
GASSHO MUDRA, GASSHO MEISO & GASSHO KOKYU HO

The Japanese word Gassho (Gash-sho) refers to a mudra or ritual gesture formed by placing the hands (palms together), in the prayer or praying hands position. It is the most fundamental and most frequently used of all the in-zou (mudras) in Buddhist practice. Gassho implies recognition of the oneness of all beings and is used variously to:

- Express respect
- Generate a reverential attitude
- Prevent 'scattering of attention'
- Bring the self into a state of dynamic balance
- Express 'the one mind' (universal consciousness)

Gassho Mudra meditation & development technique

In the formal practise of Gassho, the Seiza position should be adopted (if possible) and the hands are brought together in front of the face, fingers straight, palms pressing gently yet firmly together. The elbows are raised, forearms at about 30° angles to the floor, fingertips at about the same level as the eyes but hands roughly a fist's distance in front of the tip of the nose.

Eyes focus on the tips of the middle fingers.

Some people also perform Gassho with hands positioned in front of the chest at a level just above the heart, yet others with the fingers positioned in front of the mouth (fingertips at a level just below the nose) and others still with the tips of the thumbs level with the third eye.

It is said, "the higher the hands, the more reverential the intent".

Gassho Meiso meditation & development technique

Again this is usually performed seated in Seiza if at all possible.

Close your eyes and let your hands rest in your lap. Hara-centre yourself (bring your awareness to your seiki tanden) and for a few moments, simply 'be' – silently and restfully 'watching the breathing'. That is focus on, but don't try to influence, the natural rhythms of your breathing. There should be no interference with this natural process, merely be aware that you are breathing effortlessly.

Continue silently and restfully 'watching the breath'. Forget everything else.....

.....There is nothing else.....

.....silently and restfully 'watching the breath' loosely focusing on the natural rhythms of your breathing.

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....There is no interference with the natural process— no seeking to consciously breathe....merely to be aware that you are breathing effortlessly.

Maintain this awareness as long as you are drawn to.

Gassho Kokyu-Ho *meditation & development technique*

Again this is usually performed in Seiza if possible.

Close your eyes, letting your hands rest in your lap and 'hara-centre' yourself.

For a few moments, simply 'be' - silently and restfully 'watching the breath', loosely focusing on the natural rhythms of your breathing. There should be no interference with the natural process, no seeking to consciously breathe, merely to be aware that you are breathing effortlessly.

When you feel ready and keeping your eyes closed, bring your hands together in Gassho. Gently move the focus of your awareness from seika tanden to where the pads of the middle fingers touch.

With your body still breathing effortlessly, be aware that the crystal clear Reiki light is being 'breathed' in through your hands and pours straight into your seika tanden.

In the moment before your body begins to exhale, be aware of the light, feel it grow stronger and brighter in your seika tanden.

As your body exhales, be aware that the crystal clear Reiki light is being likewise effortlessly breathed out from your seika tanden and on out through your hands.

Stay with this process for as long as you feel drawn to do so.