

How can Mikkyo make your life better? Imagine your life, free from negative, un-conscious patterns. Imagine using Mikkyo mudras and mantras to clear your chakras, meridians, physical and energetic body from stuck, stagnant energy; anger, sadness, fear, hurt, guilt....

Imagine your inner landscape, quiet, calm, strong, centered...

Imagine using Mikkyo to project from your calm, strong center into people, places and things in your external world.. bringing them in harmony and resonance with yourself...

Imagine attracting people into your life who also resonate at this same, calm, strong, self-aware frequency...

With practice and application, Mikkyo can do that, and more, for you...

In feudal Japan, the practice of using the nine hand mudras was referred to as; "Kuji-in" and symbolized the whole universe being called together to stand against evil and misfortune. There are dozens of variations of the nine hand mudras, depending on how the fingers are held and which acupuncture points in the hands are activated. The Taoist Mikkyo differed from the Buddhist Mikkyo, which is different from the Shugendo practitioners... you get the idea, everyone had their own rituals and details to their Mikkyo.... What will be presented here today is the set I learned in the Shingon temple. I know.. that you are as excited as I am, so lets get started!

We begin now with the Mantra and hand mudra '**Rin**'.... The small finger and the ring finger of the right hand come under the small and ring fingers of the left hand.... fingertips connect. Then we bring the two middle fingertips together.. then we take the right thumb and press the thumb nail into the lower, medial corner of the index finger nail bed. Send the left index finger through the ring formed by the right hand index finger and thumb and connect the left thumb and index finger the same as the right hand's ...
and that is the Rin mudra.

The next Mantra and Mudra is called '**Pyo**'.

We take the small and ring fingers together, just as we did in Rin. Both index fingers come together and both middle fingers come together over the two index fingers.... and the thumbs come together, side by side....

This is called Pyo.

The third Mantra and mudra is called; '**Toh**.'

We take the right index finger and place the tip between the ring and middle finger of the left hand... and we place the tip of the left index finger between the right hand's middle and ring fingers... then we wrap both middle fingers over the index fingers and join together the finger tips of the thumbs, ring and little fingers. This is Toh.

The fourth Mantra and mudra is called; '**Sha.**'

We begin with the ring finger of the right hand and place the tip between the index and middle finger of the left hand. The tip of the left ring finger goes between the right hand index and middle finger. Then the middle fingers fold over the ring fingers in the direction of the body. Now the finger pads of the thumbs, index and little fingers come together.

This is called; 'Sha'.

The fifth Mantra and mudra is; '**Kai.**'

We take the right thumb, place it over the left thumb and interlace all the other fingers under these.

This is called; 'Kai.'

The sixth Mantra and mudra is; '**Jin.**'

Jin begins as Rin does; with the connecting of the little and ring finger pads and continues with the middle and index finger pads connecting.

Then the tip of both thumbs press into the palm of the opposite hand in the 'Pericardium 8' acupuncture point. This is called; 'Jin.'

The seventh Mantra and mudra is; '**Retsu.**'

Retsu begins with the little finger of the right hand. The right little finger will wrap around the base of the middle finger of the left hand while the index, ring and middle finger of the right hand wrap around the index finger of the left hand. The right thumb nail will gently press into the lower corner of the left hand's index finger's nail bed (the Large Intestine 1 acupuncture point.)

The thumb of the left hand will wrap over the knuckles of the left hand's ring and little fingers. This is called; 'Retsu.'

The eighth Mantra and mudra is; '**Zai.**'

Zai is simply the index finger tips and thumb tips joining together to form a triangle. The other fingers are relaxed and separate. Zai can be held in front of the heart center, in front of the face, or over the crown chakra. What is important is that the shoulders are relaxed to allow the flow of energy through the meridians.

The ninth Mantra and mudra is; '**Zen.**'

Zen mudra is the left hand in a fist with the right hand wrapped around it and the thumbs laid together, side by side, over both hands. This is called 'Zen.'

