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# JOSHIN KOKYU HO

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This is a beneficial stand alone procedure but it is also a component of the Hatsurei Ho meditation which is taught at Okuden (level 2).

Joshin Kokyu Ho can be practised either seated on a chair, stool or bench, or in a cross-legged position or in the seiza position. Sit up straight wherever you are seated, though this should not be uncomfortable in any way (military style posture is not required!), and rest your hands palms up on your legs or in your lap.

Close your eyes and 'hara-centre' yourself. For a few moments, simply 'be', silently and restfully watching your natural breathing process without interference, just merely being aware of breathing effortlessly.

After a few moments, with the focus of your awareness still at your seika tanden, in your mind's eye see and feel the Reiki energy flowing down from above, as a stream of crystal clear light. And as you breathe in - naturally, effortlessly - the light floods into your crown, and flows down throughout your body into your seika tanden.

In the moment before your body naturally begins to exhale, be aware of the light feeling it grow stronger and brighter, radiating through your entire body as it dissolves and dissipates all traces of stress and negative tension and supports the positive energetic integrity of your entire being.

As your body exhales, be aware that you are emanating the light from every single pore, from the entire surface of your being, and the light radiates out to infinity.

Continue in this 'awareness of the light' for as long as you feel comfortable.

Allow your body to maintain its own natural breathing rhythm, with no interference to this natural process, merely be aware that you are breathing effortlessly.