

**The breath is the ultimate healer.** This is what we know, this was the core message from our teacher Jiro Murai, and is the foundation of our understanding in Jin Shin Jyutsu. It is that simple. Whatever you are doing, "Drop the shoulders" and come back to the breath every 20 mins or so.

### **Simple and Dynamic helpers for the breath:**

SEL 1, our Prime Mover. Simply, the name describes the action, where energy that is stuck above the waist will be brought down enabling movement in the body.

SEL 18 relates to body consciousness which is about our awareness of the body, and the aggregate intelligence of the cells of the body, bringing Melody into our form. SEL 18 Clears from head to toe, with the back of the head being the start of the exhale.

Indulge these holds with time, and they will help you find balance. You'll know when you have arrived at that place of balance because your breath and subsequent movements will be effortless.

### **General Energy Revitalizing:**

The body is a self-healing organism and when we remove the barriers caused by fears that disrupts the breath cycle, the body's physiology which includes the immune system will be able to do its job in clearing the dregs that may have built up.

Mary Burmeister gave us the General Energy Revitalizing sequence in Self-Help book 1, to bring balance and energy back to our body – this utilises the Spleen Function Energy to help us restore our natural and vital supply.

This sequence helps:

- **Calm the nervous energy** and the nervous system, the debilitating and deflating effects of shock to the nervous system
- **Depleted immune system** - Chemotherapy effects; Allergies etc
- Those who are overly giving - Think about the overworked essential services supporting our community in our time of need.
- **Insomnia** – We need energy when we sleep. Your brain is more active sleeping than watching TV. The body rebuilds when resting so will be needing the energy to do so.
- **Brings vitality** into the whole body. It 'lifts' (lightens) the body when it feels like lead, and it will inspire and give you the energy to move.
- **Nutritional energy balance.** Too much sitting which brings on the cravings for sweets. This sequence compensates for our irregular eating habits and rhythmically transforms and transports the nutritional energy of the digestive and respiratory system into the blood in the correct form and amounts. As it is the source of life (nutritional energy) for All of the Organs, it can be left depleted if they demand too much, and so it seeks to be 'nourished'.

### **Back to the Source:**

The first step of the MCV, which is the General Harmoniser for the whole body and its functions, helps clear those unwanted thoughts and reset and harmonise energetic movement.

**Social Distancing; Breath Imbalance; Depleted Immunity;** these discussion points are not just topical, some or all of these are the everyday realities that people live with.

Equally, being forced to take time out from an energy depleting lifestyle also has its lessons. Sometimes people need rest through isolation from all sensory stimulus.

Having now experienced all of this first-hand, we may see growth in awareness and understanding from all perspectives, and a mutual respect and tolerance for all.