In Module 1 we covered the mudras & Mantras of Mikkyo.

In Module 2 we will cover the Chakras, Meridians and the Energetic Body...

I look forward to our next step in the Journey..... to understanding and effectively using Mikkyo...

In the 2nd module, we learn about the Chakras, Meridians and the Energetic Body. Because Mikkyo appeals to different people with many different backgrounds, I plan the

course to establish a basic understanding of the chakras, meridians and energetic body. Again, this is so everyone taking this course can begin with the same basics. What we present here concerning the chakras, meridians and energetic body is enough for our purpose of learning and understanding what is happening in the body during Mikkyo. It is not, nor is it intended to be, a complete study of the chakras, meridians or energetic body. We will cover all that in detail in another course....

At the end of this module the student will have a basic understanding of the Chakras (energy centers of the body) the Meridians, (the energy pathways of the body) and the Energetic Body and how these are cleared, activated and connected by Mikkyo. For the sake of simplicity, I will use the location on the physical body as reference and names for the chakras. I would like to mention here, the Root and Crown chakras come out of the bottom and top of the body, respectively. All other chakras have a front and a back. Only the throat has a mudra and mantra for the front of the chakra and another pair for the back of the chakra. When you think about how large a part verbal communication plays in our lives, it is easy to understand why.

The word Chakra means vortex, or spinning wheel. The 7 chakras are the major centers of spiritual and energetic power in the human body. The first recorded idea of chakras comes from India and dates back to 2,500 B. C. E. If you can imagine two small cyclones with their tips joined in the center of the body, then that is what the front and back chakras might look like.... There are hundreds of chakras in the body and the seven major chakras that we will be discussing start at the base of the torso and move upwards with the last one coming out the crown of the head. The major chakras coincide with certain vertebra along the spinal column and major nerve gathering points in the body.

The Meridian concept of energetic pathways connecting the organs & power centers of the body can be found in many different cultures. Traditional Chinese Medicine (TMC) has provided the world with detailed maps of the energy pathways known as the acupuncture meridians of the body.

Through sickness, trauma, injury or sometimes through too much thinking, the meridians and chakras can become blocked or not function properly.

Through the practice of Mikkyo, certain acupuncture points in the hands are connected and the meridians force fed energy. This has the effect of a spring flood clearing a stagnant river. The sudden increased flow of energy washes away all debris in its path. The Mantras also carry power to clear energy blocks in the way that Dr. Emoto has demonstrated in his experiments with how sound affects water on a molecular level. Please note that the tissue that the meridians run through is over 70% water. Regular practice of Mikkyo keeps the chakras and meridians clear and allows the energy to flow smoothly through them. The meridians are bi-lateral, meaning that there is one on each side of the body with the exception of the Belt Meridian.

Rin corresponds to the Root Chakra which is located at the bottom of the torso. The Root Chakra is thought to be the foundation of the physical body, our 'connection' to the earth that stimulates the vital life force throughout the body. The Root chakra is related

to the adrenal glands. When the Root Chakra is clear and activated, we allow what we need into our lives. We eliminate clutter and toxic situations from our lives.

Rin activates the meridian called 'Du Mai' or 'Du Meridian'. The Du Meridian runs from the root chakra, up the back outside the spinal column, over the head and runs down inside the front of the body back to the root chakra. [\[show meridian & chakra \]](#)

Pyo corresponds to the Sacral Plexus Chakra, located 2 fingers below and 2 fingers in from the navel. The word 'Plexus' refers to where a major junction of nerves meet. The Sacral Chakra is the energy fountain for our sexuality, sensitivity and lower emotions. The Sacral Chakra is related to the organs in the lower abdomen; the sex organs, the womb, intestines and prostate.

When the Sacral Plexus Chakra is clear and activated, we can experience a flow of abundance, creativity and enjoyment in our lives.

