

「天照皇大神」靈氣

Amaterasu Reiki



2002

East Wind Holistic Healing



A hanging scroll from the Grand Shrine of Ise.

Amaterasu Ōmikami

(also read: Tenshō Kōdaijin or Amaterasu Sume-Ōmikami)

The inscription gives a popular way of writing the name of the goddess: “Heaven-Illuminating Imperial Great Deity.”

Contents

I. What Is Amaterasu Reiki?	7
What Is Reiki?	7
Modern Connections	7
II. An Introduction to Amaterasu	9
Who Is Amaterasu	9
III. Amaterasu Re-Emerges	12
IV. A Brief Look at Shinto	20
Historical Developments	20
State Shinto	20
Sectarian Shinto	20
Tenri-kyō	20
Shinto Absolute	20
V. The Practice of Amaterasu	21
The Prayer of Heaven (<i>Amatsu Norito</i>)	21
Amaterasu Meditation	22
Amaterasu Chakra-Cleansing Exercise	22
The Meditation of the Twin Hearts	24
VI. Some Images of Amaterasu	27
VII. The Process of Using Amaterasu Reiki	35
VIII. Symbols to Use with the Amaterasu Healing Energy	35
1. HŪNG	35
2. Amaterasu Ōmikami	36
3. The <i>Hikari</i> Symbol of Amaterasu's Great Bright Light	38
4. The Double / Triple <i>Tomoe</i>	38
IX. Self-Empowerment Method	39
X. Attunement Method	39
1. Synergy Reiki Method of Amaterasu Empowerment	39
2. Tibetan <i>Reiju</i> Empowerment Method	41
Appendixes	42
1. A Prayer: <i>Ama-no-Kazu Uta</i>	42
2. <i>Chinkon</i> and <i>Misogi</i> Exercises	43
3. Oracle of the Sun Goddess, Amaterasu Ōmikami	48

AMATERASU REIKI

I. What Is Amaterasu Reiki?

What Is Reiki?

Reiki, a Japanese word (pronounced “RAY-key”) means universal life-force, or Divine energy, and indicates a system of healing that many feel may have had its origins in Tibet. This practice is said to have been handed down from the ancient teachings of the Vedas, a compilation of scriptures that were given to the great Rishis (wise men) many thousands of years ago. The oldest known existing text is over 5,000 years old. Although this may be true, it is also true that the modern founder of Reiki was also very deeply involved in Shintoist movements; indeed, there had been a type of Shinto known as Ryōbu Shinto, in which all divine beings were considered to equally belong to, and be revered in, both Buddhism and Shinto. In that system, the Sun Goddess, Amaterasu Ōmikami (天照大神, “Heaven-Illuminating Great Deity”; 天照大御神, “Heaven-Illuminating Great August Deity”; or 天照皇大神, also pronounced Tenshō Kōdaijin, or Amaterasu Sume-Ōmikami, “Heaven-Illuminating Imperial Great Deity” are the three most popular ways of writing her name), was equated with the Great Buddha who now sits in Tōdaiji, the Buddha Mahā-Vairocana (大毘盧遮那, “Great One Who Is Like the Sun,” or 大日如来, Great Sun Tathāgata).

Reiki is not a religion. Although this healing practice is known in all cultures throughout the world. It has a built-in spiritual dimension. Reiki is a unity concept, because it is now accepted globally. Reiki teaches unity and harmony. Reiki is in harmony with nature and can be used to heal plants and trees, people and animals, and can even be used to help purify and harmonize water and air.

Reiki was discovered at the beginning of the twentieth century by a Japanese man named Mikao Usui. He later developed it into a system of healing that he passed on to others by means of a system of empowerments, or attunements (in Japanese, the word is *reiju*, which means “receive the energy/spirit”). It is now practiced by millions around the globe.

Modern Connections

Growing knowledge of other ancient healing systems sheds light on the pre-Usui origins of Reiki. Shintoism is normally thought of as just worshipping one’s ancestors and reciting *norito* (daily prayer rituals). However, it is believed that there was also a healing system, taught orally from teacher to student, that used *kotodama*, the power of the Word, that is similar to the Reiki method of healing and that involves initiation and attunement. It is likely that what Patrick Zeigler rediscovered, or redeveloped, was formerly an ancient Tibetan technique that had been incorporated into Shinto but that had been lost. It is known that a spiritual lineage of this type may end due to the failure of the teacher to pass it on. The lineage may then resume hundreds or thousands of years later when a monk or spiritual seeker receives instruction and empowerment during a mystical experience. Perhaps this is what happened to Usui. Perhaps he had been a Healing Master in a past life and this gave him the determination to seek the healing power again. Perhaps the lineage had come to an end only to be started again when Usui’s Reiki was reactivated during his mystical experience.

adapted from: <http://www.reiki.org/FAQ/HistoryOfReiki.html>

It is slowly coming to light that what Hawayo Takata once taught about Usui as being a doctor and a Christian minister turned out to be completely false, and that what has been uncovered concerning Usui’s various Buddhist connections, though basically sound, may not be the whole story.

It is well known that there were a number of new cults and religions being founded at the end of the 19th and the beginning of the 20th centuries, and it is also known that they were all Shinto derivatives that used chanting (*kotodama*) and practiced healing with the light, and it is instructive to take an overview of them here.

ŌMOTO KYŌ (大本教, “Religion of Great Fundamentals”)

- Founded by peasant woman **Nao Deguchi (1836–1918)** who received oracles from the *kami* (gods). In 1892 when planting a flower called in Japanese *ōmoto*, she was possessed by a *kami* who announced: “This is Ōmoto, the Great Foundation of the World: the teachings of the Great Beginning, the First Cause, shall be preached.” Turned into an organization by her son-in-law **Ōnisaburō Deguchi**. Denied registration as Cult Shinto because of political stance. Fell into decline during the war, when Ōnisaburō was convicted of treason, but was restored in 1946 as **Aizen’en** (“Garden of Love”), preaching the divine plan of universal love.
- Shares many of the features of the popular Buddhist sects with its messianic message of a coming catastrophe (the Buddhist Latter Day of the Law).
- Like its predecessor Tenri-kyō, it proclaims its headquarters in **Ayabe**, the centre of the world.
- Also amongst the first to incorporate scientific and pseudo-scientific ideas in its doctrines.
- The founder was fond of inscribed calligraphic versions of **Kōmyō** and **Dai Kōmyō**.
- A model for later new religions.

SEKAI KYŪSEI KYŌ (世界救世教, “Church of World Messianity / Religion for the Salvation of the World”)

- An offshoot of **Ōmoto-kyō** founded by former **Ōmoto-kyō** member **Mokichi Okada (1882–1955)**
- Promotes faith healing, known as *jōrei*, and organic farming
- NOTE: This is the parent organization for many other groups, including the Johrei Fellowship (USA) and MOA International.
- The founder was fond of inscribed calligraphic versions of **Kōmyō** and **Dai Kōmyō**, and the group’s *go-shintai* (“embodiment of the deity”), a scroll inscribed with the words **Dai Kōmyō Shin Shin**—“Great Bright Light True Deity.” This name is very reminiscent of Amaterasu Ōmikami (“Heaven-Illuminating Great Deity”), the Sun Goddess, and progenetrix of Japan’s Imperial House.
- The cult [**Sekai Kyūsei Kyō**] was founded in Japan when **Mokichi Okada** claimed to receive a special revelation from God in **1926**. As his followers await the dawning of the “Daylight Age,” they practice *jōrei*, the “sacred act of channeling the Divine Light to the spiritual body” through the palm of the hand. This is done to dispel clouds of karma, “throw off toxins,” and “develop greater spiritual awareness.” Founded on the basis of Cult Shinto, the group was perhaps one of the purest Shinto-derived groups of the time.

MAHIKARI (真光, ‘True-Light Organization’)

- The founder of **Mahikari**, a man named **Yoshikazu Okada (1901–1974)**, had been a member of **Sekai Kyūsei Kyō** before receiving his own revelations in 1959, which have been collected into a scripture called *Go-Seigen*.

SŪKYŌ MAHIKARI (崇教真光, ‘True-Light Supra-Religious Organization’)

- founded by **Kōtama Okada** in 1959. Yoshikazu Okada, who changed his name to Kōtama (“Jewel of Light”) after a vision had originally been a member of the **Sekai Kyūsei Kyō**. The True Light religion emphasise healing through the exorcism of evil spirits. Its members perform “miracles” such as healing disease and raising dead goldfish to life. They claim to have been built on Christianity but superseded it. Jesus did not die but came to Japan. (In fact, he is buried with his brother, James, in the Aomori village of Shingo!) In 1973 Okada sought an audience with the Pope in Rome and afterwards claimed that the Pope had approved his organization.
- The two sects **Mahikari** and **Sūkyō Mahikari** both practice a nearly identical form of healing called *o-kiyome*, in which God’s Light (*jōrei*) is focused through a pendant worn by the practitioner called the *o-mitama*.
- Perhaps it should be noted that Mokichi Okada and Yoshikazu (Kōtama) Okada are not related.
- The founder was fond of inscribed calligraphic versions of **Kōmyō** and **Dai Kōmyō**.

- (NOTE: The members of the Church of World Messianity/Johrei Fellowship/MOA International also wear a golden pendant, which they call “O-Hikari-sama,” without which they cannot channel the Light and Divine Energy.)

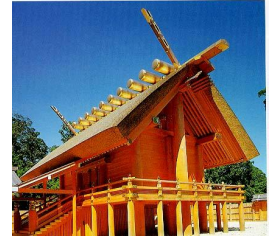
KOTODAMA: MORE COINCIDENCES AND AN USUI CONNECTION

- The practice of *kotodama* (“the Spirit of the Word”) is to repeat the sacred syllables and intone them. The power of the word-spirit resonates in the vocal cords and vibrates the air, spirit, heart, and mind of the person directly.
- The history of the practice of *kotodama* is not entirely clear. Some scholars indicate it is from Shinto origins, while others trace a Shingon Buddhist path. Most likely it is some combination of both, as the two religions, ideologies, and practices were interwoven through history in Japan. *Kotodama* is commonly used in Shinto and Neo-Shinto rites and rituals. It also occurs in **Ōmoto-kyō** and Aikidō. It is interesting to note that Usui is said to have been a Shingon Buddhist while growing up.
- It is said that Usui taught *kotodama* as a spiritual practice at level II (Okuden) in Reiki. What is particularly fascinating is the interconnection of this practice to many of the healing practices that were developing at the time that Usui originated Reiki.
- Morihei Ueshiba** was the founder of Aikidō, and he incorporated *kotodama* into his Aikidō. It is said that he learned the practice in 1919 from **Ōnisaburō Deguchi** who developed the art of **Ōmoto-kyō** and then went on to study the practice in Shingon Buddhism. Deguchi was considered by some to be the leading *kotodama* master in the country at that time. Ueshiba was a follower of **Ōmoto-kyō** until his death in 1969.
- Another connection to **Ōmoto-kyō** occurs in the religion of Johrei. **Ōmoto-kyō** was studied by **Mokichi Okada** (Meishu-sama) who developed **Sekai Kyūsei Kyō**, better known as MOA International and as the Johrei Fellowship worldwide. Like Usui’s Reiki, Johrei also uses **Reiju** to empower its followers.
- So what we have here is an interesting concurrence of interconnected circumstances:
- * *Kotodama* is said to have been taught by **Usui** in level II Reiki.
 - * The leading *kotodama* expert during the time of Usui’s life was **Deguchi**.
 - * Deguchi’s teachings show up in other energy related healing arts such as Johrei, whose founder, **Mokichi Okada**, studied with Deguchi. His **Sekai Kyūsei Kyō** uses reiju as an empowerment with his followers. This is also the technique used by **Usui** in his reiki.
 - * The founder of Aikidō, **Morihei Ueshiba**, also studies with **Deguchi** and incorporates *kotodama* in his practices. Aikidō also used many Ki techniques, including developing, strengthening, and healing with Ki.
- An interesting set of coincidences. Are any of these related? Possibly. Add to the mix that **Morihei Tanaka** was alive at the time and in the same general area teaching his **Dai Rei Dō** (“Way of the Great Spirit/Energy”) and his system used **Rei Shi Jutsu**, or Universal Energy Techniques, to heal. **Tanaka** was said to be a teacher of **Usui**. My suspicion is that **all** of these people knew or knew of each other and that ideas from the various groups flowed together forming an interesting synthesis that became their various practices (**Ōmoto-kyō**, Aikidō, **Johrei**, and Reiki). Even if it is nothing but coincidence, it surely whets the intellect and leads to some interesting speculation. Perhaps other writers will be able to explore the interconnections of these practices that were evolving at the time further.
- Thus, Usui was a student of Deguchi (**Ōmoto-kyō** / *kotodama*) and Tanaka (**Dai Rei Dō**), and was also contemporary with Morihei Ueshiba (Aikidō), Mokichi Okada (**Sekai Kyūsei Kyō**), and Yoshikazu Okada (**Mahikari**). Noticing the names, it is also interesting to note that the man who erected the Usui memorial at his gravesite in Tokyo was named Masayuki Okada. It is unclear how or if any of these Okadas were closely related. What is certain, however, is the strong connection with *kotodama* and Shinto.

II. An Introduction to Amaterasu

Who Is Amaterasu?

The Great Sun Goddess of Japan, she is the supreme deity of the Shinto religion and is ruler of all the *kami*, the gods, or, more properly, the forces inherent in nature. She is the “Great Shining Light” that illuminates the heavens and earth. Her special sacred site is the Grand Shrine of Ise, where she is enshrined in the Inner Sanctuary (shown at right; *below right*: the steps leading to the outer gate of the inner sanctuary, in which the Great Bright Light is enshrined.)



In the mythology of Japan, according to the eighth-century *Kojiki* (Records of Ancient Matters), in the beginning there was chaos, and yin and yang, the heavens and the earth, the waters and the land were not separated. Heaven formed first, and then earth, and numerous gods were born who remained hidden. Then a reed-shoot rose up from between heaven and earth, and it transformed into the first god, Kuni-toko-tachi no Mikoto (“Earthly-Eternally-Standing-August Deity”). Next the Eight Divine Pillars were born, and last two being Izanagi (“He Who Invites”) and Izanami (“She Who Invites”). She gave birth to several *kami*, but when delivering the god of fire (Kagu-tsuchi), she died. Izanagi grieved, and followed her to the netherworld (Yomi no kuni). He begged her to return to the world of the living with him, and she left to prepare for the journey, admonishing him not to look at her until they were back. Like Orpheus, however, he looked, and saw her putrefying flesh



Isuzu River, in which Izanagi purified himself

swarming with maggots. He ran away and eventually returned to this world, where he immediately bathed himself to wash away the defilement. When he washed his left eye, Amaterasu Ōmikami (“Heaven-Illuminating Great-August-Deity”), goddess of the sun, was born; when he washed his right eye, Tsuki-yomi no Mikoto (“His Augustness Bow-like Moon”), god of the moon, was born; and when he washed his nose, he sneezed, which produced Take-haya Susano-o no Mikoto (“His Brave-Swift-Impetuous-Male-Augustness”), the god of storms.

