

An introduction to:

Johrei Art of Living

- The Japanese holistic way of life -

Akira NAITO MD PhD

Imperial College London

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akira.naito@nifty.com

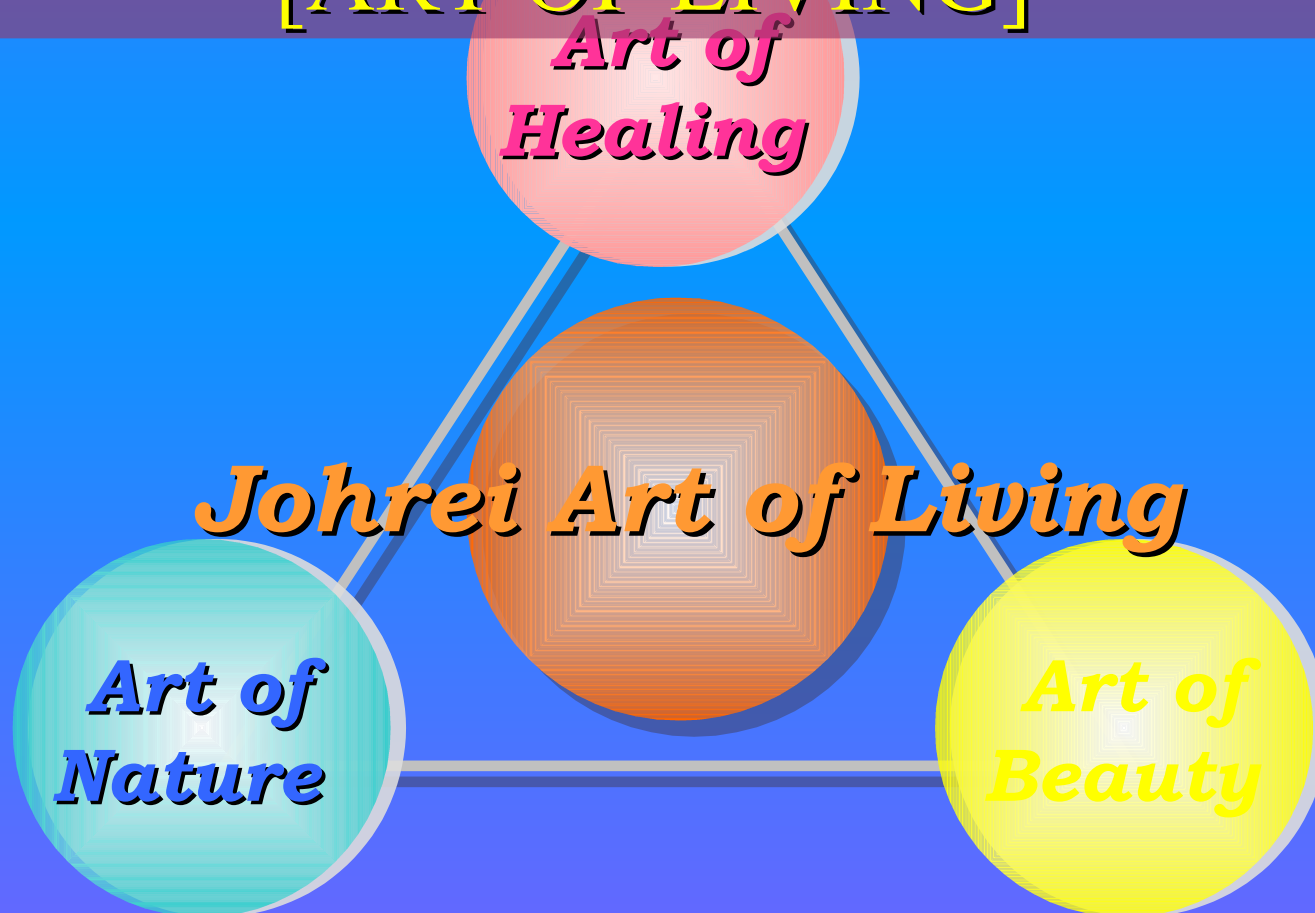


What is Johrei ?

What for ?

Three foundations of Johrei philosophy

- Appreciation with gratitude in a daily life –
[ART OF LIVING]



Three foundations of Johrei philosophy

- Appreciation with gratitude in a daily life –

[ART OF LIVING]

Art of Healing

(Sensing and appreciating flowing vital energy ‘Johrei’)

