

# The Transformation of Jin Shin Do<sup>®</sup> Bodymind Acupressure<sup>®</sup>

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## Recipe:

Take 2 cups of your insecurities — usually not hard to find!

Add 1 tablespoon of interaction with others, and

Just a pinch of Mercury/Fire:

This could be a trigger (word, sound, smell, action) or maybe just your mood that day. It usually seems to come from nowhere!

## Cooking Methods:

There tend to be two choices of firing mechanisms:

Yin approach: let it simmer and stew in your mind until it spills over into your life;

Yang approach: cook it on high until it explodes in your face!

One approach might be your favorite, or yin and yang tendencies can alternate. (This is the basis of Iona Marsaa Teegarden's "Emotional Kaleidoscope" diagram in *The Joy of Feeling*.)

What to do next....

Lao Tzu (Taoist Philosopher):

"He who knows others is wise.

He who knows himself is enlightened."

1) FIRST it's important to establish a place of strength, trust and wisdom inside yourself.

Where do you feel this place in your body?

How do you connect to this place? Do you meditate, dance, write, listen to music, make music, paint, read, walk in nature?

You could also try to recall a time when you felt competent and capable.

What were you doing?

What helps you get back there?

Where do you feel that in your body?

If this is not easy for you, then simply find a place of comfort in your body.

We all have one, a place of refuge and comfort — even if it's small.

How does your earlobe feel? Your little toe? The tip of your nose?

The safe place of the observer can also be useful. Have you ever had the experience of standing outside yourself? Is it possible to stand in that place

again?

Some times are easier than others.

This step is important so you can always check back in with your place of strength or Source to make sure it feels “right” to you. No one knows you better than you: TRUST YOURSELF. We are already whole / complete at our core. As Iona says on page 54 of *The Joy of Feeling*:

“Jin Shin Do acupressure is a tool for finding the joy of being all of what Kierkegaard called ‘that self which one truly is.’

Our job as Jin Shin Do<sup>®</sup> practitioners is to assist with undoing the barriers that keep us from connecting with our core selves, and so with inner resources like comfort and competence.

Barack Obama "...embracing the burdens of our past without becoming victims of our past... means taking full responsibility for our own lives..."

2) Look at self: What’s present for YOU now? Remember the recipe we started out with? What's the issue that blew up in your face?

If it’s too hard or painful to look at, try looking at it as if it’s a movie, from that safe place of the observer. You also may not want to stay too long. You can come back and revisit the place of comfort or competency.

Psychotherapist Iona Marsaa Teeguarden, the founder of Jin Shin Do<sup>®</sup>

Bodymind Acupressure<sup>®</sup>, describes this technique as *containing the feeling* and *switching channels*. She also suggests taking a deep breath and allowing yourself to notice the relief that it’s over — in the past.

Bring your awareness to **the 3 R’s**:

**Responsible** for your own **Reactions** and **Responses**

Lao Tzu:

Regard the small as great, regard the few as many.

Manage the difficult while it is easy; manage the great while they are small.

All difficult things in the world start from the easy.

All great things in the world start from the small.

Barack Obama: "...anger is real; it is powerful; and to simply wish it away, to condemn it without understanding its roots, only serves to widen the chasm of misunderstanding that exists..."

3) Accept self

a) Accept ALL aspects of yourself, not just the parts you like. This takes away the conflict. It has been my experience as a Jin Shin Do<sup>®</sup>:Bodymind Acupressurist, and my own personal experience, that the more you try to cut yourself off or get rid of the self you don't want/like, the bigger it gets. So, take away the conflict! Accept it, be grateful for it, understand it, embrace it!

b) How can we be with or understand the self we don't like?  
I have found that the part we might not like is there for a very good reason. I find it useful to understand/get to know that part.  
Some questions that could be interesting to ask yourself are:

How does that part serve you?

What does it give you?

How is it trying to help you?

Notice how you feel when you ask. Understand that that part is trying to help you, support you, protect you in some way.

c) Have gratitude for how that part has helped you, how it got you here to be the person you are now. When you can sincerely be grateful for the part that has seemed like a thorn in your side, there is this incredible release, relief and transformation that occurs. The conflict is over, acceptance begins and you now have ALL parts of you assisting in your transformation.

Wang P'ang : "Those who open themselves up to the Great Way, though their eyes see good and bad, their minds distinguish no differences. They don't treat the bad with goodness out of pity but because they don't perceive any differences."

These are all techniques taught in Iona Marsaa Teegarden's Bodymind Tracework classes as part of the curriculum for Jin Shin Do<sup>®</sup>:Bodymind Acupressure<sup>®</sup>. I have seen this formula work over and over again, not only for myself, but also in my many years of practice with clients using the Body Focusing Techniques taught, used and incorporated in Jin Shin Do<sup>®</sup>:Bodymind Acupressure<sup>®</sup>.

Good luck on with your transformation and acceptance with self!