

The Experience of Jyorei

What joy I feel at my life's renewal and even more so for the opportunity to give Jyorei.

– Affiliation

Ceremony. MK

The power of Jyorei can often be experienced through one or more of our five senses. In recalling a healing session, recipients often report feeling heat in various parts of the body or all around it. Other common experiences include: tingly sensations on the skin, feelings of gratitude or joy, subtle pressure in the head, calming of the breath, weightlessness of the body, subtle lights of various colors, faint inner sounds, the smell of flowers or incense, or deep inner peace. Some people even report spiritual visions of Meishusama or Kannon Bodhisattva.

If a person feels a bit sleepy or tired after receiving Jyorei, it may be because their body is redirecting its own internal energy to assist in the healing process. This may be similar to the tiredness one feels after eating a big meal; it is temporary, and will soon pass after the digestive process is complete. Such tiredness, after Jyorei, is a good sign because it indicates that a deep cleansing and healing is occurring within the body. Therefore, during these times, it might be helpful to lie down and rest for a while.

When people start receiving or giving Jyorei they often notice dramatic changes in their lives. The more often they engage in Jyorei, the more dramatic the results can be. Jyorei frees us from future suffering by purifying us of internal toxicity. Meishusama views all purification as an opportunity to learn and grow. It provides us with the opportunity to re-evaluate our lives and to seek inner guidance. Rather than resisting or complaining about our various hardships or pain, it is better to keep in mind that this discomfort is only temporary, and inevitably leads to greater health and happiness. Knowing this, it is better to feel grateful for the purification. Gratitude has a way of transforming even the most difficult of situations into something of inexplicable beauty and value.

Our blood can be viewed as a physical manifestation of the soul. Because of this direct link, when Jyorei is used to purify the soul, it also purifies the blood. On the physical level, as the body becomes free of toxins, the immune system gets stronger, and other biological processes move to a deeper state of balance, harmony, and vitality. Meishusama writes, “The spiritual clouding we are talking about also has a physical equivalent or expression, and this is poisoning of the blood and the accumulation of purulent matter in the body.” (*Sin and Sickness. HT*)

Meishusama often refers to Jyorei as purification by the spirit of fire, and when people are receiving it they feel heat. This heat can be a sign of physical healing, as the body will often raise its internal temperature in order to subdue harmful viruses or bacteria, such as when we have a fever, or to flush internal toxins from the system, such as what happens in a sauna. Jyorei also appears to activate the lymphatic system to further facilitate detoxification. Often people who have received numerous Jyorei sessions will experience powerful elimination symptoms such as runny noses with dark, thick discharges, skin rashes, tremendous sweating, boils, diarrhea, and even pus oozing out of their skin. These symptoms are usually the result of medicines, environmental

pollutants, and other poisons that the person has ingested or been exposed to in the past. Sometimes physical toxins can also be inherited from a person's ancestors. Meishusama explains that symptoms such as these are the outer effects of inner lumps of accumulated toxins melting and discharging from the body.

A useful distinction can be made between the symptoms of sickness caused by purification (proactive purification) and sickness caused by environmental pollutants such as contaminated food, bacteria, parasites, venom, pollen, smog, radiation, chemicals, or polluted water (reactionary purification). Although both types of sickness can be considered forms of purification, one is favorable, and the other is not. Purification caused by Light leads to greater health and happiness, whereas purification caused by toxins only slows down the gradual descent into ill health. With the former, it is good to appreciate the healing we are receiving, whereas with the latter, it is good to isolate and identify the cause of the discomfort, and to avoid further exposure to these substances whenever possible. This is a common sense and practical approach to dealing with sickness.

Sometimes one can help reduce the discomfort of purification by drinking plenty of water, which helps to flush toxins out of the internal organs and the lymphatic system. Additionally, as common sense tells us, eating foods with lots of fiber can assist in pushing sluggish toxins out of the digestive tract.

The lymphatic system is one of the body's most important means for eliminating toxins and metabolic waste products. But unlike the bloodstream, which is constantly circulating throughout the body because of the pumping action of the heart muscle, the lymphatic system depends on physical movement (including breathing) to carry these toxins out of the body. Therefore, some light physical exercise, such as walking, can be helpful. An added benefit of exercise is that it stimulates the bloodstream to carry active components of the immune system to where they can attack and eliminate viruses, bacteria, and other pathogens. In general, it's important to pay attention to the current needs of one's body, and to care for it wisely in order to go through one's physical purification smoothly and effectively.

Although many people feel or perceive such sensations as heat, pressure, vibration, or light when receiving Jyorei, it is not necessary to feel anything to benefit from the healing sessions. Some people never feel any immediate sensations from Jyorei, but nonetheless still benefit from the increased health and spiritual growth that it promotes. The important thing to look for when evaluating Jyorei is its practical effects in one's life.

