

# Modulate; Breathe; Energise; Re-Centre

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Our accustomed lifestyle has been disrupted by a microscopic pathogen with a mercurial and mischievous characteristic. During this unsettling phase, we can all benefit from some reassurance and support.

We have a tendency to react to the unknown. Before we can decide on an action in response to the reaction, we need to understand what is actually going on in our own body on many levels.

Our peripheral nervous system will react to the unknown or unexpected in a fight, flight, or freeze action. These are normal, basic reactions that we all recognise as a response to dangers, but we also have a consciousness to assess the situation and make decisions to find a balance between these two extreme states. Reactions are fear based but if those fears are perceived fears, they can easily become fixed emotional responses which will develop into Attitudes, having a decentring effect on the body.

Through Jin Shin Jyutsu principles, we have an approach to finding balance in our daily lives, which are being affected by social distancing and isolation. We adapt because we are a relatively intelligent species, and we are reading our bodily feelings that want to be held, embraced, and to feel safe with the people whom we trust. This is basically a neural circuit which is reaching out. If ignored, we will feel marginalised. We then start to become too isolated which impacts on our nervous system and our body will react with the bias of negativity.

An effective go-to in an unsettling state is Safety Energy Lock (SEL) number 17. It represents our intuition, which is our natural intelligence, and will help us find harmony. It is an instinctive hold and you will see people apply this naturally on themselves. This location relaxes the mind, and the nervous system which in turn relaxes the body. It also supports the heart and as the heart calms, the body is no longer distracted so can start 'listening' to the internal messaging.

## **What can we do to re-establish harmony?**

Through awareness and understanding we can break down these reactionary processes and focus on finding balance, by coming back to centre. Our best way to modulate is through the breath. This is our higher state of consciousness, a notion where breath is our communal connective tissue. It opens up the doors of perception beyond the five senses level, to access our innate wisdom.

*Jin Shin Jyutsu is about the 'Oneness', the 'Completeness'  
- Bustline; Waistline; Hipline:  
If one aspect of this is affected, it will affect the other two.*

It is the breath that is the 'Oneness' and the waistline is the bridge connecting that which is above to that which is below, and that which is below to that which is above, to create a harmonious cycle of energy movement.

Waistline is also the processing centre of our body and houses the diaphragm, a muscle which supports the lungs and breathing, and if not in harmony this connection cannot be expressed fully. On the Function Energy level, is responsible for clearing all accumulated tension and stress from head to toe.