**About Jin Shin Jyutsu**

Jin Shin Jyutsu® physio-philosophy is an art which harmonizes the life energy of the body. The practice brings balance to the body’s energy, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. Jin Shin Jyutsu employs twenty-six Safety Energy Locks (SEL) along energy pathways that feed life into our bodies. When one or more of the paths become blocked, the resulting stagnation can disrupt the local area and eventually disharmonize the complete path of energy flow. Holding these energy locks in combination can bring balance to mind, body, and spirit. Learning Jin Shin Jyutsu engages one in self-study and self-help. Through the process of “now know myself” we recognize the wisdom of the body, and learn to interpret its messages to restore balance. Jin Shin Jyutsu can be applied as self-help or by a trained practitioner. A Jin Shin Jyutsu session generally lasts about an hour. Since it works with the energy of the body, it does not involve massage, manipulation of muscles, or use of drugs. It is a gentle art, practiced by placing the fingertips (over clothing) on designated Safety Energy Locks, to harmonize and restore the energy flow. This can reduce tension and stress accumulated through normal daily living. To address existing stress or health disharmonies, or for those wishing to actively participate in facilitating good health, harmony and well-being, the art of Jin Shin Jyutsu is a simple and powerful tool.

**About Master Jiro Murai**

Jin Shin Jyutsu was researched and developed by Master Jiro Murai in the early 1900s. After restoring his health from a terminal illness at age 26, Jiro devoted the rest of his life to studying and understanding the process that enabled him to regain his health. This was Jiro Murai’s first glimpse of the keys that he would refine into the art of Jin Shin Jyutsu. Master Murai gathered insight from a range of experiences and resources, including the Kojiki (Record of Ancient Things). The

resulting knowledge of Jin Shin Jyutsu was then given to Mary Burmeister, who brought it to the United States in the 1950s.

**About Mary Burmeister**

Mary Burmeister (1918-2008) is credited with bringing Jin Shin Jyutsu to the West in the 1950s. Her devoted apprenticeship with Jiro Murai and her ensuing research resulted in broad dissemination of this lifechanging art. She began teaching the art to others in the early 1960s, and today there are thousands of students in the United States and around the world. Mary practiced what she taught, leaving behind abundant testimonials of how she lived the smile that she encouraged others to “Be.” Her office was always busy with clientele from all corners of the globe, and she worked long hours helping to harmonize those who came to see her.

**The Power of Self-Help**

Self-Help is the birth and core of Jin Shin Jyutsu. Jiro Murai first proved its effectiveness to himself, thus beginning the journey of Jin Shin Jyutsu’s rediscovery. In self-help, the student receives the message through experience that he or she can be self-sufficient. Mary Burmeister described the essence of Jin Shin Jyutsu in three simple Self-Help books. These books are written from direct experience, and sometimes confound the western mind with their simplicity and pensive, slow pace. In a Self-Help class, the student approaches the use and understanding of one or more of these simple books and through them, the philosophy and most practical tools of the art. The tools can be used for oneself and family while the philosophy may gently shift one‘s focus away from the attitudes that keep reproducing the same stresses.