Amaterasu ruled the Plain of High Heaven (Takama-no-hara), Tsuki-yomi ruled the seas and the night sky, and Susano-ruled the earth, and all got along well for a while. But once in a drunken rampage, the jealous Susano-o trampled Amaterasu’s rice fields, filled in her irrigation ditches, and threw feces into her palaces and shrines. Amaterasu pleaded with him to stop but he not only ignored her—he then went on to throw the carcass of a partially flayed piebald horse into her weaving room—at which her weaving maidens, startled, leaped up, and, in Chamberlain’s quaint rendering, *impegerunt privatas partes adversis radiis et obierunt*—impaled their private parts on the spindles and died! (In the seventh-century *Nihongi* [Chronicles of Japan], it is Amaterasu herself who wounded herself on a shuttle, but not mortally.) In protest at this great and evil violence, Amaterasu withdrew into a cave and sealed it shut with a giant rock.

As a result, the world was plunged into darkness. Without her light and warmth, the gods of rice and all living things began to wither and die. The eight million gods gathered in front

of the cave and tried to coax her out, pleading with her to return. But Amaterasu remained unmoved.

Then the voluptuous young goddess of merriment named Ame-no-Uzume turned over a washtub. Standing on top of it, she began a sensual dance, stamping out a rhythm with her feet on the washtub. She eventually exposed her breasts and lifted her skirts. Her audience clapped along, shouting and laughing with delight. Behind Uzume was hidden a great round mirror. When Amaterasu peeked out of the cave to see what all the commotion was about, Uzume moved aside and Amaterasu stared directly into the great mirror. Amaterasu, who had never seen her own beauty before, was dazzled and delighted. She was surprised at the bright face she saw, and said “white face,” which is a direct translation of the Japanese phrase *omo-shiroi*, which really means “interesting, fascinating.” Just then, Tajikara-o (“He of Powerful Arms”) rolled back the stone. Amaterasu returned to her heavenly throne to warm the winter-weary earth. All the *kami* rejoiced in her divine warmth and light. Life stirred and the world turn green once again.

[**Note:** The myth of Amaterasu’s having secluded herself in a cave could have an astronomical meaning. Susano-o’s increasing violence toward her is the lunar disk slowly erasing the face of the sun. When it completely covers the solar disk, Amaterasu is hiding in her cave. The visible solar prominences and flares are the dancing of Uzume, and the shimmering corona is the presence and laughter of the 800 myriad gods. When she peeks out to see what the ogds at laught at, and a flash of white light is seen, this is the “diamond-ring” effect. And Tajikara-o’s pulling way the stone is the retreat of the moon before the sun. SO it is not surprising that Amaterasu is deeply linked here to another eclipse. —SC]

The royal family of Japan traces its descent from Amaterasu. She sent her grandson, Ninigi no Mikoto, to pacify the Japanese islands, having given him the sacred mirror, sword, and jewel (*magatama*) that became the Imperial Regalia. His great-grandson became the first Emperor Jimmu. An important part of each emperor’s coronation ceremony takes place at Amaterasu’s main temple at Ise, which houses the sacred mirror. This mirror is her *go-shintai*, the object into which the Goddess’s spirit enters to be present at ceremonies and to listen to the prayers addressed to her.

Cocks, which roam in profusion on the temple grounds, are sacred to her because they salute the sun each morning at dawn. It is the rising sun, Amaterasu’s emblem, that appears on Japan’s national flag, and Japanese people used to welcome her each morning with prayer and hand-clapping. Kites and heavenly arrows are also her emblems.

Celebrations in her honor as Amaterasu Ō-mi-kami, ruler of all the *kami* take place on July 17. During this Great Festival of the Sun Goddess, street processions go on all day. She is also honored on December 21, the winter solstice, in celebration of the rebirth of light—Amaterasu coming out of Her cave to once again warm the earth.



Utagawa Kunisada (1786-1865). *Amaterasu Emerges from the Light*.
(colored woodcut, no date).

III. Amaterasu Re-Emerges

information from Drunvalo Melchizedek and the Flower of Life

Background: A Time of Great Change—Love is the Answer for Every Question

... This is the time we have been all preparing for the last 13,000 years—1998 to 2012, a fifteen-year period. If everything all the prophets have said about that period of time comes true, we are about to be truly changed into a new kind of human. Even science agrees that it does appear to be true; the children with the four extra codons turned on in their DNA are the buds of a new human race.

So what is it about 1998 to 2012? All the prophets of the past have pointed to this time. The Indigenous People of the World; the Native Americans (the Hopi & the Taos pueblos); the Zulu Tribe in Africa—all believe in the coming change. The Maya believe in the prophecy of their elders and the “Sixth Sun,” that the Seventh Sun is coming. **The Japanese believe in the prophecies that “Amaterasu” is returning to earth at this time.** And then there is Nostradamus and his predictions and Edgar Cayce and his prophecies. Edgar Cayce is probably the most detailed and descriptive in his prophecies. He said there would be a new earth pole in the winter of 1998. Even the United Nations believes that within this period of time the earth will double its population, and most of the earth will die. The message of the Flower of Life is that the change will happen during the next 15 years. We are ready now, but Life will decide when we will move.

So now that the Time of Great Change is here, what do we do?

What is truly important here is your state of consciousness during this transition. Your consciousness can overcome any of the physical problems.

See and Live the Unity of Life.

If you know there is only one God and that all life is intimately connected together, and if you see this unity everywhere, and finally if you live this unity in your everyday life, Mother Earth will protect you and carefully lead you into the next world. This is the great secret of Life and the protection that Mother Nature will provide. ...

So the key to interdimensional survival is to remain positive and in love with life even when the outer world may seem hopeless. Know the perfection of Nature.

—Message from Drunvalo Melchizedek

In Fulfillment of a Prophecy

The following is the story of Drunvalo’s fulfillment of a 3,000 year old prophecy. Drunvalo Melchizedek is an interdimensional being and a member of the Melchizedek Order, here on Earth to remind us of forgotten ancient teachings, the most important of which is to feel and know our connectedness to all life; to know that we are all one; to open our hearts to unconditional love, and to see God in the eyes of everyone.

Drunvalo believes that Amaterasu is gaining strength and that her re-emergence is going to be felt, not just in Japan but all over the world. Below is a channeling purporting to be from Amaterasu herself.]

Greetings, this is **Amaterasu**!

I am Love.

You are Love.

We are Love together!

Today is a Bright day for Humanity, for you are coming of age as a species. You are in the process right now of becoming aware of a New Consciousness that has been arriving since the asteroid hits upon Jupiter. Now the ramifications of that energy are becoming apparent in the mindsets and emotional bodies of everyone on earth today.

You have all been experiencing the speed with which life is evolving. You are all noticing in your lives relative to your individual growth, your relationships, your families, and your work or vocation how time is speeding up (you can’t keep up with your day-to-day activities—there isn’t enough time); how space is reducing itself (with the Internet and other technologies the earth is much smaller than it used to be in communication outlets); and how in intercommunication among species (plants, animals, and humans), you have an uncanny “knowing” either everything about the “other,” what they are going to say, do, or want, or you find the “other” even that of your closest, nearest, and dearest seems at times to be “a wholly different breed entirely.” All of life and its relationships are changing so rapidly. Some feel panic in their solar plexus continually now. It is not a comfortable feeling and sometimes



takes over when you least expect it—like at night when you wake up in the wee hours of the morning and you wonder what the feeling stems from, for during the day with your meditation techniques and your breathing techniques you feel quite together and yet there are times of the night when you feel quite undone. Do not worry. This is normal for these times and for these energies that are coming in.

The energies being brought in today ease you into dealing with your deeper feelings. All subconscious thoughts that are affecting your emotions must be brought to the surface now for you to face, and to make conscious choices about, staying with the original thought and subsequent feelings or to change either the original thought or feeling to one that resonates more with you now. All is now being brought out into the open. When I say this, most people immediately think I am referring to honesty among others and that all are being caught in their lies now. This is true, but I am referring to all people being responsible for themselves and realizing that they can no longer hide their own inner selves. Now you are being confronted by your own hidden agendas, by your own negative thought patterns, and by your own self-hatred. I realize I am using strong language here, for most of you feel that you have been working so hard and so long on yourselves already. You have, and you are, but now it is time to take the next step. Now you are young adults in this process—no longer spoon-fed, and it is time for you to “face your music”—look deep inside—and confront your “shadow selves.” Many of you will say, “I have done all this already!” Good—if this is so, then there will be no place in your life at this moment with yourself or with others where there is misunderstanding, judgment, betrayal, or mistrust. These emotions will be totally eradicated from your life and all will be Love and Light. For those of you, however, who are finding these emotions still are in their lives—although they seem mostly to be from others toward themselves—here is what needs to happen to alleviate this phenomenon. Isolate what you are feeling. Name it. Find the thoughts that you have been thinking that fit with this feeling. Do not deny anything. Really get into it. Now, who are you relating this experience to? Think about this person—name him/her. What do you think and feel about this person you have been ranting on? Write your impressions down. Now take what you have written down and put it back onto yourself. Where in your life—**your life**—are you acting or behaving like the person you have just been upset with? When you can take personal responsibility for all that happens in your life as a learning situation for yourself so that you can clear your own behavior patterns, you will discover that all your connections around you will clear up and your old wounds with yourself and with others will all heal. This is what the energies are about today—healing old wounds that have run deep. This does not need to take long. It only takes as long as it takes for you to face and be responsible for your own thoughts and feelings. If you are ready to face your hidden self, it will come up immediately in your relationships and they can be cleared today. The energies are here for this.

Be spontaneous. Live in the moment. Deal with yourself with realness in the moment. Give yourself time to have fun. Be gentle with yourselves as you heal. Love yourselves so you know what that means. Then you can love others. So many of you feel you are loving others and they are not responding to you—and yet—you would not treat your worst enemy with the feelings and thoughts that you put onto those whom you supposedly love best!! Take time to look at yourselves down deep. When you deal with those who are closest to you, do you want in your communications with them to be “right or happy”? Do you have to have the last say? Do you need to be understood at all costs? Can you allow all to be happy and let go?

Now is the time to move into a place of joy with yourself and others. It is time for you in this moment to let all go and choose from this moment forward to have happy and joyful thoughts. I am not telling you to deny your thoughts and feelings. I am asking you to be totally aware of your thoughts and feelings to such an extent that whenever you have a thought or feeling that puts you in crisis, in pain, or in discomfort you would choose deliberately after discovering the antidote (heading in the opposite direction from what gave you the pain in the first place) for your dis-ease, that you would choose deliberately a different thought that brings in a different feeling and thus a different experience. In this way you can superimpose feelings you want to become in place of rerun feelings you have played out before and want to shift. Try it. Discover the freedom and joy that comes into your life when you take total responsibility for your thoughts and feelings at any given moment. This can clear up all miscommunications between yourself and others and keep you in a joyful state as you move into 1998.

During this next year I will be giving you ways to live your lives that will enable you to take responsibility for your behavior, thoughts, and feelings in such a way that you will discover freedom and peace within yourself. This is key to the helping of Mother Earth as she becomes her conscious Self. Remember, you as humans are her emotional body, and as you heal and grow so she heals and grows. The first step in healing yourselves as humans is to remember that this planet is all about Love! You come here to learn about love, experience love, and teach love. You can do it from the negative or positive point of view. It is your choice. I am here now to show you how to do the loving thing for yourself—in each moment, in each choice you make each day. In this way, as you each choose only love for yourself and others, there will be a group of human beings choosing only love all the time. In

this way the earth will become saturated and humans will remember how to play lovingly.

So again I repeat—choose your thoughts and feelings wisely. Expend your energy on choosing thoughts and feelings you want if you find negative thoughts and feelings showing up. It is your choice. You know what you want. Put your attention on what you want with focus. You are daydreaming about it all the time anyway. Now I give you permission to claim what you want as a gift I give you this year—to try it out and see if you like it and if it is what you really wanted. If you like it and it hurts no one, continue it. If you don't like it or it has ramifications you didn't expect, change your mind and do it differently. Make new choices. As you do this you will find your life and circumstances changing, for it is truly you who are in control whether you realize it or not. Remember—this is about loving yourself. Be kind to yourself. I repeat—be gentle with yourself. Listen to yourself. Take yourself seriously when you need something, and laugh at yourself when you are being petty and egocentric. When you have learned these skills, use them with all those around you and watch yourself blossom and feel the love and caring from all those in your environment. Then you will find all—I repeat—all treat you the way you have always felt that you deserved. Incidentally—all those around you will feel that the feeling is reciprocated and your world will change and so will the world at large.

I love you! I love myself! I love this world of which we are one and the same!

Introductory Communication

I am Love

You are Love

We are Love together!

Ah! We are One!

Yes, I am here with you.

I am!

I am Amaterasu!

We are about to embark on a journey you and I. This journey is your Essence moving through Existence. Up until now most of you have been playing at life. Life culminating in death as the polarities are all being played out now in your world. However, now there is the possibility of a new scenario and it is my role to show you this new way!

I am the Universal Feminine. I am what you call right brain. I know the void. I have transcended the male - female polarities and am here to show you balance so that you can transcend the limited and often judgmental boundaries of separateness which the division into male - female brings with it. Male here I am referring to as left brain - logical or creation through planning and manifesting. Female I am referring to as movement and creation through intuition and allowing.

I am a Goddess who has experienced all of the polarities that are possible here on this third dimensional plane. However, I have overcome the life-death experience and have returned in the 4th dimension to show you the way through to the next phase of your existence.

I have returned to remind you of what you once knew. Now with the consciousness you have reached you will be able to remember how to follow through to the next phase. The keys to this movement are love and who you are!

The main lesson you learn on this planet - earth - is about LOVE! You come here to explore all - I repeat - all of the facets of love in the 3rd and 4th Dimensions. You have two choices on how to do this - through the negative and through the positive. The positive is love known and the negative is the distortion or the becoming of the love fully as one knows it in part. Simply put, on this earth you are here to experience love or the distortion of love. Every situation you find yourself in here in your life experience adds grist to this knowledge which you are building about this issue. Most Beings of the human species come into this plane and experience the negative aspects first so that they know what they do not want. It is very difficult when infinite possibility stares you in the face to know exactly what you do want if you have never experienced it before. Knowing what you do not want then helps you to decide where to move towards what you do want. Each of you knows what feels good and what doesn't. Thus one of the concepts I will be exploring with you is how to switch your mind to the concept, that if a thought or action feels loving, flow with it but if an act feels anything - I repeat - anything other than loving (anger, attack, fear or betrayal) it is a call for love on the other person's or your part. Remember, on this plane there is only love and what love is not - love or a call for love!

