
Zazen and Jin Shin Jyutsu

By Thierry Hoyois

Jin Shin Jyutsu is already well known amongst the disciples of our Sangha. It has been in fact proposed since 2010 during the sessions "Spirit of the gesture" organized at the temple of La Gendronnière.

Jin Shin Jyutsu is an art of harmonization of body, mind and emotions. It works with 26 "safety energy locks". They are located on the energy pathways which feed our body in Vital Energy. These "safety locks" can be compared to benevolent friends who warn us when certain parts of our being are not in harmony anymore and when one or several of our internal energy pathways are blocked, causing a stagnation which can disturb the concerned zone, then cause some disharmony in the whole energy flow, creating tensions, pains, discomforts...

Thanks to Jiro Murai and Mary Burmeister who were the first to transmit this method, we can rediscover what we already have naturally in us: meaning our hands or fingers, as keys to our physical, mental, emotional and spiritual balance. By simply putting hands on one or several of these "safety locks", we can effectively take an active part in the smooth running of our physical, mental and emotional balance.

Besides the fact that Jiro Murai practiced zazen, the links between Zen and Jin Shin Jyutsu are many. Two quotations as an example:

"All my sufferings are simply this: I am ignorant of MYSELF" (Mary Burmeister)

"Allow the breath that you are to BE. Now! No past, no future, feed yourself. Everything is already in you" (Nathalie Max, instructor Jin Shin Jyutsu, Paris)

Or originating from Zen:

"To study the Way is to study the self..." (Me Dogen)

"Sesshin" which means "to touch, to become one with the spirit, the essence".

It is therefore quite naturally that we had the idea to organize practice days coupling both practices: zazen and Jin Shin Jyutsu.

The first day will take place in the Hokyo Dojo of Jurbise (Belgium) on Sunday May 7th, 2017 and in the San Bo Dojo of Bonn (Germany) on Sunday April 23rd, 2017. If you wish to propose this activity in your dojo, do not hesitate to contact us.

Program of a day:

- Welcome
- Zazen and ceremony
- Herbal tea
- Jin Shin Jyutsu
- Lunch (everyone brings his own lunch-packet, which can be shared with others)
- Jin Shin Jyutsu
- Zazen