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Kuji-in, 九字印, a system of mudras and associated mantras, consists of 9 syllables, known as Kuji九字, or nine characters. Believed to have originated in Japan around the 8th century through Jōdo-shū and Shugendō, kuji is thought to be a dangerous ritual that can attract unwanted entities if not performed correctly. The number nine is significant in Taoist divination, representing the perfect number for Yang'yo when determining individual hexagram lines. Others suggest it represents the nine planets influencing human destiny. The Kujiin "Nine Hand Seals" refers to mudra or hand gestures associated with the nine syllables, a specialized form of Buddhist meditation. Kuji-Kiri, 九字切り, involves using hand gestures, also seen in Japanese martial arts like Ninjutsu. The Nine Cuts (九切) include Rin - Power, Hyo/Pyo - Energy, Toh - Harmony, Sha - Healing, Kai - Intuition, Jin - Awareness, Retsu - Dimension, Zai - Creation, and Zen - Absolute Symbolism. When performed with the right hand, Kuji-Kiri emphasizes cutting through ignorance of illusions. The left hand represents a receptive valence, creating an opening for various states of consciousness. Both hands can symbolize Yin and Yang, allowing access to multiple levels of awareness. The practice of Kuji-Kiri is believed to give mystical attributes, such as predicting danger, hearing thoughts, and healing abilities. However, there is no concrete evidence that it grants superhuman powers or healing capabilities. Instead, it induces a specific mental state, enhancing performance under stress. Kuji shares similarities with other practices, relying on meditative elements to alter mental states. While meditation remains beneficial for modern-day practitioners, ninja hand signs and NLP anchoring are more effective tools for quick use in dangerous situations. The Kuji Ninja Bracelet is available at various stores in Japan, but its availability outside the country may be limited or expensive. Irezumi Empire offers affordable options, including those with red agate, onyx, and natural stones. ===== Kuji-Kiri: The Science Behind Ninja Hand Signs Many people view Kuji-Kiri, a practice used by ninjas, as mere superstition. However, recent studies suggest otherwise. The origins of Kuji-Kiri are unclear, with some attributing it to Chinese or Indian influences. Once introduced to Japan, Tendai Buddhism and Shugendō practices combined with Shintoism to form the basis of ninja hand signs. Kuji consists of nine symbols: rin, pyo, to, sha, kai, jin, retsu, zai, and zen. Each symbol has a distinct meaning and is used to invoke a specific ability, such as healing or increased awareness. While Kuji-Kiri may not grant supernatural abilities, it does induce a powerful mental state that enhances a ninja's performance under stress. A study conducted at Mie University observed 15 experienced Kuji-Kiri practitioners. The researchers found that performing the hand signs resulted in increased alpha-2 brainwaves, indicating heightened awareness, and decreased beta waves, associated with anxiety. This effect persisted for up to 30 minutes, demonstrating the ability of Kuji-Kiri to induce a calm yet alert mental state. Similar studies on meditation have yielded similar results. The key difference between Kuji-Kiri and meditation lies in its speed of inducing a state of calmness. Other practices, such as yoga and Qigong, also utilize hand gestures and movements to alter one's mental state. These findings suggest that Kuji-Kiri is not just a relic of the past but rather a valuable tool for martial artists and self-defence instructors to study.Using ninjas techniques like kuji-kiri and NLP anchoring is a great way to change one's behaviour in critical situations. ===== Hypnosis has been used by doctors for centuries, not just on stage, as it can treat pain and anxiety without the use of drugs. Brain imaging even shows that hypnosis can block pain signals, which suggests that Kuji-Kiri may have also been a form of self-hypnosis. NLP (Neuro-linguistic Programming) is a discipline that helps you change your behaviour, by understanding the language of your mind. The NLP anchoring technique seems like the modern version of Kuji. Anchoring works by creating a trigger, such as a gesture or sound, that associates with a specific mental state. In 2010, the anchoring technique helped 76% of patients overcome claustrophobia and anxiety, allowing them to undergo MRI scans. A radiographer identified the exact trigger of the patient's anxiety and then dismantled the fear associated with it. Later, he anchored positive memories to a touch on their shoulder, reducing