Pyo corresponds to the Ren meridian which runs up the center and front of the body as well as having a branch that runs up the center of the spinal column, like a tuning fork, resonating the vibration of the Mantra throughout the body. [\[show meridian& chakra \]](#)

Toh corresponds with the Solar plexus Chakra which is located at the base of the front of the rib cage. Relating to our will power and the mental aspect, the Solar Plexus Chakra balances and controls our personal power, self-control and higher emotional issues. This chakra physically deals with the organs of the upper belly; stomach, spleen, pancreas, liver and gall bladder. When the Solar Plexus Chakra is clear and activated, we are energetic, enthusiastic and healthy.

Toh corresponds to the Chong meridian which runs up the inside of the legs, up the front of the body and ends in the lungs... Another branch also runs up the center of the spinal column, again like a tuning fork... [\[show meridian & chakra \]](#)

Sha corresponds to the heart chakra which is located around the heart area and as the central chakra, is the bridge between our physical existence and our spiritual experience. Also thought to be the seat of the astral body, it is driven by love and influences our compassion, trust, and our connection with humanity. The Heart chakra physically influences the heart, pericardium, lungs, thymus gland and immune system. When the Heart Chakra is clear and activated, we are loving, kind, compassionate, grateful and generous with ourselves and others.

Sha corresponds to the Dai Mai or Belt Meridian that runs around the waist. The Dai Mai affects all the vertical running meridians that pass through it, harmonizing and soothing them.

[\[show meridian & chakra \]](#)

Kai corresponds to the front of the throat chakra. Many of the patterns trapped in the body and sub-conscious are from things we said or were afraid to say. There are many

occasions in a lifetime when we 'bite our tongue' and don't say something we believe needs to be said out of fear, especially when we are children...

The Front of the throat chakra is located at the base of the neck in the throat and deals with communication, truthfulness, and clairaudience. This chakra physically influences the mouth, teeth, throat and gums. When the front of the Throat Chakra is clear and activated, we communicate our truth easily and powerfully. Others clearly hear and understand what we have to say.

Kai corresponds to the Yang Wei meridian which begins on the outside of the ankle, continues up the outside of the leg to the hip, up to the back of the shoulder, up to the corner of the mouth and continues up through the inner corner of the eye, over the head to the back of the skull. [\[show meridian & chakra \]](#)

Jin corresponds to the back of the throat chakra. The Back of the Throat chakra is located at the middle of the neck and deals with communication, truthfulness, and clairaudience. This chakra physically influences the neck muscles, root of the tongue, tonsils and voice box. When the back of the Throat Chakra is clear and activated, we are able to experience an inner dialogue that is less from ego unconscious patterns and more from our higher selves..

Jin corresponds to the Yin Wei meridian which begins at the mid-inside of the lower leg, runs up the inside of the leg to the crease of the front hip, up the front of the ribs, through the nipples, to the base of the front of the throat and ends under the chin.

[\[show meridian \]](#)

Retsu corresponds to Third Eye Chakra and is located in the middle of the forehead. This chakra represents the element of the mind, light, intuition, imagination and insight. The Third Eye chakra physically influences the pituitary gland, pineal gland, the eyes, sinuses, and the brain.

Retsu corresponds to the Yin Qiao meridian which begins on the inside of the ankle bone and runs up the inside of the legs, through the genitals, up the front of the body, up over the center of the breast, through the front of the throat, along the corners of the mouth, thru the inner corner of the eyes and up to the third eye (center of the forehead.) When the 3rd eye chakra is clear and activated, we are able to be have stronger intuition and experience strong inner knowing... we are open to 'being in the right place at the right time..' [\[show meridian \]](#)

Zai corresponds to the Crown Chakra. Located at the top of the skull, this chakra is the foundation of our spiritual body and is our link to source energy. The Crown chakra influences spiritual will, inspiration, our 'knowing' something without being told. This chakra physically influences the brain, central nervous system and other structures

within the brain. When the Crown Chakra is clear and activated, we are very connected to our source. Source energy and divine guidance flow more easily into our lives...

