

# THE PRACTICE OF JOHREI

An excerpt from

*THE TOTALITY OF GOD*  
**AND THE IZUNOME CROSS**



Unlocking the Secret to the Riddle of the Ages

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*Author's Note: As readers of the complete text know, my work is based on the philosophies of Mokichi Okada, founder of a world-wide spiritual movement whose purpose is to serve in the creation of a Paradise on Earth, as well as on the Izunome Cross, the sacred symbol he designed as humanity's roadmap to it. While the organization has many branches under various names, all practice Johrei, the spiritual therapy he taught to help alleviate the sufferings of poverty, conflict, and disease. I was introduced to the movement in 1994, and was immediately attracted by a spiritual practice that anyone, regardless of faith, could incorporate into their daily lives. Johrei has been a part of mine ever since. Hence, I have often referenced it when appropriate, and two essays dealing with my thoughts on its spiritual nature have been collected in the stand-alone article SPIRITUAL HEALING vs. ENERGY THERAPY – PRAYER vs. INTENTIONALITY. But one extended mentioning I felt was worth excerpting in regard to its practical application. Please realize, though, that these comments are based on my own practice and observation, and are not meant to represent the teachings of any of Mr. Okada's branches. Also, my focus on Johrei as a spiritual therapy is mainly do to the knowledge I've gained from practicing it and is not a slight to any other such therapies. All have their place and purpose in humanity's betterment.*

By now, the reason shouldn't be a mystery when I say that all words contain energy. Thus, we study them not just for their linguistic meaning, but for what they represent energetically in our lives! Words speak the Faith in our Heart – giving voice to the Truth that flows from our Soul. Together they become Intention; and for you to accomplish anything in life, *you have to put your Intention into it*. When Intention comes in the form of a prayer, we are *petitioning our desire* to God; in the form of a thought or statement, we are *announcing our will* to the Universe.

Syndicated radio personality Mike Kellogg once mentioned that results from studies indicate there are three ways words convey our True Intention. The one with the least impact, surprisingly enough, is their actual meaning. The next in importance is the tone of voice, and the most important of the three is body language. What an interesting way for human behavior to mirror the triunity of Mind, Spirit, and Body!

While the conveyance of intention within language is important to study, as Mr. Kellogg dramatically points out, I believe that verbal intention combined with Spiritual Intention will have a much greater role to play in the area of 21<sup>st</sup> century personal healing. Spiritual energy therapies have been taught and used for tens of centuries. However, I feel one particularly suited to contemporary needs is *Johrei*, because – aside from requiring no attachment to a specific theology, and thus excluding none – its healing energy can be activated through the power of Intention. When accessed and transmitted as Mokichi Okada instructed, the *Giver* is physically disconnected from the *Receiver*, so the energy thus sent isn't tied to the Negative Physical Realm. Only Positive Spiritual Energy gets through, and it gets there through intention, set within an act of prayer. That intention can be *wide*, as is a general intention to clear away a person's clouds so they can be happy. However, it can be *narrow*, as well. That is when the *therapy* of *Johrei* can be combined with the *tools* of *Quadrality*. Use the tools I've provided you through *Quadrality* to isolate the pain in your life and reveal its spiritual cause. Then, one's intention while sending the *Light of Johrei* can become quite narrow and focused, and as a result, its rays – as is the beam of sunlight from a magnifying glass – thus making it all the more powerful to clear out the specific issue being addressed through that intention.

An added benefit from this is the *Giver* also becomes a *Receiver* in that process. After all, for the *Receiver* to be transmitted the Light of God, it has to pass through the *Giver* first. And by the *Spiritual Law of Multiple Return*, healing energy thus sent through an intention is also thrice received.

Additionally, and even more importantly, there are no exclusions made for the God one chooses to petition through prayer for *Johrei* (if it is even "a god" one is petitioning), except that *the Source* be shining with the *Light of Love*.

Duality, essential to the *Principle of Balance*, can find its way even into the practice of *Johrei*. When Mr. Okada began teaching it, some physical contact was involved. He adapted the use of a fan from the Omoto religion that was a part of his life prior to starting his own spiritual movement. Eventually, he began to realize that physical contact must be removed completely to access and send the highest Spiritual vibrations. In this way, an individual's spiritual clouds could be purified at a level only accessible by the pure energy of God willfully transmitted by a mortal being.

It is my feeling that *Johrei*, like everything else in the Universe, has both a Spiritual and Physical component intended to function on both those levels. One of them obviously must be transmitted in the way Mokichi Okada directed. However, the Physical component of *Johrei* can be sent through physical touch to implement the purification of the physical component of those clouds. Since these components,

while still existing within the Spiritual Realm, are more tangible in nature, I'd like to refer to them as *spiritual knots*.