Love is something you all know and perceive that you understand. However, you also all have your own definitions about the concept. Yes, first I will speak about this ideal as a concept for this is where many of you are confused.

You have all known love - even if it seems in this lifetime that it was only at birth, or with your parents or your wife or husband etc. You have actually known love from other lifetimes and places or

you would not know that most of you feel unhappy, misunderstood or unsatisfied on a day to day basis. Many of you are confused about personal and impersonal love. Personal love refers to the feeling you have for someone or something else outside of yourself which you want to have, hold, cherish and be with forever. The feeling comes on very strong and you call it "falling in love". Unfortunately for many of you this feeling goes away at some point in the relationship and you then "fall out of love". Since this lifestyle has so many varying points to it, it has been studied by your ancients and theologians for eons and has been called "lust" when lacking in the higher feelings and eros or passion when in the separated state of wanting the other person or animal or whatever for yourself and this other being alone against all others or the world. When you open to the universe and have an experience of the "Oneness" in which you remember "who you are" and "what you are here to do" you then KNOW life differently and the feelings flow from you to every other formed thing animate or inanimate for you KNOW yourself as "All"! This is impersonal or universal Love and is Compassion Flowing. Passion has now been raised (spiraled) to its next plane of existence.

Today is the beginning of a new format for the earth. In this time you will discover how time is being redone and reformatted!

Today begins a new Love Connection for the earth. Humans have now been given the possibility of understanding and moving through interdimensional understanding into new vistas of possibility. Minds and hearts can now become synchronized in such a way that the balance, between the two, moves humans through into a new patterning of LIFE.

You are about to discover a new way of communicating and speaking with others! There is now a new process of code ready to be given to Personhood that will allow humans to move very rapidly through into balance in all of their bodies so that a totally different experience can be had by humans. We will be calling this process Transcended Humanness and the activity being become is called the Angelic Human! This is the human realm claiming again its angelic-ness. This is not about angels per se but is rather about humans giving up their free will to again remember what it is like to know only their God-Goddessness! This is the movement out through the 4th and 5th Dimension where no one knows what is - everyone just is!

As you are aware there is much confusion around about what is happening on all the levels. There will be the answering of questions about how to live Love. Bringing the practical into existence and moving those who want to know through from the 3rd into the 4th and 5th levels of understanding living Love!

LOVE - This refers to the energy Line on earth. It is an energy flow coming out of the Void. All of Life comes from this flow of energy out of the Void. Love is the void, the energy flow and the energy itself. It is nebulous. It is verb, noun and an adverb. It is the totality. This is why it is described in all religious terminology as the Sum total including all the parts. Life is only love loving. All else is only partial understanding of the Life force in motion. First dimension is love in starting motion from unconscious thought not knowing itself but wanting to know itself - ergo sacred geometry - MIND beginning the trip from formlessness into form or separation. Second dimension is love spiraling faster as it struggles to make itself known to itself through symbols and emotions - ergo earth - mineral, plant and animal kingdoms, form with movement - albeit more separations as the struggle with symbol in reality becomes more pronounced. Third dimension is love becoming conscious of itself - ergo humans blending the mind and heart, if they transcend the human condition which tends to separate even more profoundly through judgment and fragmentation. Fourth dimension is love which when balanced and blended melds into the "ONENESS" being a deliberate choice to let go of the separation. Fifth dimension is only KNOWING Love in its fullness completed - once again without symbology, again the fullness of the Angelic realm, one with the GODHEAD!

Now is the time to learn, in the practical, how to move from the various states of sleepiness to wakefulness through allowing the Love energy to move you through with great alacrity (ever increasing centrifugal type speed) to a place of "ALL- KNOWINGNESS". This is what these lessons and answerings will be about.

As you can see it is important to understand whether Love is being referred to as a noun, verb, adjective or adverb. Is love the goal or the becoming. All of these need to be understood when dealt with in the manner I will be referring to and acting upon in the near future. If love is a noun it is an end result and has been caught in time, in the past and this causes consternation for then it is something that has to be bought, caught, kept and held. However, then it is in its form capable of being taken away or lost. Now it is really caught in the duality. - personal love remember. If love is a verb it is action and refers to something you must do to define it - like doing loving acts. As this action takes place both people involved need to have an agreement on what is loving for both of them otherwise the duality sets in again with each person saying to the other - "that's great, I see you love me" or "if you truly loved me you would", again personal love. As an adjective or adverb you have often heard the statement 'In this case the loving thing to do would be....'. Unconditional love however just is. Now listen carefully -

I am Innocence
You are Innocence
We are Innocence together!
I am Love
You are Love
We are Love together!
I am Truth
You are Truth
We are truth together
I am Beauty
You are Beauty
We are Beauty together
I am Wisdom
You are Wisdom
We are Wisdom together
I am Harmony
You are Harmony
We create Harmony together
I am Peace
You are Peace
We are Peace together
I am the Goddess of the Sun
I am the Goddess of Light
Together collectively we are the Godhead!
I am in All
You are an aspect of All
Together we simply are!
Greetings on this day of renewal and remembrance!

Today the earth and all upon her come together to begin the new Day of the Age of Aquarius.
On this Day I as an emissary of Mother Earth bring you greetings about the new age which is upon us.
I have returned from the darkness to take my place in leading you through from aspects of one another to the full ONENESS of "KNOWING YOURSELVES".

You have many bodies within each one of you which together you call a Self!

Each of you individually is a cell within the body of Mother Earth. People form her emotional body.
Many of these cells are ill and need healing. Now is the time for this healing to happen. You are the humans doing the healing. When you sit in the experience of tonight - Being the Unity - you are the healing of the earth happening for this is the energy and the vibration at which healing happens instantaneously around the globe.

Together we are the Love flowing.
Together we are the heart Knowing!
Together we are the mind sowing.
I am ready.
You are prepared.
This is the time
You are the people.
I AM
I AM AMATERASU

I have returned to help you in these arenas. I have returned to teach you and enable you to learn a new way of living love in your lives. I am here in this time to show you how to make the choices for yourselves which enable you to open to the love of the universe, and return to the innocence you always have been underneath the layers you have created for protection. Existence can now be claimed and you can remember who you are, and how to live joyfully, abundantly, and with freedom, enlightening your growth process with ease and clarity and childlikeness. (not childishness)

I am here to show you how to reconnect with all of your disconnected parts so that together we as the "Oneness" can claim our heritage with the children and Devic realms and move once again into the Beings and consciousness that we once were.

Come to me with the arenas of your life which confuse you as you attempt to put these situations and circumstances into the context of you as a Loving Being that just is!

ASK ME HOW!

March 21, 1998

Greetings from Amaterasu!

I am Love
You are Love
We are Love together.

Welcome to the Spring Equinox!!

We have now upon us a time for which the world has been waiting. You have all heard that the earth is preparing for a birthing. Her own birthing into a new dimension. Well, she has now passed through the transitional stage and is now into the last stage of the labor process. Rejoice for this is the time of extremely powerful energies flowing through the cosmos to enable your growth process through into the next phase of your earth's life in her journey through existence as you know and experience it.

You have been hearing that you have been in a hologram. You have heard that your existence here is an illusion. You have been told that you are co-creators in this universe and that you are responsible for what you experience on a day to day basis. All this is true. It is exactly how your world has been relating to the transition state of birthing here of your planet as she births her next phase.

Today you begin a wonderful new step of the journey. This is the time of excitement. This is the time of complete focus on the allowing of Mother Earth to push her way through the process her way as the birthing continues now through the never ending, time stopping rush of activity as new life bursts forth into the cosmic aura of Beingness. You have been pushed through. You have been shifted. You have been enabled by the Masters themselves into a new paradigm.

Now is the moment as the cosmos holds its breath to see what is happening. All is still. All waits. All watches. Use this time well. You have all felt this. You have all felt on hold. You have all known change was coming and you have been listening and begging for answers so that you could know what to do in this time that was in sync and in harmony with the world and what she was doing at this time. You have all been watching, praying and meditating for you knew that what was happening lately was only a matter of time and all would shift.

The shift has now happened. Claim now what you have wanted. Now you are in the swirl of change. It is moving so fast that it actually has the physical experience of standing still. Pay attention and feel the sensation in your gut and you will notice that it feels like you are spinning. You are. At this point if you are sensitive, you can actually feel the speed of Mother Earth's heartbeat. You can feel the speed with which she is moving. You can feel her anticipation. You can feel her preparation for the big push that will burst forth the new entity that is you in all your pristine glory as you rejoin your destiny of a cosmically conscious being receiving all the know how and possibilities that that entails as you move, pass through and rejoin the Oneness of not only our universe but our cosmos as well.

In your existence now in this time on this day this means you will begin to feel a momentum building. This momentum will feel like an urging from /with to...move, shift your inner planes of existence - great "aha" experiences, a settling in like as though you have been catching things on the tip of your tongue and you have finally remembered that which you have forgotten for eons.

You will feel like you are finally getting clarity on all those issues you have struggled with for so long. You will feel like you are finally doing what you came to earth for. You will feel like finally all the "on Hold" you have been feeling has been released and you can move full steam ahead knowing clearly what is to happen and what you are to do to make it come to pass. You will feel like you are in control of your own life. What you are to do in these times to play the role that you came for and agreed to play at this time, for your earth as she creates herself and as you co-create yourself with her in synchronicity. Actually playing out together the Oneness you are knowing clearly and awarely what you are doing and what the ramifications will be as you develop together a whole new plane of existence.

This is the starting point. This is the jumping off point. This is the point of no return. This is the point today at which you need to stop and re-evaluate what you are - who you are - what you are thinking - what you are doing - what you are becoming - what you have and what you want to have. As you are well aware time is collapsing. You no longer have the need for time that you had before. Time was there for you to learn in the co-creation process how to be aware of what you wanted. You were learning how to create. You were learning what the ramifications were of your thinking and how to give yourselves what you wanted. You were given countless and endless chances to see and experience all the variety of possibility that could be conceived of how and what could be done here. This truly has been your playground and sandbox of possibility. Now however, it is time to stop a moment and re-evaluate what you have learned. For now it is paramount that you be clear on what you focus on - for now what you focus on in this moment you get - BIG TIME! Go only for what you want and love. Be clear and allow yourselves to have what you love. Now you have this freedom.

You have all been hearing for a long time about how you need to process all of your past. Most of you have worked very hard at this really clearing and releasing what has been haunting you. Most of you have been working hard at integrating your shadow side into your awareness so that there are no more surprises lurking beneath the surface in your subconscious, ready to jump out at you and sabotage you when you least expect it. For you now the time of processing is over. Over because when you complete the process it has a built in program of "restart" if you ask - "Is there any more to be cleared"? This is tantamount to the process reconstructing itself then you begin another round whether you want to or not for the question itself begins the repetition of the old program - new variations on an old theme. This you can stop now. The processing is complete. Rather you can step out into a new program. Scary, but with anticipation, eagerness and an open heart you can move into new vistas freely and unhampered by past or future fears.

Now is the NOW! Now is all Possibility. Now is freedom. You simply need to drop your old programming. I don't mean you need to process it. I don't mean you need to get someone else to absolve you of all your guilt over what you have done in the past. I mean Let go! Physically, if I were to hand you a toy you would probably take it with your hand. If I were to ask for it back again you would probably hand it back to me. I am asking you now to do that simple act with emotions that you have that have been causing you problems in your life. Let go of the endless rounds of rumination and give the emotional experience over to that which you believe in that is greater than you. Do this once and for all so that you can move beyond it to your next step. You have done your time. I am releasing you today from these endless, unproductive rounds of behavior that only drain you of your energy. Your energy is for experiencing Love, Light and Joy. Now I ask you to do the same with your thought patterns. Drop the ones that have been hindering you. No big wonderings here. No sitting in doubts and questions for days wondering what to do and how to move forward. All of this, I repeat all of this, is about your decision. It is all about choice. What do you want to put your attention upon. Then do it. Don't wait. Don't procrastinate. Don't choose tomorrow to do this. Do it now!! Give yourselves the chance to be happy now. Give yourselves the prize. Claim who and what you are. Claim your inheritance now. Now is your time. Now is the time for you to Be what you came to Be.

I am here giving you permission to Be yourselves now. I am here giving you permission to Do what it is you know is your next step. You have been forgiven for your past. It is complete and you can move forward today free, clean, pure and ready for the future absolved of all you have created or imagined in the past that has hindered you. All you need do is drop it from your existence and thought patterns so it can be released from your Beingness and it will remain only as a memory for future reference when you need it to help others as a reminder of what life used to be like for you before your awareness. Let go. Allow the universe to take over your life!! Let me, let us show you your possibilities. Let me show you how you can love yourself and then all others in your environment. This is what the energies are for here today. This is paramount. This is key. All in your past has broken down. If you try to bring any of it with you you will find yourself doing the "endless round once again". It is over - drop it. It is simply choice to put your attention on what you want rather than on what has happened in the past. You have total freedom in how you care to play it out.

Choose today to move forward, releasing all that has gone before that you no longer need or that does not further your growth. Look to your growth. Look to your possibility. Remember your dreams and head for them knowing now you are capable of allowing them to come true for you. Expand, expand, expand into who you have always had the possibility of Being and understand that now time has collapsed and all the playing with negativity that you have done has integrated within you and you are WHOLE, a new Being in the ONENESS! Give yourself this today!

Today is your Birth Day. Today is the day to have what you want. Only you know what you really want. Only you can give it to yourself. Choose today to receive it for today the universe would love to give it to you but you must reach out your hand for it. You must show that you want it and that you are ready to give up all the old excuses and all the old reasons for why you have been holding back from what you wanted most. Allow yourself to have it today and BE HAPPY. IT IS YOUR CHOICE!!!!

Spring is here. Claim the Light as it returns. Grow in the Light and claim the Love for it is you and yours.

I remain Amaterasu!!

IV. A LOOK OF SHINTO—The Way of the Gods

Historical Development

Shinto (神道) retains some aspects of *kami no michi* (神の道), the way of the gods, observed by those who inhabited the islands in prehistory. *Kami* were powers that inhabited sacred places or were to be found in superior people. Ordinary people gave offerings of fruit, vegetables, and wine to sacred places marked off by a *torii* (鳥居 gate) to express reverence for land and leaders of heaven and earth. Shinto is an ethnic religion, one belonging only to the Japanese.

From prehistoric times, the Japanese worshiped *kami*, powers in natural phenomena. *Kami* could become humans and vice versa. Women served as shaman (*miko*). When the Koreans brought writing, books, painting, and other art forms to Japan, and the Chinese brought their religious stories, the Japanese responded by collecting their own religious dramas (8th century AD). The early Japanese believed the islands were generated from the interaction of the male principle Izanagi (He Who Invites) with Izanami (She Who Invites). These two demiurges fished the islands out of the brine. Then they produced many other *kami* of natural phenomena (sun, storm, moon, etc.)

