



## **Power of the Healing Mantra**

### **The Bridge Through Time and Space**



**Dr. Ranga J. Premaratna**

## Introduction

This is an audio recording of the Reiki Jin Kei Do Distance Healing Mantra:

*Hon Sha Ze Sho Nen*

This is an attempt by the current head of the Lineage Dr Rang j Premaratna to record the chanting of the mantra while in a meditative state Due to the high energy of the meditative state you will be empowered by the sound transmitted to you.

Listening to this recording with the sincere intention to transmit healing energy to you or to someone at a distance will create the instantaneous healing desired.

If you follow the simple instructions the mantra will activate in your heart deep compassion and unconditional which enhance the healing process.

Hon Sha Ze Sho Nen is a Japanese translation of a Sanskrit Mantra used in Reiki for Distance Healing. The importance of the mantra is in the meaning which has been kept intact and complete during its transmission down the lineage of Reiki Jin Kei Do from Master to Student in the process of Empowerment.

This transmission through empowerments carries not only the information of the mantra including its function and mechanism of action but more so the energy of the lineage of highly developed spiritual masters.

This is a new way of using the mantra. Dr Ranga has been experimenting using special sound wave forms and meditation. He has used different mantras for healing for many years with Reiki and using the Mantras, Yantras, Symbols used the Buddho System of Healing (The origin of Reiki Jin Kei Do teachings). In contemplating on alternate ways of using these symbols other than drawing them as traditionally used in Reiki but not always in the Buddho System, it dawned on Dr. Ranga to sue sound vibrations in chanting while in a meditative state to

use in place of drawing. This is an alternate way for example amputees who are unable to draw the symbol.

Listening to the chanting sound which carries energy (as it is done while in a meditative state) with various background music conducive and compatible with the mantra as well as embedding binaural frequencies to gently transform the brainwave frequencies of the listener to low alpha and theta frequencies. Help in imparting, imprinting, and activating the power of the mantra.

As the Distance Healing protocol uses the Empowering Symbol, Chokurei, to activate the heart chakra and raise your energy state to a universal and unified state, in order to create the bridge across time and space to transmit the healing energy to another, the mantra in its symbolic form and Chokurei are focused as metal images during the chanting to create an identical process to the traditional healing technique.

Now that you know the background and the reason for the use of the healing in this way let's try the mantra.



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### **Preparation before starting the healing:**

1. Sit in a comfortable position with the palms facing up with hands resting on the thighs.
2. Bring your awareness to the crown and feel the subtle sensations as Reiki starts to flow into the crown chakra. Now move your attention to the Third Eye chakra, Throat, and Heart maintaining a flow of awareness from the Crown to the Third Eye to the Throat and Heart visualizing a stream of light flowing from the universe.
3. Connect this visualization to your breathing.. As you breathe in visualize and sense the energy flowing from the universe to the crown and flow down the chakras to the heart.
4. As you exhale visualize and feel the flow of energy from the heart down both arms in to the palms.

Spend a few moments focusing attention on the centre points of the palms. Feel the sensation of heat, tingling, and vibrations as the energy starts to flow into the palms. Once you have established this flow bring your attention to the heart.

5. Now focus your attention on the heart and create the intention to transmit the healing energy using the mantra.
6. Focus on the heart with compassion and unconditional love first for yourself.

Say to yourself “May I be Perfectly Healthy, Happy, and at Peace” a few times and when you feel some pleasant feeling around the heart gently guide this feeling and energy to spread throughout the body.

When you feel filled with this pleasant feeling of Loving Kindness and Compassion, intend this aura of energy to expand out to the universe encompassing all beings.



For further information on Reiki Jin Kei Do training please visit

[www.reikijinkeidoandbuddhointernational.com](http://www.reikijinkeidoandbuddhointernational.com)



**“Be a light unto yourself and others through developing Compassion and Wisdom and integrating these qualities into your life path using Reiki as a gentle yet powerful tool”**

**Dr Ranga J Premaratna**

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