

Care of the Self Through Hands-on Healing

By Sarah W. Anderson, LMSW



Self-care is a topic that is near and dear to my heart. As a person who has always questioned what she was told, I embarked on a journey of self-discovery many years ago. My search included a desire to find a non-invasive, holistic means of maintaining health.

Toward the end of my college career, my father's sister began sharing her own personal journey of self-discovery with me. She sent me multiple books, articles, and her own writings related to meditation, body-centered psychotherapy, and energy healing. The two books I remember most fondly are *A Path with Heart* by Jack Kornfield and *Depression and the Body* by Alexander Lowen. Through my aunt's sharing of resources, as well as many long phone conversations, I began

to understand that the source of physical, mental, and emotional balance is one's own body, mind, and spirit. It seemed that I already contained all the seeds of good health and happiness that I would ever need. I simply needed to clear away the clutter that was blocking my access to them.

My aunt explained to me that if I had an interest in learning a self-healing technique, a Japanese healing art called Jin Shin Jyutsu would be a good place to start. She told me that it was "the mother" of many other forms of energy healing. In 1997, I took my first Jin Shin Jyutsu 5-day training seminar in San Rafael, California, with Lynn Pfleuger. Lynn comes from a "medical family" and was skeptical about alternative approaches to healing. Jin Shin Jyutsu's success in treating multiple ailments (or "projects") changed her mind. I related to Lynn's perspective and appreciated her down-to-earth, practical, yet inspiring presentations. By the end of the seminar, I knew that I wanted to continue studying Jin Shin Jyutsu and become a certified practitioner.

Fifteen years later, I am certified, but certification seems secondary to the daily miracles I experience with Jin Shin Jyutsu. Practicing daily Self-Help is second nature now. I use various holds and "flows" to restore balance when I feel worried, scared, angry, depressed, or exhausted. If I feel like I'm getting sick, I use it to restore my energy flow and speed healing. It helps me fall asleep at night and grounds me when I feel anxious. Until recently, Jin Shin Jyutsu had been my constant companion for so long that I had almost forgotten about the value of sharing it with others. It had become a private refuge, and many people with whom I shared it expressed skepticism. Thus, I kept it to myself, with the exception of treating close friends and family members from time to time.

It wasn't until a friend in my NPI Community Circle took an interest in Jin Shin Jyutsu that I realized that in keeping a good thing to myself, I was missing out on opportunities to help others in very real and concrete ways and to share this life-saving healing modality. My friend applied a simple Jin Shin Jyutsu sequence on herself for several days, and her thyroid calcification disappeared. She began referring colleagues and clients to me, and several of them experienced important emotional breakthroughs. I taught a Self-Help class in May and am working toward bringing a member of the Jin Shin Jyutsu faculty to Nashville to offer a 5-day seminar. It is exciting to watch others learn about the art and begin to enjoy its benefits. It has been thrilling and rewarding to share my self-care journey in this way.

It is difficult to define self-care. As Mary Burmeister, who brought Jin Shin Jyutsu to the U.S., would say, "I never butt into God's plans, I just go along with what is. Life is not a struggle, life is enjoying the now. It's simple." (JSJ, Inc., 2012) Self-care may be just what Mary says: enjoying the now. This may seem difficult to do at times, but I maintain faith that what stands between me and my enjoyment of the now is simply old baggage from my past that I'm learning to release, piece by piece.

Reference: JSJ, Inc., 2012. An Interview with Mary Burmeister, Master of Jin Shin Jyutsu®. Accessed from <http://www.jsjinc.net/pagedetails.php?id=about-mary&ms=8> on April 22, 2012.