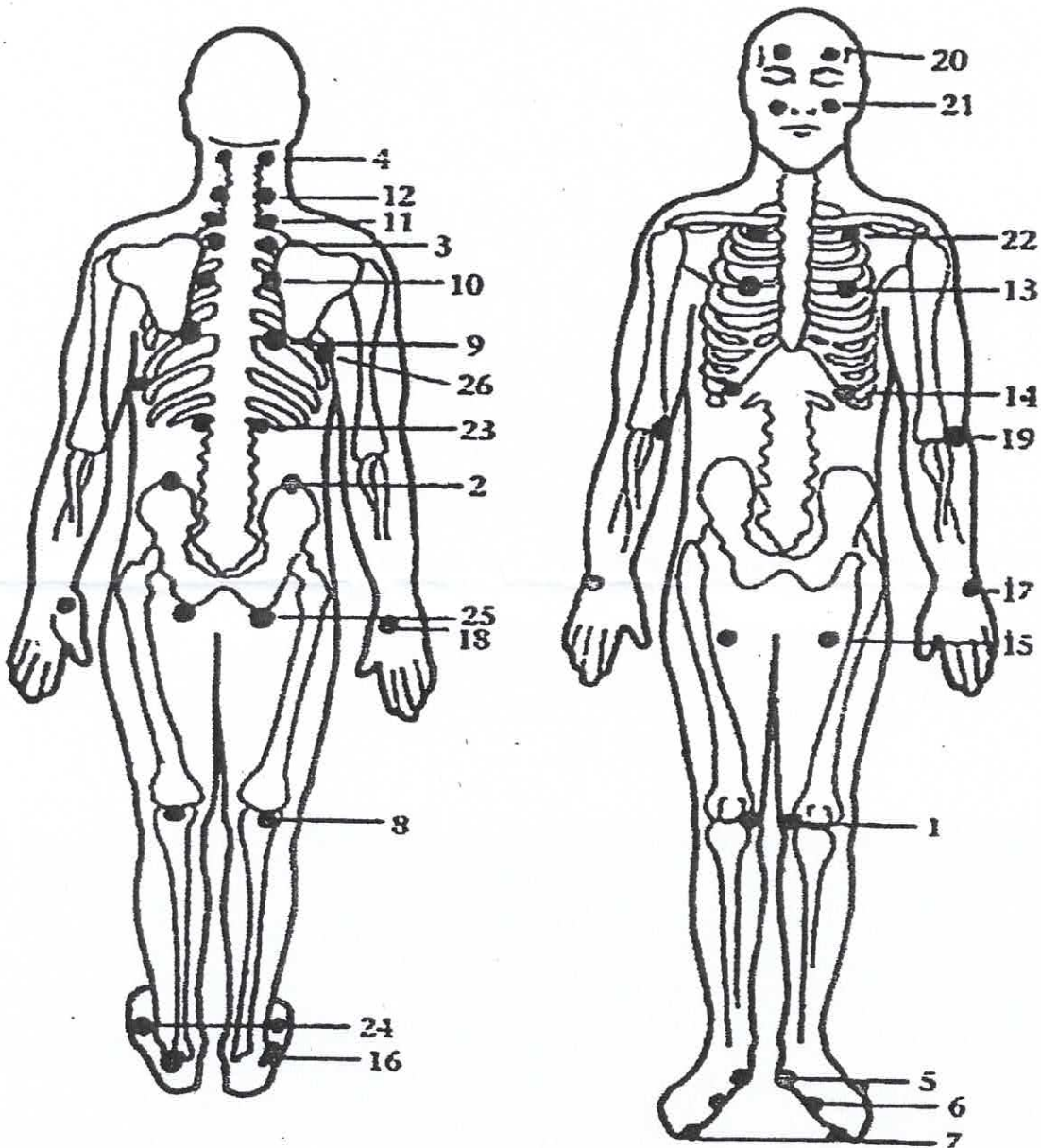
Jiro Murai



Mary Burmeister

JIN SHIN JYUTSU SAFETY ENERGY LOCKS

There are 26 Safety Energy Locks (SEL's) - they are in the same position on both the left and right sides of our body, and are found on both the front and back of our bodies. Each Safety Energy Lock has physical and spiritual correlates that become harmonized when holding it (is called "jumper cabling"). You place your hands gently on them for 3 to 5 minutes, or until you feel a smoothing of any pulsing - when the right hand feels similar in smoothness to the pulse of the left hand.



JIN SHIN JYUTSU

26 SAFETY ENERGY LOCKS

There is a three inch radius surrounding each Safety Energy Lock.

BE comfortable and use your intention if Safety Energy Lock is difficult to reach.

Jin Shin Jyutsu is an "art" and not a technique.

