A decorative border surrounds the central text, consisting of a grey rectangular frame. Inside this frame, there are 20 white handprints of varying sizes and orientations, arranged in a pattern that follows the perimeter of the frame. The handprints are scattered, with some appearing larger and more prominent than others.

*Jin Shin Jyutsu®*

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*(An Art of  
Gentle Touch)*

*Natural Positive Self Help*

*for People*

*With Cancer*

**The information in this booklet is not in any way intended as a replacement for medical diagnosis or treatment.**

**The Author believes, based on her own personal experiences and beliefs, that the information in this booklet is supportive of and compatible with Medical practices and / or any other Complementary approach.**

**The information contained in this booklet is intended to compliment, not replace, the advice of your medical care provider. You should always consult your medical care provider about your individual needs and symptoms that may require diagnosis or medical attention. Nothing about the personal experiences of the author and others contained in this booklet is a substitute for diagnosis and treatment by your health-care provider.**

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*Jin Shin Jyutsu*®

“The Art of the Creator  
through Compassionate Man”

(An Art of Gentle Touch)

Physio - Philosophy  
(Awareness of Myself)

Physio - Psychology  
(Understanding Myself)

Physio - Physiology  
(Technique for Myself)

In loving memory of and in gratitude to  
Mary Burmeister.

## *Marie's Journey*

*"When I was diagnosed with breast cancer in 2005 and had a subsequent recurrence in 2007, I used all the material from Mary Burmeister's 3 Self Help books to help and support myself on my journey. Using my hands daily on myself in simple Self Help Jin Shin Jyutsu sequences I was able to relieve my stress, ease my pain, and release my fears and worries. Many of the side effects and discomforts of treatments were alleviated quickly. I felt empowered by being able to help myself. My family became involved in my care. This transformed what could have been a lonely journey into a treasured shared experience."*

What I share in this booklet is my personal view of Jin Shin Jyutsu.  
Marie Blackford. (Jin Shin Jyutsu practitioner / cancer survivor)

Visit [www.jsjinc.net](http://www.jsjinc.net) on pg [23](#) for more information.

## *The Background*

Translated from Japanese, 'Jin Shin Jyutsu' means "The Creator's Art through Compassionate Man". The teachings of Jin Shin Jyutsu embody all aspects of being: Spirit, Mind and Body.

Jin Shin Jyutsu is a healing Art that can be applied to oneself and to others. It is based on our natural innate ability to balance our life energy and achieve optimum health to overcome stress, fatigue, injury and illness.

The principles of Jin Shin Jyutsu were well known in ancient times. In the early 20th century Jiro Murai, a Japanese man from a long line of physicians, began decoding these ancient mysteries. His research led him to the only remaining documentation of this Ancient Art, contained in a book called "The Yellow Emperors' Classic Internal Medicine". Through many years of study and research, Jiro Murai went on to name this Art, Jin Shin Jyutsu.

His three key students were Mary Burmeister (a woman of Japanese American descent), her father Uhachi Iino, and Haruki Kato.

On her return to the USA from Japan in 1953 Mary Burmeister was asked by Master Jiro Murai to take the Art of Jin Shin Jyutsu to America as his gift. Mary devoted her life from then on to the teaching, study, practice and development of Jin Shin Jyutsu, till her passing in January 2008.

Through Mary Burmeister, the study, practice and teaching of Jin Shin Jyutsu is now known throughout the world. The faculty is based in Scottsdale, Arizona, USA.

Sensei Haruki Kato continues to teach Jin Shin Jyutsu in Japan.