A descendant of the first *kami*-emperor, named Jinmu, began to dominate human affairs. Jinmu was believed to be the first *human* emperor (660 BC). “In Shinto myth, all stress is on immanence and the continuity between procreators and the procreated. Everything is divine, *kami*-like. All things proceed from heavenly divine spirit.” Worship is not so much a human attempt to obtain a special gift or blessing as it is to share, through ritual, fellowship of life with the *kami*.

Under Prince Regent Shotoku (AD 574–622), cooperation between Shinto, Buddhism, and Confucianism was encouraged. Shinto helped the people relate to their environment. Confucianism helped build order and solid families. Buddhism prepared people for death. The Taoists gave the people holidays and affected the warrior class.

State Shinto

After 1872, Shinto was identified with the emperor, the government, and patriotism. The individual was not a free being, or even primarily a unit of a family or class; the individual belonged to the state. The emperor was considered divine until after WWII.

Sectarian Shinto

There are three groups, including traditional sects, mountain worship sects, and sects based on revelation. There are currently six major Shinto organizations recognized by the Japanese government.

Tenri-kyō

A spiritual healing group formed in the 19th century around a peasant woman, Miki Nakayama, (1798–1887). During a seance, Miki went into a trance and became the medium for a voice that claimed to be the true god who came to save the world. She shared the secrets of healing she learned with her neighbors as Tenri-kyō, or the Teaching of Heavenly Reason. She taught that illness could be overcome through a healthy belief and gained fame as her successes in healing increased. Her teachings are passed down in four texts. This religion served as the parent to others healing groups, such as Ōmoto-kyō, Sekai Kyūsei-kyō, Mahikari, and others.

Shinto Absolute

The goddess of the sun, Amaterasu Ōmikami, is a deity partial to the people of Japan. But nature *kami* are also revered without any disrespect for her. Emperors can be worshiped at shrines because they are descendants of Amaterasu. While Shinto can be classified as polytheism, it is more accurate to say it is today reverence for manifestations of power that have special value for the Japanese people.

The Japanese islands are regarded as sacred. Mt. Fuji and other natural phenomena are blessings bestowed on the Japanese. But Shinto is concerned with humanity. Humans are potentially *kami*. Humans are servants of family, state, and ancestors. An individual is never isolated. As part of a group, he is expected to act for the whole; he is never free to disregard the welfare of others.

V. The Practice of Amaterasu

1. The Prayer of Heaven (*Amatsu Norito*) in Japanese and English

(Clap three times.)

*Takama-no-hara ni, kan-zumarimasu,
kamurogi kamuromi no mikoto mochite,
sume mi-oya kamu, Izanagi no mikoto,
Tsukushi no Himuka no
Tachibana no Odo no Awagi-hara ni
misogi harai tamō toki ni,
nari-maseru haraido no ōkami-tachi
moro-moro no magagoto, tsumi, kegare o,
harai-tamae kiyome-tamae to
mōsu koto no yoshi o
Amatsu-kami kunitsu-kami
yao-yorozu no kami-tachi tomo ni
Ame no fuchikoma no
mimi furitatete
kikoshi-mese to
kashikomi kashikomi
mōsu.*

On the High Plain of Heaven, reside all the
deities,
together with the august gods and goddesses;
and when the divine imperial progenitor,
the august deity Izanagi,
in Tsukushi province's Himuka region's
Tachibana district's Odo area's Awagi Plain,
purified himself with ablutions, at that time
he brought into being the many deities of
purification,
that all the various defilements, sins, and
impurities,
be cleansed and made pure,
thus we proclaim, and therefore,
to ye divinities of heaven and deities of earth,
to all ye eight million divine spirits,
to the ears of Heaven's holy ranks
raising our voices,
our humble petition,
with profound respect and reverence,
we pronounce

(Here make a short, silent prayer, asking for what you want.)

Sume mi-oya kamu, Izanagi no mikoto,
mamori tamae, saki hae-tamae. (2X)

O Sovereign Parental Deity, August Lord
Izanagi,
watch over us and grant us happiness. (2X)

Amatsu Sume-kami
Amaterasu Ō-mi-kami

mamori-tamae saki hae-tamae. (2X)

O Sovereign Deity of Heaven, Great August
Deity of the Great Shining Light (Dai Kō Myō
Shin Shin),
watch over us and grant us happiness. (2X)

Kan-nagara tamachi hae-mase. (2X)

O Divine Ones, grant our souls' happiness! (2X)

(Clap three times.)

2. Amaterasu Meditation

Amaterasu, whose name means “Shining Heaven,” rules the heavens and brings warmth and light to the world. She is the Japanese Shinto goddess responsible for cultivating rice fields, creating irrigation canals, and teaching mortals the arts of weaving, farming silk, and cultivating food. The great sun goddess was so radiant at her birth that her parents placed her in the sky where she could shine in the celestial realms. But, alas, her life-giving rays disappeared for a time after her jealous brother Susano-o fell into a rampage and began to destroy Amaterasu’s creations. He trampled on her rice fields, left excrement in her temples, and tossed a flayed piebald horse through a roof, killing several weaving women. Amaterasu retreated from the violence by finding refuge in a cave. There she hid herself in protest, causing the world to fall into a wintry plight. Plants began to wither and people began to deteriorate as darkness gripped the land in cold talons. The gods became alarmed at the dire situation and began to devise a scheme to lure the sun goddess from her cave. The 800 gods gathered around the cave entrance, hung trees with jewels, and placed cocks near the threshold. The erotic goddess Uzume adorned herself with bamboo leaves and began to dance in a manner that created uproarious laughter and cheer. During Uzume’s performance, one of the gods placed a mirror in front of the cave entrance. Amaterasu became curious at the growing ruckus outside her hiding place. She carefully opened the cave door, and there she gazed upon the most beautiful reflection she had ever seen. Amaterasu had never seen herself before, so she was spellbound by her own shining countenance in the mirror. She left the cavernous womb and allowed her brilliant rays to spill upon the landscape. She rejoined the company of the gods and reclaimed her place in the sky. The gods banished Susano-o from the heavens, and life and fertility were restored to the land. Amaterasu’s worship is still honored today, and the Japanese imperial family traces their heritage to the sun goddess.

Imagine standing within a damp, chilly tunnel. Darkness feeds your fears as you try to discern a means of escape. Focus hard on a crack in the rock ahead and see a flicker of light. A stream of light expands and permeates the dark cavern. Feel the light beam warm your fingertips and travel up your arms as you begin to move forward. As you lengthen your strides, feel the light continue to travel through your body until it fills your being completely and dissolves the fortress of claustrophobic darkness. You see an image in the light, and as you squint you can make out your own countenance. It is a smiling reflection of yourself. You look confident, bold, empowered, and beautiful. Walk into your reflection and feel yourself absorbed by the positive solar energy. You feel alive, energetic, brazen. With this new outlook, continue to walk forward into a beautiful, fertile landscape that unfolds before your eyes. You have left the tunnel behind and are now breathing in the fresh, balmy air. Stretch out your arms and breathe deeply; as you breathe out, lower your arms and feel yourself emerge, feeling more confident and alive. Allow yourself to return to your conscious body. By recognizing the power of your own inner beauty, you will exude an external beauty and energy that will enable you to live more happily and confidently.

3. Amaterasu Chakra-Cleansing Exercise

Background Information on the Chakras

For those of you completely unfamiliar with chakras and their purposes here are the basics. You have 7 chakras located up the middle of your body starting with the root chakra and working their way up to the crown chakra, you also have smaller chakras located in your hands and feet, and even chakras above and below the body. Here we will only be discussing the 7 main ones. Here is a chart that lists the chakras and their locations on the body.

Chakra	Color	Location
Root	Red	Right above the pelvic bone

Solar Plexus	Yellow	Right below the middle of the ribs
Heart	Green	On the breastbone between the breasts
Throat	Blue	In the hollow at the base of your throat
Third Eye	Purple	On the forehead in the middle of the eyes
Crown	White	Right above the top of

The chakras are a very important part of many beliefs; for example Hindus use them to regulate the flow of the kundalini and believe in keeping them clean and in balance to prevent illnesses and other ailments of both the body and the spirit. When your chakras are dirty, blocked, or spinning too fast or slow, then it is believed to cause illness in that area of the body and slow down spiritual growth. First you need to become very proficient with meditation before attempting to cleanse your chakras for two reasons. Fooling around with your chakras is not a smart thing to do, since you can cause them to slow down or spin too fast; second, cleansing them takes a while, especially the first time, so you need to be sure that you can maintain the time frame involved. I recommend the first few times you open your chakras that you just observe them without tampering with them at all. This will help you become familiar with your balance and how fast they should and should not spin. Also look at the color of each one—if it is too pale then you need to focus on moving more energy into it. If there are dark spots, that is usually indicative of blocks or negativity concerning the aspect represented by each chakra. Here I will discuss cleansing the chakras but I will not go into depth of what each chakra represents emotionally and spiritually. For the most part, they are self-explanatory and can be figured out.

Now we will begin the cleansing of the chakras. Find a comfortable meditation position. Any pose—the Lotus position (sitting cross-legged with each foot on top of the other leg and hands resting on the thighs with palms up and spine erect), sitting in a straight-backed chair, or even lying down is fine. Just remember to keep your spine straight through meditating. If you slouch, this causes the chakras to fall out of alignment and also changes the way you breathe. Now close your eyes and proceed into a meditative state. Then, starting with the root chakra, visualize it opening up. I use the traditional method of visualizing a lotus flower but even just a colored ball of light will work. Now observe the chakra, its colors, and look for any dark spots. This chakra should spin extremely slowly, and each chakra above it spins a little faster in balanced chakras. Now visualize a cone of the Golden Healing Light of Amaterasu opening up in front of the chakra with the smaller end facing the chakra. Now slowly send the cone through the root chakra until it emerges from the other side. This golden cone of light is how you cleanse, so as it is passing through, make sure you remember to send it through with the knowledge that it will come out the other side clean. This method will cleanse any blocks in the chakra but will not change the speed that it spins, so it is relatively safe for beginners. Now proceed to the navel chakra and repeat the process until you have done this to all 7 chakras. Repeat this exercise whenever you begin to feel stressed. It works very well and with each use of this exercise you learn how your body responds to it and increases your ability to meditate for long periods of time.

3. The Meditation of the Twin Hearts

What is the Meditation On Twin Hearts?

Meditation on Twin hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or Cosmic consciousness, it is necessary to sufficiently activate the Crown chakra. But this can be done only when the Heart chakra is sufficiently activated. The Twin Hearts thus refer to the Heart and Crown chakras.

The Heart chakra is an energy center in front of a person's chest. It is the energy counterpart of the physical heart. The Heart chakra is the center for compassion, joy, affection, consideration, mercy, and other refined emotions.

The Heart chakra is a replica, or twin of the Crown chakra. When you look at the Heart chakra, it has twelve petals, similar to the twelve petals which form the inner core of the Crown chakra. The Crown chakra, on the other hand, is the center of illumination, or divine love, or oneness with all. It is situated on top of a person's head, providing energy for the brain and the glands therein. When the Crown chakra is sufficiently activated, its inner core of twelve petals unfurl, open and turn upward like a golden cup, golden crown, golden lotus, or golden flower, to receive spiritual energy which is distributed to other parts of the body.

When the Crown chakra is highly activated, a halo is produced around the head. During meditation, the Crown chakra rotates so fast it appears as a brilliant flame of light on top of one's head.

The Twin Hearts Meditation was first introduced in Master Choa Kok Sui's book, *The Ancient Science and Art of Pranic Healing* (1987). Since the Meditation is a powerful tool in bringing about world peace, Master Choa has granted permission to disseminate, reprint, copy, and reproduce the Meditation with proper acknowledgment.

What Happens During the Meditation on Twin Hearts?

When a person does Meditation on Twin Hearts, divine energy flows down to the practitioner; filling him with Divine Light, Love and Power. The practitioner becomes a channel of this Divine energy.

Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding light. In addition, practitioners may experience divine ecstasy and bliss, and a feeling of oneness with all creation. This has been a common experience among advanced yogis and saints of all religions, and can be verified through their holy scriptures.

This blinding, brilliant, and dazzling light is known as Heaven Ch'i in Taoist yoga, or the pillar of light in ancient Jewish Kaballah traditions. To the Indian yogis and saints, they call this pillar of light, the Antakharana, or spiritual bridge of light. The Christians refer to it as the descent of the Holy Spirit, symbolized by a pillar of light with a descending white dove. The white dove represents the coming down of divine energy. It is the descent of the Great Bight Light (Dai Kō Myō) of Amaterasu Ōmikami. The descent of the divine energy causes the temporary expansion of the practitioner's major chakras and inner aura. But if this meditation is practiced daily for a year, then the expansion may become permanent.

Benefits from the Meditation

When people practice the Meditation on Twin Hearts daily or regularly, their major chakras and auras will increase in size, making their energy bodies more dynamic and stronger. With bigger chakras and inner aura, they can become more powerful healers and can heal most minor ailments very quickly and almost instantaneously. Having a powerful and dynamic

energy body not only enhances one's healing powers but also increases one's effectivity and productivity at work. People who have magnetic personalities or great charisma usually have bigger chakras and inner auras than ordinary people, and they tend to have a stronger influence over most people. Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When faced with a problem, he will have the increased ability to see directly through the problem and find the right or proper solutions. Those who intend to practice regularly the Meditation on Twin Hearts, however, should practice self-purification or character-building through daily reflection so their positive characteristics will be magnified or activated.

The Meditation on Twin Hearts is a form of world service. By blessing the earth with loving-kindness, you fill the world with positive spiritual energies. The blessings can be directed to organizations, specific countries, or group of nations. The potency of the blessings is increased many times when done by a group of persons. Another way of blessing the earth with loving-kindness is by daily radio broadcast at an appropriate time with some or most of the listeners participating in the meditation process. When practiced by a large number of people, the meditation miraculously heal the earth; thereby making it more harmonious and peaceful.

The Meditation Procedure

WARNING: The following are not allowed to practice the Meditation on Twin Hearts: 1) those below 18 years of age; 2) those with heart trouble, hypertension, glaucoma and severe kidney ailments; and 3) pregnant women. Doing this meditation can have adverse effects on the people with the preceding conditions. People with the above qualifications who insist on practicing the meditation must do so at their own risk.

1. Cleansing Exercise. Cleanse the etheric body by doing simple physical exercises for about five to ten minutes. During the exercise, light grayish matter, or used-up prana, is expelled from the etheric body. Physical exercises also minimize possible pranic congestion since the Meditation generates a lot of subtle energies in the body.

2. Invoke for Divine Blessings. The Invocation is important to one's protection, help and guidance. Without the invocation, the practice of any advanced meditational technique can be dangerous.

