

The 8 Finger Poses: Gates to an Infinite Art

By Cynthia Broshi

While preparing to present courses through the Instructor Certification Program, I questioned: is this the right work for me? Am I the right person for this work? The more I studied, the less I was certain. I began to feel a bit miserable with the looming responsibility and my list of requirements.

Inspired by a self-help class with Matthias in which we experienced the 8 finger poses, I decided to lay my doubts down at the roots. Friends offered their house in Big Sur overlooking the Pacific. With a bow to Jiro Murai I set out for 7 days with the Inju through which the reawakening of the Art of Jin Shin Jyutsu began.

On the morning designated for travel, my car broke down. Seven days were reduced to six. I'd heard that Master Murai fasted during his week in the mountain cabin, but fasting doesn't suit me. Throughout the Self-Help Books Mary emphasizes:

No straining is necessary...Remember there are no "should's" or "have to's"...There are no rules or regulations.

I slept, cooked, ate, washed dishes, walked, rested and practiced the poses as my senses led. Mary says of the finger poses in Text 1: *May be applied at any time for as long as desired, no time limits...neither too much, nor too little. Without texts, books, pencil, entertainment or conversation, Breath became my activity.*

These finger poses (known as Inju in Japanese, Mudras [*sealed or closed*] in Sanskrit) reconnect BREATH with breath, SOURCE with manifestation. By helping us eliminate fatigue (energy whose circulatory rhythm has become impeded so that it is no longer reflecting the transformation of the Universal Blueprint) they reveal life source held in the body.

My days began with the usual Main Central and 11 with 25 and 15. The Inju followed: sitting, lying down and walking. As sensation or emotion arose or shifted I sometimes listened to the Pulse, simply for education. With each day, as tension/stress released, the hours of their comfortable use lengthened.

Through their relationships the Mudras excavate, untangle and dissolve tensions. Singly and as a group they work with relationship of Exhale and Inhale, building and breaking down. Some poses emphasize one or the other aspect of Breath, and utilizing each pose with the left and the right hand amplifies and blends these actions of Generation and Regeneration. When a discomfort arose I'd listen to its unfolding. Some developed, bloomed and passed, others increased until they began to restrict the Breath. At this point I'd move to the next pose, or from the Left to the Right or the Right to the Left of the same pose.

Sometime during my 3rd day I found that utilizing the pose pictured opposite (on page 2 of this newsletter), with the right thumb sandwiched, brought up an all-too-familiar shoulder pain. "I can't" ... "You'll never" ...the law my shoulders seemed to assert. I'd sustain this pose, swimming in its voice, as long as felt suitable, then switched to sandwiching the left thumb, at which the discomfort subsided. On Day 4 that old friend intensified its grip as the relationship of Left and Right seemingly reversed. Now the pose sandwiching the left thumb was like putting the "stuck" under a microscope: worlds of attitude and history were illuminated, detail by detail, spirit, mind and body speaking hand in hand. Each time the awareness approached my limit of digestion I'd switch to sandwiching the right thumb, and discomfort eased as emptiness breathed forth.

With every circulation of the 8 poses this one (Number 5) arrested more and more of my consciousness. 5: erasing fear, manifestation suffused with the 5th Essence: Spirit. Midway through Day 5, as I moved from one side of the pose to the other, into the No-thingness that old friend flew. I've never felt its old force since.

Finger pose No. V is introduced on page 14 of Book III:

Forget to focus on:

1. Comparing, competing
2. Judging (being judged), labeling (being labeled).
3. Trying to understand, trying to find out WHY.

No wonder it was a favorite! Mary continues: *Keep on SMILING. Drop the shoulders and exhale.*

I was surprised by how the 8 poses articulate the shoulder joints, subtly and thoroughly as a yoga workout. As shoulders dropped, so dropped the struggle to know or do – and love of those answerless questions – each a spark of innate intelligence – returned. By week's end my shoulders felt like I'd received 2 weeks of sessions from Mary and Pat! Simply with self-help, my 11s (the number of 7th Depth, LIGHT) could be free! Safety Energy Lock 11 IS Unloading and Receiving, the power of quick decisions: turn around, and focus on the new.

On the 5th night Uzi called. He'd just returned from visiting family. Could he come see me tomorrow? I hesitated...solitude was luxurious, and my work felt important...yet in his voice a warmth beckoned..."Yes."

Just as the sun was setting on Day 6, just as I finished the last round with the last finger pose, Uzi arrived. Mountain, sky and sea radiated liquid color. Before even "hello" he offered his hands to mine..."Will you marry me?!"!!!

Who knows what new turn awaits us at the end of a few days with Jiro's Inju?

These finger poses are all inclusive. BE one's own testimony.

– page 9, Self-Help Book III.

From Self-Help Book III

Change myself and the whole world — all situations, relationships with others — hurts, guilts, and even aches and pains — changes.

Forget to focus on:

1. Comparing, competing;
2. Judging (being judged), labeling (being labeled);
3. Trying to understand, trying to find out WHY.

Keep on SMILING.

Drop the shoulders and exhale.

V.

Make circle with right middle finger and thumb (palm side thumb on middle fingernail). Next slip left thumb between circle of right thumb and middle finger (left thumb palm touching right middle fingernail).

(Reverse for right thumb.)



This finger pose aids revitalizing all body functions. It aids the releasing or minimizing the daily fatigue accumulation.