SAFETY ENERGY LOCK MEANING - ANCIENT WISDOM / PRACTICAL USE

1. Prime Mover, Regeneration / General Practitioner
2. Wisdom, Life Force for All Creatures / Chiropractor
3. Door of Understanding and Defense / Respiratory & Immune Specialist
4. The Window Admitting Knowledge and Consciousness / Measuring Intelligence
5. Regeneration, Release from Fear / Mind Specialist
6. Total Balance / Mediating Intelligence
7. Victory, Perfect Life Power / Hidden Intelligence
8. Rhythm, Strength, Peace - Transformation / Muscle & Elimination Specialist
9. End of One Cycle, Beginning of a New One / Letting Go
10. Abundance, Limitless-Life Power / Key to Inhale
11. Justice, Unload Excess Baggage-Hub of Letting Go and Receiving / Janitor
12. "Not My Will but Thy Will" / Conscious Immortality
13. Unconditional Love, Creation / Key to Exhale
14. Equilibrium, Sustenance, Unity / Digestion of Food & Ideas
15. Wash Our Hearts With Joy and Laughter / Pelvis & Legs
16. Transformation / Pain Reliever & Anti - inflammatory (with #5)
17. Relaxation of Mind and Nerves / Intuition & Reproduction
18. Body Consciousness / Functions affecting Personality
19. Authority and Leadership, Perfect Balance / Harmonize Digestion
20. Eternity Everlasting / Unify Personal with Universal
21. Escape from Mental Bondage, Profound Security / Weight
22. Happy and Content Wherever I am, Complete Acceptance / Adapt to Change
23. Controller of my Destiny, Release Fear / Circulation and Maintenance for all functions
24. Harmonizing Chaos / Release Stubbornness and Jealousy
25. Gently and Quietly Regenerate and Rejuvenate / Alertness
26. Life Force for Total Being , Complete (That which was, is and will be) /
Recharge Mental & Physical

JIN - Man of Knowing and Compassion

SHIN - Creator

JYUTSU - Art

ART of the CREATOR through MAN of KNOWING and COMPASSION

LOCATIONS of the 26 SAFETY ENERGY LOCKS (SELS)

*Remember to hold gently and comfortably for a few minutes or until a smoothing of pulsation. Every SEL has a three inch radius around it, but it is not essential to bulls-eye. Each SEL is located on both the left and right sides of the body.

There are beautiful universal meanings given to all the SAFETY ENERGY LOCKS.

SEL 1 - THE PRIME MOVER - CONNECTING HEIGHTS AND DEPTHS

located on the inside of each knee, right at the bulge, where the thigh and shinbone connect

SEL 2 - WISDOM - RECONNECT WITH PURPOSE FOR LIVING

located in the lower back, at the top of the hipbone, on the left and right sides of the body

SEL 3 - THE DOOR - UNLOAD TENSION, RECEIVE BREATH, IMMUNE SYSTEM

Located on the upper back, by the inside and upper corners of the shoulder blades, to the left and right of the spine

SEL 4 - THE WINDOW - LIGHT OF KNOWLEDGE AND BREATH

located at the base of the skull, at the occipital ridge, on the left and right

SEL 5 - REGENERATION AND REBIRTH

located on inside of both ankles, between the ankle bone and the heel

SEL 6 - BALANCE AND DISCRIMINATION

located on the arch of each foot, about midway between the sole side of the big toe and the end of the heel

SEL 7 - VICTORY - CLEARING THE MIND AND HEAD

located on the underside of both big toes

SEL 8 - RHYTHM, STRENGTH AND PEACE

located at the lateral/outside of the back of the knees

SEL 9 - ENDING OF ONE CYCLE/BEGINNING OF ANOTHER

located on the middle of the back, between the bottom of the shoulder blades and the spine (when cannot reach 9 comfortable, can use SEL 19)

SEL 10 - WAREHOUSE OF ABUNDANCE

located on the upper back, between the shoulder blades and the spine, in line with the middle of the shoulder blades (can use high 19, halfway up the arm instead, if uncomfortable)

SEL 11 - UNLOADING THE BURDENS OF THE PAST AND FUTURE

located on the upper back, just below the place where the neck joins the shoulders

SEL 12 - NOT MY WILL BUT THY WILL

located at the back of the neck, midway between the skull and the shoulders, on each side of the cervical vertebrae

SEL 13 - LOVE YOUR ENEMIES

located on the front of the rib cage, a few inches below the clavicle by, by the third rib

CONTINUATION OF LOCATIONS OF THE 26 SAFETY ENERGY LOCKS (SELS)

SEL 14 - EQUILIBRIUM, SUSTENANCE
located on the front bottom of the rib cage

SEL 15 - WASH OUR HEARTS WITH LAUGHTER
located in the groin

SEL 16 - TRANSFORMATION
located on the outside of the ankle, between the ankle bone and the heel

SEL 17 - REPRODUCTIVE ENERGY/NERVOUS SYSTEM
located on the outside of the wrists, on the little-finger side

SEL 18 - BODY CONSCIOUSNESS AND PERSONALITY
located on the palm side of the base of the thumb

SEL 19 - PERFECT BALANCE
located at the crease of the elbows, on the thumb side

SEL 20 - EVERLASTING ETERNITY
located on upper part of the forehead, slightly above the eyebrows

SEL 21 - PROFOUND SECURITY AND ESCAPE FROM MENTAL BONDAGE
located on the underside of the cheekbones

SEL 22 - COMPLETE ADAPTATION
located under the collarbones

SEL 23 - CONTROLLER OF HUMAN DESTINY, PROPER CIRCULATION MAINTENANCE
located in the small of the back, at the bottom of the rib cage

SEL 24 - HARMONIZING CHAOS
located on the outer top of the foot, about midway between the little toe and the ring toe,
opposite SEL 6

SEL 25 - QUIETLY REGENERATING
located on the sit-bones (the ischium)

SEL 26 - THE DIRECTOR, TOTAL PEACE, TOTAL HARMONY, COMPLETE
located by the outer edge of the shoulder blades near the armpit
Fold your arms across the chest and hold SEL 26 under your armpits