

Anger management

A five-day workshop at the Dubai Country Club will attempt to dispel doubts about Jin Shin Jyutsu and educate on how it balances energies in the body

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With the hectic lives we lead today, our stress levels are on the rise; we acquire illnesses that we perhaps haven't had properly treated; and we lack any time to reflect on who we are, and what our place is in the universe. All of these things, along with others, result in our energy flow becoming unbalanced and blocked. Jin Shin Jyutsu offers a way to restore this balance at a physical, emotional and spiritual level.

Jin Shin Jyutsu means, 'Creator's art through knowing and compassionate man.' Basically, it is a technique of healing using touch. More specifically, practitioners place their hands on an individual's body at specific 'energy flow' points in order to stabilise their energy balance.

It has been used since the early part of the twentieth century. However, it is alleged to be based upon ancient Japanese texts. Jiro Murai is believed to have uncovered the technique in the Kojiki, and developed (with practise), and adapted (by introducing Chinese acupuncture points) the art. It isn't clear why Jin Shin Jyutsu went unpractised for thousands of years.

However, in the 1950s Jiro Murai passed his knowledge on to Mary Burmeister who introduced the technique to the United



Mala Jham: Jin Shin Jyutsu is an ancient technique of healing through touch

States. Today the art is practiced throughout the world. Although there have been reports of miraculous success stories, there is no scientific proof that Jin Shin Jyutsu actually works.

Mala Jham believes the technique does work. She is a practitioner, based in Dubai. "Jin Shin Jyutsu has certainly helped me to bring good health, joy and happiness into my life and those of others I have worked on and I long for more and more people to experience the incredibly amazing tools this art gives us," she said. "I organise a monthly free healing clinic 'SEVA' every month at the

Al Noor Centre for Children with Special Needs and Jin Shin Jyutsu is given to all of those who come. They are amazed that such a simple technique has such profound effects. Indeed, this is a simple technique, so much so, that one can apply it while in an elevator, a plane or simply watching a movie," she added.

Mala will be present at a special five day workshop at Dubai Country Club in March when the House of Chi will present 'Jin Shin Jyutsu: Physio-Philosophy.' Waltraud Riegger-Krause will also be present at the event, and she took her first

class with Mary Burmeister.

"We all have a river of energy flowing through our bodies," Mala revealed. "Jin Shin Jyutsu balances and harmonises the energy flow. When we abuse ourselves with emotions like anger and frustration the river becomes blocked. Placing hands at particular places of the body unblocks the river and helps activate the body's capacity to heal itself," she explained.

According to the literature this river of energy passes through 12 organ channels. They can become blocked in 26 places. These are called "safety energy locks," or "Specialists." They are located throughout the body, and everyone has them.

At the seminar being held at the Country Club Mala hopes to raise awareness of how to keep one's energy flow in balance through the use of ones hands, in order to keep the body, mind and spirit from functioning properly.

"I urge people to come forward to do this course if they are really considering the possibility of bringing health and harmony into their lives," Mala said.

Everyone has the potential to heal. According to practitioners, Jin Shin Jyutsu is innate, and we can rediscover our inner potential with little training. "You can do it anywhere, and when you do, the people around you will see you as completely relaxed," Mala said.