

MAKOTO NO KOKYU HO

Makoto No Kokyu Ho can be practised seated on the floor in either a cross-legged posture or in the seiza posture, or seated on a bench, couch, or other wide surface. Sit up straight (comfortably so – no need for rigid military-style posture – this will only impede the technique).

Rest your hands, palms down, on your thighs. Close your eyes 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 is no interference with the natural process – no seeking to consciously breathe – merely to be aware that you are breathing effortlessly...

After a few moments, gently open your eyes ever so slightly and focus loosely on a point about one metre or so in front of you. This can be either a point on the floor, or in the air – alternatively, prior to beginning the practice, you might like to position yourself so that you are facing a wall about a metre away from you (there should not be any specific image, object, etc used as a focal-point; e.g. if gazing at a wall, choose a blank area of the wall to focus on).

Breathing the Light:

In your mind's-eye see and feel the Reiki energy flowing in towards you from the universe – flowing from every direction, as a stream of crystal clear golden light. And as you breathe in – naturally, effortlessly – the light floods into you, suffusing your entire body, filling your seika tanden.

In the moment before your body – naturally, effortlessly – begins to exhale, be aware of the light: feel it growing stronger and brighter, in your seika tanden and radiating throughout your entire body, supporting 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 emanates out in all directions, bathing your immediate surroundings in a golden radiance.

Naturally, effortlessly, let your body repeat the process – the golden light following your breath. Feel and see it filling you as your body inhales, growing stronger and brighter, then emanating out beyond you as your body exhales – gently, easily...

Stay with this experience – this 'awareness of the light' for about eight or ten breaths; eyes still loosely focussed about a metre in front of you while allowing your body to maintain its own natural breathing rhythm.

When you are ready, raise your hands from your legs and place your palms together in gassho – the 'prayer position' – fingertips at about the level of your throat.