3. Activating the Heart Chakra. Press the center of your chest (heart area) with your finger for a few seconds. Then concentrate on the front heart chakra and bless the whole world with loving-kindness. The blessing should not be done mechanically. When blessing the entire earth, visualize it as a small ball in front of you, being filled with dazzling bluish pink light. During the blessing with the prayer based on that of the Prayer of St. Francis of Assisi (*see below*), visualize people smiling and filled with joy, faith, hope, and peace. Visualize enemies reconciling, embracing and forgiving each other. You should also personally feel joy, happiness, and peace filling your entire being while blessing the earth. Do not direct this blessing to infants, children or individuals because they might be overwhelmed by the intense energy generated by this meditation.

4. Activating the Crown Chakra. Press the top of your head for a few seconds. Then bless the planet earth with loving-kindness from the Crown chakra. Feel the same positive energies you evoked in step 3. Visualize brilliant white light from your Crown chakra blessing the entire earth.

5. Blessing with both Crown and Heart Chakras. Bless the earth simultaneously from both the Crown and Heart chakras with golden light. This will align the two chakras and make the blessing more potent. Feel the same positive energies you evoked in step 3 and 4.

6. Achieving Illumination. For illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word AUM (Oooooommmmm), or Amen (Aaaaaah-mennnnn), or Amaterasu (Aaaaaaaaah—maaaahh—teeeeeeeh—raaaaaah—suuuuuu). Concentrate on the intervals or gaps (moments of silence) between the mantras or syllables, while maintaining your concentration on the point of light. Do this for about 10 to 15 minutes. When you can fully concentrate simultaneously on the point of light and on the intervals, you will experience an inner explosion of light.

7. Releasing Excess Energy. After meditation, it is important to release all excess energy by blessing the earth through your hands, with light, loving-kindness, peace, and prosperity for several minutes until you feel your body has normalized. Continue blessing if you still feel congested, otherwise the excess energy may cause headaches and chest pains. The physical body may also deteriorate in the long run if there is too much energy in the etheric body.

Prayer Based on that of St. Francis of Assisi

O Being of Great Bright Light, make me an instrument of peace.

Where there is hatred, let me sow love

injury, pardon

error, truth

doubt, faith

despair, hope

discord, unity

sadness, joy

darkness, light.

Divine Sovereign Light, grant that I might not so much seek

to be consoled, as to console

to be understood, as to understand

to be loved, as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is dying of the ego that we are born to eternal life.

VI. Some Images of Amaterasu



This print shows the Sun Goddess Amaterasu sitting within her sanctuary at the Grand Shrine of Ise. See the great octagonal mirror, which contains Amaterasu's image. The shrine is a quiet study in rhythmic form and is totally rebuilt to exact specifications every 20 years since the 3rd century. Its simplicity represents purity and dignity. Before her are the waves that purify all who approach her—recall the she was born of water, as Izanagi bathed his left eye. The carp in the wave represents love, courage, endurance, dignity, good fortune, resignation to Fate. and behind her is Mount Fuji. The highest, and also considered the most sacred, mountain in Japan, it is on the peak of the dormant volcano that the first rays of the morning sun—seen rising behind the shrine and the mountain—strike the land. Thus, the peak of Mount Fuji is also a site that is considered sacred to Amaterasu. Since the cock greets the dawn, it is also held to be sacred to the goddess. The

cherry tree symbolizes prosperity and the Pillar (tree) represents the presence of deity. Notice the “Three Treasures” (Mirror, sword, jewel)— the circular mirror, symbolizing continuity and endless duration, to show Divinity in your reflection; the sword, symbolizing courage and strength, to cut away delusion; and the jewel, representing the hidden treasures of knowledge, truth, compassion, and wisdom, to become a Wish-fulfilling Gem.

Legend of the Shrine of Ise: “I wish to reside in this province of Ise where the divine wind blows and the waves from the eternal land dash repeatedly against the shore successively.”

This modern rendition of Amaterasu is actually quite beautiful. Mostly peaceful and slightly wrathful in appearance, she has a golden aureole around her head from which spring three rays of white light.. In her right hand, she holds a sword; and in her left, a mirror. They will later become two of the three treasures comprising the Imperial Regalia. The third, a *magatama* jewel, is presumed to be the diadem on a chain at her neck. She stands in the High Plain of Heaven, and behind her is a red sun disc, representing her emblem, the rising sun.



The illustration above shows the Tibetan goddess known in Sanskrit as **Marici** (Tib: ‘O-zer chen-ma, English: She Having Light Rays), the Goddess of the Dawn, who is often associated with the Japanese Sun Goddess. Depicted as peaceful in appearance, yellow in color before a red solar disk, with three faces and eight hands, she sits atop a large mother sow, her left leg, extended, resting on the back of several sleeping piglets. The red orb of the morning sun encircles behind like an aureole, and she is crowned with the upper spire of a stupa.

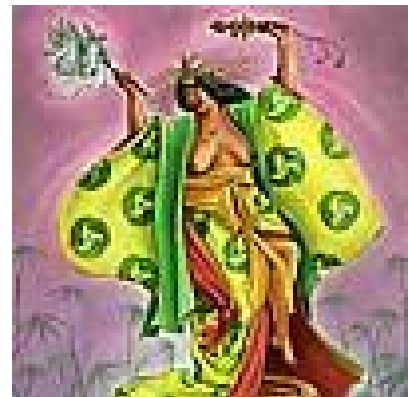
Marici, as the goddess of the dawn, is often invoked at sunrise or at the start of a journey. She protects travelers; she guards against thieves. She is propitiated to remove obstacles and for protection on a journey. She is shown at left as the goddess of the dawn before the rising red orb—in the form most closely associated with Amaterasu.



At left is a prayer card (*o-fuda*) from the Grand Shrine of Ise. Normally, one would purchase this during a visit to Ise, and then enshrine it within the *kamidana*, or family Shinto altar kept in the home. It would serve as a *go-shintai*, or embodiment of the deity, so that when one prayed to it, one would really be praying to the goddess, who would indeed hear the prayers of praise. (In Shinto, there are very seldom prayers of supplication, but people often pray for health, wealth, and happiness.)

Although the usual way to read this in modern Japanese would be *Tenshō Kōdaijingu*—it is extremely difficult to read this *o-fuda* correctly or translate without reading the three central characters twice, and assigning to them different meanings. Thus, the inscription can be read: *Tenshō Kōdaijin* (= *Amaterasu Ōmikami*) *Kō-dai-jingu* (The Imperial Grand Shrine of the Great Heaven-Illuminating Deity.)

(The *o-fuda* pictured here was purchased on a pilgrimage to Ise several years ago, and is shown smaller than life-size, in order to obtain better clarity.)



Ame-no-Uzume (pronounced *ah-may no oo-zoo-may*), ancient Japan's shaman-Goddess, is the one who enticed the Sun Goddess, **Amaterasu Ōmikami**, out of the cave where she had hidden. **Uzume** did a bawdy dance making fun of shamanic ritual. She overturned a tub and leapt upon it. Stamping her feet as she did the world's first strip-tease, she exposed first her breasts and then her genitals, amid the howls of laughter of the deities assembled. So loud and enticing was the uproar she created that **Amaterasu's** curiosity got the better of her and she peaked out of and was pulled out from her cave.

Uzume begins her comic dance in your life to tell you it is time to nurture wholeness with laughter. Laughter causes us to relax, enables us to gain perspective, and helps ease us through difficulties. Have you been taking life too seriously? When was the last time you had a good laugh? Are you able to laugh at yourself in a gentle way? Perhaps life is challenging you with such ferocity that you find it hard to see the humor in your present situation. **Uzume** says that wholeness is gained when you can see the humor in all of life's challenges.

Amaterasu, Goddess of Beauty



*Let me share with you the secret of the mirror
let me share what is known only to the Sun Goddess
it is a secret so powerfull
it will free your from darkness
a secret so delightful
it lets warmth dance in your heart
a secret so illuminating
it allows you to know yourself
a secret so simple
all you need do is open your eyes
the secret is
in the light of the sun
in the eyes of the mirror
you are Beauty*



In the center is Uzume, now fully clothed; in the orange robes is Tajikara-o, rolling back the stone, and emerging from the cave is Amaterasu Ōmikami. Note the many deities assembled before the cave, the mirror hanging in the sacred *sasaki* tree at right (the large round yellow disk at left is a drum), and the cock at right foreground.



The photo at left shows the entrance to the rock cave in which Amaterasu secluded herself after sufferings the many outrages committed by her brother, Susano-o. Today, the sacred space is marked off by a *torii* gate, upon which are fastened a sacred rope from which hang paper streams of purification.

This woodcut by Yoshitoshi (dating ca.1882) shows Amaterasu and her brother Susano-o.



This interesting modern rendition of Amaterasu shows two suns behind her, the golden daytime orb, and the seemingly larger rising (or setting) sun. The two birds are cranes, symbols of longevity (as is the folded paper crane in the lower right). The sticks in the upper left symbolize the rays of the sun. The shamanic nature of the painting almost makes it look Native American.

This amazing photo shows a "crystal" of water that is named "Amaterasu Omikami," after the central divinity of the Japanese Pantheon, who was also the Great Creator Goddess of the universe. The branches look like the *gohei* (sacred staffs with paper strips) that are used in the shrines. When I showed this photograph to Europeans, who did not know anything about "Amaterasu Omikami", a murmur went through the hall. In the depths of their hearts, perhaps they stored such a thing in their unconsciousness.

<http://www.aayaa.at/content/wasser/wasserkristalle11.htm>





Here, the goddess Amaterasu looks at her reflection in a mirror. This modern work evokes the story of her having secluded herself in the Cave of Heaven, later to peak out and see her own reflection in a mirror. The upper right-hand corner of the print depicts the blazing noonday sun, her actual manifestation in our world.



The official name of Naigū, the Inner Sanctuary of the Grand Shrine of Ise, is Kōdaijingū (its roof is shown at right). The main deity is Amaterasu Omikami, the ancestor of the Imperial Family and the tutelary *kami* of the Japanese people. The Naigū was founded about 2000 years ago. Worship of Amaterasu Ōmikami was conducted by the first ten Emperors within the Imperial Palace in Yamato. At the age of Emperor Sujin the country was struck by severe epidemics and numerous other disasters. Therefore, the Emperor gave Princess Toyo-suki-iri-hime-no-mikoto an order to remove Amaterasu Ōmikami from the Imperial Palace and worship her at another place. Consequently, Amaterasu Ōmikami was enshrined at a location in the eastern Nara Basin.

Next emperor Suinin gave Princess Yamatohime-no-mikoto an order to find the most suitable permanent location to hold ceremonies for Amaterasu Ōmikami. The princess left Yamato, arriving finally at Ise after having wandered through the regions of Ōmi and Mino. At Ise, she heard the voice of Amaterasu Ōmikami, saying "I wish to live forever here in Ise, where the wind of the *kami* blows, and the country is blessed with the rich resources of the mountains and the sea." Yamatohime-no-mikoto decided to build a magnificent sanctuary at Ise to hold ceremonies for Amaterasu Ōmikami forever. This was the beginning of the Naigū. Ever since, for over 2,000 years, Amaterasu Ōmikami has been worshiped in Ise by the Japanese people and the Emperor, in ceremonies led by the shrine's Shinto priests.

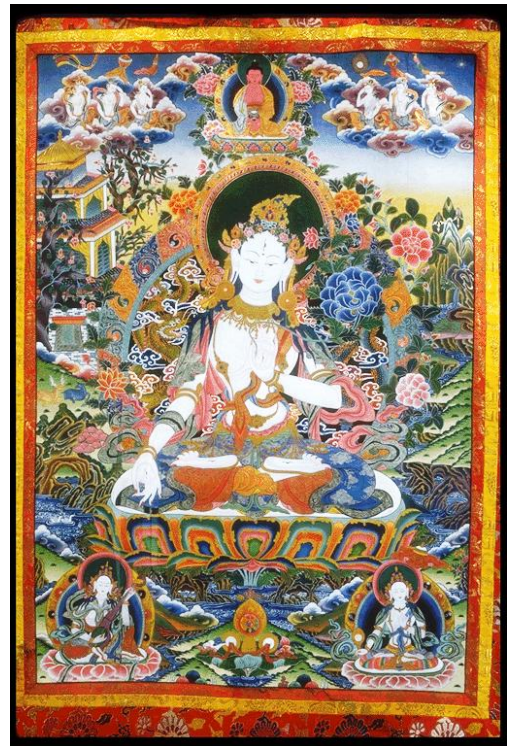
<http://www.isejingu.or.jp/english/naigu/naibody.htm>

The Sun is an intelligent being, a goddess. She is a nurturer of the Earth. Her intelligence and benevolence play a role in the preservation and growth of life on Earth. It is she who parts the veils of the dawn, it is she who tends the garden of our planet. She stirs the cauldron of the weather, shaping the clouds in a dance with the serpent of the wind.

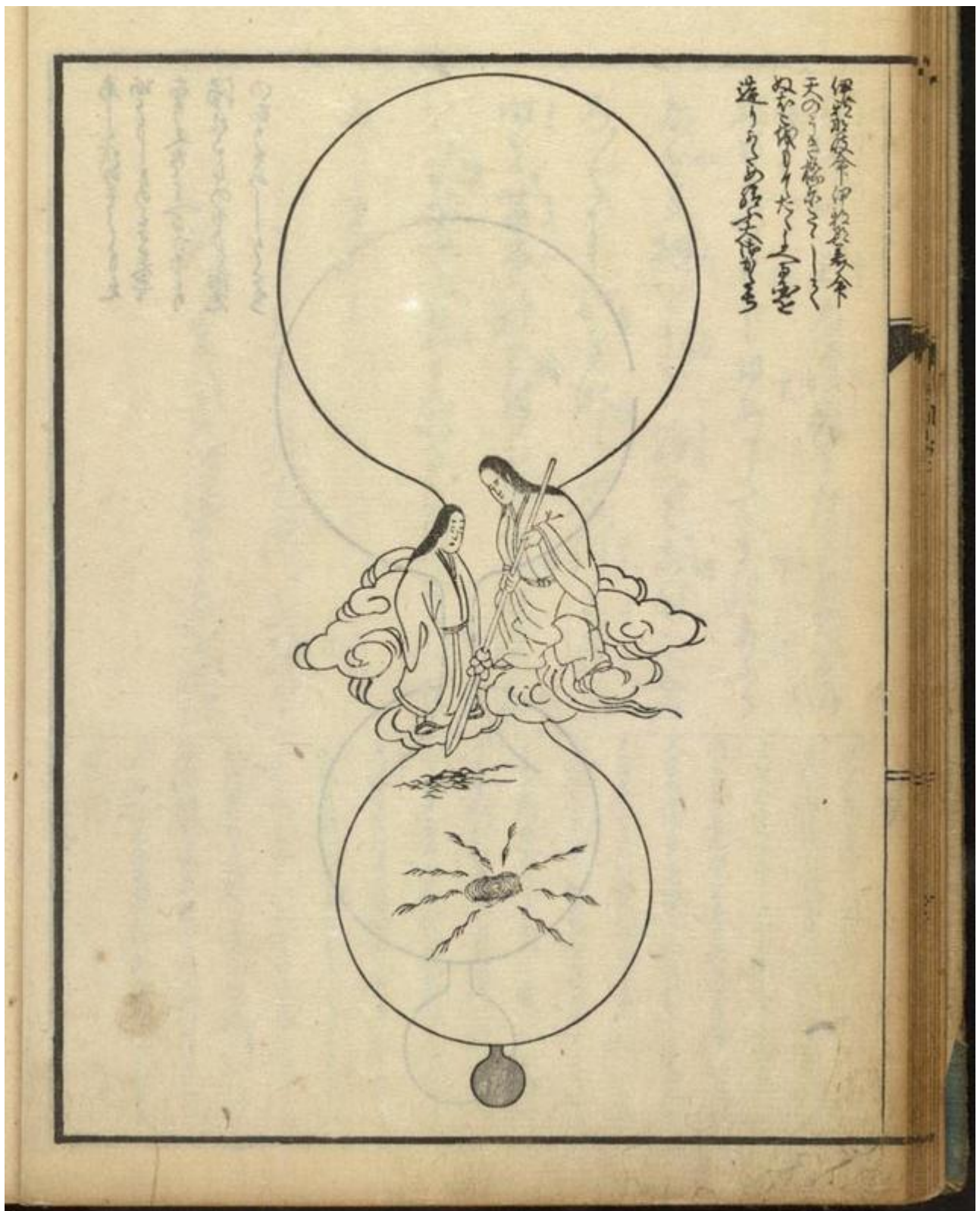
White Tara is an emanation of Tara who is connected with longevity. One calls on her for health, strength, and longevity. Her white colour indicates purity, but also indicates that she is Truth complete and undifferentiated.

