

While I Was Sleeping....

By Tari Heap

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If it weren't for the fast thinking and actions of my two very good friends and Jin Shin Jyutsu practitioners, I would not be here today...at least not with all my faculties. This is not an exaggeration. The doctors did their part for sure, and I'm grateful for that, but it was because of them and the art of Jin Shin Jyutsu that my outcome became extraordinary. As soon as they'd heard, my friends hurried to the hospital ICU so they could work on me as I lay unconscious from a massive, brain aneurysm stroke.

Initially, I'd gone into seizures (a bad sign), and my body had assumed what the doctor called the "death posture" – head thrown back, hands cupped, and mouth open. My first ER brain scans showed a massive bleed that looked like a splat-shaped, Rorschach print. My neurologist later pointed to the splat and explained, "We call this configuration the 'Star of Death'." This meant there had been very little chance I'd make it through that night. If I did live I would likely have the conversational stylings of a rutabaga. In the morning they would take me off life support, my husband would say "goodbye", and they would let me die.

It turns out that Jin Shin Jyutsu made all the difference for me in the end.

Getting to someone as soon as possible after head trauma, coma or stroke can have a big impact on how successful a recovery might be. Lucky for me these generous souls got to work on me right away. I can safely say I had the mother of all successful outcomes. No physical or mental deficits of any kind...pretty remarkable!

I have no memory of receiving Jin Shin Jyutsu whatsoever. In fact, many friends and relatives came to see me who didn't imprint onto my consciousness at all. My husband and son were there though, and they'd recount how obviously affected I was during my sessions. My JSJ angels shared a wonderful story with me about the treatments. Since I was hooked up to all sorts of machines, they could see very clearly and rapidly the direct effect they had on my blood pressure as they applied the flows. Keeping blood pressure under control is critically important after a stroke. A family member recently told me that she'd been there to witness the effect as they gave me a treatment. She had been amazed

as my blood pressure went down. It impressed her enough that she began pursuing alternative health care in her own neck of the woods. This is someone I would describe as having a healthy skepticism. She wouldn't have believed it if she hadn't seen it herself.

I believe that all my years of consistently applying Jin Shin Jyutsu self-help created an energetic foundation that my body could rely on. It gave my body the tools it needed to successfully overcome this life or death event. On many occasions when I've been working on my Jin Shin Jyutsu clients I've experienced how someone's body seems to "recognize" these tools. Just as the body strives toward homeostasis, so too does the body's energetic system strive toward an energetic homeostatic harmony.

After getting home from the hospital, my friends continued to care for me with more, wonderful sessions. The aneurysm was smack dab in the center of my brain and for this reason the Main Central Vertical especially affected me. I was also exhausted so I would include a lot of Kidney, Liver and Spleen (the Critical Toe flows) to help me revive, and as it turns out, prepare for the next stage of my healing.

The cause of the stroke turned out to be a softball sized tumor attached to my left adrenal gland. It was a very rare, genetically generated, form of cancer. This meant that the stroke had been an absolute blessing! Without the stroke I never would've discovered this big project lurking in the wings. There'd been no symptoms to alert me to its potentially deadly result.

I did hours of self-help before surgery and afterwards, too. The Trinity, the Critical Toe flows and whatever my pulses were saying I needed filled in my daily routine.

I'm now seven months out from the stroke and three months out from the cancer surgery. I'm doing remarkably well and am happily back to my full time Jin Shin Jyutsu and coaching practice. I don't miss a day of self-care and do trades with my Jin Shin Jyutsu angels.

Mary Burmeister told us to "be our own testimony". Now more than ever before, I know what she meant.