



JOHREI

Frequently Asked Questions and Ongoing Classes

How might I experience the results of Johrei?

In most cases, the effects of Johrei become enhanced with repeated practice. After Johrei sessions, people frequently report an increased sense of well-being, less stress, lower blood pressure, and calmness of mind. Each individual situation is unique, depending on pre-existing circumstances. We do not diagnose, treat, or suggest medical treatment, and individuals are encouraged to inquire with their healthcare providers about health issues.

What is “purification,” and how do I know I am experiencing it?

According to our spiritual principles, purification or illness is the manifestation of the accumulation of negative energy, which is detrimental to well-being. When this condition is neglected, a cleansing action often occurs. Purification can take many forms, including physical, mental, and emotional. Physical purification is an indication that our immune system is working naturally. Therefore, manageable colds, coughs, and fevers act as a natural mechanism to cleanse our bodies and eliminate accumulated toxins. Such actions are nature’s way of restoring the rhythmic balance of life, which we call “true health.”

How can I express my appreciation for Johrei?

We express our gratitude through heartfelt offerings of appreciation that are of value to us: time, labor, and material. We are supported through free-will monetary offerings. Although there is never a fee to receive Johrei, we ask that you contribute with a genuine

sense of gratitude to support our activities. Johrei Fellowship has existed in the United States since 1963 and is supported solely through appreciation from members and individuals like yourself. Please visit the “SUPPORT” link on the homepage to support us. Thank you!

How can I learn Johrei?

A series of interactive classes is offered on an ongoing basis. For updated events, please visit our “Locations” page to find the nearest Johrei center.

Current Schedule	Location and Information
<p>Every Monday except for National Holidays</p> <p>Time: 4 PM</p>	<p>National Office Information: (424) 376-4970</p> <p>Presented by Zoom</p>
<p>Every 4th Sunday of the month</p> <p>Time: 10 AM PST</p>	<p>South Bay Johrei Fellowship (Bay Area) 12342 Saratoga-Sunnyvale Road, Saratoga, CA 95070 (408) 605-5337</p> <p>Presented by Zoom</p>
<p>Rotating weekly study sessions and flower arranging classes are offered. Please contact the Center directly.</p>	<p>Lauderdale-by-the-Sea Johrei Fellowship 253a East Commercial Blvd. Lauderdale By The Sea, Florida 33308 (954) 870-5409</p> <p>In-person and Zoom</p>