



“Jin Shin Acutouch – Soul Work”

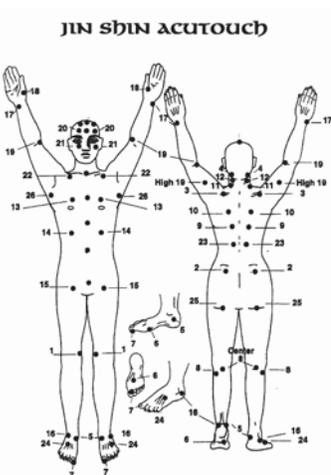
-By Barbara Clark

Jin Shin Acutouch – Soul Work

Jin Shin Acutouch provides a glimpse into ancient concepts of healing touch and a connection to our present day lives. It is the “Mother of All Healing Arts.” It is a gentle system of laying hands on the body in specific patterns. Jin Shin Acutouch integrates and soothes the mind, body, emotions and spirit. The purpose of this gentle, healing touch is to activate the body’s own healing response, like acupuncture.

Jin Shin Acutouch uses 26 major points or vortices on each side of the body and nine chakras or vortexes at the center of the body to bring it into its natural state of balance. As two areas are touched in specific patterns, healing responses are activated on all levels. The points are said to be the keys to the mysteries of life. The chakras, kundalini and energy meridians are an integral part buried within this system.

Jin Shin Acutouch began to develop as humans were born, before the first recognized civilizations were established. It developed naturally in an effort to lift the spirit and heal pain. This subtle healing touch has been known by many names. As communities formed, members with a natural inclination toward caring for others began to notice that people touched themselves and others to bring comfort.



This folk medicine was passed down to family members, long before written language was developed. Eventually, it became the spiritual and healing practices of monks of India, Tibet and China. Portions of this Art were buried in temples in an effort to keep the treasured knowledge secret and intact. This sacred knowledge was brought to Japan by monks through the southern trade routes of Asia.

Master Jiro Murai rediscovered this sacred art in the Shinto Temples of Japan in 1912, which he named Jin Shin Jyutsu®. He donated his findings to the Imperial Library in Japan. Murai’s findings are the foundational core of Jin Shin Acutouch. Barbara Clark developed Jin Shin Acutouch as a result of her in-depth study of Jin Shin Jyutsu® and other Asian healing arts that gave her a deeper understanding of the secret knowledge buried within this ancient wisdom.

This is a dynamic method of touch with a rich spiritual philosophy. It allows for the spirituality of all cultures, while demonstrating the interdependence of man and nature. By aligning ourselves with nature, with the rhythms of the forests, mountains and water, our body becomes a vessel of spirituality which can be expressed according to our own religious inclination. This is a non-denominational healing touch. It is said to be the “people’s medicine”, a forerunner of all natural healing arts and folk medicine.

Jin Shin Acutouch assumes that the mystical language of the universe is spoken through the microcosm of the human body. It suggests that the human body is instrumental in uncovering life’s mysteries. There is an awareness that physical experiences and sensations can lead to enlightenment. Anything there is to be known can be found by looking within ourselves. Jin Shin Acutouch is a gift of the body and is as ancient as all humanity.

Barbara Clark, M.A., B.S., HHP, is a Taoist Priest and holds a Master’s degree in Somatic Education and a Bachelor’s degree in Accounting and Business. She is also a Holistic Health Practitioner of Asian Arts with well over 2,000 hours of bodywork training. She developed Jin Shin Acutouch in 1978 and has written several books on the subject matter. She is also a faculty member at the International Professional School of Bodywork (IPSB). The college offers certificate and degree programs in massage therapy and holistic health. For more information on the profession or to enroll, call (858) 505-1100 or visit www.ipsb.edu.