



## Power of the Healing Mantra

### The Bridge through Time and Space



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## Introduction

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

### *Hon Sha Ze Sho Nen*

This mantra chant is recorded by the current head of the Reiki Jin Kei Do Lineage - Dr Rang J. Premaratna. It is 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, and Symbols used in 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 used traditionally in Reiki but not always in the Buddho System, it dawned on Dr. Ranga to use sound vibrations produced by chanting the mantra while in a meditative state in place of drawing the Symbolic form of the

mantra. For example, this is an alternate way that amputees who are unable to draw the symbol can now use in distance healing.

Listening to the chanting sound which carries energy (as it has been recorded while in a meditative state) with various background music conducive to entering a meditative state. The background music is compatible with the mantra and the embedding of binaural frequencies gently transform the brainwave frequencies of the listener to low alpha and theta frequencies. This process of listening to the binaural frequencies leading you to a deeper meditative state helps in imparting, imprinting, and activating the power of the mantra.

Distance Healing protocol in Reiki Jin Kei Do uses the Empowering Symbol, Chokurei, to activate the heart chakra and raise your energy state to a universal and unified state. This heightening of energy state creates the bridge across time and space to transmit the healing energy to another. The mantra in its symbolic form and Chokurei have been imprinted into the sound vibrations by concentrated visualization of the two symbols as mental 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. (please read first before doing it)



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### **Preparation Before Starting Healing:**

1. Sit in a comfortable position with the palms facing up with hands resting on top of your legs.
2. Bring your awareness to the crown and feel the subtle sensations as Reiki starts to flow into the crown chakra as you visualize a stream of light flowing from the universe down to your crown. Now move your attention to from the crown to the Third Eye chakra allowing a few moments to experience the energy. Then visualize and feel the flow of energy from the Third Eye to the Throat Chakra. Then after experiencing the energy flow in the Throat Chakra visualize the flow to the Heart Chakra. Stay in the Heart Chakra maintaining a flow of awareness from the Crown to the Third Eye to the Throat and Heart visualizing 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 s 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. When you feel some pleasant feelings 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  
Reiki Jin Kei Do Lineage Head**