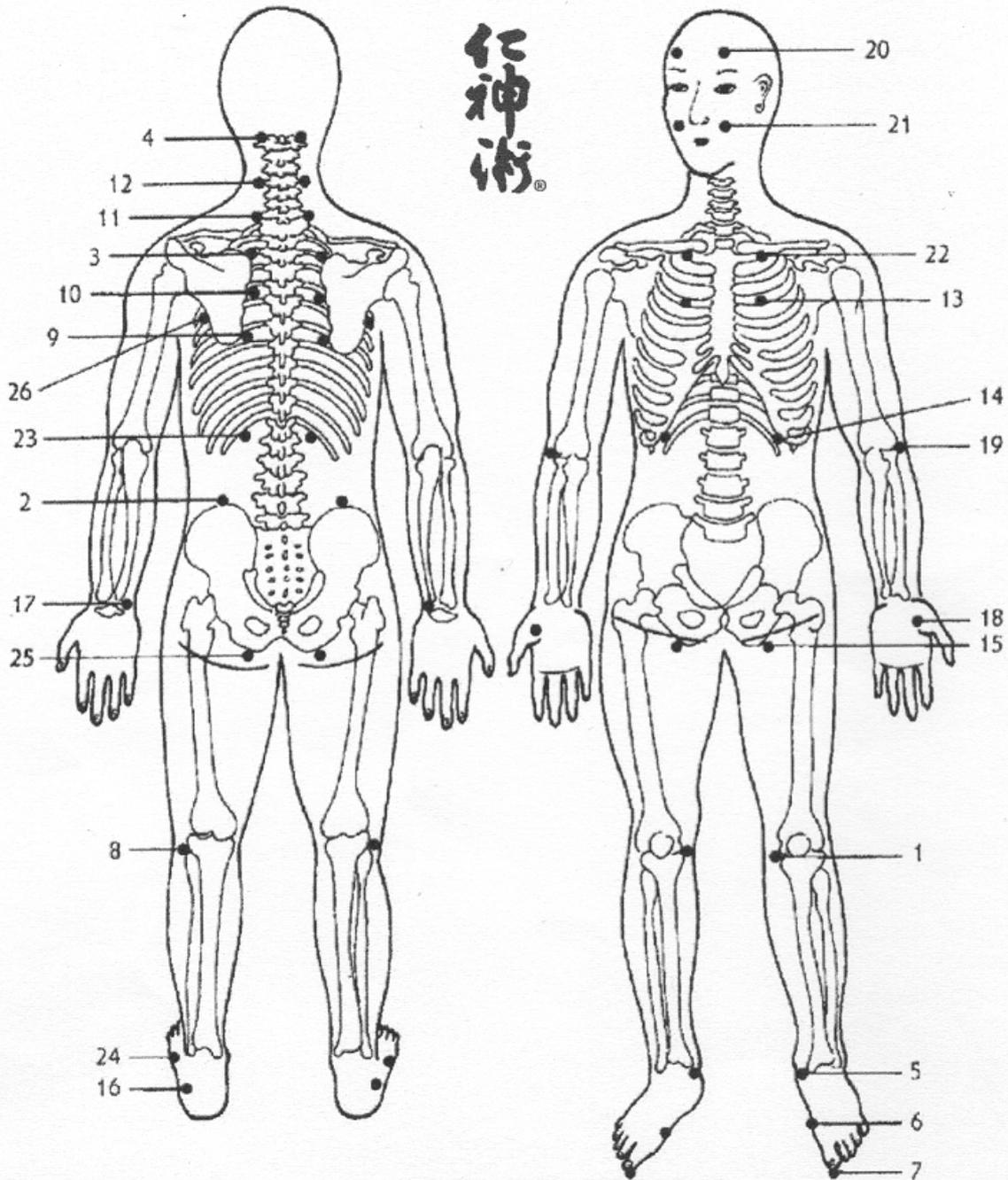
# *The Art*

Jin Shin Jyutsu employs 26 Safety Energy Locks along the energy pathways of the body (see page [6](#)).

Gently holding these Safety Energy Locks helps unblock stagnation allowing energy (circulation) to flow evenly again, restoring balance to Spirit, Mind and Body.

1. Using our hands as 'jumper cables' on the body holding the Safety Energy Locks in a sequence we can recharge and regenerate the body.
2. Blockages can clear, in much the same way as in applying jumper leads to the run down battery of a motor vehicle.
3. The natural flow of the energy pathways are restored once again.