Zai corresponds to the Yang Qiao meridian which begins at the outside of the heel, runs up the outside of the legs to the outside of the hips to the back of the shoulders, over the shoulders and up to the front of the ears, up to the mid section of the forehead and then over the head to the base of the skull.

[show meridian]

Zen has no physical meridian nor chakra correspondence, yet joins and binds all the previous chakras, meridians and energies together into one, cohesive unit. **Zen** also corresponds to the entire Energetic Body.

[show energetic body]

[Energetic Body]

Which brings us to the Energetic Body. The ancients knew, and science has proven, that every living being emits a bio-electric field. Like the earth's magnetic field, the human body has a field that is strengthened by activities such as; Mikkyo, Bagua, Tai Chi and Chi Kung. Seen from above, the field looks like a donut and the shape is called a 'Torus', or Torodial Field.

There are many benefits to keeping our Energetic Body strong. The ancients believed that disease first enters the body as an energy. When your energetic body is flowing out and around you strongly, that makes it difficult for outside energies to get in or influence us .

Within the body, clear flowing energy pathways make for healthy muscles, organs and systems. The physical inner workings of the body become like a clear, free flowing stream instead of a sluggish swamp....

After you strengthen your Energetic Body, you may notice that negative people move out of your life and more vibrant and healthy people find you easy to be around after practicing Mikkyo for a while. As you raise your vibration you will attract people and opportunities of a similar vibration. It is possible to relax and allow all the positive changes that Mikkyo can bring into your life.

In the 2nd module, we learned about the Chakras, Meridians and the Energetic Body. The student now has a better basic understanding of the Chakras, the Meridians and the Energetic Body and how these are cleared, activated and connected through the practice of Mikkyo.

In Module 3, we will learn about the correspondences and attributes of the Mikkyo Mudras and Mantras.

In the 3rd module

Here we learn about the correspondences and attributes of the Mudras and Mantras. At the end of this module the student will have a deeper understanding of the Mikkyo correspondences and attributes. Practicing Mikkyo strengthens the positive attributes

and helps resolve the less positive ones by running energy through the meridians, surrounding tissues and chakras to clear and activate them. What the flowing Mikkyo energy is 'clearing out' are the 'less than positive' attributes, patterns and stuck, stagnant energy.

Rin corresponds to stillness, the Earth element, the shape of the cube. The positive attributes are; grounding, rooting, centering, stability... the less positive attributes are stubbornness and feeling uprooted.

Pyo corresponds to movement, the Water element, the shape of the sphere... and the positive attributes are; adjusting, adapting, uniting and combining with other people, environments and situations.... less than positive attributes are; being too flexible, too yielding.

Toh corresponds with ascendance or upward movement, the Fire element, the shape of the cone.... and the positive attributes are; fighting for what one believes in, standing up for one's rights and assertiveness. The less positive attributes are; aggressiveness and being too mean.

Sha corresponds to; expansion... in all directions, the air element and the six pointed star. The positive attributes are; compassion, love, healing. The less positive attributes are; cruelty, inability to express emotion or being too compassionate...

Kai corresponds to communication, the element of vibration and the shape of the crescent moon. Positive attributes are; communication through vibration, premonition of danger or intent... less positive attributes include; inability to communicate or too communicative.

Jin corresponds to; inner communication, the element of vibration and again the shape of the crescent moon. Positive attributes are; knowing the thoughts of others, being able to project your thoughts into others and being in tune with your inner voice. Less than positive attributes are; not being in tune with your inner voice, or spending too much time with inner voices...

Retsu corresponds to; illumination, the element of light and the shape of the disk. Positive attributes are insight, knowing and intuition. Less positive attributes are; delusions, illusion and a refusal or denial of what one is seeing.

Zai corresponds to; enlightenment, thought & spirit and the shape of the lotus. Positive attributes include; becoming one with the universe and nature,... Less positive attributes include working against one's own spiritual growth.

Zen corresponds to ... the mystery or the unknowable.

