

Self-Help with Safety Energy Lock #1
Willow Healing Arts Newsletter – July 2014

Earlier this year, I attended a three-day, 5 Rhythm Dance Workshop. Two hours into the second day, my right knee completely locked up, and would not bend without extreme effort and pain. I tried to shake it out, and dance my way through it. But instead of getting better, it just got worse.

I thought, “How am I going to dance the rest of today and tomorrow when my knee won’t bend?!?” Even worse than the sharp pain, was the thought that I would have to stop dancing for the weekend. Anyone who knows me well knows that this is a serious situation.

I sat down on the side of the room to collect myself, and remembered Jin Shin Jyutsu! I started using self-help flows to specifically address the injury first, then the knee in general, and then the specific “Safety Energy Lock” (SEL) where the pain was located. I wanted to create movement and flow around and through my knee, so the SEL could safely open again. I spent about 15 minutes holding places on my body and leg lightly with my hands as I waited for my knee to return to its normal state; the ability to support continual, creative movement on the dance floor.

A SEL acts like a fuse for our electrical body, switching “closed” when it gets overloaded. When that happens, our energy flow may accumulate there, manifesting as physical pain. Boy, did it ever!

Out of the 26 SELs on each side of our body, the very first one can be found on the inside of the knee. It is known as “The Prime Mover.” And no wonder. You literally cannot move forward without it!

The music ended about the time I finished my self-help flows, and we were invited to dance/move across the floor, propelled by our hips. My knee was still very stiff, and hurt at the slightest movement, and at first I wasn’t sure I could stand the pain. But the alternative of not dancing the rest of the weekend was just not an option. So, I went for it, trusting Jin Shin Jyutsu to open the flow of energy in my body and restore harmony once again.

After crossing the floor once, my knee felt a little less stiff and painful. By the end of the exercise 30 minutes later, my knee was back to normal; 100% pain free with complete range of motion. It continued to feel great, and provided eight more hours of ecstatic dancing without complaint that weekend.

This SEL is the same one held by the man in the first story above, Safety Energy Lock # 1. I’ve been holding my 1’s more often this past month myself, and the shifts so far have been absolutely amazing. Now that I have experienced what the Prime Mover can do both within and around my body, I plan to continue holding my 1’s as often as possible regardless of whether my knee is injured or not.

Anyone and everyone can use Jin Shin Jyutsu to help themselves and others. In fact, you already do and you just don’t know it. Our bodies know what to do when we just let them be.

I feel so blessed to know about this resource that allows us to help ourselves with nothing more than our hands, our intention to help ourselves, awareness of our energetic body, and a little bit of time. So simple. So beautiful. Thank you, Creator, for Jin Shin Jyutsu.

Love, Willow