



A Times of India Presentation

Mind, Body, Spirit & You

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Jin Shin Jyutsu comes to town

Mala Jham who teaches the Japanese healing therapy, Jin Shin Jyutsu, was in town recently. She spoke to R Sridhar about this simple self-help technique and how it can be used to rid yourself of numerous ailments.

There's a brand new therapy in town — Jin Shin Jyutsu (JSJ). A select few were introduced to it recently by Mala Jham, eldest daughter of Ramchandra Popley, owner of Popley Gold Plaza at Bandra's Turner Road. It takes 15 years of training in this therapy in order to become a teacher, and the Dubai-based Jham aims to popularise this in India in a big way.

In fact, during her last visit to Mumbai, she, in association with Dr Rajesh Gokani who runs a charitable clinic at Navjivan Colony, Mahim, taught JSJ to slumdweller of nearby localities. Narrating her experience, Jham says she derived immense joy in teaching the slumdweller as they were "pretty open and willing to learn" anything that would help relieve them from chronic issues that they were dealing with since years.

"I remember an 80-year-old woman with breathing problems. After treating her for an hour, I taught her JSJ that could be practiced by her anytime of the day, even while watching television or while travelling in the bus or train. She practiced this for three days and

on the fourth day, she climbed three storeys and came to me with tears of gratitude mentioning that she was free from breathlessness," says Jham.

Agrees Subhash Chand Choudhury, an acquaintance of Dr Gokani who helps out with various procedures, "Jham has treated almost 80 patients and got a great response from them. The treatment and initiation into JSJ is over seven days, and several patients get instant relief from it."

Jham is a healer and therapist certified in Brennan Healing Science, Jin Shin Jyutsu, Cranio-Sacral Therapy, Transformational Breathwork and all seven systems of Reiki. She also conducts various workshops in Dubai and also treats from two well-known healing centres there.

WHAT'S JIN SHIN JYUTSU?

Jin Shin Jyutsu is an ancient art of harmonising the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the art had fallen into relative obscurity when it was dramatically revived in the early 1900s by Master Jiro Murai in Japan.

"Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress," explains Jham.

The therapy employs twenty-six safety energy locks along energy pathways that feed life into our bodies. "When one or more of the paths become blocked, the resulting stagnation can disrupt the local area and eventually disharmonise the complete path of energy flow. Holding these energy locks in combination can bring balance to mind, body, and spirit," says Jham.

A JSJ session generally lasts about an hour. It does not involve massage, manipulation of muscles or the use of drugs or substances. It is a gentle art, practiced by placing the fingertips (over clothing) on designated safety energy locks, to harmonise and restore the energy flow.

For those who attended the session, it provided a wonderful insight into yet another hidden Oriental healing system. Whether it will become as popular as Reiki was a few years ago, will have to be seen. But Jham is firm on her intent: "Having received guidance while in meditation I had set the intention to take my work to India. I plan to continue this for a long time," she says.

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