

Mona Harris on Safety Energy Lock “8”

This is article #9 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 44, Spring 2004:

“Safety” Energy Lock 8

In preparing to begin teaching the Living The Art class, my focus has been on Mary’s three Self-Help Books. Therefore, I approach Safety Energy Lock 8 from this point of view. The first time we meet Safety Energy Lock 8 is in Self-Help Book I, page 44 (4+4=8!) as part of the ANTERIOR DESCENDING energy (stomach flow). Our next encounter with 8 is part of the POSTERIOR DESCENDING energy (bladder flow). Finally we see 8 again as special sequence #6 (page 54) for revitalizing muscular tensions. In all three instances we are given variations of the 8: low 8 for the stomach flow, center back of the knee for the bladder flow and just below the bend of the knee (top of calves) for muscle tension. These are three different ways we get to use the magic that is the number 8.

In the stomach flow the 8 helps the energy to descend down the back. Mary devotes much of Self-Help Book I to the harmonizing of the depths and the respective attitudes by holding the fingers. The attitudes manifesting in each of the depths are caused by a mediator in disharmony. The three times we see Safety Energy Lock 8 in Self-Help Book I can remind us of the 8 as the number representing the positive qualities of the third depth, and, therefore, has a relationship to the diagonal mediator to harmonize all our depths.

We are also given methods to harmonize our Main Central Vertical, Major Supervisor and Diagonal Mediator in Self-Help Book I.

On the Safety Energy Lock level, the Main Central is represented by 0 (zero), whose color is pale yellow. Safety Energy Lock 1, whose color is deep yellow, is the “birthplace” of the Supervisor. Safety Energy Lock 8, whose color is yellow, again is the number of the third depth which has a relationship to the Mediator. As the Mediator is harmonizing left and right (Supervisor) with the Main Central, so is yellow the “mediator” between pale yellow and dark yellow.

The first and only time Mary refers to Safety Energy Lock 8 by name is in Self-Help Book II on page 26, total and complete! Here she says, “8 came into the universe meaning rhythm, strength and peace.” If I live my life in my own rhythm, then I am able to develop my own strength and live in peace.

In Self-Help Book III Mary shows us the FLOW PATTERN for the body jumper cable, which is represented by two figure 8’s (flowing in opposite directions) – the 8 is the symbol of the JUMPER

CABLE. Finally, on page 8 she reminds us what Jin Shin Jyutsu is about, Now Know Myself, when she says: *“The awakening of the awareness and understanding of the dynamic functions of the HANDS and FEET, jumper cables, is fascinating, exciting, FUN.”*

Thank you, Mona.

Thank you, Mary.

Thank you, David.

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