

Katja Hanska Healing Energy

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Holistic Medicine Practitioner – Spiritual Awakening & Inner Harmony

Japanese Energy Practices – Transmission & Mentorship

Japanese Traditional Mantra Therapy 1st Level 2025 - 2026

A Unique and Authentic Healing Path

When mantra therapy is mentioned, the collective imagination often turns to the Tibetan highlands and monasteries resonating with sacred vibrations like *Om Mani Padme Hum*. However, at the heart of Japan, an equally powerful and deeply rooted tradition offers a subtle and inspiring alternative: Mantra therapy from the Shingon tradition.

More than a method, it is an invitation to return to the essential, to the essence of things, the essence of oneself. It embodies a perfect harmony between ancestral tradition and modernity, offering an accessible and transformative practice that speaks to all dimensions of being – body, mind, and energy.

A Return to the Essence

Traditional Japanese mantra therapy is marked by luminous simplicity. Where other traditions multiply mantras, it often focuses on the uniqueness of a primordial sound, such as “A”. This sound, which contains within it the genesis of all vibrations, becomes a mirror for the soul. It involves not only reciting but also understanding and experiencing this vibrational frequency within and around us.

This simplicity is not reduction but a path to the essential. Through deep breathing, sacred gestures (mūdras), and symbolic visualizations like mandalas, this practice reconnects us with a subtle and often forgotten dimension of our being.

An Embodied Practice

The strength of Japanese mantra therapy also lies in its intimate alliance with the body. Each sound becomes a living vibration, a conscious breath circulating through the deepest spaces of our being. With an emphasis on extended, harmonious breathing, it engages the whole body in the healing process.

Here, it's not about healing a symptom, but restoring balance. Each exhalation on the sound A, each gesture made with intention, becomes a key to a lasting harmony between the physical and the spiritual.

A Choice Rooted in My Experience

What makes this practice so precious and deeply aligned with my approach is its grounding in the psychoenergetic traditions of East Asia that I have practiced for years.

My experience in coaching and behavioural therapies has been enriched over time by practices from Asian culture, the “Voice of the Arts”, like Japanese calligraphy, meditation, traditional Qi Gong, and dance, which allow me to perceive energy as a living flow.

Having explored and integrated these traditions in my life and work, I see in traditional Japanese mantra therapy a perfect synthesis of these dimensions. Its sobriety, power, and elegance deeply match my vision of authentic guidance – not imposing dogma but revealing what is already present in each of us.

A Bridge Between Tradition and Modernity

This choice also reflects a desire to adapt ancestral spiritual teachings to modern life. I sincerely believe that balance between emotional and spiritual aspects is the key to true inner transformation. Japanese mantra therapy, in its simplicity and depth, meets this need. It is part of my commitment to transmit psycho-energetic healing techniques that reconnect individuals with their inner roots while offering them practical tools for everyday life.

An Invitation to Explore

If Tibetan mantra therapy evokes distant summits, Japanese mantra therapy invites you on an inner journey to the depths of your being. It’s a discreet, elegant, and gentle practice, yet one that holds immense transformative power.

I invite you to join me: together, we can explore this innovative path for the Western mind, blending tradition and modernity, to accompany you in your quest for harmony and healing. My own journey, deeply connected to Asian cultures and their energetic traditions, has led me to see in this practice much more than a method: a way of life and a path to the self.

The integration of the “Three Mysteries” with kotodama creates a sacred synergy, blending sounds, vibrations, and universal energy. This unique framework enables us to approach healing and peace holistically, working on all levels: body, mind, and soul.

I am convinced this spiritual and energetic approach will enrich your experience and provide powerful tools for your inner transformation. If you have questions or would like to talk more about it, I’d be happy to respond.

Finally, you will find below the program specially designed for the participants of the first cycle of Japanese mantra therapy.

Kind regards,
Katja Damame-Hanska

Your Program: 5 Modules of Traditional Japanese Mantratherapy with Personalized Psycho-Emotional Support

Main Objectives:

- Harmonize body, mind, and soul through Shingon healing practices
- Cultivate deep grounding and inner serenity
- Activate the spiritual healing process through the Three Mysteries: mudras, mantras, and visualization
- Work with the energy of Light Beings to release emotional tensions and reinforce inner unity
- Provide accessible and practical tools for integrating spirituality into daily life

The Three Mysteries of Shingon Buddhism: Body, Speech, Mind

At the heart of Shingon Buddhism are the Three Mysteries – Body, Speech, and Mind – reflecting the deep union between humans and cosmic energy. These mysteries manifest through mudras (sacred gestures), mantras (vibrational formulas), and meditation (visualization and inner concentration).