Many people seek the care of trained body-workers to relieve physical knots, tangible muscular conditions that can be the result of physical issues such as solidified toxins or overexertion, or spiritual issues such as stress, worry, anger, etc. All of these, however, are taking place within the Physical Realm. Therefore, body-workers can address these knots either on the purely physical level – muscular or skeletal – through massage, heat, chiropractic, etc., or on the more spiritual, neurological or energy flow level, through acupuncture, acupressure, and so on. Some therapists combine approaches to address both sides of what are essentially Physical Realm *blocks*.

Spiritual light-workers, trained to heal through God's energies, can likewise use a two-flanked approach on Spiritual Realm *resistances*. A *Johrei* giver can, I believe, address the physical aspect of spiritual clouds by incorporating the use of touch or gentle massage while invoking the Light of God to be transmitted through their fingers to heal the specific spiritual knots a person might need to release. Interestingly, a massage therapist can do the same to address the spiritual knots at the core of the physical knots they're working on. Thus, light- and body-workers can cross over to the realm of the other, much in the same way as the Spiritual and Physical Realms connect between their 2<sup>nd</sup> and 3<sup>rd</sup> Rules.

Extreme care must be exercised in this practice, however, regardless of the approach taken. Since physical touch is involved, the potential for the transferal of negative energies in either direction must be considered. Therefore, the selection of the healer by the one seeking the healing is critical (213) since a healing performed without the best of intentions, or by someone not in the proper frame of mind, could potentially harm the recipient. To draw an analogy, you can't pour pure water from a dirty vessel. Likewise, the healer must seek God's protection from the negative energies being released by the recipient. (214) The spiritual and physical energy systems of the individuals involved interact. While affecting the frequencies being transmitted was his primary concern, Mr. Okada eventually taught the practice without physical touch also to insure against either occurrence.

However, if safeguards are maintained, I have discovered for myself that progressive levels of healing can be obtained through a combination of spiritual and physical modalities – from the broadest general spiritual issues to the most localized specific physical ones.

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213 *(Actually, such a selection is important regardless of the mode of treatment a person is pursuing. A wide range exists in the capability of all care givers, usually, but not always, through no fault of their own. Inherent talent is a factor in all professions; but occasionally even talent falls prey to personal abuse or neglect. In essence, the care giver has clouds they themselves need to address in their lives. Nonetheless, certain healers, therapists, or other medical professionals seem to earn a reputation for exceptional or unique aptitude, excellence, or patient skills, with commensurate results. It would make sense, therefore, to seek these individuals out in times of need, basing a decision on those personal or professional qualities most important to you.)*

214 *(In fact, I've been told that the lives of Qigong masters may be shortened simply as a result of the illnesses they inadvertently absorb. For this reason, Pranic healers attempt to neutralize through the use of water the negative energy removed from their subjects.)*

This doesn't mean that the road to healing won't be a bumpy one, and I offer this bit of advice to all who seek to pursue it. Mokichi Okada referred to the release of spiritual clouds as purifications. He taught that in the case of physical toxins, or a bodily dysfunction, these purifications will generally also come in a physical form, even though the underlying cause of such conditions is spiritual in nature. One's natural reaction to this may be to treat the purification. To do so would defeat the purpose of the purification itself, which is to release the toxins once and for all. While a physical purification may be uncomfortable, the eventual problem or disease that would occur if left inside the body will be much more serious or even life-threatening. The continued use of *Johrei* should enable the individual to prevail until health is restored. However, in the case of a very serious condition, medical treatment may be needed; and neither did he nor would I want to discourage the ill from doing what they felt was in their best interest. Both spiritual and physical methods of healing have their place, and in the case of traumatic injury the latter are unquestionably necessary. (It would be nice to live in a world where doctors and healers recognized each other's gifts and cooperated at all levels of patient care, giving the health of the patient, and not one's ego or the bottom line the utmost priority.)

To the above comments on purification based on Mr. Okada's teachings, I would like to add that they can also occur on the spiritual or emotional level. This is something for which a patient is often not prepared. The spiritual knots that I previously referred to contain information stored energetically within our cellular memory. Both body- and light-workers can effect the release of these memories, which cause the unconscious imprint of those aspects of our past at the core of our present issue to enter into the physical realm through conscious confrontation.

When the core issue is more spiritual than emotional, the realization that enters into awareness can center on the acknowledgement of incorrect spiritual options one has allowed, and a recognition of the need to change the behaviors associated with them in order to effect a positive life-transformation. Whether you think of it as a transgression of the Will of God or the Energetic Laws of the Universe, to transform an unhappy life made so by deceit, criticism, addiction, or any spiritually negative behavior requires a sincere desire and effort to eliminate that behavior. Such a decision is often very difficult to make, since it causes us to question modes of behavior that we have considered essential for dealing with life. Thus, it can be even more difficult to live up to. It is at those times when a commitment to follow a spiritual path and take advantage of whatever strength that path provides, is crucial to one's success. Obviously, the use of *Johrei* is worthwhile to help a person maintain that commitment and connection to God, regardless of the path chosen.

