



Jin Shin Jyutsu, Inc.
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Dear Jin Shin Jyutsu Community,

In April of this year, Jin Shin Jyutsu practitioner, Jennifer Bradley, was honored by Hospice of the Bluegrass as their nominee for the United Way of the Bluegrass 2009 Volunteer of the Year. Jennifer has volunteered with Hospice since June of '08; working with patients, families and caregivers in their homes and the palliative care wing of St. Joseph's Hospital in Lexington, Kentucky. She gives Jin Shin Jyutsu sessions to Hospice nurses, social workers, chaplains and staff on a bi-monthly basis. Jennifer has also presented a "What is Jin Shin Jyutsu?" class to Hospice staff. This class presents the basics of the history of Jin Shin Jyutsu, the philosophy, what a session is like, and simple self-help. Jennifer writes, "The introductory seminar and the sessions connect Hospice personnel with the awareness of Jin Shin Jyutsu. This has resulted in direct recommendations of Jin Shin Jyutsu for Hospice patients and caregivers, which is wonderful!"

This summer, Jennifer will work with the Hospice Center for Grief and Support to present a workshop to children on the fingers and attitudes, called "Riding the Wave." Children will learn how to harmonize the strong feelings associated with the loss of a family member. Rather than being "pounded by the surf of the emotional wave," children can learn how to surf the wave until it subsides. "I have done similar work with children from alcoholic families with amazing results. The child is able to go through the emotion without having to stuff it down inside creating later disharmonies."

"Working with Hospice is one of the most rewarding experiences I have had with Jin Shin Jyutsu. I have enjoyed and referred to the book *A Touching Goodbye* by Judith Andry. It was a great help to me when I first began volunteering. I have come to realize after working with people through the transition process, that Jin Shin Jyutsu is not always about physical healing. It is about harmonizing, which can result in healing of families, relationships, anxiety and fear, and give/allow a more peaceful passing."

Jennifer would love to speak with anyone who is interested in finding out more about working with Hospice patients and their families. She may be reached at 859.494.6583 or by email at Jennifer@jsjharmony.com.