LOCATIONS OF 26 "SAFETY" ENERGY LOCKS ON UNIVERSAL HARMONIZING ENERGY CIRCULATION PATTERN



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## *Attitudes and Emotions*

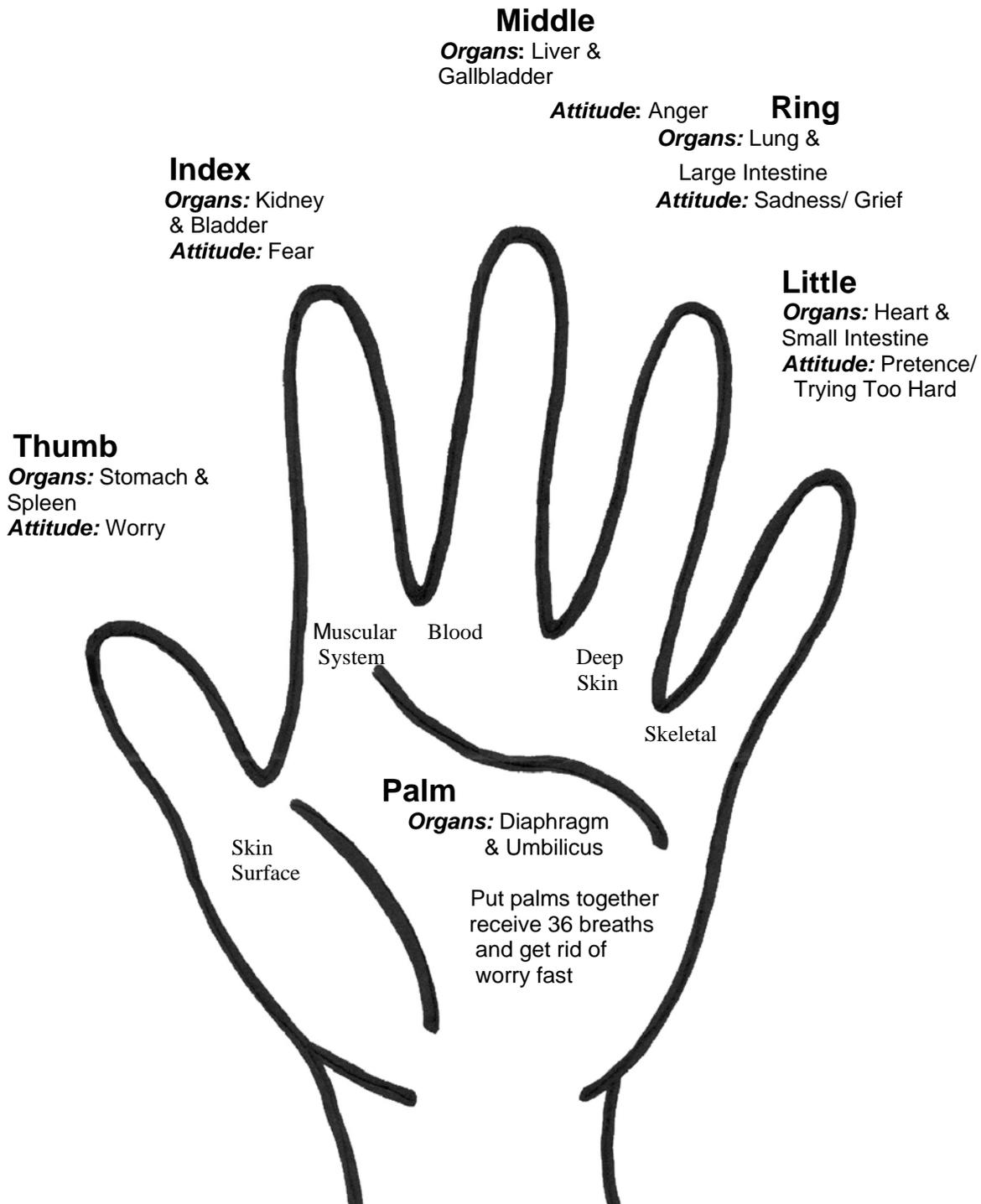
Attitudes of worry, fear, anger, sadness/grief, or trying too hard (pretence) may interfere with or interrupt our normal body rhythms. Exhaling these attitudes helps us harmonize on spiritual, mental / emotional, and physical levels.

For example, the attitude of worry may disrupt the energy of the stomach and spleen, and we may begin to experience indigestion, insomnia, depression or listlessness. Using the 'Hand Chart' on page [8](#) can help us regain balance of all the organ energies in our bodies.

