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Miroku Association, USA  
New York Johrei Center  
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Hi everyone!

Good morning. Thank you for this opportunity to share my testimony about my journey with Johrei and Meishusama.

Even though I only found out about Johrei about a year and a half ago, my journey along this path started long ago.

As a child, when I prayed to God, I would talk like I was having a conversation with a friend. I would sit up in bed, put my hands together, and whisper in secrets and laughter, imagining god first as a man with a white beard, and then as a conglomerate of beautiful, loving energy - angels, lights, warmth, love.

My relationship with God mattered a lot to me, and it continued so throughout high school and college.

My first year out of college, my family went through something unprecedented. My father, who had been the head of our family and the provider all my life, had a nervous breakdown and could no longer work... or sleep.

He went three months of not being able to sleep. He started to hallucinate. He was put on psychiatric watch. He was not good.

During that time, I began to take a stronger role in my family, and I traveled home often, to do whatever I could to help my dad and the rest of my family.

On one trip...I'll never forget.... I stood in the living room, talking with my mom, as my dad came over. Hobbled over, actually. Broken. Broken like I had never seen him before.

And in that moment, inspiration seized me. I grabbed onto him with both hands and I just... flowed. A message flowed from me. That he was being rebuilt. That this was intentional. That our family was going to need a strong leader and he was being rebuilt for that purpose.

As the words flow, so too did energy from my arms. I felt this beautiful warmth... .vibration.. I felt energy coursing from my arms into his.

It was incredible. Only he and I existed in that moment.

When it passed, I looked over to my mom, and we all held each other in an embrace.

That night, my dad slept a full night for the first time in those 3 months... His insomnia was over and his path to recovery began.

That experience is a bookmark in my life. It was my first experience flowing energy and \*seeing\* the impact on another person. Actually seeing it.

I wanted to learn more... but life took me in another direction for a few years.

Then.. about 3 years ago, life re-routed me back.

It took me to Japan. For a month. And, unexpectedly, presented me with this feeling of familiarity. Japan felt so familiar! The culture, the land... I felt so at ease. This was so unexpected and strange to me.

4 months later, when Flor caught my husband, Mike, and I in an elevator and told us about Johrei...describing it as group energy...thing.. With chairs.. Well, it sounded interesting.

And when I found out about its origins in Japan, I was interested. And when I found out about Meishusama and his teachings and how he started on this path, I was interested.

There was so much alignment. His early dedication to social justice, and his mixing of social commentary with spiritual thought. His value system. His dedication to creating love and peace on Earth.

And the community - just wow. What beautiful people.

So I stayed.

And as I stayed, I began to experience the impact of this beautiful Johrei energy.

My body reacted so positively to it. It regularly put me in a state of deep meditation. I felt rested and light.

And this was really big at the time. When I found Johrei, I was going through my own breaking open.. Just like my dad. I was being rebuilt, too, and it was scary and hard and frustrating.

The thing about being broken open is that it reveals to you all the hidden dust... all the things you've kept hidden, that you've let fester inside your spirit.

And wouldn't you know it? Johrei was made to clean this all up.

What.

Just... the synchronicity was amazing.

And clean up it did. After each Johrei session.. I would call my husband, amazed at how clean I felt! I'd tell him, "it feels like I'm taking an internal shower. I don't know how else to describe it. I've never felt anything like this before".

About 3 months after starting Johrei, after a lot of cleaning... and a series of purifications... including a food poisoning, a strong flu, and bronchitis - one right after the other, all within a period of 2 weeks.... My life was recognizable, again. I had energy. I had a job, for the first time in a year. I had hope, again. I found my purpose, again.

Johrei helped me find me, again.

Thank you. Thank you for all you do and all you've done.

You matter. Your work matters. Your love matters.

Thank you.