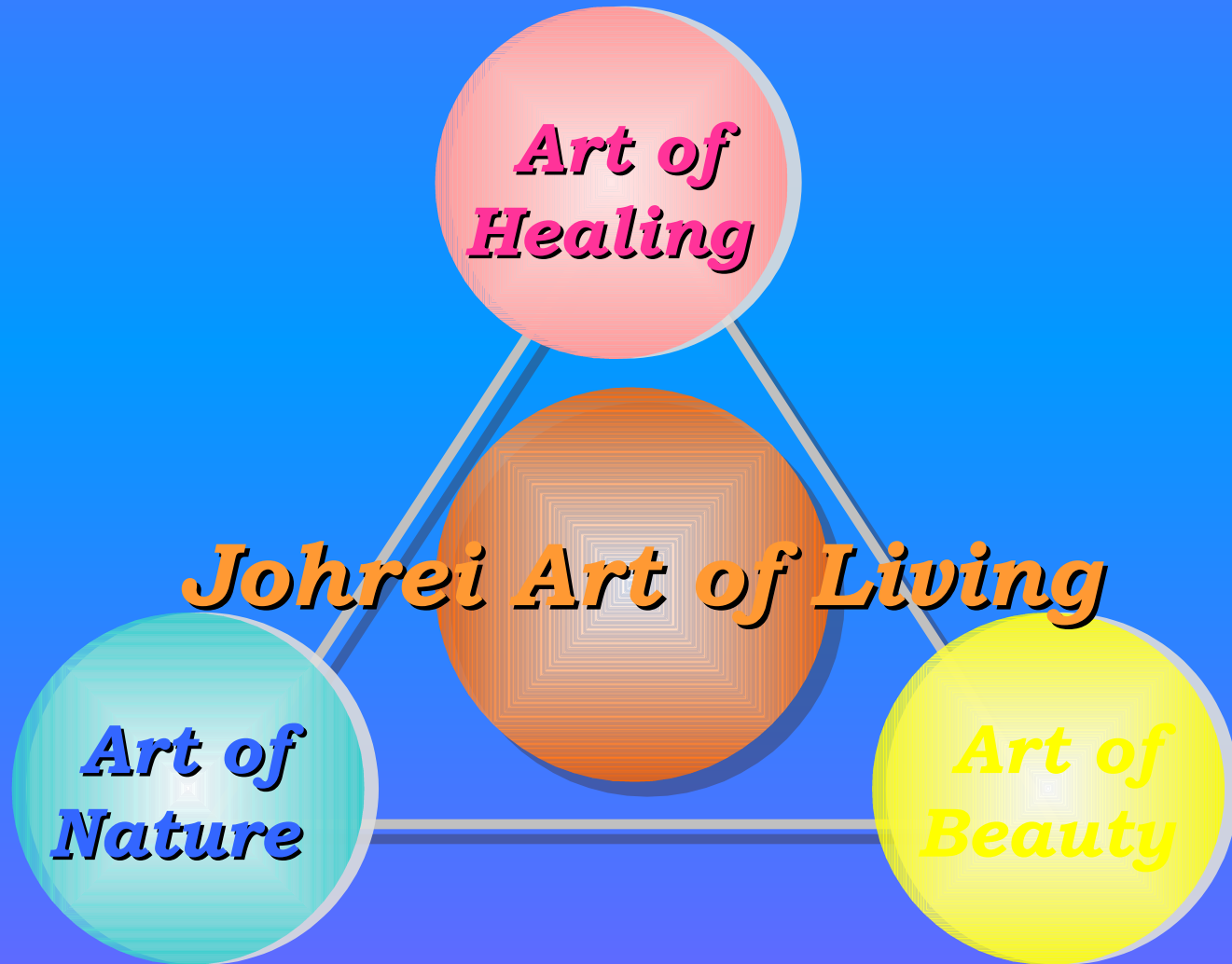
Art and Beauty

(Finding and creating Beauties to experience)

Art of Nature

(Exploring and following the truth to trust)