Simply hold your thumb, fingers and palm, in turn, for a few minutes each day.

*Marie: "Walking through this journey I was surprised to find I was holding on to the attitude of Anger. As a peaceful person I did not recognise this for some time. When I exhaled all the anger stored up in my body, I felt a great release of emotions. I was able to move on and enjoy my freedom".*

# Hand Chart



**Daily care plan:** Encircle each finger, one at a time, for about 3-5 minutes, or longer until you feel calmer. Use this for both hands.

# *Daily Self Help*

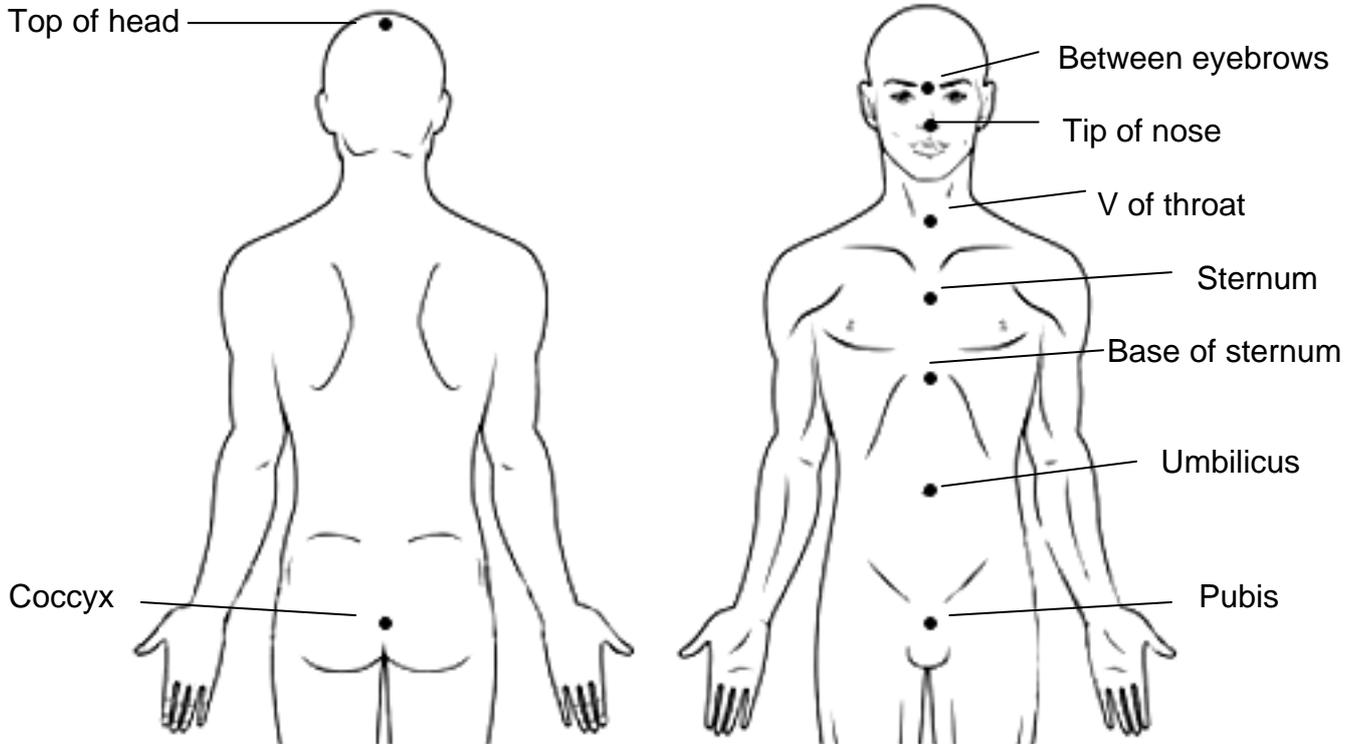
Using the 'Main Central' flow, (shown on page [10](#)) is a great way to start the day.

- This helps the endocrine system and lessens fatigue.
- Alternatively, you can follow the instructions for the '13' flow (see page [14](#)).
- These flows help the Immune System.
- Also, holding your fingers every day (page [8](#)) can help to keep the organ energies balanced, and release stored up emotions, allowing you to 'be the best you can be'.