their anxiety. Although more studies are needed, there are parallels between Kuji and other practices that rely on proven meditative principles to change a person's mental state. Meditation can be useful for modern-day warriors like yourself, but in emergency situations, ninja hand signs and NLP anchoring may be the better option. You'll need loads of practice to master these techniques, so good luck! ===== The celestial sphere has nine divisions in both Buddhism and Taoism, with heaven being 'nine enclosures' (chiu ch'ung). The Vajradhātu-mandala's nine submandalas correspond to the imperial city of Ch'ang-an. (Waterhouse, 1996) The Kuji-in (九字印), "Nine Hand Seals," is associated with the nine syllables and mudra. Kuji-ho encompasses the mudra, mantra, and meditation. Kuji-kan is a specialized Buddhist meditation. While "kuji no in" refers to hand postures, "kuji no shingon" refers to related incantations. Shugendō has hundreds of mudras, as does Taoism, with many shared but also unique variations. ===== Kuji-kiri, a method of oral sex, was used by practitioners of Tachikawa-yu. This practice is mentioned in the Fujū shū, which outlines the rituals but doesn't provide details on every step. In kuji-kiri, strokes are made alternately horizontal and vertical: five horizontal for men, four vertical; four horizontal for women, five vertical. A modern Japanese text describes this ritual as being done while reciting specific syllables to create certain patterns. The practice of kuji-ji is very flexible and can be modified based on the practitioner's needs. It is often used by practitioners of esoteric Buddhism, and its form can vary depending on which mandara is used. Kuji-ho is a concentrated three mysteries practice that consists of several integrated practices. It can be practiced in different forms, including the Kongo-kai or Taizo-kai mandaras. Kuji-in symbolizes that all forces are united against evil, which is why it's often used by people for luck when traveling, especially in mountains. The nine syllables are Rin, Pyō, Tō, Sha, Kai, Jin, Retsu, Zai, and Zen. These are shortened forms of a longer mantra that goes with the same mudra. The meaning of o'm is "to shout loudly" but also refers to the sacred name or essence of God, which means "I am existence". It's used at the end of invocations to invite the god being sacrificed to partake in the sacrifice. The original source of kuji-kiri is unknown, and it may be one of more common forms of Buddhist ku-ji. The mudras for kuji are Rin, Pyō, Tō, Sha, Kai, Jin, Retsu, Zai, and Zen. Each has a different meaning and is associated with specific deities or concepts in Buddhism and other Eastern traditions.The Mudras of Power: Unlocking the Secrets of Ancient Buddhism ===== Middle fingers crossed over them, index finger, pinky, and thumb straight, forming the iconic "I love you" gesture in American Sign Language, known as Najishi-in or "seal of the inner lion." This mudra is not found in Shingon but is a distinct feature of Shugendō. The associated mantra is On hayaibashiramantayā sowaka, which translates to "All hail the swift thunderbolt of exalted strength, virtue, and glory!" In particular, this mudra is linked to the pair of lions guarding Buddhist temples, especially the majestic creature that utters the sound "U" (hūm), the omega. The Sanskrit term haya, meaning "horse," is used in this context to convey the idea of speed, harnessing, and control. Sanmitsu kajī, virtue of the Three mysteries, is a complex and intricate concept in esoteric Buddhism. The ku-ji, a system of mudras, mantras, and visualization, aims to harness and control psychospiritual or cosmic-universal spirits/deities/energies. The nine syllables of the ku-ji can be broken down into three groups: yō (yang) syllables, in-syllables, and others. The yō syllables represent the shi-ten-no, a group of four heavenly kings, while the in-syllables represent the Godai myō-o, five wisdom kings. The ku-ji is often associated with the mandara, a Buddhist cosmological diagram that depicts the universe and its various deities. In this context, the ku-ji forms a simple mandara with Fuḍō myō-ō at the center, surrounded by four Myō at their respective locations. There are also two other groupings of the ku-ji, which relate to the nine planets and Seven Northern Stars. These groupings aim to obtain protection, as well as longevity, by removing bad or baleful influences and converting them into auspicious stars, planets, and influences. Overall, the ku-ji is a complex system that aims to harness and control psychospiritual or cosmic-universal spirits/deities/energies. Its use in esoteric Buddhism is deeply