Positive attributes include; becoming invisible to all lowly, resentful and evil people and the ability to vanish in the face of disaster. Less positive attributes include; attracting the wrong type of people or attracting no one.

I would like to be clear about some of the 'attributes'.... For example, it has been handed down and taught that holding the Zen mudra enables the practitioner to; "become invisible..." and "vanish in the face of disaster..." Have I seen anyone hold the Zen mudra and become invisible before my eyes? No.

Would I stand in front of a speeding car, hold the Zen mudra and trust it to; "vanish me in the face of disaster?" No. And I do not recommend you do that either.

Perhaps what the ancients meant was; for example, when bandits were hunting for travelers to rob, Mikkyo would help the travelers evade detection by helping them energetically 'blend-in' and become part of, and in harmony with the forest they were traveling through...

Here is something to try... the next time you have an appointment to meet someone in a public place, and they are looking for you.... can you hold the Zen mudra, clear your mind and have them walk right by you without noticing you? Practice with Mikkyo, and see what you find....

In the **3rd module**, we learned about the correspondences and attributes of the Mudras and Mantras. The student now has a deeper understanding of these correspondences and attributes.

In the 4th module we will learn how to form and use the Sword Hand Mudra, cut the Mikkyo Grid and project our focused awareness into the Grid to energetically charge; people, places and things.

Welcome to the 4th module

In this module, we will cover the Sword Hand Mudra, the Mikkyo Grid and projection into the Grid. In Japanese, the Mikkyo Grid is referred to as; "Kuji-kiri"; the 9 sacred cuts.

As I stated in the introduction, there is more detail than we have time for in this introductory course that will be covered in later courses. What is being presented here, are the basic, essential techniques and knowledge to start effectively using Mikkyo right away.

Lets get started....

The Mikkyo Grid is a criss crossed grid of 9 lines. **[show photo of painted Grid]** The horizontal line associations are Yang, light, masculine, positive, absolute, upward and forward... The 5 Yang lines are; Rin, Toh, Kai, Retsu, and Zen...

The vertical line associations are Yin, dark, feminine, negative, relative, descending and backwards. The 4 Yin lines are; Pyo, Sha, Jin and Zai.

The five horizontal and four vertical alternating cuts can be made in the air, over a photo, or directly into the object a practitioner wants to come into harmony with through Mikkyo.

The mindset in feudal Japan, was that one would gain control, **[pause]** domination, over what one cut the Mikkyo Grid into... So a sailor would cut a Grid over the symbol for the sea before boarding his boat to gain favorable control over the water and insure a safe journey.

Perhaps we like to think, that we are more 'aware' than our ancestors who thought they needed to dominate nature. What is certain, is that we can bring more consciousness

and awareness into our practice of Mikkyo. Rather than dominating and controlling what we cut the Mikkyo Grid into, we can hold the intent to understand it better and come into harmony with it from a place of centered, focused awareness.....

To start, we do the 'Kuji-in' or nine mudras & mantras as detailed in Module 1. The Sword Hand Mudra consists of the index and middle fingers straight, strong and together. The ring and little fingers fold into the palm and the thumb lays over the knuckles of them.

As Rin, the first Yang line, is horizontally cut, the mantra is spoken sharp and loud. Pull in on the lower belly to pump the energy into the projection..

The mantras are sharp and loud for initial training. Once you practice and strengthen your intent and power of projection, you will find effective silent grid cutting is also possible....

Pyo, the first Yin line, is cut top to bottom. And so on for the remaining Yin lines. Now, lets do a few training demonstrations....

[repeated demos with the painting]

That was module 4. Students now know how to make the Sword Hand mudra, how to cut the alternating lines of the Mikkyo Grid and make the short, sharp mantras that go with each cut. We have practiced using the Kuji-in Mudras and Mantras, and the Mikkyo Grid.

In Module 5, we will learn and practice practical applications for Mikkyo. I look forward to continuing our journey with you....

Module 5

Welcome to Module 5! Now is the time for all that practice and study to pay off!

In module 5 we will learn some of the practical applications of Mikkyo.