Each foundation of Arts has its practical applications in everyday life





Art of Healing

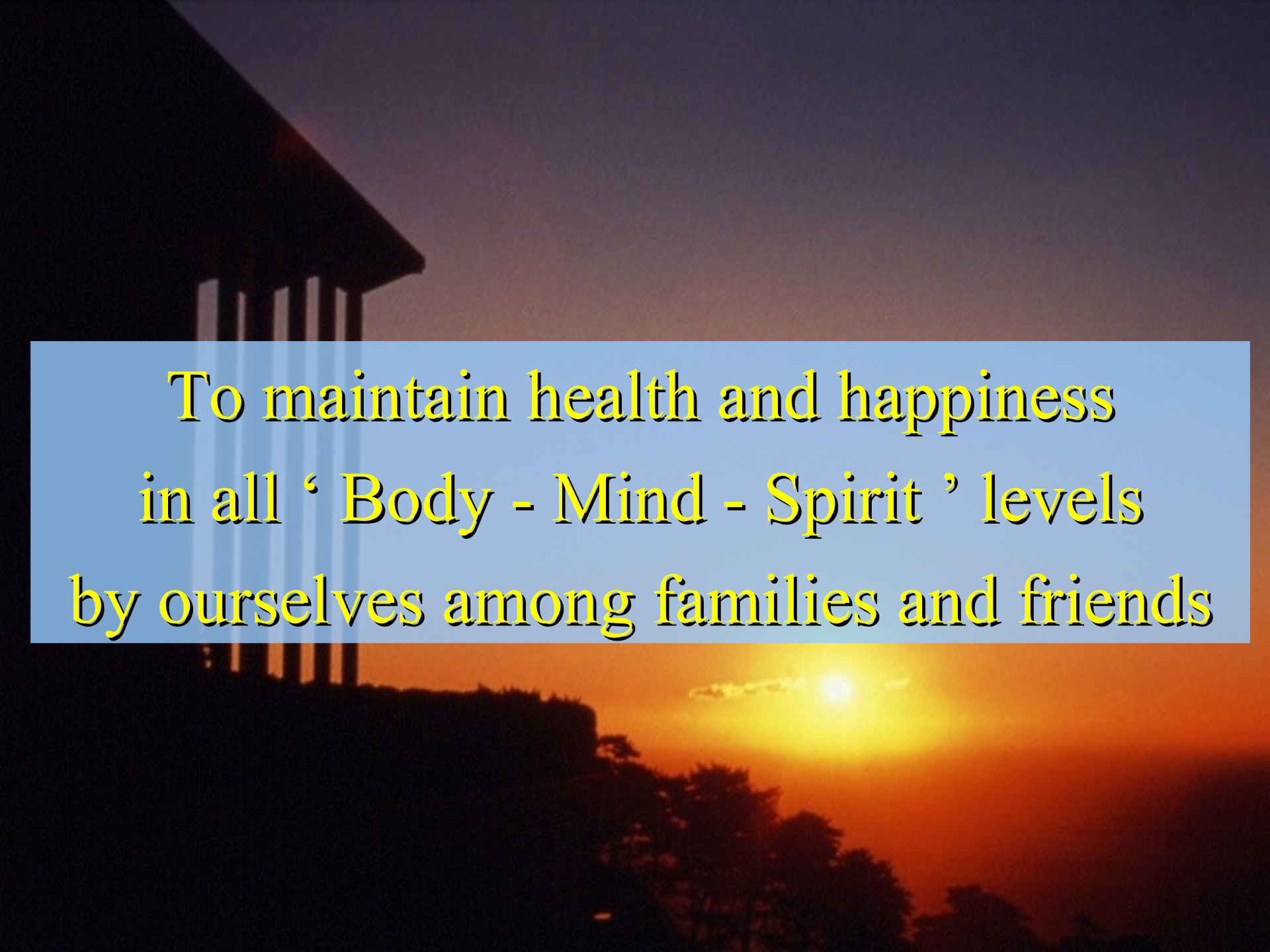


Daily Johrei practice



Daily Johrei practice?

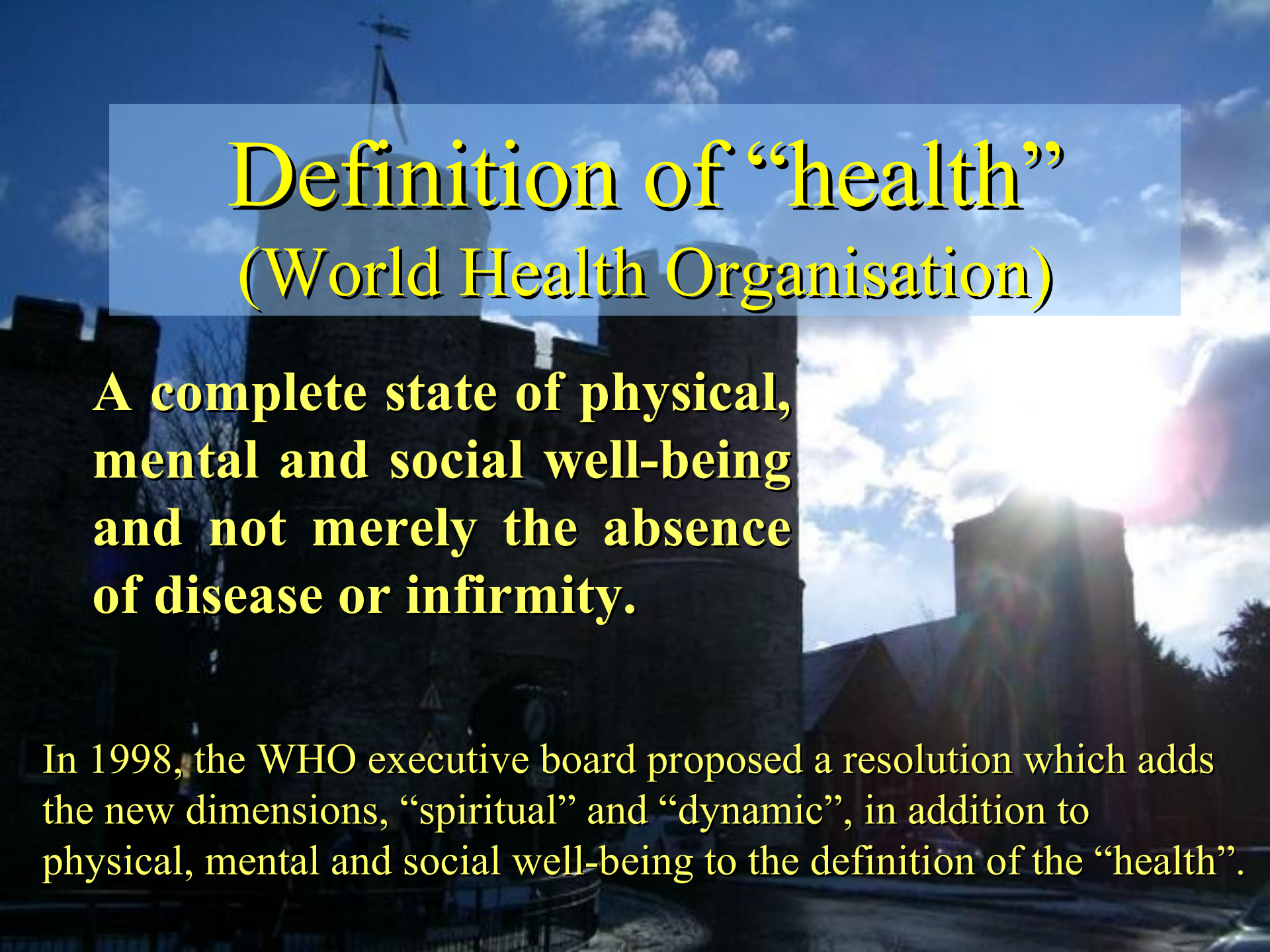
What for?

