

Jyorei and Happiness

The fundamental cause of unhappiness is spiritual clouding. And there is a sure means of clearing this clouding of the spirit; there is Jyorei. – Jyorei and Happiness. HT

In ancient times, before the creation of books and organized belief systems, people did not need to be convinced of the existence of a higher power that exerted a profound influence in their lives. They intuitively knew this. For many, life revolved around Spirit, and the deeper their connection with it, the greater was their inner peace and harmony. But in our modern world of cell phones, fast cars, cable television, computer games, and the Internet, this connection with the sacred dimension seems to have become lost. Thus, it is no wonder that so many people nowadays find their lives so empty and meaningless. They suffer from a poverty of the soul that cannot be healed by endless entertainment or by the compulsive accumulation of more and more things.

Increasingly, people are coming to realize that the answer to their deepest problems comes not from large bank accounts, long vacations, or small bottles of pills. Many are now turning to various forms of spiritual healing, meditation, or prayer for help with their physical and emotional problems. Not only do these practices offer relief, but they also provide them with direct experiences of something beyond the ordinary, mundane world. Amongst these various practices, Jyorei is drawing special attention from people because it incorporates healing, meditation, and prayer combined into one simple, but powerful process.

Jyorei is a simple, yet profound healing technique in which spiritual Light is directed toward people for their overall health and happiness. Through the experience of Jyorei, we enter into communion with the silent presence of God, and then allow this silent presence to move through us. *Jyorei, in Japanese, means “purification of the spirit.”* The energy of Jyorei dispels the spiritual impurities within people’s souls and also eliminates the physical toxins that have accumulated in their physical bodies. This does not imply that people’s souls or spirits are polluted, but only that they are covered up, just as the sun gets covered by clouds in the sky. It is these spiritual clouds that are the true cause of human suffering. Removing these clouds does not cause the sun to shine brighter; it merely reveals that which was earlier hidden. What then begins to emerge from behind the clouds is our divine spirit, which is innately peaceful and happy, just as the sun is innately warm and bright.

Methods that need to use the functions of the five senses to reach and purify the soul can never produce very profound effects, for they use the corporeal flesh in order to touch the incorporeal and invisible spirit. Jyorei, as practiced by us, works directly on the spirit, purifying it and filling it with Holy Light. The results are incomparably superior to those of any physical methods. To think of it in terms of conventional medical treatment, Jyorei can heal diseases that have previously been considered as incurable. – *Sermons and Precepts. HT*

There is more to healing than repairing broken bones. It is about mending broken hearts and calming agitated minds. Most importantly, it is about renewing the spirit.

Although Jyorei is most often introduced to people as a form of physical or emotional healing, its primary purpose is spiritual growth. Through spiritual growth, we eventually arrive at a heart full of love, joy, and serenity.

Strife, poverty, disease, and other forms of suffering arise from excessive clouding within the spiritual world. Each of us creates spiritual clouds by our incorrect attitudes, beliefs, and actions. These clouds are the true cause of our current problems.

All suffering originates from either reactionary purification or proactive purification. Both can be unpleasant, but each has different causes and results. Reactionary purification is caused by life-denying experiences, such as exposure to environmental toxins or our own negative thoughts, emotions, or behavior, whereas proactive purification is caused by life-affirming experiences such as Jyorei, appreciating beauty, eating healthy food, or performing good deeds. Although both forms of purification discharge accumulated toxins and negativity, proactive purification is more positive because it prevents the generation of new spiritual clouds. Both eliminate the bad, but the proactive purification also promotes the good.

Reactionary purification does not tend to improve things long-term because it only discharges surface-level toxins, not deep-seated ones. It also does not prevent new toxicity from occurring. Reactionary purification can sometimes be quite unpleasant. For instance, a flu infection will often discharge some toxins from the body through phlegm, runny nose, diarrhea, sweating, or vomiting, but it does not usually produce significant improvement to one's overall health. At best, reactionary purification will release just enough toxins from the body so that one does not become overwhelmed by them, but not much more.

On the other hand, proactive purification, such as that caused by Jyorei, is usually mild. It tends to discharge greater amounts of toxins from the body than does reactionary purification, and also lessens the tendency to generate future toxicity. Oftentimes, proactive purification is either unnoticed or can actually be quite pleasant, producing feelings of comfort, serenity, and well-being. Over time, not only does proactive purification improve physical and emotional health, but it also fosters spiritual growth. Because of this, it can be said that all suffering is a form of purification, but not all purification is a form of suffering.

In this modern world it is almost impossible for us to avoid all forms of toxins and to avoid generating new spiritual clouds. Therefore, it is advisable to receive Jyorei on a daily basis. The proactive purification caused by Jyorei is similar to taking a daily shower to wash away sweat and grime or to washing one's clothes frequently. Both Jyorei and showering make one look and feel better. If one neglects to do one's laundry regularly, one's shirts and pants may become so dirty that some of the stains will fail to come out no matter how hard one scrubs. Similarly, if one neglects to generate proactive purification regularly, one may accumulate so much mental and physical toxicity that they become embedded in one's mind and body. The more one experiences proactive purification, the freer of toxicity one becomes, and therefore the less suffering one is likely to experience in the long run.