By harmonizing these three dimensions, we connect to the universal wisdom of Dainichi Nyorai (the Cosmic Buddha), to activate healing, transformation, and spiritual awakening. We will also invoke Yakushi Nyorai (the Medicine Buddha) and Kannon Bosatsu/Kwan Yin (the Bodhisattva of Compassion).

Module 1: Grounding and Purification of Body and Mind

Goals:

- Create a sacred space and foster deep grounding
- Reconnect body, mind, and universal energy
- Purify stagnant energies to open the path of healing

Content:

- Breathing: purification techniques (Misogi no Kokyu) and lower Tanden breathing to calm emotions
- Mudras: sacred gestures to stabilize energy, focused on the abdominal region
- Mantra: Namu Kanzeon Bosatsu to invoke compassion and protection from Kannon
- Guided visualization: creating an inner safe place for emotional stability
- Integration time: meditative silence to anchor the session's benefits

Module 2: Reconnecting Body-Mind and Inner Harmony

Goals:

- Reduce tensions and energetic blockages
- Restore balance between mind, emotions, and spiritual energy

Content:

- Breathing: Japanese techniques and breath meditation
- Mudras: postures to harmonize heart and solar plexus energies
- Mantra: Om Mani Padme Hum (in Japanese and Sanskrit) to open the heart to universal love
- Kotodama: sacred sounds A O U to align and soothe
- Psycho-emotional exercise: intuitive writing to express feelings and foster clarity

Module 3: Emotional Release – Spiritual Healing

Goals:

- Dissolve emotional blockages without revisiting past wounds
- Promote inner peace and lightness

Content:

- Breathing: extended exhalation with vibrational sounds
- Mudras: gestures to release emotional tensions in the plexus area
- Mantra: Namu Bhasajyaguru Vaidūryaprabha Rājaya (Medicine Buddha Mantra)
- Guided visualization: lotus blossoming in the heart as a symbol of opening and liberation

Module 4: Training & Spiritual Elevation with the Three Mysteries

Goals:

- Connect participants to a higher spiritual dimension
- Activate inner light and strengthen self-trust and trust in the universe

Content:

- Breathing: techniques to activate upper Tanden and mental clarity
- Mudras: gestures to enhance connection with Light Beings
- Mantra: Hannya Shingyo (Heart Sutra) to activate wisdom and perseverance
- Kotodama: celestial sounds U E O I A to raise vibrations
- Guided visualization: golden light flowing through the being, dissolving shadows

Module 5: Integration and Creation of a Personal Sacred Space

Goals:

- Integrate the spiritual practices of the first cycle into daily life
- Close the cycle with a sense of fulfillment and lasting harmony

Content:

- Breathing: simple exercises for daily rituals
- Mudras and mantras: personalized guidance for autonomous practice
- Psycho-emotional exercise: creating a personal ritual (breath, mantra, visualization)
- Closing ceremony: collective invocation of Light Beings for blessing and protection

Suggestions & Recommendations

- For your sacred space: candles, incense, symbolic object, cushions, mat, etc.
- Loose and comfortable clothing. Stay warm or cool as needed.
- Posture is important during sessions (comfortable seated position to foster energetic openness)
- Stay hydrated: have tea or water nearby
- Eat lightly before the session
- Turn off notifications to avoid disturbance
- Prefer a softly lit room, but make sure you can see the mantras for recitation, especially at the beginning

For Online Sessions (Google Meet)

- Make sure your computer is charged and your sound/video work
- Be on time; a code will be sent shortly before the session
- You may interrupt to take a short break during the session

Important Information

Written/audio materials (mantras, kotodama, and symbols) will be sent the day before so you can review or print them for the session. Please check your email the evening before each session.

Session Duration

Each session is planned for 120 minutes but often goes well over time. The richness of content and sharing often makes us lose track of time. There is no extra charge if a session lasts one or two extra hours. My time is a precious gift I offer with joy to those who appreciate it.