

## **Shumei: Who we are and what we do**

Shumei is a spiritual fellowship dedicated to advancing health, happiness, and harmony for all humankind through applying the insights of our founder, Mokichi Okada. Known within Shumei as “Meishusama”, Mokichi Okada taught that a world free of sickness, poverty, and strife could be achieved through an appreciation of art, a reverence for nature, and spiritual healing.



## **What is “Jyorei”?**

Jyorei is a simple yet profound healing art in which spiritual light is focused on others. No physical contact occurs. Not

only does Jyorei help to heal people, but it also promotes spiritual growth. Sharing Jyorei is an act of selfless giving in which the main reward to the giver is the satisfaction derived from helping others. Jyorei was developed by Meishusama in Japan in the early part of twentieth century. The word “Jyorei” means “purification of the spirit”.

## **How does Jyorei work?**

Jyorei practitioners view “spiritual clouds” as the cause of sickness and unhappiness. These clouds are subtle impurities within our spiritual body that dull our awareness and damage our health. Jyorei removes spiritual clouds in much the same way that light dispels darkness. Jyorei is transmitted first to the forehead, which primarily promotes spiritual purification, and then to the top of the head, which induces physical purification. There is no need for a Jyorei giver to diagnose the condition of the recipient, because the light goes straight to the source of his or her problem.

## **What are the benefits?**

Some of the first and most common benefits that people experience from Jyorei are inner peace, physical comfort, and emotional balance. It also appears to reduce stress and strengthen the immune system. Physical ailments can often show remarkable improvement, depending upon the amount of impurities that need to be removed. The ultimate purpose of Jyorei, however, is to increase overall happiness.

## **What does one feel?**

Each individual response is different. Some people feel nothing. On the other hand, many people feel relaxed, see light, feel pressure and warmth, or experience tingling sensations in their head, fingers, or toes. Emotionally, people often feel love, joy, and serenity. Some people see various colors, and almost everyone feels rested and refreshed afterwards. However, whether a person experiences sensations or not, we believe Jyorei to be always beneficial.