A sunset scene with a building silhouette on the left and trees at the bottom, with a blue text box in the center.

To maintain health and happiness
in all ‘ Body - Mind - Spirit ’ levels
by ourselves among families and friends

A cityscape at dusk with a purple and blue sky. A semi-transparent box in the center contains the word "Health?".

Health?



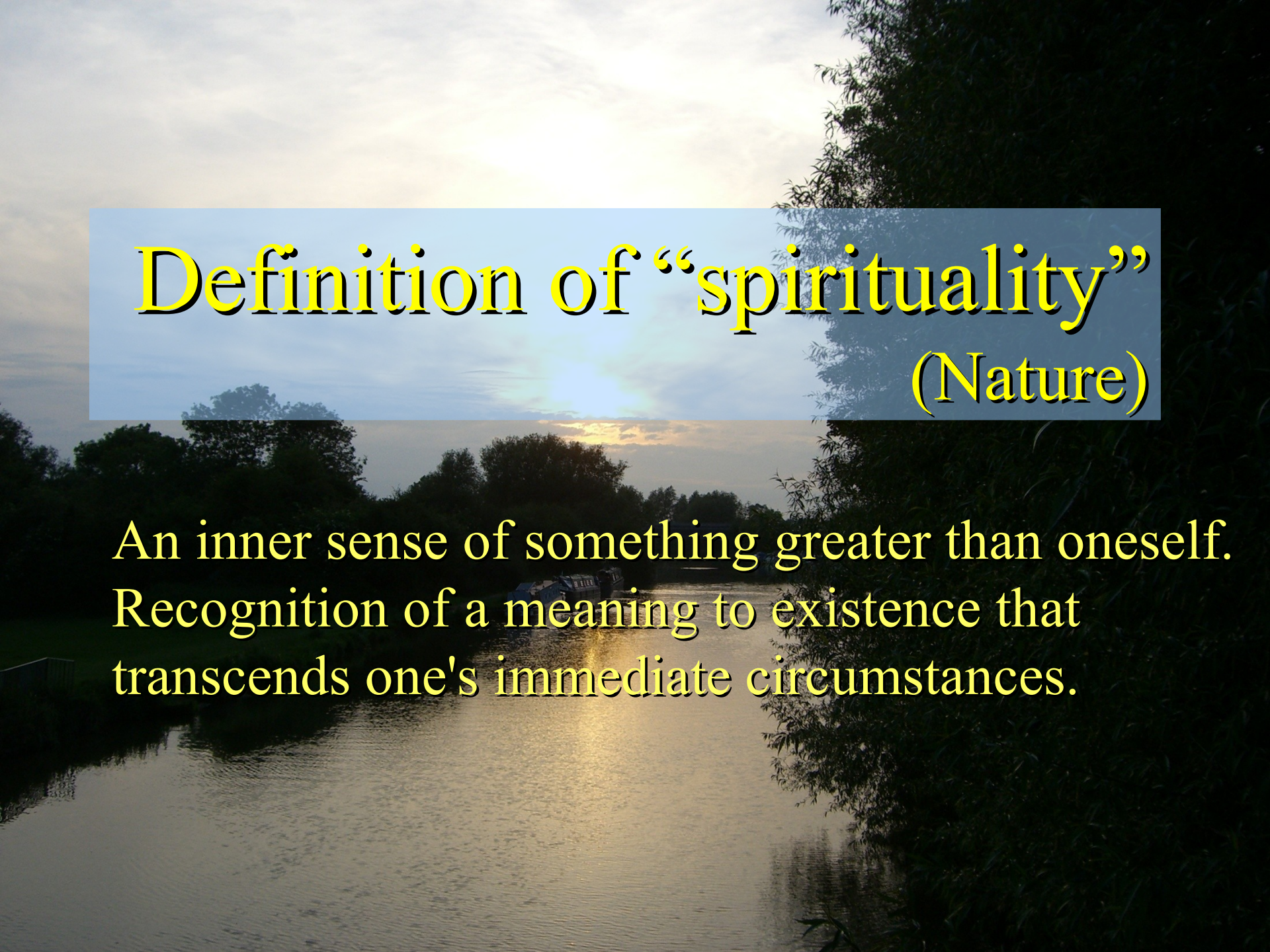
Definition of “health” (World Health Organisation)

A complete state of physical, mental and social well-being and not merely the absence of disease or infirmity.