By using these simple self help tools you can take responsibility for your own health and wellbeing, and empower yourself to deal with daily stresses and challenges of life.

# *“Main Central” Flow*

Main Central harmonizing energy - source of life.



## SELF HELP POSITIONS FOR DAILY MAINTENANCE

### Steps:

1. Right hand (R) on top of head. Hold till last step.  
Left hand (L) between eye brows (3rd eye)
2. L on tip of nose.
3. L on V of Throat
4. L on top of Sternum.
5. L on base of sternum.
6. L on Umbilicus.
7. L on Pubic bone.
8. R on Coccyx

(Can be used in sitting or lying down positions). Hold each step for 2-3 minutes, or until the pulses harmonize.

# *Radiation Therapy*

Before radiation therapy, apply the “Main Central” flow (see page [10](#)). This will help you to balance and harmonize yourself. Also lovingly holding each of your fingers for a few minutes, releases fear, worry and anxiety, and will work to keep you calm.

After each treatment, place “Right hand over Left hand” just above the area being treated. (Do not touch the body). This procedure will help to take the heat out of the body and help lessen burning. Stay in this position till the area cools. Repeat as desired.

Have a family member or friend “Palm the Calves” (see page [12](#)) for about 20 minutes. This can also help take the heat out of the body. The skin may go red, especially after the 4th week of radiation and may change in appearance. This is normal.

It is important to keep the treatments going for 2 weeks after the radiation therapy ends, as the rays intensify in the body during this time.

Ask a family member or friend apply “Opposite Fingers and Toes” daily (see page [12](#)) to help regenerate the body. Repeat as desired.

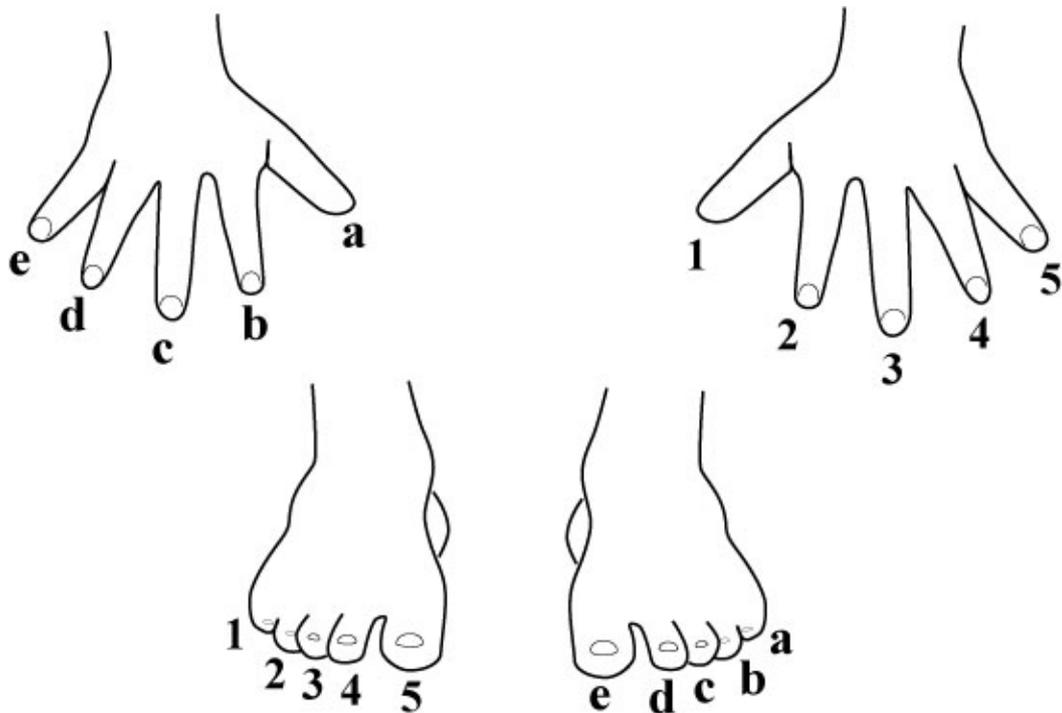
Marie:

*“Placing my right hand over my left hand above the area being treated by radiation therapy and “Palming the Calves” proved very successful for me. My family were able to do this on me when I returned home and they felt empowered by being involved.*

*The nursing staff were impressed that my skin looked so good. They asked what I was doing to help myself.”*

## *“Opposite Fingers and Toes”*

Start with the Left thumb and Right little toe (on opposite sides- see 1 and 1 in diagram below) and work through each finger and toe combinations for 2-3 minutes each to remove toxins and re-energize and regenerate the whole body. Repeat for the other sides (a/a, b/b, c/c etc).



This is a great flow to have somebody else use on you.

## *“Palming the Calves”*

To palm the calves, stand (or sit) at the person’s feet and place your Left hand under their Left calf muscle (about 4 fingers below the knee), and your Right hand under their Right calf muscle - your fingers will be pointing towards the head. Hold this position for 20 minutes or till the heat subsides.

# *Chemotherapy*

Elizabeth's experience: (Jin Shin Jyutsu practitioner / cancer survivor.)

Before receiving chemotherapy, apply the 'Main Central' flow (page [10](#)) to yourself as this helps you to maintain balance in the body.

While receiving chemotherapy, or after, have your support person apply 'Opposite Fingers and Toes' (page [12](#)) on both sides of the body. This sequence keeps the energy flowing so your body can receive the benefits of the treatment, whilst at the same time letting go of waste toxins. This can help reduce side effects.

To help keep the immune system strong you can place your Left hand over your Right shoulder on Safety Energy Lock 11 (see diagram on page [6](#)), and your Right hand in the crease of your Right groin (Safety Energy Lock 15),

Reverse for the other side by placing the Right hand over the Left shoulder on Safety Energy Lock 11 and the Left hand on Safety Energy Lock 15 in the crease of your Left groin.

If your white blood count gets too low, hold Left Safety Energy Lock 6 with your Left hand (see diagram page [6](#)) and hold the Left little toe with your Right hand.

Hold for at least 20 minutes.

Reverse for the other side.

If you are unable to do this for yourself, your support person can apply these holds for you.

It is also helpful to have somebody 'Palm the calves' (page [12](#)) to help remove the effects of chemicals in your body.

## “13 Flow”

See diagram on page 4 for location of Safety Energy Locks.

*Step 1* Cross hands and hold both Right Safety Energy Lock 13 and Left Safety Energy Lock 13 at the same time.  
(See chart on page [6](#))

*Step 2* Hold the Right index finger with the Left hand.  
Then hold the Right little finger with the Left hand

*Step 3* Cross hands and hold Right Safety Energy Lock 13,  
and hold Left Safety Energy 13 at the same time.

*Step 4* Hold Left index finger with the Right hand, then hold  
the Left little finger with the Right hand.

*Step 5* Cross hands, and hold Right Safety Energy Lock 13  
and Left Safety Energy lock 13 at the same time.

Stay on each step for a few minutes.

This ‘13 Flow’ is a great immune system helper.

It also helps to relieve shock and stress in the body.

## *Possible Side Effects - Fatigue*

During Chemotherapy & Radiation Therapy, or Hormone Treatment, fatigue may set in, and can last long after the completion of the treatments. **Fatigue** is quite different from ordinary **tiredness**, which can be resolved by resting.

Cancer cells die off as a result of the treatments and create waste, which is then eliminated by the kidneys. Fatigue is caused when the kidneys are overworked and have to work twice as hard to cope with this destruction. This can give rise to feelings of frustration and inability to cope, when we do not understand what is happening.

### ***To support Kidney energy.***

- Place Right hand on Pubic bone and Left hand holds Right little toe, or, simply hold your Index finger for a few minutes until harmonized. Reverse for Left side.
- The Liver and Spleen also become overworked as they hurry to make new blood cells, and give nourishment to provide energy and support for the body.

### ***To support Liver energy.***

- Place Right hand on Right Safety Energy Lock 4 and Left hand on Left Safety Energy Lock 22 for a few minutes. (Reverse for Left side). Or hold Left and Right Safety Energy Lock 4 at the same time (Left hand on Left, Right hand on Right).

