

PHYSIO-PHILOSOPHY

(Nature-Effortless Reality)

By Anita Willoughby

At heart, I am a philosopher. My life has been a search for the deep, underlying meaning of life. "Why are we here on planet earth?" ...and, "What is it we are supposed to be doing?" ...are some of my favorite questions. So, imagine my delight when, in a casual conversation a few years ago, Philomena Dooley suggested that we call ourselves physio-philosophers and, when asked about one's profession, merely say, "Oh, yes, I am a physio-philosopher." I loved the way it sounded, even though I wasn't really quite sure what it meant.

To my ear physio-philosopher sounded much more exotic than Jin Shin Jyutsu practitioner, which, by the way, takes even my friends years to be able to pronounce. Don't get me wrong. I love the Jin Shin Jyutsu part, but "practitioner" just doesn't quite go with my sense of self.

I have always loved alliteration. Only recently have I discovered why. Of course, we know that all the letters in the alphabet have a vibration. So, all words which start with the same letter have that vibration in common. The letter "P" is the 16th letter of the alphabet. The meaning of 16 is transformation (one of my favorite words), *"the basis of all human activities [and the] breaking down of existing forms for new ones."* Safety Energy Lock 16 is where 3rd Depth begins at 16 with the Safety Energy Locks. Third (3rd) Depth is the bridge into life and is the 3rd cycle of energy in the body. Third (3rd) Depth has a close relationship with Diagonal Mediator Universal Harmonizing Energy, which is born at Safety Energy Lock 3. I myself have a special affinity with 3rd Depth, having been born on Thursday, 3rd Depth's day, so to speak. Did I mention I was also born on the 3rd in the 3rd sign of the zodiac? Oh, yes, and I am a 3rd child.... Love those 3s. In fairy tales it is important to make wishes 3 times, and sometimes for special emphasis we say things 3 times. The Kabbalah states, *"Everything which exists in life, in nature, has a 3 fold aspect."* We know in Jin Shin Jyutsu we are comprised of 3 aspects of being – spirit, mind and body which, are activated by the breath. So, the letter "P" and 16 are transformation, which is what 3rd Depth and Jupiter energy are all about. Wow! Change, movement, expansion, nature, springtime, growth, the color green (nature's favorite color) are all 3rd Depth, "Jupiterian" qualities.

There is an even deeper reality to this thing about what to call oneself, or what is one's profession. When I was in 7th grade in a large public school, having recently graduated from a small Quaker school in New Jersey, I was asked to fill out a form. On that form was the question, "What is your father's profession?" Well now, I knew what my father did. I had been to his office many times and spent long weekend days stuffing envelopes and helping out with fund drives. He didn't really have a profession, he had a passion. As a matter of fact, both my parents have been passionate peace activists since the 1950s in the U.S.A. All I could come up with for profession was maybe peace promoter or even promoter of peace. (There go those Ps again.) Nothing sounded quite right, so I think I left it blank, and promptly forgot about it. After all, in 7th grade in a new overwhelming school, an almost totally new universe, did it really matter what my father did? I couldn't even figure out what I was doing. So, a few days later, I was called down to the main office in the middle of the day. Vaguely wondering what

transgressions I had committed in this strange new universe, the secretary merely said, "You forgot to fill in your father's profession." I mumbled something about not knowing exactly what he did, but would go home and find out. At home, my father came up with "Executive Secretary," which I clarified the next day. Thankfully, no one bothered to ask, "Executive Secretary of what?" ...saving me from acute embarrassment. It wasn't very popular during that time in the U.S.A. to be pro-peace. In actuality, in addition to promoting peace around the world, he counseled people on the draft, including conscientious objectors, draft dodgers and, later, those having gone A.W.O.L. during the Vietnam War. At that time, he was the Executive Secretary of C.C.C.O., which stands for Central Committee for Conscientious Objectors.

So, one can see I have always had an issue with how to fill in the blank for profession, and what to call oneself. My life work has been to answer the questions "Who am I?" ...and, "What am I here for?" While filling out information forms, there is usually only enough space for one word, doctor, lawyer, nurse, judge, artist and teacher. Really Jin Shin Jyutsu practitioner rarely fits. My whole life I have had this issue: How do I sum up my life's work with one word? It was only relatively recently that I began using physio-philosopher. So now we have one word with a combining form, and it is all encompassing....

A few months ago, I decided to try out this new profession. On my way back into the U.S.A., the immigration officer asked me my profession, and I looked him right in the eye and said, "Yes, (you know) 'physio-philosopher.'" I rolled those Ps, he rolled his eyes, we both smiled, he gestured me through, and said, "Welcome home!" While writing this paper, I have been trying out physio-philosopher with some of my clients, friends and family. Some of their responses have been quite illuminating. "Wow! Awesome...Cool...So descriptive and beautiful." Physio-philosopher has become my husband's term of endearment for me. My father's response to physio-philosopher was, "My god – never heard of that before!" ...and this coming from a 94 year old promoter of peace.

