

JSJ by Nancy Recant

The origins of Jin Shin Jyutsu can be traced to oral tradition; passed down for many centuries from generation to generation. Rooted in innate wisdom, Jin Shin Jyutsu was widely known before the birth of Buddha & Moses and before the Kojiki (Record of Ancient Things, Japan, A.D. 712.)



Master Murai

It was Master Jiro Murai, a Japanese scientist, sage and healer who in the early 1900's rediscovered Jin Shin Jyutsu. Diagnosed with a terminal illness, with no known cure, Murai was taken to his family mountain retreat where he meditated, fasted and utilized Jin Shin Jyutsu, holding various hand mudras. After seven days, his family came back to find him fully revived and healed. He dedicated the remaining years of his life to the study of this Art that he named "Jin Shin Jyutsu". "Jin" meaning man of knowing and compassion, "Shin," Creator and "Jyutsu" meaning the art of.



Mary Burmeister In Japan

In the late 1940's, Master Murai met a Japanese American woman, Mary Burmeister who was teaching English in Japan. He asked her if she would like to study with him and take a gift from Japan to America. Not understanding the depth of his request, she replied, "Yes." After thirty years of continued study,

Master Murai's request became a reality.

Bringing the Art to America in the 1950's, Mary began translating her notes and creating three self-help books from Murai's teachings. Mary added her own understanding to these books; the first of which she named, "Jin Shin Jyutsu Is. Getting to KNOW (Help) MYSELF Art of Living." She began teaching Jin Shin Jyutsu in the U.S. to small groups in the mid-1960's, which expanded throughout the next decades. (Link to purchase of movie – The Art of Living: A Tribute to Mary Burmeister) . She was the only instructor of this Art in America until 1990 when her first three protégés took over. They included Philomena Dooley, Wayne Hackett and Muriel Carlton who are among over two dozen instructors of Jin Shin Jyutsu throughout the world.

Jin Shin Jyutsu (JSJ) is an ancient Japanese Art of harmonizing and balancing energy in the body. A powerful complement to western medicine, JSJ utilizes the hands and breath to release physical, mental and emotional blockages. It is a simple, non-invasive, non-toxic way to alleviate and prevent illness, stress and pain.



JSJ offers a path to inner peace, wellness, relaxation and joy, which honors the whole person, body, mind and spirit

How long are sessions?

Sessions last approximately 60 to 75 minutes.

How do I prepare for a session?

It is helpful to not eat heavily or drink caffeinated beverages within an hour before your session.

How do I dress for a session?

Dress comfortably and be prepared to remove, belts, bracelets, watches and large dangly earrings.

Is Jin Shin Jyutsu geared toward a certain demographic?

JSJ can be applied to people of all ages and conditions.

Could JSJ help with mental emotional issues, such as trauma?

This work can facilitate the release of the effects of psychological and physical trauma in the body.

How many sessions are recommended at the beginning?

I recommend that new clients commit to three sessions in as close proximity as possible, i.e. every week or every other week in order to understand its' impact and value.

After that, it depends on an individual's needs and condition; whether it is acute or chronic and how long the condition has been presenting.

Are there any suggestions for after the session?

The session continues to work itself through for the next eight hours. Therefore it is advisable to refrain from heavy exertion after a session.

How does JSJ compare to Reiki?

JSJ is different from Reiki in its' approach and experience.

Is JSJ a science?

JSJ is an Art based on science.

Can JSJ cure my illness or ailments?

Jin Shin Jyutsu does not make claims to cure, however, it does get energy moving through areas of stagnation and blockage thereby facilitating the body's' own innate healing capacity. Almost all of my clients will report that their physical symptoms either disappeared entirely or were so greatly diminished through the energy work, not to mention their total well being and health.

I would always advise being seen by your doctor, in conjunction with pursuing JSJ treatment.

Are the effects of JSJ cumulative?

Yes.

WHAT IS JIN SHIN JYUTSU SELF-HELP?

A critical component of JSJ is "self-help." Mary Burmeister's three self-help books lay the foundation for this body of work that supports wellness and according to Mary, "unencumbered communion with the Creator." By simply applying the hands to areas of the body, one is invited on an empowering inner journey; helping to calm the mind, heal the body and reawaken the joy of living. Through the use of daily self-help maintenance exercises, each recipient is empowered to take responsibility for his/her own health and healing.



The body is compared to a "battery of life" and the hands to "jumper cables." By utilizing the "jumper cables" and applying them to specific areas of the body, the "battery of life" is recharged.



The only tools needed are the hands, the breath and awareness. Clients are supported with individual self-help instruction.

According to Mary, “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. . . . 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. It is the Getting to KNOW (Help) MYSELF.”

Attitudes, (including worry, fear, anger, sadness, grief and trying to's or efforting) are the greatest cause for disharmony. JSJ self-help focuses on holding the fingers, which correspond to each of these attitudes as a way of harmonizing them. Chronic health concerns and labels or “projects” are addressed by applying self-help flow patterns to help rebalance our systems each day.