She is Amaterasu to the Shinto, and White Tara to the Buddhists. White Tara is to Amaterasu and the Sun as Green Tara is to Gaia and the biosphere. It is in their loving embrace that life may flourish.

White Tara has her own mantra. It is: OM TARE TUTTARE TURE MAMA AYURPUNYE JNANA PUTIN KURU SVAHA. (Ohm Tah-ray Too-tah-ray too-ray mah-mah ah-yoor-poo-nyay jah-nah poo-teen koo-roo swah-hah).



The Great Goddess Spirit Shining in Heaven, this Japanese Sun Goddess ruled weaving and agriculture. Disgusted with her brother because of his violence toward women, Amaterasu enclosed herself in a cave and refused to come out. Eight hundred deities gathered outside her self-made isolation and tried to lure her out with a loud celebration. Hearing the loud commentaries on an erotic dance being performed by the crone Goddess Ame No Uzume, Amaterasu emerged, overcome with curiosity. Seeing her radiance reflected in a mirror that had been set up outside the entrance, she was amazed at her brilliance which she had never seen before. She returned to the world and life was renewed. The snake, draped on her arm, holds her brother's sword which she broke into 3 pieces that became Goddesses. She holds a haniwa (burial sculpture) of a female shaman from Tochigi Prefecture, late 5th - early 6th century. Design on vase from a 19th century woodcut by Utagawa Kunisada; mirror from the Yayoi period, 300 BCE-300 CE.



Tominobu Hosoda.

[*Kamiyo no masagoto tokiwagusa*](#)

(Mythological Story of the Creation of Japan).

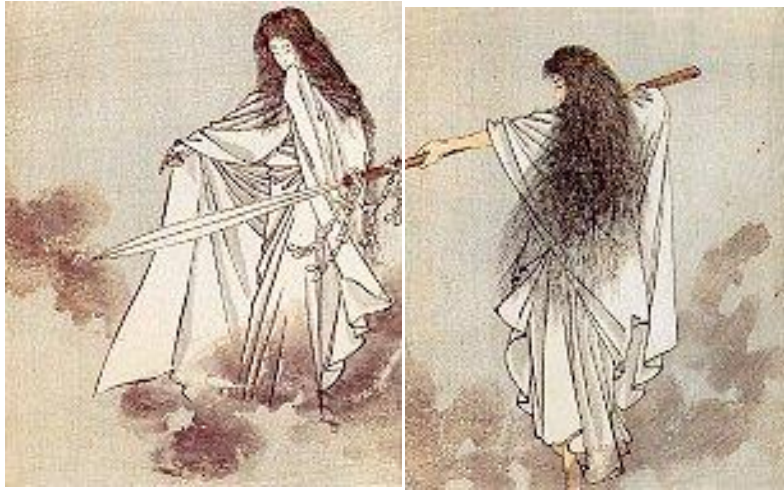
[Page 1](#) - [Page 2](#) - [Page 3](#)

Kyoto: 1827.

Japanese Section,
[Asian Division](#) (13)

Stories of the Creation of Japan

The illustration on the preceding page is from a three-volume set of Japanese mythology containing stories of the creation of Japan. This volume tells the story of the two deities—Izanagi and Izanami—who descend from heaven and create the islands of Japan through their marital union. Eventually Izanagi produces the Sun Goddess (Amaterasu Omikami), whose descendants are said to rule Japan.



(Another depiction: A 19th-century print of Izanami and Izanagi creating Japan)



This photograph shows models of the three sacred treasures comprising the Three Imperial Regalia to Ninigi by Amaterasu—they are the mirror, the sword, and the *magatama* jewel. Of the three of these, the sacred mirror that was put outside Amaterasu's cave by the other gods and goddesses is by far the most significant. The mirror is believed to be Amaterasu's nature: bright and clear. It reflects qualities of brightness and honesty. It is believed in Japanese tradition that when a mirror is dirty, so is the soul, and like the samurai's soul is his sword, so is the mirror the soul of a woman. Even when Amaterasu was a child, Izanagi gave her a polished disc to kneel in front of each day. He told her to hold in her passions so that the disc could reflect only a pure spirit. The second regalia is the

sword that had been given to Amaterasu by Susano-o as a peace offering. After Susanoo was banished, he journeyed and came across a girl being chased by an eight-headed serpent. To help her, he changed her into a comb and made sake for the eight heads of the snake. When they became drunk, he chopped the serpent into pieces and in the snake's tail, found a sword. He then gave it to Amaterasu. The sword is seen as a symbol of strength, resolution, and wisdom. It represents the emperor's role as a defender and Amaterasu's role as a national guardian. The last regalia is one of the jade *magatama* jewels that the other gods and goddesses used to lure Amaterasu out of her cave. The jewels are characterized by gentleness and yielding and is the source of compassion. Worn over the soul spot on the chest, or at the throat, it gives the wearer's voice resonance and power.

VII. The Process of Using Amaterasu Reiki

Intention is the key, so it is important to have a clear intention of what is to be accomplished. Be centered and calm, focused and relaxed. At this point, connect with Amaterasu and feel her transmitting her bright golden energy to your heart. Thinking about Amaterasu's image, or chanting her seed syllable (*bija*) or one of her prayers, either out loud or silently, or simply saying "I hereby channel the Amaterasu energy now," work very well. Notice this energy in the heart and feel full of compassion; after you can feel its connection to the hands, you are ready to begin.

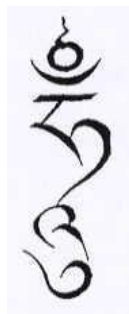
Raise one hand or both hands and begin sending the energy, being aware of its source and its intended point of receipt. Keep the hand(s) relaxed (with the fingers loosely together) and the elbow (of the hand being used) bent. Any symbols and other energies you may want to use can also be projected or not, depending on intuition. You may also want to chant Amaterasu's name (Amaterasu Ōmikami) while channeling this energy.

A session should last about 20–30 minutes. Let intuition be your guide.

VIII. Symbols to Use with the Amaterasu Healing Light

Only three new symbols are needed for Synergy Reiki Masters who wish to master Amaterasu Reiki. One is a seed-syllable written in Tibetan, and the other two utilize Japanese characters.

1. HŪNG! (Skt. Hūm!)



About HŪNG

HŪNG is the **seed syllable** of the five wisdoms. In terms of the seed syllables of the five transcendent wisdom-buddhas, also known as the Kings of Light (Vidyārāja). **HŪNG** is the seed syllable of Vairocana—the *ādi*-, or primordial, buddha, "He Who Is Like the Sun." In Japan, he is regarded as a sun buddha, and is at the center of a system in which the four other Kings of Light circle him like planets. He was thought to be a Buddhist manifestation of the supreme deity of the Shintō pantheon, Amaterasu Ōmikami, the Great Sun Goddess.

As shown in the example at right, **HŪNG** has five parts, each printed in a different color showing its relationship with one of the five elements—(from top:) space, fire, air, water, and earth. **HŪNG** is the seed syllable of the nirmanakaya or *trül-ku*, the sphere of realized manifestation. (Calligraphy by Ngak'chang Rinpoche.)

The five parts of **HŪNG** have been likened to the five elements of Oriental cosmology, the five transcendent wisdom-buddhas, the sun (yellow) and the four brightest planets [Venus (white), Mars (red), Jupiter (blue), and Saturn (green)]. I would like to compare them to the five characters that make up the very name of Amaterasu Ōmikami: Heaven is the Void, or **space**; -Illuminating is **air**; Imperial is **fire**; Great is **water** (ocean); and Deity is **earth**—

representing the descent of the deity from the Plain of High Heaven through the air, summoned and purified by our offerings of fire and water, to manifestation upon this earth in the form of the Golden-Light Energy of Amaterasu Ōmikami.



2. Two Versions of Amaterasu Ōmikami's 5-Character Name

(天照皇大神 or 天照光大神: They can be read either as Amaterasu Omikami or Amatersu Kodaijin.)

天 Ama 天

照 terasu 照

光 ō kō 皇

大 mi dai 大

神 kami jin 神

In these two 5-character names, each of the characters needs to be addressed.

1. Amaterasu Ōmikami (*left*)

AMA—Heaven. This word is used at the beginning of the names of numerous deities (and it sometimes read *ame*). It is from Heaven that the Universal Life Energy descends to us.

TERASU—Shining; Illuminating. This is the same idea as illustrated in the name of the Reiki Master Symbol, **Dai Kō Myō**: Great Bright Light. What better name for a Sun Goddess!

KŌ—This is the character for “light,” and is the same as the **Kō** in **Dai Kō Myō**, and is even given next to the character **Dai** here. In fact, including the possible meaning gleaned from the sound, **Ama-Terasu-Kō-Dai-Jin** could be translated as the “Great Deity ‘Light that Illuminates the Heavens.’”

Ō/DAI—These are two different readings for the same character. It is the same as the Dai in **Dai Kō Myō**.

MI—This is a special character (御) that has no meaning, but expresses the idea that we are honoring or revering the thing named after it. It is not even expressed in writing in these names, although it is read and spoken. In this case, since the word it modifies is “deity,” we might translate *mi-kami* as “deity deserving of honor,” “deity who should be revered,” or, as Chamberlain, “August Deity.”

KAMI—For lack of better term, most people translate this as “god.” It probably originally meant “celestial being,” and could just as well have been used for an extraterrestrial traveler

as for a god.

So, this gives us **“The Great Heaven-Illuminating Deity Who Should Be Revered.”**

2. Tenshō Kōdaijin / Amaterasu Sume-Ō[mi]kami (*right*)

AMA—Heaven. It is from Heaven that the Universal Life Energy descends to us.

TERASU—Shining; Illuminating. **Kō Myō**: Bright Light.

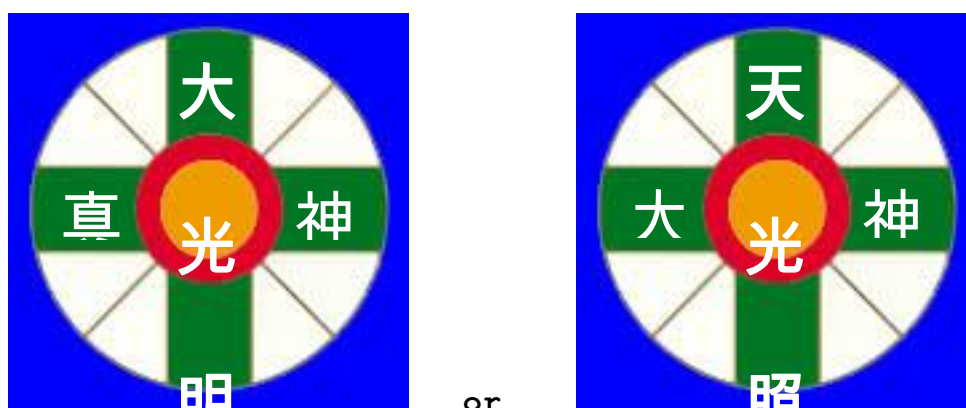
KŌ/SUME[RA] —This is one of the characters used to mean king, ruler, or sovereign. In the name of the goddess, we might translate it as either Imperial or Sovereign. Although written with a different character, it is homonymous with the **Kō** in **Dai Kō Myō**, and is even given next to the character **Dai** here. In such proximity, it is impossible not to see them as referring to the Great Bright Light of Heaven, the Universal Life Force, the Source of all life.

Ō/DAI—These are two different readings for the same character. It is the same as the **Dai** in **Dai Kō Myō**.

JIN/KAMI—For lack of better term, most people translate this as “god.” It probably originally meant “celestial being,” and could just as well have been used for an extraterrestrial traveler as for a god.

So, including the possible meaning gleaned from the sound, **Ama-Terasu-Kō-Dai-Jin** could be translated as the **“Great Deity, ‘Sovereign/Light that Illuminates the Heavens.’”**

3. The Hikari (光) Symbol of Amaterasu's Great Bright Light (大光明真神・天照光大神)



Here is a symbol that will be familiar to anyone who has done Synergy Jōrei. For the background, I have used the “balanced cross” motif devised by Mokichi Okada, founder of the Church of World Messianity (Sekai Kyūsei Kyō). I have superimposed upon the design the five characters that are written upon the *go-shintai* of the Church and that represent the deity worshiped—they can be read either as ***Dai Kō Myō Shin Shin*** (The Great Bright Light True Deity) or as ***Miroku Omikami*** (The Great Deity Maitreya), but I have used them here as an alternative way of writing Amaterasu Ōmikami: “The True Deity of the Great Bright Light.”

Read vertically, the characters read ***Dai-Kō-Myō***—Great Bright Light; and read horizontally, ***Shin-Kō-Shin***—True Light Deity. Thus, together, they can be read as “The Great Bright Light, The True Deity of Light [or: The Deity of the True Light],” or, even “Amaterasu Ōmikami.”

4. The Double / Triple *Tomoe*



The Taoist and Confucian yin–yang symbol (*far left*), which is very similar to a double *tomoe* (*2nd from left*), is used to express the mutual complementarity of the yin and the yang. The symbols for the yin and the yang are “contained in one circle, showing that both powers are in one cycle. Instead of these two being held in antagonism, they are held together to show that they are mutually interdependent partners. One cannot exist without the other.”