In 1998, the WHO executive board proposed a resolution which adds the new dimensions, “spiritual” and “dynamic”, in addition to physical, mental and social well-being to the definition of the “health”.

A misty forest scene with a winding stone path. The trees are tall and thin, with green foliage. The ground is covered in moss and grass. The overall atmosphere is serene and ethereal. The text "What is spirituality?" is overlaid in the center in a yellow, serif font.

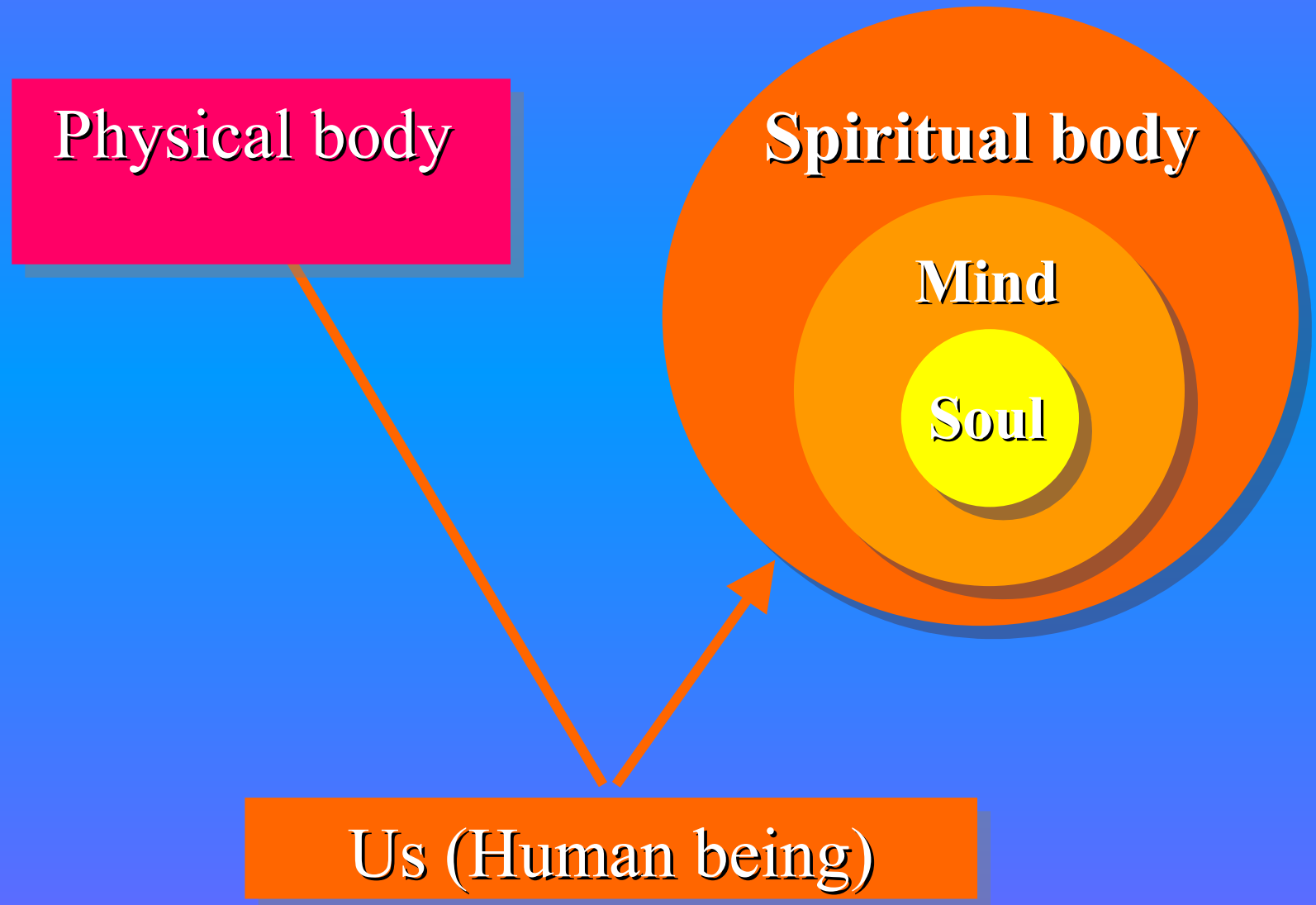
What is spirituality?



Definition of “spirituality” (Nature)

An inner sense of something greater than oneself.
Recognition of a meaning to existence that
transcends one's immediate circumstances.

