



Gina Carrigan-Piper of
Radiant Wellness Therapies

HIGH TOUCH JIN SHIN

BY ALICIA KRAMER HARRIS
PHOTO BY MOLLY HAHN

I'm not the best stress manager. This constant restlessness, which can have a direct correlation to physical ailments, is my Achilles heel in an otherwise healthy lifestyle.

So when I sought to acquire a better understanding of the more than 5000 year-old Japanese self-healing art of High Touch Jin Shin, I found myself at Radiant Wellness Therapies (formerly Essence of Light) and into the hands of Gina Carrigan-Piper, a certified High Touch practitioner and instructor.

When Gina asked me to relax and enjoy the treatment, that was a little of a challenge for me – since “relax” regularly falls out of my daily vocabulary.

High Touch, Gina explained in her soothing voice, is a gentle form of acupressure, in which the practitioner uses a light, but penetrating fingertip touch at 26 bilateral energy release points, called energy meridians, which act like

circuit breakers. Energy meridians make up the electromagnetic energy circulatory system in the body separate from the lymphatic, blood and nervous system, she said.

Fully clothed, I lay on the table as Gina checked my meridian pulse at my wrist and ankles in order to detect any “disharmony” in my body. Any blockage in the flow of energy results in an energy imbalance and could lead to physical problems, she explained.

I told her that I suffer from lower back pain. She responded with a “left stomach flow treatment,” which eases lower back tension. She touched me in various points on my body with light pulses at different depths and speeds. Her hands, she said, serve as jumper cables to spark the body’s energy system to open the flow of any blocked energy.

Slowly beginning to relax, I found myself mentally focusing on the areas she worked on. My attention sprang back and forth between the points, almost rocking me into a meditation. She paused for a moment to read my pulse at my ankles, and continued with a different treatment, which she later called a “right one flow.”

A particular point on the right side of my lower back is often the center of the pain. Without being told about it, she went directly to the spot. My muscle reaction was immediate. The jolting sensation was extremely strong, though not painful. Her gradual pressure brought a warm feeling to the area, a tingle that lasted a full hour after my treatment.

Unlike a traditional massage, High Touch does not manipulate the muscles, though Gina does offer a combination of both High Touch and the Swedish-style massage. As one of her clients said, “The Swedish massage is the one that feels good, and High Touch is the one that works.” Gina emphasizes the best results are accomplished in at least three visits in a three-week period.

After the session, I sat up to another wave of relaxation. I was even talking slower, as everything seemed to fall into slow motion. Without thinking, I had become more at ease, breathing deeply and evenly. I found that this “energy meridian housecleaning,” as Gina put it, brought me into a calm of inner stillness. It urged me to be in tune with myself, which is really where self-healing begins – by listening. ●