Experiencing the various miracles produced by Jyorei gives people the opportunity to re-evaluate their beliefs about life. One may ask, "Is there a higher power or intelligence somewhere that has the ability to dramatically affect our lives?" This is the beginning of faith, which can inspire one to transcend one's limited conditioning and to step into a larger life, a life dedicated to spiritual values and to serving the greater good.

Testing out new things before coming to conclusions about them is often wise. Therefore, a little skepticism is welcomed. Cynicism, on the other hand, may not be so helpful. Such an attitude not only closes the door to new experiences, but also drains the joy out of our lives. During the healing session, if we can keep our hearts and minds open, then the full benefits of Jyorei will enter our being unobstructed. Jyorei is a form of non-verbal prayer in which peace, love, and joy are the means of prayer as well as the end result. To feel grateful for the Light is to fully participate in this prayer. This prayer

is not one of ritualized words, but of silent communion with the sacred dimension of existence.

Sickness that purifies body and soul is a gift from God. – Sickness. MK

Jyorei can be given anywhere and is not dependent on either the immediate surroundings nor on a person's personal beliefs and attitudes. Nevertheless, these can still influence the effectiveness of Jyorei. The following is a more complete list of the factors that can sometimes, to some degree or another, affect the power of Jyorei:

1. Spiritual level of the giver (The higher the level, the better, although only God can judge a person's level).
2. Attitude and intention of the giver – ideally gratitude, love, altruism, detachment, selflessness, humility, attention, and so on).
3. Attitude of the recipient, including physical and emotional needs (the more receptive the better).
4. Strength of spiritual cords between the people exchanging Jyorei (strong cords create openings for more Light to come through).
5. Number of people exchanging Jyorei together (the more the better).
6. Type of Ohikari the giver is wearing. (Please see section on Ohikaris.)
7. Proper arm posture and hand gesture (should be loose and relaxed, and focused in the right direction).
8. Physical environment, ideally clean, quiet, beautiful, and of a high vibration.
9. Duration of session (sometimes longer is better).
10. Particular circumstance (sometimes crisis can create opportunity).
11. God's Grace, which cannot be predicted or measured.

While it is helpful to consider the above factors, one should not obsess over them.

These are merely listed as helpful guidelines. What is most important is to be grateful for the divine blessings that Jyorei offers.

Although the Light of Jyorei is always the same at its source, our attitudes and receptivity greatly affect the power of its transmission. Because we are the physical transmitters of this energy, we have a sacred obligation to be as clear a conduit as possible. Letting go of self-preoccupation, distracting thoughts, and attachment to results allows the Light to move through us unimpeded. The more humility, purity, and love we bring to the session, the more both the recipient and we ourselves will benefit. Jyorei will be stronger and more effective when one embraces these positive attitudes.

It is important to realize that the higher the spiritual level of the source, the finer and subtler the radiations will be. This is a basic principle. And although radiations from the human body are all extremely powerful, it can be imagined that the power of these varies according to the individual, and that the power to transmit Jyorei to others varies with the power of the radiations. – *Natural Power. HT*

Furthermore, the thicker the aura of a person who gives Jyorei, the better will be the healing results of his cures. And, as he saves more and more people through Jyorei, he will receive more and more gratitude and appreciation, his aura will become even thicker, and the results of his healing will climb to new heights of splendor. – *Spiritual Radiation and the Aura. HT*

People are attracted to Jyorei for a variety of reasons. Some are looking for relief from their suffering, whereas others are more concerned with helping people. For the former group, Jyorei offers comfort and healing, and for the later group, Jyorei offers a wonderful way to be of service to their families, friends, and associates. Both, however, receive internal purification, spiritual growth, and greater personal happiness from sharing Jyorei.

Jyorei is the Light that will unify the peoples of our world and heal their aching hearts and troubled minds. It dispels spiritual clouds, which are the invisible influences that cause our suffering. As the clouds obscuring the soul are dispelled, the radiations of the spiritual body begin to increase in strength and power. Meishusama states, “The true object of our attention should be the soul, not the body.” (*Natural Power. HT*)

At the deepest level, sharing Jyorei strengthens our inner spirit. The stronger and more radiant our spirit, the happier and more positive we become, and also the more capable we become of helping others. With progress, we become increasingly motivated to create love and harmony in our environment. Our aesthetic sense becomes more developed and we become more sensitive to the conditions of the world around us.

It’s important to remember that God is using us as an instrument to help heal and transform the world spiritually. As Meishusama says, “Human beings do not have the power to perform miracles; only God can perform them.” (*Religion is a Thing of Miracles. HT*) There is no better way to realize a perfect society than by purifying the spiritual bodies of more and more individuals. The more people actively share Jyorei, the sooner will our world transform itself for the better. Each of us can make a difference in the lives of those around us. Anthropologist Margaret Mead said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, that is the only thing that ever has.”