

## REPRINT

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# THE MAIN CENTRAL

## *Self-Help Class at Morristown Memorial Hospital*

*By Joan Millspaugh*

It was a much anticipated day, February 24, 2007, at Morristown Memorial Hospital. It was the day of the Self-Help Class taught by Anita Willoughby in the Auditorium of the Hospital with 230 people attending. The class was sponsored by the Cardiac Integrative Medicine Program and organized by Emilie Rowan, and was made possible by a grant from the Louise Washington Trust Fund. Since 2006 this same generous fund has afforded 80 weekly hours of Jin Shin Jyutsu to the Hospital's cardiac patients. The class beckoned practitioners from as far away as Virginia and Vermont, a large number of interested people from the community, and a significant number of hospital employees, including over 60 nurses who received nursing CEUs. We thank Anita, and we thank Emilie for this day and for all the work that went into every aspect of it....

Anita Willoughby skillfully guided us through a self-help journey, based on Mary Burmeister's *Introducing Jin Shin Jyutsu, Book I*. From the onset of the day, we were encouraged to shift our awareness from the external world, to the world within. We spent the day on an internal journal using our hands to guide and navigate our way through "PROJECT NO. I – SOURCE OF LIFE," the three universal energy patterns. Through the sequences of "PROJECT NO. II – ATTITUDES," we slowly let the worries of the outside world fade away and got in tune with the rhythm and movement of our internal bodies. Upon completing Project No. II, we temporarily changed focus to have a lunch in the Hospital cafeteria. During the lunch break, those who had never received a session of Jin Shin Jyutsu were treated to the added bonus of a personal session. Twenty-two volunteer practitioners provided 95 participants with 20 minute sessions in an atmosphere of silence. Returning to the auditorium following the lunch break Anita led and guided us into Project No. III. "PROJECT NO. III – GENERAL DAILY SEQUENCES," helped us revitalize our "individualized" body function energy, and in doing so, we cleared the front and back of the body. We spent the last part of the day on "PROJECT NO. IV – SPECIAL SEQUENCES," which, through one-step quickies, helped fine tune the body for all its specialized activities.

The dimly lit auditorium gently encouraged us to shift our focus inward, away from the hustle and bustle of human activities. By the end of the day long seminar, we had truly explored NOW KNOW MYSELF. We experienced the transformative process of this ancient art...the Art of Getting to Know (help) Myself. Anita helped us be the simplicity of Jin Shin Jyutsu. By the end of the day we were revitalized and ready to return to the outside world. It was truly inspiring as the day went on to sit quietly and to feel the power of this work with so many new in their awareness of Jin Shin Jyutsu.

This day gave us the insight into the value of such a Self-Help Class as a preliminary benefit to our awareness of how to care for ourselves and a benefit to those planning to take the 5-day Basic Jin Shin Jyutsu Seminar. Also made clear was the possible incentive to medical staff that would be willing to partner with patients in an optimal program of mind-body healing and recovery. Finally, and perhaps most important, the day served as a convincing reminder that self-care is important if we are to care for others.

Intended to promote the Jin Shin Jyutsu Program in the Hospital and the community, the day's events proved eminently successful. The response was remarkable. With the grant in its second year, the program continues to thrive. The quiet beginnings of introducing Jin Shin Jyutsu in the Hospital are now coming to fruition. In 1993 Philomena Dooley presented a day-long Self-Help class attended by over 60 people and free to those attending. In 1995 she provided sessions for cardiac patients for a period of 6 weeks. She presented the first five of the Hospital's 5-day Basic Seminars starting in 1994. (Morristown has supported about 90 Hospital employees through scholarship for attending Jin Shin Jyutsu classes in these last 13 years.) Now, under the able leadership of Emilie Rowan, that program has blossomed in service and stature to the benefit of many grateful patients. To have the program acknowledged and appreciated is a realization long awaited.

We will be writing in a future issue about the Cardiac Program in the Hospital focusing on the privilege and significant benefit experienced by this population, all of whom have been through life-changing crises, and are open to change of attitudes and habits. Jin Shin Jyutsu is the focal point of this whole Cardiac Program.

For people interested in the program at Morristown Memorial Hospital, contact Emilie Rowan at (973) 971-6351. ☺

*Mary said we "should not be intimidated by the magnitude of Jin Shin Jyutsu nor should be apprehensive about practicing the art."*

*– submitted by Richard Schnickel*