

Healing Hands

Master Okazaki was not only a Judo Master, he was also a renown healer. There are terms that are used to describe a healer. We hear such terms as “the hands of a healer” or “laying on of hands” or simply “healing hands”.

Before one could become a disciple of Kodan, there were a few tests that had to be passed. Some tests are unknown. Only the Master knew and did not say. But one or two were related.

To be accepted as a disciple one had to have the “hands of a healer”. Master Okazaki would have the prospective student massage his wife and if she declared that the student had “healing hands”, then he could be accepted. The student had met a critical test.

What does this mean, “the hands of a healer”?

Take your hands and hold them about 6-8 inches apart, fingers together and slightly cupped. Always keeping your palms facing each other, move your hands closer and then farther away. If you feel an energy ball between your hands, move your hands in a circular fashion, always keeping your palms facing each other. Then move your hands further and further away, but bring them closer together at times. The energy ball should grow.

Practicing this, one can learn to have some fun with their internal energy. It may be that his phenomenon is the underlying mystic of Ki energy, Ki circulation, and “healing hands” theory and tales.

Professor Estes taught that using this energy one could heal wounds and even tumors. It required practice and strengthening of one's Ki and Faith. I do not know the Taoist or Zen term for faith. Clearly there is something more than just one's Ki energy. Professor Estes called it Faith.

Learning to use this energy to heal is not impossible. It may not be available to all, but it is not impossible to those who really are committed. This is Faith.

Now the use of this “healing hands” technique did not necessarily mean to touch. In the case of a wound, one would put their hand above the wound and move the hand in a small circular motion and sometimes closer and farther until the healing force of the Ki could be felt.

The healer would, in effect, be changing the Ki energy of the injured so that they could heal more quickly.

The fact that this happened repeatedly and routinely is recorded. How it happened is Faith.

The development of Ki begins with Kiai. Put Kiai into your practice and become a true Judo person.