There is no need to endure the suffering of reactionary purification if one simply avoids exposure to physical and mental toxins and refrains from engaging in negative actions. The suffering occasionally caused by proactive purification, on the other hand, is but a minor discomfort when compared with the increased health and happiness it can

produce in the long run. Therefore, a wise person will always choose proactive purification over reactive purification.

The key to understanding Meishusama's teachings is this distinction between these two types of purification. *It is better to purify ourselves of spiritual clouds in a painless or pleasant way rather than through unnecessary suffering.* The best way to promote proactive purification is through trying to help as many people as possible, and the practice of Jyorei is especially well suited for this purpose. Making others happy can also be a great source of personal satisfaction and fulfillment.

Often, healing people's physical illness is the first step towards promoting happiness in them. The next step is the healing of their mental and emotional problems. At other times the reverse is true, and the person's inner nature will be the first to improve. The body and mind are interconnected, and each affects the other. Oftentimes, problems originating in the mind or from past lives must be healed before conditions in the physical body can be addressed. Although the true source of these problems lies in the spiritual world, most people are looking for immediate, tangible relief from their pain rather than abstract explanations. Nevertheless, it is important to understand that the real healing is actually occurring on a spiritual level.

Jyorei strengthens the divine spirit's influence over us while simultaneously purifying the corrupting influences of the animal spirit, thereby lessening the latter's excessive control over us. The animal spirit is basically narcissistic and selfish by nature, subject to greed, lust, and aggressiveness. As the spiritual body becomes cleansed, the animal spirit resumes its rightful place as the servant of the physical body, not its master.

Spiritual purification opens us up to the beneficial guidance of the guardian spirit, bringing us increased inspiration and good fortune. It promotes inner harmony between the divine spirit and the animal spirit, and supports the soul's progress in its journey towards greater spiritual awareness and happiness.

Not to commit evils, but to do all that is good, and to purify one's heart—this is the teaching of all the Buddhas. – Gautama Buddha, The Dhammapada

Spiritual growth occurs through the purification of thought, feeling, and intention. Through the power of Jyorei, the desires that we hold within us become less negative and compulsive. As selfishness and immaturity are transformed into greater concern for the welfare of others, we begin to relate to others in a more positive manner and begin to see the world as a friendlier place. This is the opposite of alienation and separation, which causes anguish to the soul. Spiritual growth expands our awareness into greater and greater levels of perceived unity. We begin to feel a kinship with everyone and everything, including the natural world around us. We see that there is no need to exclude others from this kinship because of personal judgments or animosity.

Meishusama says, "If you do not make others happy, you can never be happy yourself." (*About Myself. HT*) This simple motto does not advocate trying to subserviently please other people all the time, but rather to open our hearts to others, and to feel their pain as our pain, and to feel their happiness as our happiness. If we have an open heart, then how can we be happy when those around us are miserable? This sensitivity generates spontaneous feelings of empathy for others as well as the altruistic motivation to help them.

As the Light within us increases, we also begin to recognize its presence in others. This perception is the basis of love. Love helps us see beyond our various outer differences by revealing to us our common humanity. Love unites us inwardly. It makes us care about each other.

Love is the true motivation for practicing Jyorei. There is never a charge for Jyorei other than donations based on gratitude. These donations, if given, go to support Shumei's altruistic activities, not the Jyorei giver, who offers it freely. The only personal gain the giver of Jyorei receives is the satisfaction derived from helping others.

The act of helping others purifies our soul and raises our spiritual condition to a higher level. When we serve the greater good, we receive Toku Energy, which benefits us in the spiritual world. Toku Energy is the Light that comes back to us because of our good deeds. Of all the possible ways we can help others, to help them spiritually is the best because its effects are the most enduring. Everything else, such as houses, cars, and people, comes and goes. When we die, only our spiritual wealth can be taken with us. Jyorei is one of the simplest, yet most profound, ways to help people spiritually, as well as to generate spiritual wealth for our self.

I have not only succeeded in focusing these radiations on to one part of the body and dispelling the clouds of the spiritual body, but I have also perfected a technique to increase the power of everybody's radiations. – *Natural Power. HT*

Jyorei is a unique healing method in that it is very easy to learn and practice. The primary requirement for practicing Jyorei is an altruistic concern for helping others. It does not require any special breathing techniques, concentration, visualization, mantras, or difficult bodily postures. Jyorei also does not require faith, nor does it depend on the innate power of the person giving Jyorei. Its blessings are not earned; they are given. Jyorei can be viewed as a gift from God and Meishusama to all of humanity.