Mokichi Okada's View of Human being





Healing and Spirituality for ALL

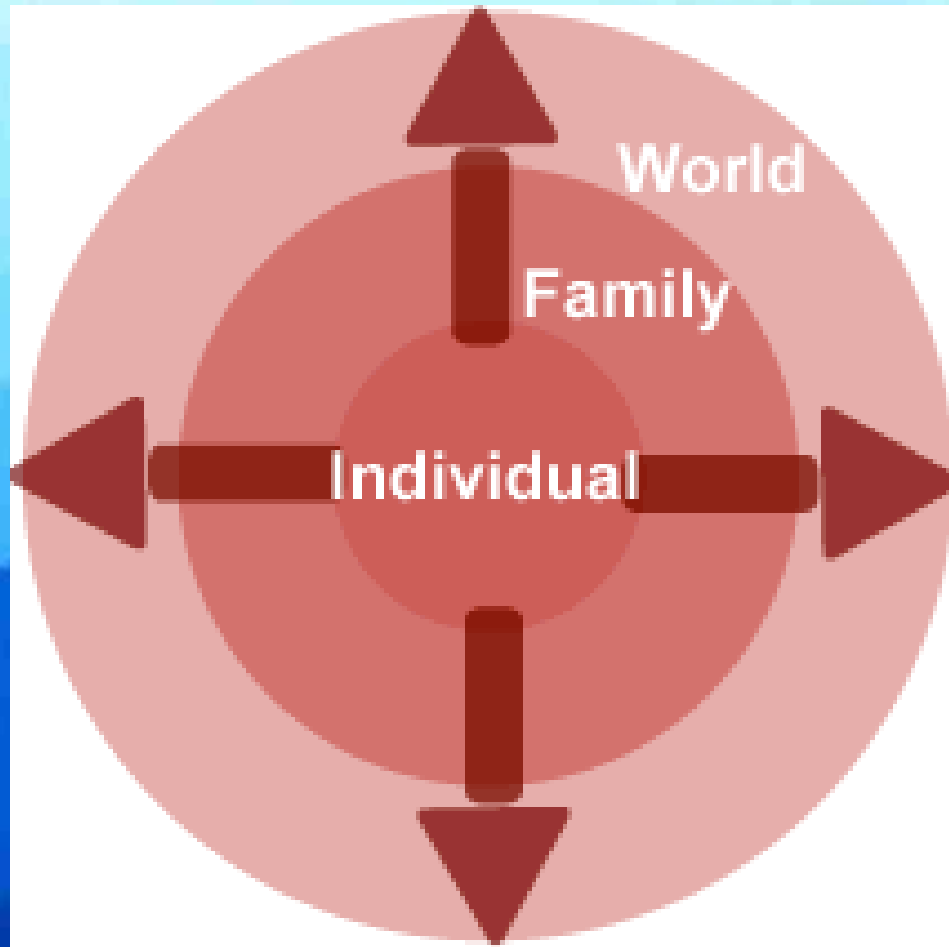
Mokichi Okada
1882-1955

Mutual Healing

‘Healing oneself by healing others’



Mutual Healing
‘Healing oneself by healing others’



*When you change, your
community will change with you!*

Three requirements for practice

- **TRUST** (although you do not have to believe if you practise)
 - in the power of the source of **LIGHT**
 - in the **ABILITY** of your **SELF**
- **INTENTION** to channel the **JOHREI**
- **TUNING-IN** with appreciation



Tuning in

Feel the 'Flow of Light'

akira.naito@nifty.com

Tuning in



Feel the 'Flow of Light'

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The background of the slide is a photograph of cherry blossom trees in full bloom. The branches are dark and intricate, with numerous light pink and white flowers scattered throughout. The overall scene is bright and natural, suggesting a spring setting.

Key objectives

Three foundations

Three requirements

Five principles

Five principles for Johrei practice

‘Toxins’ and ‘Clouds in the spirit’

The process of ‘Purification’

‘IZUNOME’

‘Spirit’ precede ‘Physical’

‘Spiritual Cord’

Research format at Imperial

- PREMISE

Stress affects both mental and physical well-being.

- HYPOTHESIS

Psychological intervention (**Johrei practice**) can counteract the detrimental effects of stress.

