

## Trusting Effortless Reality

Mary describes the meaning of Jin Shin Jyutsu, as “The Creator’s Art - Effortless Realty (MAN)” ... and her Physio-philosophy as “Awareness of Myself” as “Nature Effortless Realty.”

And how does one achieve this “Effortless Realty” that she points to and references so many times in her textbooks and other writings, if one is even interested in asking such a question?

One beginning is to examine her subtle suggestions and obscure language that is used by all Masters of the Artless Arts. This indirect pointing to the Effortless Reality is seen in her expression, “Simplify, simplify, simplify.” Simplify what from what? The complicated to the simply? Mary offers an answer to these questions at the bottom on page 2, Text 1.

1. BE DROP THE SHOULDERS
2. BE SMILE - BOW THE HEAD (feel no weight)
3. EXHALE – Unload all dirt, dust and greasy grime  
(FEAR – False Evidence Appearing Real)
4. INHALE – RECEIVE the purified Cosmic Energy  
(FUN – Fulfillment, Understanding, No-thing)
5. BE the essence within the thirty-six aware,  
understanding DIVINE BREATHS a day

This simple meditative process of dropping the shoulders, bowing the head and exhaling initiates the movement of letting go to receive the abundances of Effortless Reality or the NoThing. If there is no letting go, there is no receiving. It is like filling a full cup. The cup needs to be empty to receive anything new or different. No hanging on to precious antiques. And the more willingness there is to let go and trust, the more infinite possibilities are realized in the Effortless Reality of the NoThing. This is the realm of the Cosmic Artless Artist that Mary references where the Art is “practice with a pure mind in order to BE the ART itself.”

Trusting Effortless Realty by letting go of all that is, is “unencumbered communion with the Creator.” It is the BE beyond doing, knowing and being. This BE is the pure mind of perfect harmony, “as above, so below; as below, so above.”

Trusting Effortless Reality of the NoThing is the “Awareness of Myself, Understanding of Myself, Technique for Myself.”

Now Know (Help) Myself.