



## History<sup>1</sup>

*Jin Shin Jyutsu* is a form of Japanese energy balancing that originated in the first millennium B.C.<sup>2</sup>. Through most of its history *Jin Shin* passed down orally from generation to generation before eventually disappearing from common use. Knowledge of this indigenous healing art was revived in the early 1900's by a Japanese man named Jiro Murai.

According to accounts, Murai developed a terminal illness while still a young man. At his request he was left in solitude in the mountains for seven days. While in the throes of illness, he fasted and meditated while holding very specific hand postures called *mudras*. He experienced a dramatic and complete recovery by the end of the seven days.

Thereafter, Murai dedicated the rest of his life to the research, development and documentation of his discoveries. His knowledge base evolved from his own personal experimentation with the *mudras*, acupuncture points (which he learned about from studying ancient Chinese acupuncture books), and his study of ancient East Indian, Western and Japanese spiritual texts. To his amazement he discovered that the myths within the Japanese creation text—the *Kojiki*—symbolically represent the *Jin Shin* points and energy flows. He carefully documented his findings in the course of experimenting on himself and others. The sum total of his efforts became organized into the system he called *Jin Shin Jyutsu*. In later years he taught a small cadre of dedicated students.

Mary Iino Burmeister, a Japanese American who had moved to Japan to study Japanese and to work as a translator after World War II, met Jiro Murai in the late 1940's and studied with him for five years. After her return to the U.S. in the 1950's she continued her study with him through correspondence for 7 more years. Jiro Murai died in the 1960's. It was around this time period that Mary began teaching *Jin Shin Jyutsu* to others—a service which she continued



offering for decades. Mary died January 27, 2008. Thanks to her efforts there are now approximately 13,000 Jin Shin students worldwide.

Stephanie Mines, a clinical psychologist specializing in trauma therapy, and a student of Mary's for seventeen years, expanded the application of Jin Shin to trauma recovery. She named her form of the system the *TARA Approach*, or *Jin Shin TARA*, both of which combine Jin Shin hands-on application with guided body-based dialogues between practitioner and client. The purpose of the approach is to help a person resolve overwhelming experience in the nervous system such as trauma.

Theresa D. Hernández studied both Jin Shin Jyutsu and Jin Shin TARA with Stephanie Mines.

Christine Palafox studied Jin Shin Jyutsu with Mary Burmeister and Jin Shin TARA with Stephanie Mines.

For the purposes of ITEAplus, the information that has been compiled is that which is common to both Jin Shin Jyutsu and the TARA Approach, hence the choice to use the simpler name, acupressure.

## References

<sup>1</sup>Palafox, C.A. and Hernández, T.D. (2012) *Acupressure Self-Administration Proficiency Manual*, University of Colorado.

<sup>2</sup>Burmeister, M. M. (1980) *Introducing Jin Shin Jyutsu IS, book I: Basic daily tension releases for MYSELF*. Scottsdale, Arizona: Jin Shin Jyutsu, Inc.