



CENTER FOR TRUE HEALTH

Purifying Breath: Joshin Kokyu Ho

Focusing the Mind on One Thing with Breath

joshin: spirit, pure mind

kokyu: breath, respiration

ho: method

Master Usui, the creator of the system of Reiki, placed great emphasis on the practitioner developing themselves through meditation and purification exercises, as well as hands-on treatment. This breathing technique is used to focus the mind, clear the meridians, and build energy in the hara.

To find your Hara or Tanden (life force center): Place one or both of your hands on your belly—two or three fingers width below the navel.

1. Sit and close your eyes.
2. Place hands in your lap, palms facing up.
3. With each inhale, breathe in through the nose, and sense the energy moving down to the hara/tanden, filling the body with Reiki (life force energy)
4. With each exhale, imagine Reiki expanding out through every pore of your skin, radiating outward all around you 360° into your surroundings, like a fine mist.
5. Repeat steps 3 and 4 until finished. This could be as little as 5 minutes up to 30 minutes.
 - a. Please note: If you feel dizzy or light-headed, then finish the exercise and slowly build on the amount of practice time.
6. Bring hands to prayer position at the completion of the practice to give thanks.