

Learning Seimei

Body, Mind and _____ .

Almost all of us would agree that human beings have three elements, a Body, a Mind and a *Something*. This *Something* is identified as a Soul, a Spirit, Life Force, an Essence, Chi.

Toshihisa Hiraki, Seimei's founder, makes it possible for anyone to connect with their *Something*, which he calls Buddha Nature. Through the integration of all three elements (mind, body, Seimei) we are able to discover more of ourselves and with instruction, give it expression.

One of the ways Seimei practitioners use their Buddha Nature is to relieve the pain and discomfort in others and themselves. They are anxious to do this because their health and their lives, improve simultaneously. A person experiencing results over time recognizes the benefit and wants it for themselves and their loved ones. From the moment one goes through the exquisite ceremony in Japan, the Seimei journey becomes very personal –and over time, profound. After basic instruction, you move and use your Seimei in the way that has meaning for you....anything from growing better tomatoes to working on pets or relationships to taking away pain from friends and family -all while generating Seimei's unique motion for your life force.

Seimei Commitment

The Hojushu Enlightenment Ceremony in Saga, Japan activates ones Buddha Nature and gives the gift of Seimei power (Kibetsu.) Immediately afterwards, one can start using their Seimei to relieve a person's pain and demonstrate it in a variety of ways. The curriculum helps a Seimei member to achieve consistent results through proper development of foundational skills but also allows for the personal journey to know one's own Seimei. It is a profound experience to serve the world by relieving discomfort or working on bigger goals.

While no special skills or talent are needed, a personal, professional and financial commitment to Seimei is required to take this journey to know one's Seimei. One must be in good physical shape and this is best defined by being able to travel abroad and attend classes regularly. Once this commitment is given, the community supports its members through mentoring.

Seimei Studies

Seimei lessons start with ten hours of training at the Hojushu Hojukai Temple (a practice of Contemporary Buddhism in Japan) with approximately fifteen thousand members at ten different temples throughout Japan. (The main temple is in Saga on the island of Kyushu.) The Seimei Foundation (501c3 in the U.S.) with about one hundred active practitioners conducts an additional forty hours in Morristown, NJ or Santa Fe, NM. Schedule will vary by location. (See the website calendar: www.seimeifoundation.org)

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Lead Teacher

Nicola Bertolo, Hojushu Monk and Level VIII Practitioner, is the Lead Teacher. Seimei is her chosen vocation for the past twenty-five years. Nicola's Seimei is named Kouken which means "the scent of a new expression." She spent seven years on temple staff in Japan studying with the founder, Toshihisa Hiraki. He has designated her as Seimei Ambassador to the world outside of Japan. She currently nurtures and mentors members in New Zealand, Australia, Switzerland, Cambodia and the USA. She also organizes the *Seimei Adventures* to Japan twice a year for new and returning practitioners to deepen their practice.

Integrated Living

After fifty hours of training and a practicum, you will emerge a Level III Seimei Practitioner. Now the studies begin – how to deepen your journey with your own Seimei--integrating your Body, Mind and Buddha Nature into your personal passions. The Founder and Nicola provide a structure so members use Seimei correctly. The cornerstone of this sustaining process is the Jissenkai (jissen – practice, kai – meeting place). Seimei is a practice and takes practice. You help design your practice after learning Level III foundational skills and there is no limit to what you can do with your enlightened Seimei. Finding your passion with Seimei brings new levels of experience.

At Seimei practice, we quiet our minds through chanting, use 'perfect basic form' to manifest effective physical changes and share individual experiences. Next we focus on improving health by working on each other with learned applications and practicing new ones which are introduced each year. The more people who do Seimei, the faster the results. The U.S. community is very supportive of each other. We finish with sharing our unique skills on the general public which is a service we enjoy. We then move into the week with our Seimei recharged and new confidence. We have a supportive results-oriented community to help with challenges and integrated practice. We look forward to meeting you and doing Seimei with you.

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Seimei Adventure I (Ceremony of Power) Overall Costs

Enlightenment Ceremony and Tuition*.....	\$5,450
Air Fare (approximate).....	\$1,500
Personal Expenses.....	<u>\$ 1,200</u>
Additional ceremonies, membership dues, registration fee, accommodations, meals, personal extras.	
Total.....	\$ 8,150

Attending classes in the USA from out-of-the-area budget.....\$ 1,500
Travel, accommodations and meals

The Seimei Adventure requires a completed application, personal interview, payment of the Enlightenment Ceremony/Tuition and purchase of a plane ticket **ninety days before departure**, or **one month prior to lending of the power** in Santa Fe (which is highly recommended).

*The tuition fee covers the 50 hours of training described below to become a Level III practitioner. Any member can and is encouraged to repeat classes. There is no charge for the classes if you are repeating them.

Seimei Adventure II (Receiving a Personal Gohonzon)	Please inquire
Seimei Adventure III (Training Weekend, Festival Weekend)	Please inquire
Seimei Level IV (Advanced Discernment)-by invitation	Please inquire

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Class Descriptions: (50 hours total)

Level I (Ten Hours)

- Perfect Basic Form

Practical Applications:

- One Point Pain Relief
- Emergency Procedure
- Changing the Taste of Juice

Mani Power Charm Training

Level II (Twenty Hours)

- Pulling Viruses
- The Body's Systems
- Full Body Sessions
- Level II Practical Applications
- Using Seimei to Stay Healthy
- Science of Seimei Part One

Level III (Twenty Hours)

- Science of Seimei Part Two
- Mental Application
- Discernment
- Advanced Practical Applications
- Long Distance Applications and Sessions

Upcoming Classes & Trips:

Santa Fe, NM	Lending of the power prior to receiving the power in Japan.	4/21/18 and 6/14/18
Saga Japan	Enlightenment Ceremony & Lesson 1	8/26/18 (8/23 – 8/29)
Santa Fe, NM	Lesson 2	10/18/18 – 10/21/18
Santa Fe, NM	Lesson 3	12/6/18 – 12/9/18
Santa Fe, NM	Lesson 4	2/15/19 – 2/17/19

Learning Seimei

Santa Fe, NM
Santa Fe, NM

Lesson 5
Personal Instruction &
Advanced Practical

4/18/19 – 4/21/19
6/20/19 – 6/23/19

Morristown, NJ

Ongoing, Please Call

Learning About Seimei Step by Step

There are many ways to enjoy Seimei.

1. Optimal: Go to Japan and Get the Power Yourself
2. Recommended: Series of Sessions (3-10) to work on chronic health condition to see if it improves. Utilize the ManiPower charms (www.manipower.com). Create a budget for number of sessions. Create a budget for the charms. Change out the charms according to what is affordable and doable for consistency. (optimal is every three days while receiving sessions) Have Level III practitioner scan your body for placement. Journal the results. Attend Seimei workshops to learn ways to utilize the power in the charms.
3. Get sessions to work on a chronic health condition. (Try a series)
4. Get a session (if near NJ or Santa Fe, please come for a session in our sacred space where results are optimal.) Remember Seimei if an acute condition (sprain, accident) occurs.
5. Remember to use some charms for life's challenges-carry some in wallet, car, etc. Consider the other tools offered (bracelets, etc.) Check in with an experienced practitioner on ways to utilize Seimei. We love finding new applications for Seimei.

Contacts

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