

The Practice of Jyorei

The method of Jyorei given by our organization bathes the inner spirit in divine Light instantaneously and awakens the spirit to True Life at a stroke. As this transforms people in a way that we can describe as 'effortless,' it obviously relegates sermons and precepts to a position of secondary importance. — *The End of Suffering. HT*

A Jyorei session is usually conducted with two people, one giving, and the other receiving. If both are qualified to give Jyorei, then afterwards they can trade places, so that the former giver can then be the receiver, and vice versa. When transmitting this energy, we simply raise our arm to project healing Light out of our hand. When our arm gets a little tired, it is time to switch hands. It's best to not feel stiff or strained, but to keep our arm and hand very relaxed and loose. No effort is required. Regarding the importance of relaxing while sharing Jyorei, Meishusama writes, "The more we reduce our physical tension the more effective it becomes." (*On Forcing An Argument, KW*) It is more a matter of allowing the energy to move through us, rather than feeling that we are doing something special to make this happen. The Light of Jyorei is not our personal possession; we are merely voluntary conduits for its expression. This energy comes from God (or Spirit), with assistance from Meishusama, and it is our privilege to be allowed to share it with others and to work for the betterment of humanity.



As human beings, there are generally two ways that we can give to others: either through kind words expressed by our mouths or through generous actions performed by our bodies. Jyorei, however, comes from neither of these two sources, but originates from a third source: the eternal Spirit that transcends all things. Jyorei is one of the very few ways that the average person can give to someone on a spiritual level without relying on words or physical actions to do so.

As mentioned earlier, Jyorei is given using the arms and hands only. There is no need for talking or verbal prayer, which would only distract from the session. Some people can feel the energy traveling down their arms and out their hands as it radiates to the person

in front of them. But even if the givers feel nothing, they know in their hearts that the transmission is occurring.

The best way to give Jyorei to others is with a quiet mind and an open heart. The more love and concern you have for the person in front of you, the better, as this strengthens the connection between you. Let go of your various worldly concerns, and focus on the present. If distracting thoughts come up, just surrender them to God. Stay focused on the act of giving Jyorei, without effort or strain. Especially, let go of the need for particular results. Who are we to say how a person should benefit? The soul of a person may need to experience a particular sickness or problem in order to learn an important spiritual lesson from it. About this Meishusama says, "Consider the possibility that your struggles might have a deeper meaning, and that they are part of a necessary process arranged by God for your spiritual growth." (*On Removing Egotism and Worldly Attachments, KW*) Instead of telling the universe what to do, it is better to trust in Divine Intelligence to know what is ultimately best for everyone. Our job is simply to be a lens for focusing Light on the world, and that is all. Remember, the main point when sharing Jyorei is to relax and allow.

If the success of our efforts depended on us, we might fall short. But this action is divinely inspired and is much greater than any one of us. Therefore, we need to put our egos aside while giving Jyorei. Successfully doing so is much like blowing away the clouds in the sky, revealing the bright sunshine of Spirit that was formerly hidden. The sunshine of Jyorei is waiting for the chance to break through the cloud cover so that it can light up the world around us.

Some of us may feel that Meishusama is guiding and assisting us in the transmission of Jyorei. This feeling can help us to relinquish personal credit for the effects of Jyorei by acknowledging either Meishusama or God as the true giver of Jyorei, rather than us. We are merely the physical instruments being used by them for the healing.

People can give Jyorei even when they are sick, depressed, or angry, but it is best to bring as much purity as possible to the Jyorei session. Sick people, however, find that by sharing Jyorei with others, they themselves become healthier. Those with emotional problems also find more inner peace and happiness from sharing Jyorei. Some people feel that the act of giving Jyorei benefits the giver more than the receiver. This adds a new perspective to the words of Jesus Christ, who said that, "It is better to give than receive."

When we hope for something, we often find that it is impossible to bring it about, but once we have almost forgotten about it, things suddenly go as we want them to. Even the giving of Jyorei follows the same pattern. The more eager one is to heal the patient, the less effective the cure is. When, however, one does not let such thoughts enter one's mind, but simply gives Jyorei as a matter of course, or when one does not know whether the patient is curable or not, but gives Jyorei anyway, the cure is unusually easy and effective. – *Trust in God. HT*

Attachments block the Light. Even attachments to the results of Jyorei, although altruistic, can reduce the flow of energy. To thoroughly align ourselves with divine power requires detachment, which comes from faith and trust in a higher power. Although good intentions are valuable, the attachment to a desired outcome is not. Trust and allow divine intelligence to work through you. About this Meishusama writes, "It is absolutely

necessary for us to do everything we can with all our effort, while simultaneously trusting in God to do what is best. (*Maintaining Moderation, KW*)

