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passed on orally for generations. **Jin Shin Jyutsu**® Inc., Scottsdale, Arizona, wishes to stay true to this tradition and offers courses worldwide that teach this art of self-help. **Jin Shin Jyutsu** comes to the West **Jin Shin Jyutsu** was brought to the West by Mary Burmeister. The daughter of Japanese parents, Mary was born in Seattle in 1918 and ...

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There is awareness in **Jin Shin Jyutsu** that is deeper than technique,” Burmeister says. Theories of the body and philosophies

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of creation were far from Burmeister's mind when she met Murai in the late 1940s. A first-generation Japanese-American born in Seattle, she went to Japan to learn Japanese, not to study **Jin Shin Jyutsu**. "A young lady

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years developing the **Jin Shin Jyutsu** art of self-help, creating practical and simple applications of **Jin Shin Jyutsu** on oneself. In 1987 Mary Burmeister began training instructors to continue the teachings of **Jin Shin Jyutsu**. In March of 1990 Mary fell at home sustaining a serious head injury, which abruptly ended her teaching career.

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Jin Shin Jyutsu isn't massage, but you can do it while giving a massage. In fact, there are no set rules to **Jin Shin Jyutsu**. It is very much an art. Do it in how feels right for you. Saying that, there is a consensus of the best way to do **Jin Shin Jyutsu** for beginners.

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