### ***To support Spleen energy.***

- Hold Right hand on Right Safety Energy Lock 5, and Left hand on Coccyx. (Reverse for Left side). Or, hold Right hand on Coccyx and Left hand on Pubis. Or, hold thumbs in turn. Each of these steps can be held for a few minutes until harmonized.

“Opposite Fingers and Toes”, sequence on page [12](#), also helps regenerate the body.

## *Possible Side Effects - Depression*

When sad thoughts burden us they may disrupt the energy of the stomach and large intestine, and may contribute to depression.

- To re-harmonize the energies of both these organs, simply give yourself a big hug, by crossing your arms and placing your fingers under your armpits.
- Exhale and Inhale while holding these points for 36 breaths or till you feel calm and secure.
- Hold your Left thumb with your Right hand then your ring finger with your Right hand for a few minutes.
- Then hold your Right thumb with your Left hand then hold your Right ring finger with your Left hand for a few minutes.

These holds have the potential to soothe and uplift you.

## *Possible Side Effects - Lymphodema*

Lymphodema is the swelling of the soft tissues caused by a build up of lymph fluid. It can occur in the hand, arm, breast, trunk, abdomen or leg. To help all of the above:

- Place your Right thumb in the centre of the Left armpit and wrap your fingers around the top of Left arm.
- Hold opposite inner thigh with Left hand.

### ***Lymphodema occurring in the arm or hand.***

- Hold Safety Energy Lock 26 (see page [6](#)), on the side of the affected arm with opposite hand, and place the end of the thumb over the nail of the ring finger (creating a circle).
- Hold for 20 minutes or longer, and you may begin to feel the arm pumping upwards.

### ***Lymphodema occurring in the chest or abdomen***

Place Left hand on Right Safety Energy Lock 21 (see page [6](#)), and Right hand on Right Safety Energy Lock 22.

### ***Lymphodema occurring in the leg.***

For Left side, place Right hand over Left shoulder at Safety Energy Lock 11 (see page [6](#)), and Left hand on Left Safety Energy Lock 15. Reverse for Right leg.

Use also to harmonize the body if there is concern that Lymphodema may occur.

# *Other Possible Side Effects*

## *Breathing*

Breathlessness can occur. To open up the lungs, to allow more oxygenation, use the following self help methods:

- Place Right hand over Left shoulder on Safety Energy Lock 11 (see page [6](#)).
- Place Left hand under the centre of Left buttock on Safety Energy Lock 25.

Hold for a few minutes until breathing eases.

## *Nausea*

Hold the wrist at Safety Energy Lock 17 and / or Safety Energy Lock 18 (see page [6](#)) till nausea ceases.

## *Toxic Headaches*

- Hold both big toes (Safety Energy Lock 7) until pain subsides.

## *Itching*

Sometimes, after chemotherapy or radiation therapy you may experience itching. Should itching occur:

- Place Left hand on Right little toe,
- Place Right hand on Pubic bone.

Hold till itching eases.

## *Mucositis*

Mucositis is the painful inflammation of the mucous membranes (mucosa) or lining of the mouth or oesophagus, creating ulcers.

- Place Left hand on Right calf
- Place Right hand on Left calf till pulses balance.
- Place Right hand on Left Safety Energy Lock 21.
- Place Left hand on Left safety Energy Lock 22 till pulses balance.
- Place Right hand on Right Safety energy lock 5.
- Place left hand on coccyx, till pulses balance.

## *Other Possible Side Effects*

### *Heartburn*

- Place Right hand (fingers pointing towards head) between Safety Energy Lock 13 (see page [6](#)) on Sternum.
- Place Left hand between Safety Energy Locks 14 (base of Rib cage), fingers pointing downwards.
- Reverse for other side.  
Hold for a few minutes.

### *Constipation or Diarrhoea*

- Place one hand on Coccyx and the other hand on the outside of the knee at Safety Energy Lock 8 (see page [6](#)).
- Hold for 15 minutes.
  
- Or hold Index finger, then Ring finger for 3-5 minutes on each finger.