When receiving Jyorei, it is best to have an attitude of openness and gratitude. Simply quiet the mind and open the heart. This does not add to the Jyorei energy, but rather puts one in a more receptive state. Although a spiritual orientation may be helpful, the results are not dependent upon it. Even people who fall asleep while receiving Jyorei, benefit from it. This is also true for those who might be unconscious or in a coma. Neither the giver nor the receiver needs to believe in the power of Jyorei for it to work. This healing through divine Light can even be effective with people who are skeptical or disbelieving, and can also benefit animals and plants. Each individual has different personal beliefs, attitudes, and needs, and our intention is to always respect those differences.

The recipient normally sits from two to four feet from the person giving Jyorei. First, Jyorei is directed to the forehead. Next, the recipient is asked to lower his or her head, and then Jyorei is directed to the top of the head. These areas of the body are especially sensitive to spiritual influences, and from there the energy will travel down to whichever part of the body needs healing.

Some may wonder why we do not direct energy to other parts of the body, especially to those areas where there is pain or dysfunction. Although it does not hurt to do so, usually this will merely treat the symptoms of a problem, not the cause, thereby resulting in only short- term benefits. For example, a stomachache might be caused by food poisoning, an ulcer, emotional stress, a pinched nerve, parasites, a spiritual disturbance, or even a physical injury. These problems, in turn, may have still deeper causes on a physical, emotional, or spiritual level. In other words, diagnosis can be complicated and difficult. Although it is important to know the cause of a problem so that we can deal with it on a practical level, this knowledge does not usually affect how we give Jyorei. We do not usually send energy to the stomach when someone has a stomachache because that would only be dealing with the secondary effects, not the root cause. Instead, we usually direct energy to the forehead and the top of the head. Just as the nutrition in food (when swallowed through our mouth) will go to wherever in the body it is needed, so too, Jyorei (when directed to these two vital spots) will go to wherever it is most needed within a person.

It is important to remember that Jyorei is divine energy, and that it works on many levels, not just the physical. Jyorei intelligently interacts with our whole being to guarantee the best outcome. Most importantly, Jyorei clears up the spiritual clouds that underlie all problems. And as these clouds dissipate, our awareness expands, allowing us to discover what is contributing to our problems and then to know what to do about it. For example, sometimes we need to improve our diet, eliminate toxins from our homes, get more exercise, become more considerate of others, change jobs, or get more sleep at night. There are also times when Jyorei produces seemingly miraculous healings, without the need for any change on our part. Jyorei both weakens the bad and strengthens the good. It works in more ways than we can imagine. Therefore, our job is not to diagnose an illness or problem, but only to share Light with compassion and trust.

The forehead area (some people refer to this as the Third Eye Chakra) gives us access to the frontal part of the brain, including the pituitary and the hypothalamus glands, which are located deep inside the brain, directly behind the bridge of the nose. The hypothalamus is a cluster of brain cells that sort out messages to and from the rest of the

body, and responds accordingly through the pituitary gland, which in turn produces the specific hormones that the body needs. These hormones are then circulated in the blood to the body's organs and tissues, including other endocrine glands. The hypothalamus is currently considered by many to be the master gland of the entire endocrine gland system, which is responsible for regulating many of the essential biological processes in the body. Thus, when we direct Jyorei to the forehead and the area behind it, the rest of the body is affected. Most significantly, directing Jyorei to this location also awakens inner spiritual perception and mystical consciousness.

The top of the head (some people refer to this as the Crown Chakra) gives us access to the pineal gland, which is located in the central part of the brain, just behind and above the pituitary and hypothalamus glands. The pineal gland produces and controls various hormones and neurotransmitters, such as melatonin and serotonin, which influence many important physiological activities, including our moods and energy levels. Thus, when we direct Jyorei to the top of the head, we are affecting another area vital to our general health and well-being. Transmitting Jyorei to the top of the head causes the energy to flow downward, thereby purifying and healing the entire body in the process.

Together, these two points promote homeostasis and balance within the body. Receiving Jyorei on the forehead emphasizes purification of the spiritual body, whereas receiving Jyorei at the top of the head has a greater healing effect on the physical body. Of course, spirit and body are interrelated, so each affects the other to a large extent.

The usual amount of time spent during a Jyorei session is just five minutes, although longer sessions are also beneficial. However, long the session, we cannot judge or quantify Jyorei based on duration because Jyorei is spiritual in nature, and Spirit transcends time.

When you give Jyorei to someone, always keep your heart aligned with God's love. If you do so, good results will surely follow. – Being Daijo, KW