As difficult as a spiritual purification may be, purifying emotionally or mentally based issues can be even tougher, often going hand in hand with spiritual conflicts. To have to suddenly face and deal with a painful or traumatic memory, or the guilt, fear, grief, anger, resentment, or other emotion long forgotten or perhaps never even consciously perceived, can be overwhelming even if one is prepared for such an occurrence. To do so without preparation can be disastrous, and a patient should feel secure in knowing that the person trying to help them will be understanding of this aspect of the purification process. Therefore, the best way to insure that is for the healer or therapist to prepare the patient for its possibility, and to request to be kept informed of whatever may come up as a result of the treatment. It is also wise for any practitioner to keep in mind the limits of their expertise, and to encourage a patient to seek spiritual or psychiatric counseling to help work through the

purification. In fact, when handled with love, even the most painful of memories can be diffused and eventually seen for what they are – an event from the past that, like an annoying pebble in our shoe, can be discarded through a willful decision to do so. Again, *Johrei* can be of help in the dissipation of harmful emotional negativity. (215) (This help can extend to practitioners, as well. There are times when it is best to send *Johrei* with love to oneself. Self-protection from negative energy is one. Another is more for the benefit of the patient – to assist the healer or therapist in accessing the wisdom needed to effect a cure.)

This process of purification, on both the spiritual and physical levels, can even be intensified by the combination of their respective modalities. When you invoke the Light of God, God takes that request very seriously. He expects that such a request is being made because a person truly wants to be healed, regardless of what it might take to do so. While the prospect of purification at this level may cause you to think twice before you seek it, the prospect of life without suffering will generally far outweigh the price.

One last word of caution to professional light- or body-workers who choose to incorporate *Johrei* into their practice. It was Mokichi Okada's desire that no fee ever be charged for *Johrei*, and that it should never become advertised as part of a commercial healing modality. But, say a patient knows that a particular healer also practices *Johrei* and asks for it to be incorporated into the treatment, and the practitioner does so without any additional financial consideration. Then, I think nothing but good can be in the result as long as all safeguards are met. After all, God wants each one of us to experience *Paradise on Earth*, and the more tools we have at our command to do so, the better off all Humanity will be. But obviously, as more and more people begin to incorporate *Johrei* into a daily lifestyle, it will become increasingly more difficult to see where the line is being drawn.

Thus, I think that Mr. Okada's original intention for people to give *Johrei* as he instructed, and as a spiritual practice incorporated into any other form of worship they choose rather than as something to seek for treatment, is best overall. *Johrei* can have profound effects on a physical level, and its use as such shouldn't be overlooked. But its true purpose is to achieve healing on a spiritual level, and that'll always occur. What happens physically as a result is better left to the Will of God.

*215 (Within the general category of light-workers I would like to include those who deal with the more physical aspect of spiritual Light – the Mind. It is my personal feeling that Johrei can also be used by psychotherapists and trained counselors, but naturally, only with the knowledge and at the request of the patient. Such use, I feel, would not only help in the process of memory recall, but in the release of the issues that come up as a result. Please realize, though, that the combination of modalities can produce some fairly dramatic results, at a rate and to a degree that may be too much for the patient under care. This is a new, yet-to-be-explored area of healing, and caution must be exercised by those who seek to enter it. I feel confident that great results can be achieved, especially if we share the knowledge gained with colleagues who choose to join us.)*

*The success of energy therapies in physical healing is already being documented. Success in the arena of mental healing should soon follow. It is surely possible that when the use of Johrei is properly integrated and balanced with conventional approaches, and administered in a loving and compassionate environment, mental disorders thought to be beyond help or hope can be relieved.)*

Please understand that I have been speaking of *Johrei* in this way – as a universally applicable healing modality – because I’ve had personal experiences re its effectiveness, and truly appreciate its purpose and place in the creation of a better world. But that is not meant to imply I don’t recognize and respect other energy treatments. Those coming from truth have the potential to effect a positive impact. As with all things within the **Four Pathways to Light and Truth**, each person can harmonically align with and receive relief for their specific issues from one or more.

You may wonder why I keep using the term purification for medical conditions that we would normally associate with illness. A purification is a dissipation of an accumulated negative energy through a physical means. There is no real difference between an illness and a purification at the physical level. Calling it a purification simply acknowledges both the spiritual and physical aspects of the process. Purifications, however, do not just come in the form of illness; for instance, a loss of ill-gotten wealth or power would also be considered a spiritual purification.

A purification is any occurrence that causes us to question the spiritual appropriateness of choices we’ve made in life that may have led to a negative physical result or condition. This can get fairly complex at the karmic level since the possibility of a purification arising from a former life, or even as a resolution of ancestral karma, exists. I realize this may sound like a lot of highly speculative mumbo jumbo; and I don’t claim to have proof of it. And those that do generally immediately come under the attack of debunkers – often rightly so. And yet, I acknowledge and personally know gifted people who have the ability to perceive such things. Regardless, it is unquestionable that all things contain a spiritual and physical aspect. The acceptance of the possibility of such trans-life karmic consequence would help to explain children who are born with, or develop at an early age, physical maladies for which they could have no personal responsibility.