- PROPOSAL

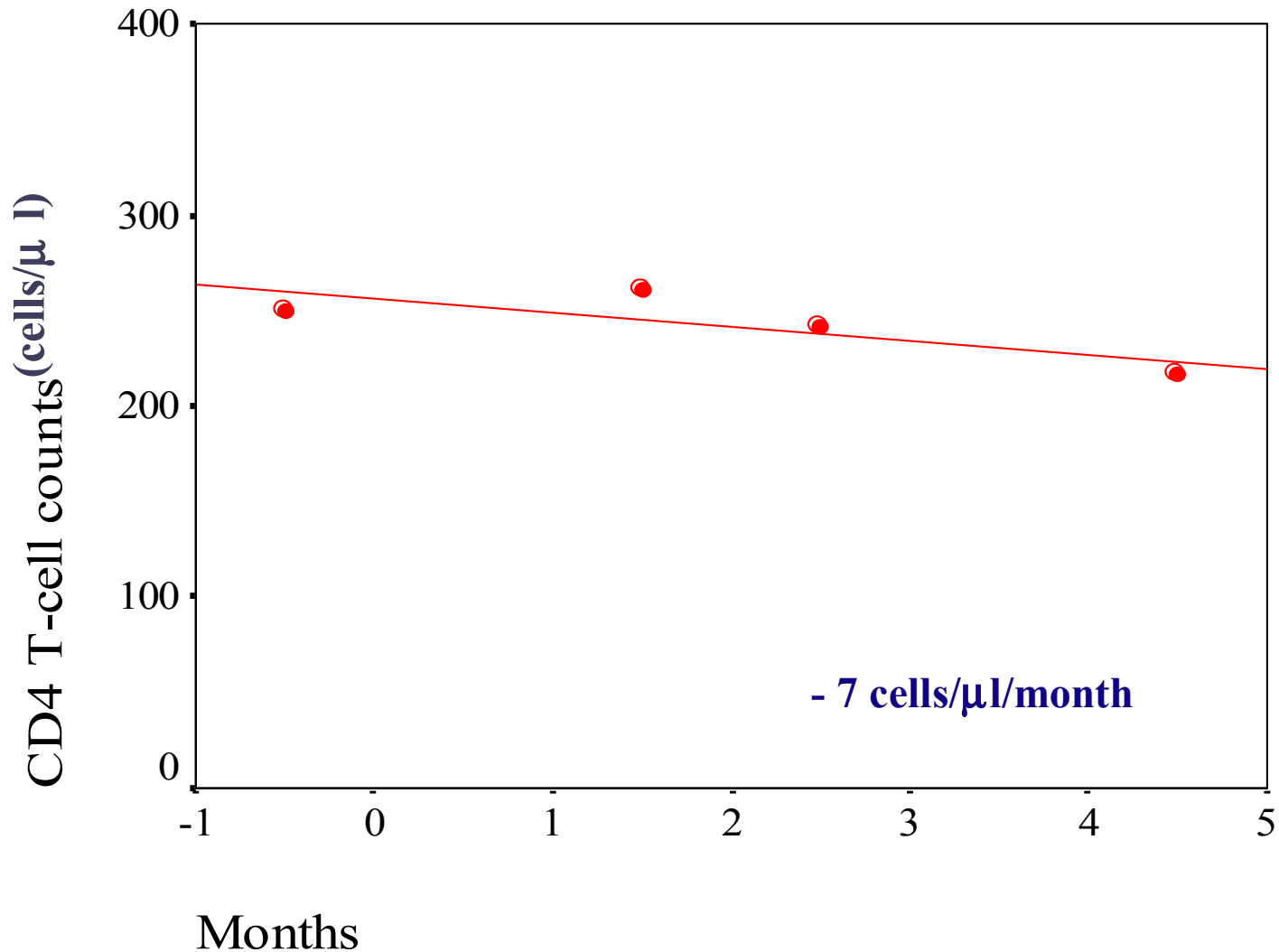
Interactive network

Psycho-Neuro-Endocrino-Immune

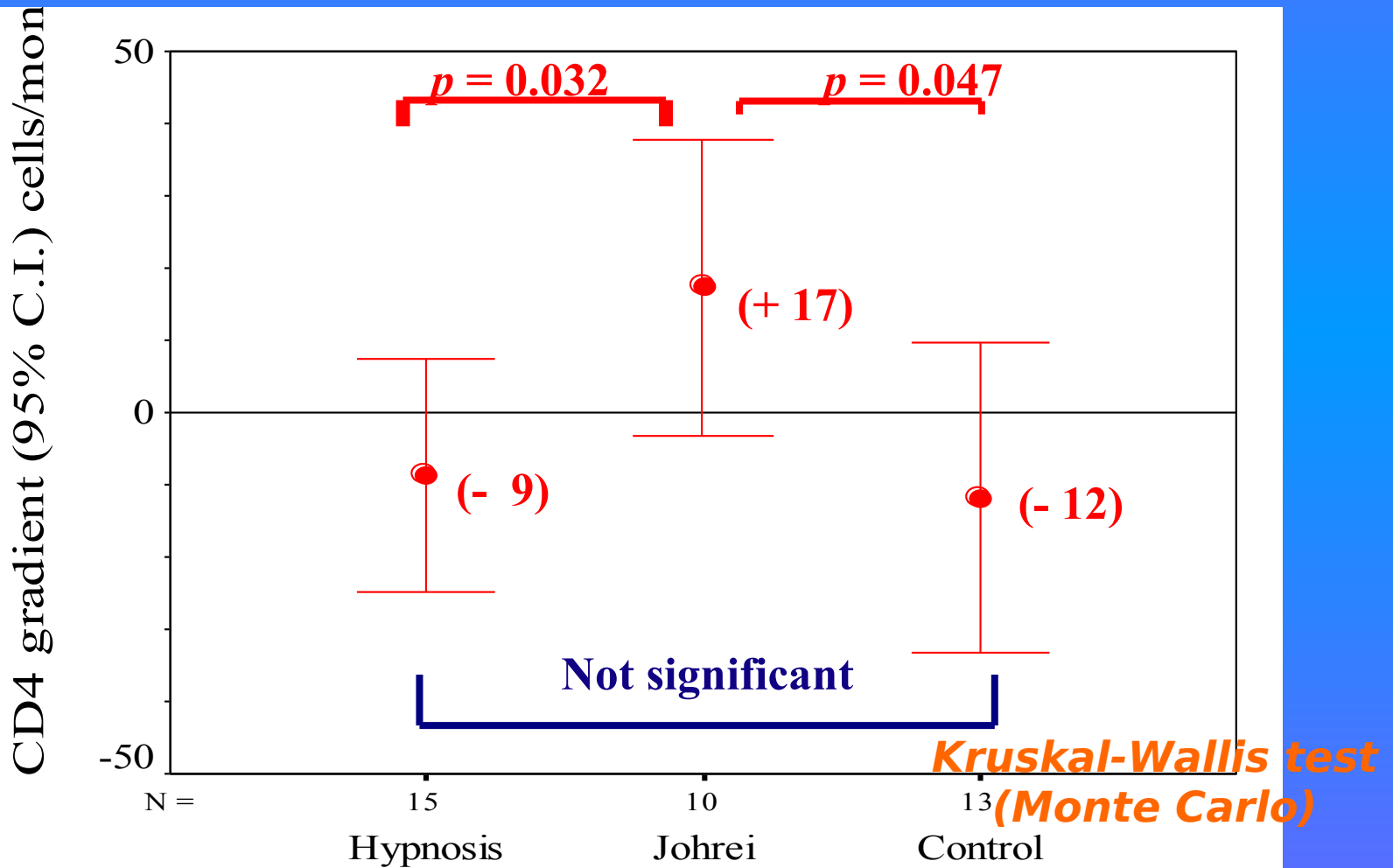
As an example of “**Mind and Body**” connection

