

Mona Harris on Safety Energy Lock “14”

This is article #16 of a series of articles by our IT IS Seminar faculty on the Safety Energy Locks from a Self-help perspective. The series begins in Issue Number 36, Spring 2002, of The Main Central Jin Shin Jyutsu Newsletter.

Mona Harris continues the series with her article in The Main Central Jin Shin Jyutsu Newsletter, issue Number 51, Winter 2006:

Safety Energy Lock 14

“KNOW MYSELF IT IS. To do, just BE.” These are the words Mary writes next to Safety Energy Lock 14 in Self-Help Book 2. To do, just BE – I would have expected these words next to a Safety Energy Lock of the 5th Depth...but obviously it is OUR WILL that gets us into trouble.

Even though we know better (deep inside), we DO things that are not good for us. How much that can affect us is listed as possible disharmonies next to the 14 flow in Text 1. Mary lists more possible symptoms in this flow than in any other flow in Text 1! It is our mind that brings us into trouble! Maybe that is the reason there is no 14 in the 14 flow? But of course the waistline (mind) is cleared by holding both 9s – to put an end to that cycle! And if we look closely we find a lot of 5th Depth helpers in the flow. We start off with Safety Energy Lock 15 which is harmonized by the little finger – the harmonizer of the 5th Depth (attitude level) and go to the 15 on the other side of the body in the 7th step. We use Safety Energy Lock 24 and 25 (both live in 5th Depth), and holding the 3rd and 4th step together is the Little Finger Function Energy (Heart and Small Intestine Function Energy intermingles – both 5th Depth) from Text 2.

14 is the beginning of mankind, man living between spirit (1 – all creation proceeds from unity) and matter (4 – the four elements). “The art of LIVING is simple. We complicate it in our efforts to try to live, or is it to exist?” Mary asks us in Self-Help Book 1 (page 2). If we want to live harmoniously between heaven (spirit-13) and earth (body-15) we can hold our 14s to unite waist-up and waist-down and bring us equilibrium and sustenance. If we feel sustained we realize that there is always enough for all and “forget to focus on:

1. Comparing, competing;
2. Judging (being judged), labeling (being labeled);
3. Trying to understand, trying to find out WHY.”

Guess on what page that’s written in Self-Help Book 3? Page 14!

What’s on page 14 in Self-Help Book 1? An empty page – to understand and digest all information we have gotten up to that point, a little pause for the mind before we start jumper cabling the body (15) on page 15.

The color of 14 is blue; the color of 2 is pale blue. The letters on the cover of Self-Help Book 2 are blue, and in it Mary talks about what, where and who Mankind’s Safety Energy Locks are as well as when and how they help. Satisfying the mind!

If we look on page 14 of Self-Help Book 2, we find Mary speaking to us about Safety Energy Lock 2. "Seeing through the eyes of the Creator" is one meaning of 2. And isn't that exactly what happens when we get stuck in our lifestyle (waistline) – that we can't see what's really going on? (14 helps the vision.) "Wisdom" always recognizes 'wholeness', 'oneness', while ignorance looks at, specializes in a part of parts." Whenever mankind forgets to see the whole picture, we get into trouble.

Luckily we have a simple "tool" to help us develop our wisdom and harmonize our will at the same time: Jumper cable the ringer finger!

Thank you, Mona.

Thank you, Mary.

Thank you, David.

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