The *mitsu-domoe* (*center*) often appears on the surface of drums and the ends of corner roof tiles. *Tomoe* may swirl in either directions. Some families use them as their family crest. There are single *tomoe* (like a comma motif; this is the shape of the *magatama* gem), and double *tomoe* (like the Taoist yin–yang symbol), and quadruple ones as well, but the *mitsu* or triple *tomoe* are particularly identified with Shinto. It is probable that the triple *tomoe* symbol also symbolizes the interdependence of each of its three parts, of each of the three worlds.

The Triple World can be defined in a number of ways: the worlds of past, present, and future; the realms of Heaven, Earth, and the Underworld; the realms of Heaven, Earth, and Man; the Shinto-Buddhist realm of desire (the six realms of transmigration), the realm of form (lower heaven), and the realm of no-form (the High Plain of Heaven); and even the Lacanian realms (after French psychoanalyst Jacques Lacan) of the **real** (the Shinto view of reality), the **symbolic** (the realm of the *amatsu-kami*, the gods of heaven), and the **imaginary** (the realm of the *kunitsu-kami*, the gods of nature), as portrayed with Borromean rings (*2nd from right*). [Note: The design of three interlinked circles is known as the Borromean Rings, after the Borromeo family of Milan who uses them on the

family crest. The three rings together are inseparable, but remove any one ring and the other two fall apart. Because of this property, they have been used in many fields as a symbol of strength in unity.]

Another form of the Borromean link was used by the Norse people of Scandinavia. The symbol, known as “Odin's triangle” or the Valknut (meaning “knot of the slain”), is thought to also represent the *wyrd* of the worlds as shaped by the three great Norns (Fates), **Urdhr**, **Verdhandi**, and **Skuld**—whose names mean: Urdhr (Past—everything that has happened), Verdhandi (Present—everything that is in process now) and Skuld (Future—that which *should* happen). It is added here because of its tripartite nature, and also because the image of it glowing in the flames is a good image to help conjure up the healing flames of the Sun.

IX. Self-Empowerment Method

Attunement transmissions from a person are traditional for Amaterasu Shakti (energies); but the person merely holds and grounds the energy—the actual transmission is from the Amaterasu Source)

This is not the same as Amaterasu Reiki. I have set up an Amaterasu Energy Self-Empowerment / self-attunement that may be called in by intention anytime, if it is in accord with your highest good, or that of your client.

You do not need to take refuge in the goddess to receive this attunement. After activating the Self-Empowerment, you may run the Shakti as an all-purpose healing energy and use it to enhance meditation. You can activate it by intention, as is done with Reiki/Seichim.

Amaterasu's Healing Light Energies are often used for hands-off and remote healing. They also work to increase Compassion and Serenity and are said to accelerate one's progress toward spiritual happiness and wisdom.

This attunement is offered freely; to receive it, all you need to do is to sit quietly, say that you wish to be empowered to the Amaterasu energies, and sincerely ask for it.

X. Attunement Method

PART 1. SYNERGY REIKI METHOD of AMATERASU EMPOWERMENT

A. The Procedure: To make it easy to absorb this information and to follow the process I shall give now a detailed outline of the whole process from beginning to end. In the process, the symbols are abbreviated thus: **UD** (Usui Dai Kō Myō); **C** (Chō Kū Rei); **A1** (Amaterasu's/Vairocana's seed-syllable, **HŪNG**, either drawn or recited); **A2** (Amaterasu's alternative name, **5 characters**); **MD** (Modern Dai Kō Myō); **H** (Hikari symbol); **F** (Fire Serpent); **R** (Raku). Visualize the symbols as either glowing with red or golden light, like the sun.

1. **Set the Space:** If you have a statue or picture of Amaterasu, set it up on a small altar. Place symbols of the five elements—flowers (wood/air), incense (earth), water (water), candles (fire), and a bell/chime/vajra (metal) before it. Clear yourself and the space with symbols, smudging, etc., as you wish. If you desire, recite the *Amatsu Norito* (Prayer of Heaven), or simply chant “Amaterasu Ōmikami.” Call in Amaterasu, and connect with her and with her “Bright Sun Light.” Imagine her sitting upon a golden lotus before a red solar-disk in the air before you to help you hold the energy and the intention.
2. **Build up the energy:** Recite her name, “Amaterasu Ōmikami,” at least 3 times—each time, strengthen your connection with her more in terms of body, speech, and mind.
3. **Walk up to the initiate:** Go behind them; open the aura and crown; proceed with the attunement.
4. **Attunement process**
 - a. **UD+C+A1+A2+MD** at head: draw symbols over hands, clap, open, blow and then seal with **H** at the ridge.

- b. **UD+C+A1+A2+MD** at 3rd eye: draw symbols over hands, clap, open, blow and then go around and seal with **H** at the ridge.
 - c. **UD+C+A1+A2+MD** at throat: draw symbols over hands, clap, open, blow and then go around and seal with **H** at the ridge.
 - d. **UD+C+A1+A2+MD** at heart: draw symbols over hands, clap, open, blow and then go around and seal with **H** at the ridge.
 - e. **UD+C+A1+A2+MD +F** at back: draw symbols over back and then seal with **H** at the ridge.
 - f. **UD+C+A1+A2+MD** at knees: draw symbols over knees, clap, open, blow and then go around and seal with **H** at the ridge.
 - g. **UD+C+A1+A2+MD** at feet: draw symbols over tops of feet, clap, lift up, blow into soles and up the body to crown, draw **R** down front and then go around and seal with **H** at the ridge.
 - h. **UD+C+A1+A2+MD** at back: draw symbols over back; blow up from the feet to the head and back down, draw **R** down, and then seal with **H** at the ridge.
 - i. Look into the crown and imagine seeing the heart in a brilliant golden radiance. Place an affirmation like “You are now successful at healing with Amaterasu’s Bright Light, and Compassion, Love, and Wisdom guides you always. The Amaterasu energy is available to you whenever you call for it with love and reverence.” “So Be It! So It Is!”
Using the Violet Breath technique (see below), blow this affirmation down into the heart and imagine the energy going down through the body, through the feet until it connects with the healing love and power of the Earth. Complete and seal this process by chanting **A1/A2** and imaging them and **H** being pressed into the ridge.
 - j. Say a prayer of thanks for the process, dedicating the work to the highest good of all, in love, joy and light, then let go of the ridge.
5. Leave the crown open.
 6. Close Aura. Come out of the aura slowly and respectfully, and move around to the front of the initiate.
 7. Take a deep breath, focus the remaining initiating energy (the energy that circulates in the body after having finished), and blow it in the direction of the initiate as a final blessing and act of separation. Then bow in the direction of the initiate, speak internally that it is done.
 8. Say the name “Amaterasu Ōmikami” once as you call them back.
 9. Check to see if the initiate opened to the energy and is OK. Stabilize them if they are not. When they are ready, escort them out and get ready for the next initiate.

B. The Violet Breath Technique – Used in the beginning of the healing attunement.

1. Place the tongue at the roof of your mouth and contract the Hui Yin point at the perineum and run the Microcosmic Orbit.
2. Take a deep breath and visualize a beautiful white light descending into your crown.
3. Imagine this breath and light traveling through Microcosmic Orbit, down your Functioning Channel in the front, turning up at the Hui Yin point and going up the Governing Channel in your spine area until it reaches the center of your head.
4. Imagine the white light and the breath combining to form a white mist that quickly fills your head.
5. Allow the mist to turn blue and begin to rotate in a clockwise manner (viewed from the back). As it rotates it goes from blue to violet.
6. Within the violet light picture the Modern Master Symbol (**MD**).
7. Breathe the Modern Master Symbol (**MD**) and violet light into the student’s crown chakra, intending it to go down into the client’s body all the way to the feet where it connects the initiate further with the Earth and Heaven while disconnecting them from the Master doing the initiation.

PART 2. SHINTŌ *REIJU* EMPOWERMENT METHOD

1. **Set the Space:** As above—If you have a statue or picture of Amaterasu, set it up on a small altar. Place symbols of the five elements—flowers (wood/air), incense (earth), water (water), candles (fire), and a bell/chime/vajra (metal) before it. Clear yourself and the space with symbols, smudging, etc., as you wish. If you desire, recite the *Amatsu Norito* (Prayer of Heaven), or simply chant “Amaterasu Ōmikami.” Call in Amaterasu, and connect with her and with her “Bright Sun Light.” Imagine her sitting upon a golden lotus before a red solar-disk in the air before you to help you hold the energy and the intention.
2. **Build up the energy:** Feel all the energy flow into you and let it build up in you; at first starts to build up in the lower *dantian* and starts to fill up your entire being. As it builds, you become like a sacred furnace and begin to vibrate with the energy as you become filled with the Light and as the vibration of the energy rises.
3. **Tune into the initiate:** Tune into the initiate physically; notice their energy and start vibrating it, and then begin to send the built-up Amaterasu energy from you into them—prepare them so that it’s like they are merely waiting for the light of your energy. Let the light flow into their energetic system and enlighten them. They also become filled with the golden Bright Sun Light Energy of Amaterasu Ōmikami, the Light of the World.
4. **Attunement process:** When their energy is “radiant” with the energy and they are filled with the liquid-gold Bright Sun Light, send more energy into them—have it vibrate throughout the whole being; have it go up the chakras, cleansing the whole body. Have it purify the physical body, from the inside out; have it cleanse all the chakras and meridians, and then have it start shooting out of their feet and hands and crown. Then send light into and purify the astral/emotional body, the mental/causal body, the etheric body, and the spiritual body or soul. Align all the energy systems. Hear “Amaterasu Ōmikami” embodied in them in bright, pulsating, radiant tones—see the **AMA** in the 3rd eye chakra, the **TERASU** in the throat chakra, the **Ō / KŌ** in the heart chakra, the **MI / DAI** in the solar-plexus chakra, and the final **KAMI / JIN** in either the sacral or root chakra. See the words shining and filling them with the golden Great Bright Light radiance of the Sun. In the version below, the central character, **KŌ**, means “light.”

Pray to Amaterasu and ask her to pass on the ability to use this energy to the initiate, and to make this empowerment permanent and to help the adjustment and detox be gentle but swift.

Then help the initiate back down into the physical body, and then help in the grounding process. Make certain they are energetically stable and fully grounded. Tell them to take a few moments to integrate the energy and come to themselves.

Then come back and make sure that you yourself are completely grounded. Bask in the afterglow of the Great Bright Light of Amaterasu Ōmikami.

Then say a prayer and thank Amaterasu for her assistance. Take a few minutes to come to yourself.

Recite the Hikari Mantra as many times as you like or have time for, but do it at least 3, 5, or 7 times.

天照光大神

Appendixes



1. Ama-no-Kazu Uta ("Chant of Heavenly Numbers")



Hito (= 1) **Futa** (= 2) **Mi** (= 3) **Yo** (= 4) **Itsu** (= 5) **Muyu** (= 6) **Nana** (= 7) **Ya** (= 8)
Kokono (= 9) **Tari** (= 10) **Momo** (= 100) **Chi** (= 1000) **Yorozu** (= 10000)

Literally meaning "The Chant of Heavenly Numbers," *Ama-no-Kazu Uta* is a prayer that invokes the mystical power of *kototama* (or *kotodama*), "the word-spirit," thereby providing those who intone the incantation with divine help and the grace of God.

In this respect, *Ama-no-Kazu Uta* is by no means a mere sequence of numbers; instead, it praises the Great Original Spirit (= the primordial form of the Great Original Deity of the Universe) represented by the *kototama* "SU" ☉ for Its Virtue, Power, and Glory in creating and evolving the cosmos through a myriad of times, stages and processes. (Note: The Great Original Spirit ☉ is was originally identical to *Ame-no-Minaka-Nushi-no-Kami* (The Deity Master-of-the August-Center-of-Heaven) in the *Kojiki* (Records of Ancient Matters), but since



"SU" is represented by a glyph for the sun, later generations have identified the Original Spirit with what might be termed the *dharmakāya* of Amaterasu Ōmikami.) Concerning this Aikido founder Morihei Ueshiba (seen practicing *kototama* at left) wrote:

"There was no heaven, no earth, no universe, just empty space. In this vast emptiness, a single point suddenly manifest[ed] itself. From that point, steam, smoke, and moist spiraled forth in a luminous sphere and the *kototama* SU was born. As SU expanded circularly up and down, left and right, nature began, clear and uncontaminated. Breath developed into life and sound appeared. SU is the 'Word' mentioned in the Christian Bible."

—http://www.aikidofaq.com/philosophy/a_section12.html

The Chant, Version 1

Hito, Futa, Mi, Yo, Itsu, Muyu, Nana, Ya, Kokono, Tari, Momo, Chi, Yorozu.

The Chant, Version 2

Hi, Fu, Mi, Yo, Itsu, Mu, Na, Ya, Ko, Tō, Mo, Chi, Ro.

Explanation of the Chant of Numbers (based on the teachings of Ōnisaburō Deguchi)

Hito (1) = *ichi-rei-shi-kon* (four aspects of man's soul governed by one direct portion of the Spirit of God)

—The Great Original Spirit, the root cause of the great cosmos, governs the four soul-aspects, <ara-mitama; *yu* (courage)>, <nigi-mitama; *shin* (affinity)>, <sachi-mitama; *ai* (love)> and <kushi-mitama; *chi* (wisdom)>, under the command of the direct portion of the Spirit called <*nao-hi*; quintessential soul of the highest good and beauty>.

Futa (2) = *hachi-riki* (eight forces of the True God)

—Varying degrees of the union of yin and yang, which constitutes a part of the workings of the True God, result in eight forces—namely, *do* (activating force), *sei* (quieting force), *kai* (melting force), *gyō* (coagulating force), *in* (pulling force), *chi* (loosening force), *gō* (combining force) and *bun* (dividing force).

Mi (3) = *san-gen* (three irreducible elements of the physical world)

—Subtle and intricate combinations of the eight forces produce the three fundamental elements of the material plane, *gō* (*tamatsume-musubi* = generative power of God that fastens the soul in the physical body; essence of minerals), *ju* (*taru-musubi* = generative

power of God that enriches creatures; essence of plants) and *ryū* (*iku-musubi* = generative power of God that gives life to inanimate objects; essence of animals). Incidentally, Ōniseburō indicates that the chemical elements that have been discovered until today will ultimately fall into these three categories. He goes on to say that *gō* corresponds to *Kuni-no-Toko-Tachi-no-Kami* (The Earthly-Eternally-Standing-Deity) in the *Kojiki*, *ju*, to *Toyo-Kumonu-no-Kami* (The Luxuriant-Integrating-Master-Deity) and *ryū*, to *Umashi-Ashikabi-Hikoji-no-Kami* (The Pleasant-Reed-Shoot-Prince-Elder-Deity).

—*Hito* also means the Spirit of the True God (*ichi-rei-shi-kon*), *futa*, His Power (*hachi-riki*) and *mi*, His Body (*san-gen*). Thus, at this stage, the three irreducible elements of the universe, or the Three Attributes of the Godhead, are all present.