The influence of Psychological Intervention
upon
CD4 T-cells in HIV treatment naïve patients

Mean loss of CD4 T-cell count in HIV patients = 7 cells/ μ l/month (n = 95)

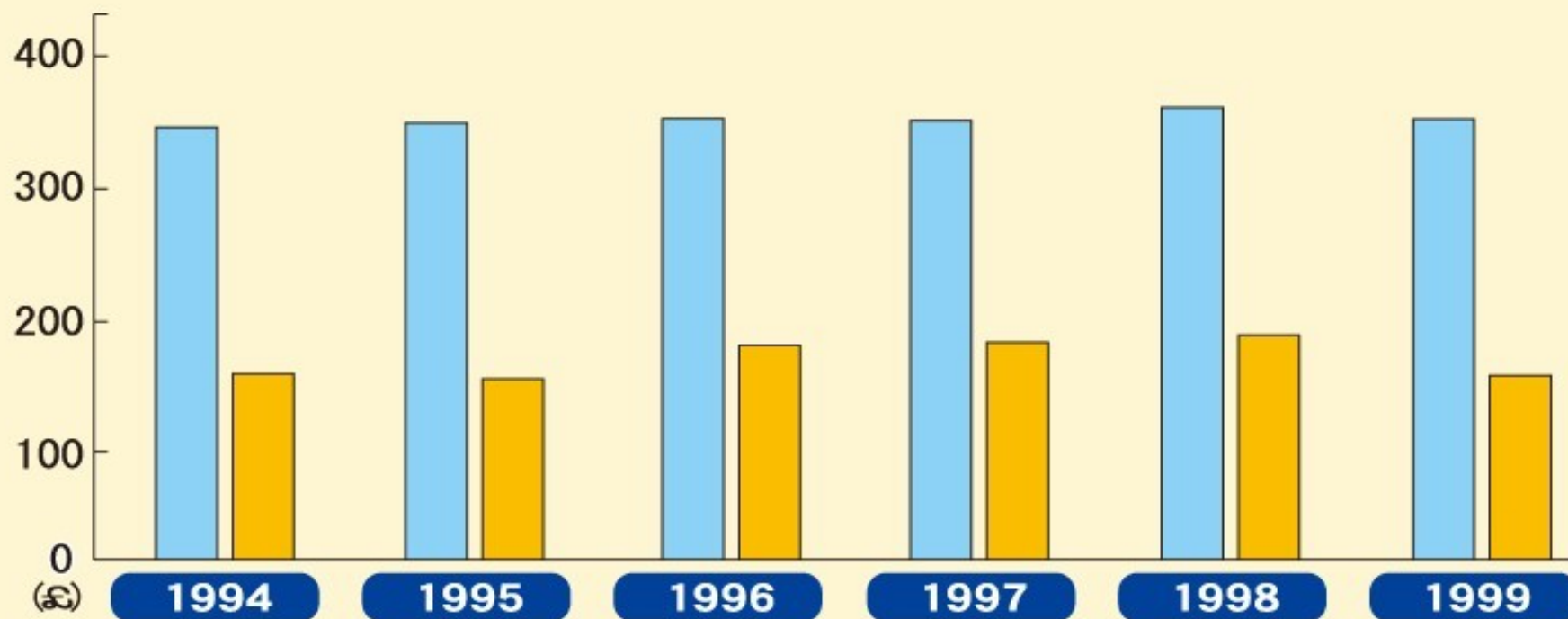


Group means (95% C.I.) of CD4 T-cell count change (expressed as cell-change/ μ l/month) over five months



Comarison between Johrei practitioners and the others

In expenditure for medical cost per person within a family



		1994	1995	1996	1997	1998	1999
Medical Cost (¥)	Average of the others	344,5	349,4	362,9	361,2	365,5	366
	Johrei Family	182,4	170,5	191,3	186,5	195,5	172,9

A silhouette of a city skyline at sunset. The sun is low on the horizon, creating a bright glow and casting long shadows. The sky is filled with soft, golden clouds. In the foreground, the dark silhouette of a Ferris wheel is visible on the left, and a tall, ornate street lamp stands prominently. The city skyline in the background includes a prominent tower with a pointed roof and several other buildings with spires.

Thank you!

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