As we get started, I would like to mention; Mikkyo is not a substitute for Medical Attention. If you think you need Medical attention, go get it.

Lets start Our practical uses of Mikkyo with the example of cutting the Mikkyo Grid over the symbol for 'Sea.'.....like the sailors of old.... {example} [photo of white backed grid]

I would like to point out, that any symbol that has meaning and power to you, can be projected onto the Mikkyo Grid... More about that in the next course....

Now lets practice cutting the Mikkyo Grid into a crystal, to 'charge it up' {example} You can see by the lines I have added to the photo, how the Grid should look in your mind's eye,....in your intent...

Use Mikkyo on your computer before using it. You will find yourself more centered, patient and focused [pause] and things just seem to go better....

Lets practice cutting the Mikkyo Grid into an empty room to raise the 'vibration', or ambient energy, of the room.... [video example]

Pause the video now, and charge up the room that you are in remember, first the Kuji-in Mudras and Mantras.... then cut the Mikkyo Grid with sharp, energetic cuts of the Sword Hand.... then allow your awareness to expand out into the room and 'feel' how much clearer the room's energy has become.....

And once you feel comfortable with raising the vibration of places and things, it may be time to practice Mikkyo on animals and people. Again, it is possible to start with photos of your intended receiver....

House Pets love Mikkyo... When cutting the grid, experiment with "soft voice" for the mantras....

Lets talk for a moment about projecting Mikkyo to photos of people or people in person... If you believe that you should ask someone's permission before sending them Mikkyo, then ask. We humans spend too much time thinking. And when we think about others, it is a kind of weak Mikkyo... not focused, often less than positive.. yet we all do it, all the time... anyway..... without asking....

In my opinion, sending positive Mikkyo energy to anyone can only make relationships better.....

Now lets talk about intent....

I believe that; 'There is no "Out There." That everything in our external environment is a reflection of our internal state.... As such, we want to keep our intentions while performing Mikkyo pure. Finding Harmony in our environment that is for the best and highest good of the sender and receiver of Mikkyo. I believe, and it has been my repeated experience, that what you send out, does come back to you. Lets **all** make that a good experience....

With that in mind, it is possible to project Mikkyo to people whom you wish to have better relationships with... at work, family, friends.. send a nice clean intent to have better relationships and leave the details of how it works out to the universe to manifest.

Massage and body workers have found Mikkyo an excellent way to form an energetic barrier between themselves and the energy coming from their clients during massage. When your personal energy body is strong, the weak, unfocused negative energy of others cannot get through.

While we are on the subject of body and energy work, My Mikkyo Masters were third and fourth generation Usui Reiki Masters. We will be covering the Mikkyo Grid as a strong foundation for projecting Reiki, and other symbols of spiritual power.... When you think about it, any energy work you do, has to be stronger, more focused and more effective when YOU are stronger, more focused and more effective..... more about that later....

Project Mikkyo at yourself in the mirror.... of all the people you know, you deserve it the most.

In my classes, as a group we project peace in areas where there is war and conflict... most recently, our Berlin class projected Peace into the Ukraine

[play video clip]

As you can see, there really is no limit to how you can apply Mikkyo in your life to make things better.

Proceed at your own pace and remember; practice yields solid results.

In the fifth module, we have covered a few ways that one can apply their new Mikkyo skills....

I'd like to thank you, as we wrap up; "Intro to Mikkyo, the Secret Teachings" for joining me on this journey of self exploration.

Please keep in touch with our website; [Energie Bewegung. com](http://EnergieBewegung.com) for free down loads, new videos and audio files.....

In the near future, I'll be presenting more, intermediate and advanced Mikkyo, in addition to Bagua, the moving meditation other Meditations and Massage techniques.

In 2016 I will be traveling throughout Europe with workshops and seminars.... Dates and locations will be posted on our website.....

Until next time, Michael Goddard here, and please remember; since we humans can only manifest what we are, please be kind to yourself, everyone you know and everything around you.