

*Emerson's Testimonial
...and my gratitude*

By Julianne Dow

Emerson is my five-year old ninety-pound yellow Labrador, and my companion. This is his Jin Shin Jyutsu (JSJ) journey.

When Emerson was two he developed a fatty growth about the size of a ping-pong ball on the right side of his neck. I thought little of it since Labradors are notorious for "fatty growths," and they are usually benign. Although, I did think it was unusual that he had developed one so early in life...

One day last summer, as I was putting on his leash, I noticed that his growth was bigger and harder... much different than it had been. It had grown to be the size of a small tangerine. I brought him to the veterinarian to get him checked out. She said it was "concerning," and to measure it daily. I immediately emailed Adele Leas, a Jin Shin Jyutsu practitioner (author of *Jin Shin Jyutsu For Your Animal Companion*) for support, and started a variety of Jin Shin Jyutsu treatments on him...I finally settled on the "human" Liver Flow since the accumulation was on the right side of the neck, and he also had a knee project. He received daily treatments at bedtime, relaxing with exhales, moans and the "slitty eye" blissed-out expression on his face. After one week, I noticed the accumulation was "more squishy." It began to disintegrate, and disappeared after three weeks of treatments. Now THAT was validation that JSJ works!

Earlier that year, Emerson also developed a bone spur accumulation on the right knee at the inside joint (R1). He was limping very badly, walking using only three legs, barely making it up the stairs at night. We sadly needed to give up our running in the woods and catching the "chucky ball" for walks on the leash around the neighborhood. I gave him lots of Hi 1 and Lo 8, and then I put my hand on his 8 and my other hand just below the 8, gradually moving down his leg to grasping the 5 and 16. (See page 34 in Adele's book.) On page 38, Adele works with 3 and 15. I give Emerson 3 and 15 and then 3 and 25, just as

I do on myself. While receiving one of my own Jin Shin Jyutsu sessions, Jed Schwartz recommended the Kidney Flow for bone projects. I started giving Emerson the "human" Kidney Flow, R1/opp. 26, and Reversing and Increasing of 4th Depth. Fairly recently, I noticed that the hard bone accumulation seemed to be getting smaller. Or was that just my imagination and wishful thinking?

One afternoon Emerson ran up the stairs two steps at a time, and jumped up on the bed for his nightly treatment with at least a 3 inch clearance. Hmmmmm!

Yesterday, we had twelve inches of snowfall. Emerson loves to play in the snow. Even more than that, Emerson loves to romp in the snow with his doggy buddies in the woods. We had not been to his dog-friendly park for six months. It was to be the ultimate test. To be off the leash, playing in the snow with other dogs...would he be limping later?

I think you know where this is going.... He played with gusto, "gazelle-ing" over logs and rollicking with newly found canine friends. I watched him carefully...

He was walking fine...no limping.

We returned to the same woods today for more of the same fun.

He is walking fine...no limping.

Thank you Jin Shin Jyutsu for helping my best friend move through life with ease!

This is Emerson's testimonial.

What did Mary say?

"The only mistake you can make is to not use it (JSJ)!" (paraphrased)

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*“...Emerson’s Testimonial”
continued from page 4*

Thank you to all my teachers (Jed, Anita, Sara, Iole, Ian, Jill, Susan, Lynne, Wayne, Don, and Bobi) who taught, supported and empowered me to help my friend.

A very special thanks to Adele Leas, for her teaching, her frequent email suggestions and her guidance in my caring for Emerson, and my other animal friends....

Thank you, Mary, for all this possibility beyond my dreams.

And thank you to all my animal friends who teach me and remind me to Be and Listen...every time, over and over.

Julianne Dow is a Jin Shin Jyutsu practitioner from Saugerties and Riverdale, N.Y. She has a practice with animal friends at the Catskill Animal Sanctuary. Horses, goats, rams, sheep, chickens, turkeys, pigs, and cows are relaxing in the “exhales, moaning and getting ‘slitty eye’ blissed-out expressions” in Upstate New York. Contact: 203-561-8125 or jdow@ecfs.org.

Postscript: *This article was written in February 2010.*

Update as of May 2010: *Emerson’s bone spur is disappearing and is almost non-existent. (I’m mostly holding the bone spur and same side 26, and sometimes opposite side 26, for good measure.... Why not?)*

Futher update: *I have been journaling my experiences of miracles with Jin Shin Jyutsu at the Catskill Animal Sanctuary...miracles of accumulations dissipating, big horses groaning to the ground after a session to simply sleep, and groaning as I place my hand on either side of their spine at 11s, 3s, 10s, 9s, 23s, 2s, 25s, groaning at each Safety Energy Lock application....horsey heaven. So fun! ☺*



Photo by Siobhán DeStefano