Now that I have declared I am a physio-philosopher, I know who and what I am. It is time to find out what physio-philosophy IS. "Physio" comes from a Greek word, which means nature and is a combining form meaning nature, natural, or physical. The definition of the word NATURE, in my old Webster's Dictionary is *"the essential character of a thing; quality or qualities which make something what it is; essence."* Another is *"inborn character, innate disposition, inherent tendencies of a person."* ...And *"the sum total of all things in time and space, the entire physical universe."* Philosophy means love of wisdom or knowledge and comes from "philo," which is a combining form meaning loving, liking, having a predilection for – and "sophy," which comes from the Greek word, "Sophia," wisdom, and is a combining form meaning knowledge or thought. History has it that Pythagorus invented the word "philosophy" as a result of a question posed to him. When asked, "Are you wise?" he is said to have answered, "No, but I'm a lover of wisdom." ...thereby creating

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My Call to Jin Shin Jyutsu

by Mea Hutchinson

When people ask me how I found Jin Shin Jyutsu, I tell them I was called. Here's how it happened.

My friend Shelly, a cancer survivor, mother, artist and business woman with a huge heart and the gift for networking through her store and her café called "The Magic Angel," phoned me one day to say that her 46 year old sister, Karen, had suddenly taken ill and was hospitalized in Victoria, my town. Shelly was now living in another city but was at the hospital in Victoria helping her dying sister. Karen was in denial, very upset and not ready to die. It was a very rapid form of giant cell carcinoma. She was given only 2 weeks to live.

Shelly asked me to come to the hospital and help. Though I had a background in midwifery and a Reiki certificate, I had no previous experience with the dying other than my 68 year old father's year-long decline and death, about 15 years ago. "Of course I'll be there," I said, "though I'm not sure exactly how I can help."

While making arrangements for my husband, Harold, to take over for me for the rest of the day, a knock came on the door to our floating office where we had recently moved from our previous business location of 12 years. It was a fellow who had been interested in getting a houseboat built by us 10 years prior. He had tracked us down to this new spot, which was amazing to us in itself, because our floating office was hard to find. He had been living in Arizona but was considering moving back to Victoria. He had a friend with him, Aurora, who was wearing the most beautiful beaded earrings.

When Harold asked her about those earrings, the woman said she had made them herself, took one off and handed it to him. He knew I'd want to see also and handed it on to me. As soon as the beaded peacock feather hit the palm of my hand, I felt tingling. What is this? I thought. So I asked, "And what do you do for a living?" The woman replied, "I'm a Jin Shin Jyutsu practitioner."

Though health and nutrition was a hobby of mine, I had never heard of Jin Shin Jyutsu, but knew that it was no accident Aurora had come to visit me that afternoon. I asked if she knew whether Jin Shin Jyutsu would help with cancers, and she said, "Yes," she had worked with several people with cancer, and that if they did not go into remission, then they would make an easier transition into death. She kindly gave me the phone number for the office of Jin Shin Jyutsu, Inc. in Arizona to call and see if there were any other practitioners in Victoria.

After Aurora and her friend left I called the Jin Shin Jyutsu office and found out that there were no local practitioners. Driving out to the hospital a while later I saw the two of them walking along the street! I thought, this can't be a coincidence. I parked and stopped Aurora to ask if there was something she could show me to take along to help Karen.

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the word philosophy. "*Philosophia*" is a term signifying "the love of wisdom" and "to lift the soul to truth." (from *A Beginner's Guide to Constructing the Universe*, by Michael S. Schneider, p. xxiii)

On the forward page in Text 1 and Text 2, Mary mentions the complete phrase, JIN SHIN JYUTSU, Physio-Philosophy at least 5 times. Is this to remind us that JIN SHIN JYUTSU is first and foremost a physio-philosophy, and to remind us that this study is for "lovers of wisdom and natural truths?" Throughout the introductory pages of both Text 1 and Text 2 there is an interplay between JIN SHIN JYUTSU and PHYSIO-PHILOSOPHY. Both are featured pretty prominently. (There's that alliteration again.) Go take a look at those pages, see for yourself. On other pages, further elucidation is added in parentheses beneath PHYSIO-PHILOSOPHY (Nature-Effortless Reality), and beneath JIN SHIN JYUTSU (Cosmic Artless Art of KNOW (Help) Myself), but that is fodder for another article. I have tackled enough for now, Nature and Art will be left for another day.

Now I am quite comfortable with being a Physio-Philosopher. I am grateful to Mary for sparking my imagination to look within, beyond, above and through to the roots of these simple words. Thank you, Mary, for your part in bringing JIN SHIN JYUTSU, Physio-Philosophy to the light. And thank you, Philomena, for helping me become a Physio-Philosopher! ☺

If you could have seen her showing me the Main Central there on the street, with my eyes glazing over you would be smiling from ear to ear, I'm sure. After asking if I would be able to remember all of this, she conferred with her friend and said as her gift to the city she would come out to the hospital with me and show us what she could.

At the hospital were my friend Shelly, Karen's two twenty-something sons and nursing staff who looked stressed, concerned, tired and basically worried. Her sons were also doing their best to appear positive for Karen, who was hyper-alert, on heavy meds but in great pain, paralyzed from the waist down by her tumors, with difficulty breathing even on oxygen and asking such things as, "Will I ever dance again?"

A small miracle took place when Aurora showed the two sons, Shelly and me which fingers and toes to hold for Karen. Her breathing improved, her pain reduced and went away. However what impressed me the most was the language Aurora used when Karen would frantically ask for reassurances that she would not die. This woman was able to point Karen in the direction of spirit so simply – something I thought I could never have done.

There is much more to this story, which with grace I will write in the future. I am to this day very thankful for the way I was called to Jin Shin Jyutsu and humbled by the beautiful synchronicities that arise to connect us to those who are receptive. ☺