

We Are the Service

"When I know myself I can serve another. I am the service."

On page 8 of *What Mary Says*, we are reminded of Mary Burmeister's words of service.

Shantideva, (a Tibetan Buddhist teacher), speaks of service to community with his words:

"May I be a protector to those without protection, a leader for those who journey, and a boat, a bridge, a passage for those desiring the further shore. May the pain of every living creature be completely cleared away.... Just like space and the great elements such as earth, may I always support the life of all boundless creatures. And until they pass away may I also be the source of life for all realms of varied beings that reach until the ends of space."

Mary's life was one of remarkable generosity and service. Generosity is considered the primary transformative practice of awakened living. The Latin word for generous is *generosus* and is characterized by a noble spirit. In 2008 we received donations in memory of our beloved teacher Mary, who passed on January 27, 2008. The donations came from individuals, study groups, 5-day class groups and memorial services. We also received an estate donation in 2008 from a student who passed in 2007. Her name is JoAnn White. JoAnn was from Scottsdale, AZ and a long time student who had a deep love for Jin Shin Jyutsu. She was a generous and regular donor to our Foundation over the years. Her donation has helped many people. Due to the generosity of our many donors, our collective charity, The Mary Burmeister – Jin Shin Jyutsu® Outreach has fulfilled another year of service and was able to grant all requests for all approved grant applicants this year. There were forty four grants given in 2008. Some grants were partial grants, as some students were able to contribute to the cost of their class. With the support of the faculty and the student contributions, we were able to give more grants. Students from Brazil, Canada, Germany, Israel, Romania and Singapore received Five-Day Basic Class grants. Five-Day Basic Class grants were given to students in the U.S. from Arizona, California, Colorado, Kansas, Kentucky, New Jersey, Washington, Wisconsin, Texas and Vermont. A student in Arizona received a Living the Art class grant. Among these grant recipients was a 32 year old father of three from Singapore who had a desire to learn Jin Shin Jyutsu to treat his 2 year old daughter while waiting for a liver transplant due to a birth malformation. Another was a medical student from Germany. Three women from Israel received grants, and one commented she was using Jin Shin Jyutsu to slowly and steadily rebuild her life. Another was a volunteer in the Brazil Jin Shin Jyutsu office who had been using opposite fingers and toes to help her daughter relax to go to sleep at night. Another was a retired woman learning the Art with plans to share Jin Shin Jyutsu with hospice individuals after her own experience with her dying mother. A psychiatric registered nurse traveled from Romania, one of Europe's poorest countries, to Germany to learn the Creator's Art. Another attended a class and has hopes to spread Jin Shin Jyutsu to Greece. Another student was able to attend class –

originally from the Ukraine but now living in the U.S. – experienced the Chernobyl disaster and has multiple health projects due to exposure to radiation fallout. Another was disabled with fibromyalgia. A grandmother and granddaughter, an older mother and adult daughter attended classes together.

In 2008 we were able to fulfill a grant for a student who at the last moment attended a Johannesburg, South Africa, class in late 2007. She is a native of Kenya, who now lives in Johannesburg and runs an orphanage for abandoned children with HIV/AIDS. During the class she immediately began treating the children and giving the children self-help. She brought in photos to show her classmates. The Johannesburg students were quite generous giving the grant student rides to class daily, buying her lunches. And one of our Johannesburg students even bought the grant student a car before the class was over. Each grant student comes with their own unique story, bringing diversity to our classes. A series of sessions was given to a homeless man who suffered multiple injuries in a gang beating with a baseball bat. At one time seven pieces of his skull were in a freezer in a California hospital. He was treated with Jin Shin Jyutsu before and after surgery, had a successful recovery and was discharged.

The Mary Burmeister – Jin Shin Jyutsu® Outreach made a seed donation to the German Jin Shin Jyutsu charity in 2008 for charitable activities in Germany. We have had more "Getting to Know and Help Myself" in the prisons in India with Jin Shin Jyutsu self-help classes taught for approximately 1 month in 8 prisons in December of 2008 and January of 2009. The classes were taught in prisons in the state of Rajasthan in west India reaching 3,800-4,000 new prisoners, prison staff and media. (A newspaper article was written and the inmates were interviewed for television regarding their experiences with Jin Shin Jyutsu.) Initial reports from the prisoners: They are sleeping better, are less angry and have less physical complaints.

"When I know myself I can serve another. I am the service."

Donations have been given in many creative ways and are welcome at any time. We have received donations in the forms of cash, check, money order, credit card, stock and estate donations. Donations may be sent to the Mary Burmeister-Jin Shin Jyutsu® Outreach, attention Jeanne Marie Brennan, 414 Baxter Avenue, Ste 240, Louisville, KY 40204 . Please make checks payable to the Mary Burmeister-Jin Shin Jyutsu Outreach. Grant requests may be sent by postal mail to the above address, or email or fax per the following: The email address is mbjsjo@yahoo.com; the fax number is (502) 584-5514; the phone number is (502) 584-5524. Grant applications are available at this office or online at www.jsjinc.net under the link [Apply for Financial Aid](#).