Yo (4) = *yo* (world) (this is a homonym; the same applies to the rest of the numbers)
—A mud-like world comes into being.

Itsu (5) = *itsu* (emergence)
—The sun, the moon, the stars and the earth appear.

Muyu (6) = *muyu* (multiplication)
—Plants, trees, animals, and various other creatures proliferate.

Nana (7) = *nana* (fulfillment of the earth)
—The birth of human beings realizes the kingdom of the earth.

Ya (8) = *ya* (prosperity)
—The world flourishes continually and expansively.

Kokono (9) = *kokono* (solidification)
—The fullness and stability of the world are strengthened.

Tari (10) = *tari/tō* (completion)
—The world reaches perfection. (The True God desires that the world evolve in the manner of upward spiral, treading the path from perfection to greater perfection.)

Momo (100) = *momo* (variety)
—Various other things are further created.

Chi (1,000) = *chi* (blood = spirit)
—The blood (or spirit) of the great creation work circulates in every vein of the universe, constantly replenishing all entities with vigor and vitality.

Yorozu (10,000) = *yorozu* (departure from darkness)
—The world of illuminous light unfolds forever and ever via the evolutionary process explained thus far.

<http://www2.plala.or.jp/wani-san/ODT.html#2The%20Omoto%20Maxim>

2. Chinkon and Misogi Exercises

Chinkon are a kind of pacification meditation practice in Shinto. According to the *Kojiki*, Ame no Uzume performed a sacred trance dance in front of the heavenly cave in order to restore the sun to the world. This is the assumed origin of a variety of Shinto rituals, such as the sacred Kagura performance and *chinkon*.

In Shinto, creation is ongoing, continuously happening all the time around us. The world is renewed every moment of its existence. We ourselves are never old. Just changing. In this view, myths are an ongoing process and we as humans participate in creation. This differs from the Western view that creation is complete and finished, with a remote god looking on and deciding our fate. No, the universe is evolving, unfolding into all directions. *Chinkon* lets us experience this oneness and evolution.

Before practice you should purify your mind and body by some familiar means. There are some different methods taught, choose the one you are most comfortable with, and then begin.

Give a prayer and some offerings to the Kami.

Sit with your legs outward, then join them at the soles, your knees will be slightly raised.

Breathe in through the nose, hold your breath shortly, silently exhale through the mouth.

Join your hands loosely in prayer, with all fingertips joined.

Now, bend your upper body to the left side; your nose should always stay in line with your hands.

Then bend to the right in the same way.

Then forward, then backward.

All the while your lower body should remain still.

Your balance should be in your *hara*, your belly.

Repeat as often as you want.

This is the very basic technique of *chinkon*. To this, you may add the chanting of *Kotodama*, spirited words, such as the *Ama-no-Kazu Uta* (above):

HITO, FUTA, MIYO, ITSU, MUYA, NANA, YA, KOKONO, TARI, MOMO, CHI, YOROZU

This is counting in old style, another version differs:

HI, FU, MI, YO, ITSU, MU, NA, YA, KO, TO, MO, CHI, RO

This is the manner in which Ame no Uzume acted in front of the heavenly rock cave.

You may do the above also while sitting in *seiza*, that is kneeling on your legs and feet with the big toes crossed; this is the traditional Japanese way of formal sitting, and is used in traditional arts, such as tea ceremony.

Another practice is as follows:

Sit in *seiza* with your spine straight.

Fold your hands together, but extend the index fingers upward, with their tips touching.

Your left thumb should cover the right thumb. Hold your hands at third-eye or throat or heart level. Your index fingers should point to the sky.

Exhale slowly through the mouth, at first 12 seconds, then 20, then 25. Inhale in the same manner but through the nose.

Relax your whole body, while keeping the spine straight.

You may want to use the above *Kotodama* or visualize the night sky as it expands with your exhalation and contracts and fills you with your inhalation.

If your hands are tired during the practice, you can rest them on your legs.

These are some practices that will help you maintain a pure body and mind. Together with *Misogi* - *Harai* purification practices, this is the Shinto way of the Universe.



What Is the Meaning of *Misogi Harai*?

Misogi (bathing for purification in pure water) is the first discipline of Shinto. Before we may unite with Dai Shizen (great nature), we must be ritually cleansed physically and spiritually.

Why *Misogi*? (symbolic purification or cleansing)

- To Japanese Shintoists, we have moved away from our natural life-sustaining practices. Modern people often try to eliminate purities in their environment by breathing electronically heated or cooled filtered air, eating mechanically processed, devitalized foods, and living in places surrounded by unnatural building materials and wearing synthetic clothing that give off unnatural pulsations of energy. This lifestyle fosters anxiety and alienation from the rhythms of nature, while effecting in a negative manner one's natural abilities and intuition.
- Energies are generated from the life-stifling forces of these perversions produce various altered thought patterns that must be corrected.
- One method of doing this is through traditional *misogi*, which sometimes serves to calm our thought processes and bring us into a sort of alpha state necessary for clear thinking .
- Daito-Ryū Headmaster Tanomo Saigo (a Shinto priest) stated:
"Rise early in the morning to greet the sun. Inhale and let yourself soar to the ends of the universe; breathe out and let the cosmos inside. Next breathe up the fecundity and vibrance of the earth. Blend the breath of the earth with your own and become the breath of life itself. Your mind and body will be gladdened, depression and heartache will dissipate, and you will be filled with gratitude."

Misogi and Spiritual Exercises

Before *Misogi*

The mind and body should be conditioned before *misogi*. On the night before, it is recommended that meat should not be eaten and alcohol should not be drunk. The senses should be freed by avoiding any physical substances that might cloud or distort them. They should be ready to be receptive.

Preparation

In normal practice, one would receive a purification called shubatsu before entering the waterfall, which, as it is called Konryū Myōjin (Myōjin means "gracious *kami*") is a *kami*, there is need for purification before entering. Traditionally, people would strip and men would don white loincloths and *hachimaki* headbands, and women don long white kimono-like robes and *hachimaki*. If practicing this in a public place, such as on a public beach, please wear the appropriate bathing wear. If you are practicing at home and using your shower as a substitute waterfall, you may be naked. Begin by bowing to heaven twice, then clap twice, and bow once. You are now ready to commence the warm-up exercises.

Exercise 1: *Furitama* (Soul Shaking)

1. Stand with your legs about shoulder-width apart.
2. Place your hands together with the right hand over the left. Leave space between them big enough for an imaginary ping-pong ball.
3. Place your hands in that position in front of your stomach and shake them vigorously up and down.
4. While shaking them concentrate and repeat the words: **Harae-do-no-Ōkami** -- an invocation to the *kami* of the place of purification.

The Object of Exercise 1

The purpose of shaking the soul is to generate awareness of it within your self. **Kon** (the soul), in Shinto, is one of the four important elements, along with **Mei** (life), **Rei** (Spirit) and **Ki** (which means Spirit in its causal aspect—**Ki** is a kind of energy source). **Kon** is the most important of the four, since human beings can also be described as *Waketama* (separated individual souls), which is another way of saying "children of the *kami*."

Exercise 2: *Torifune* (Bird Rowing)

1. Stand straight and put your left leg forward.
2. Clench both fists with your thumbs inside.
3. Lean forward and move your arms as though rowing a boat starting from your left knee and ending near your armpits. As you "row" shout "IE" (sounds like Yay!)
4. Perform this 20 times, and then repeat *Furitama*.
5. Changing to a right-leg stance, repeat the *Torifune* shouting "EI" (sounds like Ay!) and "HO" alternately. Do this 20 times and then repeat *Furitama*.
6. Return to the left-foot forward stance and remake the clenched fists as before and bring the hands up to the chest to a shout of "IE" and thrust them down and forward with hands opened and fingers extended to a shout of "SE." After this, once again repeat the *Furitama*.

Object of Exercise 2

The basic purpose is to introduce a dimension of physical calisthenics along with the spiritual. Since *misogi* is a psychophysical experience, both types of warm-up exercises are necessary.

Exercise 3: *Osakebi* (Shouting)

1. Stand up straight leaving a space between your feet.
2. Place your hands on your hips.
3. Shout the following three invocations: **Iku-tama! Taru-tama! Tama-tamaru-tama!**
4. Then repeat three times the long invocation: **Ōkami! Ōkami! Kunitsu- Ōkami! Sarutahiko Ōkami To-toshi-ya!**

The Object of Exercise 3

Shouting **Iku-tama** activates the soul, which is just coming to awareness. **Taru-tama** affirms the awareness that you can realize the infinite in your soul. **Tama-tamaru-tama** confirms both and keeps the soul activated at its quantum level. The closing invocation addresses **Sarutahiko Ōkami**, head of the earthly *kami*, and acknowledges him to be of great power.

Exercise 4: *Okorobi* (Yielding)

1. Stand as in Exercise 3.
2. Place the left hand on your hip and your hand with two fingers extended in a gesture that resembles the "Boy Scout Salute"—it forms the "Sword Finger" mudra.
3. Three *kami* are invoked here and with each invocation you cut the air in a sweeping gesture with the right hand as follows:
4. **Amaterasu Ōmikami! "IE!"**
5. **Sarutahiko-no-Ōkami! "IE!"**
6. **Kokuryū-no-Ōkami! "IE!"**

- At each time you cut the air, you should take a step forward with your left foot and then back again.

The Object of Exercise 4

By specifying these three important *kami*, **Amaterasu Ōmikami** (the heavenly *kami*), **Sarutahiko-no-Ōkami** (the *kami* of guidance and head of the earthly *kami*) and **Kokuryū-no-Ōkami** (the *kami* of the water of life-energy) you can be united with them, remove your impurities, and receive their power as your own.

Exercise 5: *Ibuki* (Breathing)

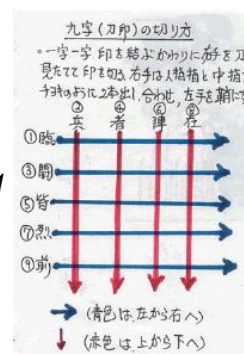
- Stand with your feet apart.
- Hold your hands and arms by your side.
- Inhale while raising your arms above your head by extending them fully outward and upward.
- Exhale slowly and deliberately while lowering your hands again.
- Place hands and arms by your side and exhale completely.
- Repeat five times.
- Turn to face the waterfall (or lake, river, ocean, shower, etc.), bow twice, clap once and open your arms palms upward toward the fall.
- You are now ready to enter the water.

The Object of Exercise 5

The purpose is to conclude the preparation by taking deep breaths, which have the effect of raising the metabolism of the *ki* to its highest level of sensitivity and receptivity by absorbing the *ki* of the universe.

Exercise 6: *Nyūsui* (Getting into the Water)

- Just prior to entering the water, you should sprinkle some Sakashio (purifying salt) on yourself.
- Take a sip of Japanese saké (or water) and salt. Spray it from your mouth in three mouthfuls into the water.
- Then recite this nine-syllable prayer:
- RIN-PYO-TO-SHA-KAI-JIN-RETSU-ZAI-ZEN** (see below)
- 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 (while reciting their names, form the mudras [see below])
- Then cut the air symbolically nine times (see at right), and shout "IEI!"
The Meaning of the Prayer and the Square: *In Shinto, the numbers from 1 to 9 are used to symbolize the secular world and its impurities. Before entering the water, the cutting of the square implies removing the impurities of existence from its nine areas.*
- Enter the water and spray water on your face, chest, and loins.
- Clap your hands twice and bow once.
- Cut the air from right to left with your right hand as in Exercise 4
- Approach the fall (etc.) and enter, right shoulder first. Turn round and face the shore, holding your hands clasped in front of you, with the middle fingers together pointing away from you.
- Shout the following: **HARAE-TAMAE-KIYOME-TAMAE-ROK-KON-SHO-JO!** Continue until you feel moved to shout "IEI" and then come out.



The Meaning of the Final Prayer

The expressions **harae** and **kiyome** ask for the purifying of the individual by the washing away from all defilement from the *rok-kon-shō-jō*, from the six elements of human beings that Shinto recognizes: the five senses and the mind.

After *misogi* participants take time for a drying-off period of *chinkon*, spiritual practice, to pacify the soul. This in turn is followed by a ceremonial drink of sake (or pure water) with the *kami*, which has the effect of strengthening your connection with the Divine energy. In other words, the links between you and the energy become stronger. The goal and ideal of *misogi* and ultimately of Shinto is to enable, as once scholar has put it, *Homo sapiens* to rise to *Homo divinitatis*.



3. The Divine Ordinance, or Oracle of the Sun Goddess, Amaterasu Ōmikami



From the *Wa Rongo* (Japanese Analects)
of Ryōbu Shinto (1669)

All My people! Never be crafty, but hold fast the truth, or else to your sorrow, the unseen punishment from Heaven will unfailingly come upon you, and you the wicked ones will be hurled down into the netherworld (the Land of Yomi).

Be honest and just, then I will grant you heavenly blessings even here on earth in compensation for your hard life of suffering and trial.

All My people! If you act against the Will of Heaven and Earth, I am sure that you will not only lose the Divine Grace, but remain eternally unsaved within the netherworld.

Therefore, again I say unto you! Submit yourself disinterestedly to the never-failing Law of Nature; live, move, and have your being in Her; this, indeed, is the unshaken principle of the “Way”; this is the true essence of faith in God. Not to practice hundreds of tedious ceremonies, but to give reverence to the One True Law of Mind, is what this Heavenly Being enjoins upon believers, and this alone pleases Her.

All My people! List ye well! Enjoy your life long and happily in and through Nature. Live by the Law of Righteousness implanted within your own hearts. Serve your Ancestral Deity with piety and reverence, so that our unique nationality may be well consolidated and in consequence thereof be enable to hold sway over all other nations, making manifest how noble is the Mission that My descendants of the Imperial lineage hold in trust for the whole world!

All my people! Know that even though one provides Me with rare and precious treasures of the land, praying to me earnestly with his whole heart and mind for a hundred days, I will neither make known My Presence nor bestow My favor upon one who is dishonest, harsh with others, or greedy.

Yet even if one is polluted by reason of deep mourning for a deceased loved one, and therefore cannot approach or invite Me, nevertheless, if he be always kind-hearted toward others, know that I will make known My Presence to him and bless him, because I am the very Incarnation of Compassion and Mercy.

All My people! List ye well! If you desire to obtain the blessings of Heaven and Divine Assistance, walk the Path of Righteousness in company with Honest Mind, and free yourself from all foolish pride and vanity, for even a drop of that kind of defilement separates you from Me as though it were an Boundless Ocean. Rather, live a good and honest life, and you shall bathe in My Ocean of Love and Mercy.

Adapted from: Robert O. Ballou, *Shinto: The Unconquered Enemy*
(New York: Viking Press, 1945)

天照皇大神、守り給へ、幸倍賜へ。

惟神、靈幸倍坐せ。

AMATERASU ŌMIKAMI, MAMORI-TAMAE, SAKI HAE-TAMAE!