



# Jin Shin Jyutsu: An ancient healing art for today's world

By Corliss Chan, CMT, MBA

Over the past 25+ years, it has been my privilege to help people with a variety of life and health issues through the healing arts. In health conscious Marin County, many of the healing arts, Tai Chi, yoga, acupuncture, massage, Reiki, meditation, etc., are at the very least familiar names, and to a great many, a vital path to healing and a return to wellness.

One of these techniques is Jin Shin Jyutsu, an ancient Japanese healing art that focuses on harmonizing the life energy in the body using the hands and breath. Jin Shin Jyutsu energizes the body, mind, and spirit, which supports the body's innate ability to heal when in balance. Jin Shin Jyutsu has thousands of students, practitioners, and followers throughout the United States and around the world.

## What is Jin Shin Jyutsu?

Jin Shin Jyutsu seeks to restore health and energy to the body by unblocking and balancing the vital life force energy through gentle hand pressure on the body's many energy pathways which feed energy into all cells and organs. When one or more of these paths become congested through the stresses of daily life, it may lead to discomfort or even pain. This congestion or stagnation can not only disrupt the local area but will continue and could eventually disharmonize the complete path or paths of the energy flow.

## What happens in a Jin Shin Jyutsu session?

In a typical Jin Shin Jyutsu session,

which lasts about one hour, the receiver remains fully clothed and lies face-up on a cushioned surface. After "listening" to the energy pulses in the wrists, a practitioner employs a hands on harmonizing sequence, or "flow," a series of hand placement combinations on specific areas of the body called "safety energy locks" that stimulate circulation of energy. The hands are like "jumper cables," gently restarting the flow of energy. There are no needles, deep pressure, or rubbing. Similar to gentle acupressure, Jin Shin Jyutsu uses light pressure.

After a session, the most commonly reported response is a significant reduction in stress and a feeling of deep and profound relaxation. Suggestions may be given for practicing self-help between sessions to continue the benefits.

## How can Jin Shin Jyutsu help me?

What people experience with Jin Shin Jyutsu is unique to each individual and to each session. In my work with cancer patients, I often see them being able to better manage chemo, surgery, and radiation side effects as well as anxiety, depression. They often have more energy, sleep better, and see improvement in their moods as they continue receiving Jin Shin Jyutsu sessions and practicing self-help. I have also seen Jin Shin Jyutsu to be effective with heart health, dementia, diabetes, Lyme disease, respiratory disorders, fatigue, pain, Parkinson's disease, nausea, symptoms brought on by stress, insomnia, anxiety, negative side effects of medication, and much more.

## How can I learn more?

Jin Shin Jyutsu is available right here in Marin through the Center for Integrative Health & Wellness (CIHW), a department of Marin General Hospital. Marin General Hospital is one of only a few in the country offering this service in a medical environment.

Jin Shin Jyutsu is available to both patients and members of the community who are looking to optimize their health and total sense of well-being. If you would like to learn more about how Jin Shin Jyutsu can be of benefit to you, come to one of our free monthly introductory seminars. We also spend time during the hour practicing self-help. Feedback from participants has been overwhelmingly positive:

"Invaluable to have such a simple yet powerful system at my fingertips."

"I feel so light and energized after these classes."

"Wish I could take this class every day!"

Jin Shin Jyutsu is a valuable complement to conventional healing methods to restore and maintain health. It has been my privilege to share Jin Shin Jyutsu with patients and the community and to hear and see firsthand the positive results this ancient healing art has had on their lives.

Call 1-888-99-MY-MGH (1-888-996-9644) to RSVP. Free monthly introductory group seminars are held on the 2nd Monday of every month from 1:00 pm – 2:00 pm at 1350 South Eliseo Drive, 1st floor Health Resource Center, Greenbrae, 94904.

The Center for Integrative Health and Wellness also offers classes in acupressure, meditation, guided relaxation, art therapy and massage, among others. For more information, go to [www.maringeneral.org/CIHW](http://www.maringeneral.org/CIHW), 415-925-7620.

**MARIN GENERAL HOSPITAL**  
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