### *Pain*

- Place Left hand on outside of Left ankle at Safety Energy Lock 16 (see page [6](#)), and Right hand on inside of Left ankle at Safety Energy Lock 5.
- Place Right hand on inside of Right ankle at Safety Energy Lock 5 (see page [6](#)), and Left hand on outside of Right ankle (Safety Energy Lock 16) until pain subsides.

## *Remember.....*

"Make changes in your life. Smile."

*Quotes from "What Mary Says....."*

"Change focus. Change thoughts"

"Every breath, well lived, makes yesterday a dream of happiness, and tomorrow ecstasy."

"Lovingly hold fingers."

"Drop the shoulders and exhale. Focus on harmony, not disharmony."

"Perfect. Everyday I am perfect."

A compilation by Lynne Pflueger & Michael Wenninger.

This book, "What Mary Says..." has many more wonderful quotes, and is available from [www.jsjinc.net](http://www.jsjinc.net)

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## *Testimonies*

When a member of the family has cancer, it affects the family as a whole. Learning, and using, the simple tools in this booklet can benefit all.

*"I have often, not only been surprised, but also marvelled at the extraordinary effectiveness of this amazing ancient Art of Jin Shin Jyutsu.*

*My wife first contracted breast cancer in 2005, and then had a recurrence in 2007, when she had to undergo an extensive course of radiation therapy. I then had the opportunity to help her overcome some of the 'adverse' effects of radiation by using Jin Shin Jyutsu self-help techniques.*

*During the long course of radiation therapy, my wife would 'prepare' herself before each session, as we drove in to town (a one hour journey), by applying the 'Main Central' flow on herself. On the way home in the car, she would put her right hand over her left hand above the radiated area.*

*Once at home, as her care-giver I stepped in and gave Marie Self Help Jin Shin Jyutsu sessions.*

*I would place my 'Right hand over my Left hand' above the radiated area, followed by 'Palming the Calves', and then apply the sequence of 'Opposite Fingers and Toes'.*

*Novice though I was, I could feel incredible heat in my hands as I went through the 'Right hand over Left hand' and 'Palming the Calves' routines, as the heat was drawn out of the radiation treated area. I could visibly see and feel the 'strengthening' that took place in her body when 'Opposite Fingers and Toes' sequence was applied.*

*During her radiation sessions, my wife shared these techniques*

(continued on next page)

*with many other patients she met who were awaiting treatment. All were amazed by the effectiveness of the techniques. What was even more extraordinary was that all the medical specialists and staff involved had warned her that she would burn badly, blister and be affected by the extensive radiation treatment. None of this happened! Yes, the treated area became red, mainly because of her age (70) nothing more drastic than that, very much to their surprise and amazement. They were duly impressed when she explained why this was so.*

*As 'family', it was a real privilege for me to be able to be involved, and to contribute so successfully to her battle in overcoming such a major challenge."*

Jim.

\* \* \* \* \*

*"I have been working with a man who has bone cancer. He has been using 'self help' treatments, and also has his wife working on / with him. He came one day, and I asked him how he was feeling. His reply was: "I have a lot less pain, but you have given me the greatest gift of all." When I asked him what it was, his reply was amazing: "I now have my wife back sleeping in my bed, and you will never know how much that means, to be able to put my hand out in the night, when I am awake, and feel her there beside me."*

*Previously, his pain and restlessness had kept them both awake, and she would shift into a bed in the guest room."*

*Heather. (Jin Shin Jyutsu practitioner)*

## *Continuing the Journey*

If you wish to learn the Art of Jin Shin Jyutsu to use for yourself or your family, become a practitioner, or attend our Self Help classes our Jin Shin Jyutsu website has details about dates and locations for the 5 day Seminars, local practitioners, and Self Help classes.

Visit [www.jsjinc.net](http://www.jsjinc.net)

Recommended reading:

*"The Touch of Healing"*

by Alice Burmeister and Tom Monte

See also the bookstore at above website.

My grateful thanks to both David and Michael Burmeister in giving me permission to share my personal experience of The Art of Jin Shin Jyutsu.

Sincere thanks also to Cynthia Broshi, Philomena Dooley and David Burmeister for their suggestions and sensitive editing.

# *Notes*

# *Notes*