rooted in the concept of mandara and the association with various deities. ===== The Nitten Zen ritual, located north of Alkaid Zokushu and south of M51 [The Whirlpool Galaxy], is an early Buddhist adaptation of the kuji. It follows Kakuban's formula, with each kuji corresponding to a shuji/bonji/bija, but uses new syllables based on Amida Nyorai's mantra instead of the original nine Taoist syllables. This ritual is connected to Jodoshu and primarily worships Amida Nyorai. The Zokushu #5 lists the original Taoist syllables with corresponding Japanese syllables. The shuji, when ordered by their kuji, don't form a logical sentence or statement; they may represent Sanskrit bija, Tantric deities, or be a prayer. There's uncertainty about how this set of kuji is connected to the Sanskrit bija given for primary zokushu kuji, which is Amida budha's mantra. A juji formula found in Jodo Shinshu writings, founded by Shinran, uses syllables Na, mu, fu, ka, shi, gi, ko, nyo, rai to spell the mantra Namu fukashigi-ko Nyorai (Homage to the Tathāgata [Buddha] of Inconceivable Light). Another juji formula spells Kimyo jinippō mugekō Nyorai (Homage to the Tathāgata [Buddha] whose light shines without obstruction universally in the ten directions!). A correlation between kuji and Shinto schools was developed in late Edo jidai. A list belonging to a Shinto school in the Yamato region correlates kuji with deities, such as Amaterasu Omikami and Kasuga Daimyōjin. Kuji prayers are also found in Nichiei's writings, outlined in chapter 26 of the Lotus Sutra, and are said to guarantee protection to those who recite them.teach a dhāraṇī out of pity for sentient beings and in order to protect expounders of the Dharma” He then recited a dhāraṇī, saying: Atṭe natṭe vanaṭṭe anaḍe nāḍi kuaḍi (Skt.); (Ryo-hyaku-yu-jun-nai-mu-sho-sui-gen)(Jpn.) “O Bhagavat! With this mantra-dhāraṇī I protect the expounders of the Dharma; I will also protect those who hold to this sutra. All heavy cares shall be banished for a hundred yojanas around.” [Cause all feeble sickness to be naught a distance of a hundred yojanas (approximately 1,000 miles/1,600 km)] Also in chapter 26 of the Lotus Sutra immediately following Vaiśravaṇa, the Great King Dhṛtarāṣṭra (Jioku-Ten) Guardian of the eastern quarter announces a kuji in Sanskrit to complement Vaiśravaṇa's dharani. The verse goes: “At that time the devarāja Dhṛtarāṣṭra the great Heavenly King and Upholder of the Nation was present in the assembly, respectfully surrounded by millions upon million of myriads of kotis of nayutas of gandharvas. He came before the Buddha together with them and addressed the Buddha with his palms pressed together, saying: “O Bhagavat! With a mantra-dhāraṇī I will also protect those who hold to the Lotus Sutra.” He then recited the dhāraṇī, saying: Agni Gauri gandhāri caṇḍāli maṇḍali jaṇḍali vṛṣaṇi aḡaṣṭi. “ O Bhagavat! This mantra-dhāraṇī was spoken by forty-two kotis of buddhas. Anyone who attacks or slanders an expounder of the Dharma also attacks or slanders these buddhas.” The kuji-in are a ritual that has been adapted to local needs, and their structure is based on the practice of sanmitsu. Each word is translated as follows: Rin (To face), Pyō (The soldier), Tō (To fight), Sha (The man/foe), Kai (The all/whole effect), Jin (In formation[position]), Retsu (To move in column/row), Zai (To appear/exist), and Zen (To be in front/show up). Kuji-in is used in Shinto rituals to purify a person with water, while in Buddhism, it has 81 variations within certain sects of Japan. The kuji-in are also used in ninja traditions, particularly in meditation and martial arts, where they are seen as a tool for control over space and time. The kuji-in have been popularized by games such as Tekken and Tenchu, which often oversimplify their use as a form of magic. However, the true meaning and purpose of the kuji-in are more complex and nuanced, as explained in the works of Stephen K. Hayes. The correct interpretation of the kuji-in is: Rin - Strength, Pyō - Channel, Tō - Harmony, Sha - Healing, Kai - Sense of Danger, Jin - Reading of thoughts, Retsu - Control of space and time, Zai - Control of sky and elements, Zen - Enlightenment. The lines from a Chinese poem, which compiles the syllables, read "Nozomeru Hei, tatakau mono, kajjin wo hari, retsu wo tukutte, mae ni ari". This section may require additional cleanup as it has not been reviewed yet.In the realm of Japan's classical warrior arts, a lesser-known yet potent esoteric dimension has long been shrouded in mystery. Invisible armor, as introduced by Serge Mol, invites us to delve into this hidden world of spiritual and martial practices. =====