

# The Maha Technique

## Introductory teachings of Master Maha Vajra

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## About Maha Vajra



**Maha Vajra** is a modern day enlightened spiritual master. He masters quite a few techniques in the fields of spirituality, oriental esoterism and occidental occultism. The goal of these teachings is to bring each of you to have a happy life, and eventually, to your own mastery. His teachings contain knowledge and wisdom from more than 29 years of experience on a personal spiritual path (Since 1984, at the age of 12). Yet most of what he teaches, he acquired during his enlightenment experience. He strives to alleviate suffering from the world. He is always available to teach to serious spiritual seekers. His teachings are not based on any religion, but philosophy from many traditions.

## Introduction

Often enough, regarding holistic techniques, I am asked how to heal a minor sickness, how to get out of depression, how to relieve from an addiction, and mostly, how it can be done quickly and easily. My answer is simple. When you do not have the good tools, everything is hard, long and uncertain. When you have the good tools, everything becomes easier, and results last longer, sometimes forever.

We invite you to take your own personal situation in hand, and be responsible for yourself. This simple holistic technique was developed so that everyone could empower themselves with easy tools that will allow them to deal with everyday life situations.

**Kuji-In** is a simple system to practice in a meditative state. With daily practice of one or all the Kuji-In introductory methods suggested in this booklet, you will quickly feel better in your body, heart and mind. Kuji-In was created in India, and it migrated to China and Japan along with Buddhism. It was used by the samurāi and ninja warriors of feudal japan because of its intense positive effect on the body and mind. It is a very powerful system that eventually transforms the human being into a supernatural being. Advanced users are capable of feats that seem supernatural, so much they bend reality to fit their desire.

For now, you may want to take one step at a time, and simply get what you need. With the basics provided in this booklet, you will be able to make your life much easier. Kuji-In will provide you with a transformational platform so you can have what it takes to address any of life's challenge.

**The five elements** process suggested here is a simple method to bring into your soul some components that are often missing. The five elements are used for many purposes, but mostly for healing and regeneration. Yet, before you can use the five elements to work with, you need to “Charge” them, using the prescribed process. Once the five elements are charged in your soul, not only can you start using them to heal yourself, but they can be used in many other useful ways. Advanced users can heal more dramatic ailments, they can do healing treatments on others, and some are capable of near-miraculous feats. Just to start with, this booklet will guide you into charging the basic components of the five elements, which will dramatically enhance your health, or assist a conventional treatment. We do not recommend you replace a conventional treatment if you are afflicted by a chronic ailment, but use the five elements process to assist you at a supernatural level.

**Please distribute this booklet** to anyone, using any means, without altering its content or structure. It is a gift to the world by the modern enlightened master Maha Vajra.

# Kuji-In

For those who are not interested to invest the many years it take to develop the full potential of Kuji-In, here is the most basic introduction that will be sufficient for modern day life. Kuji-In is an art that transforms the practitioner into a supernatural being. Yet, for everyone, this short introduction will suffice for basic empowerment of the Kuji-In.

Put yourself in a relaxed or meditative state, then put your hands in the suggested mudra form, and repeat the mantra for long periods, while contemplating the short philosophical principles of each step of Kuji-In. If you can, you may also place your attention on the suggested chakra, if you know them.

Each Ji-In (syllable seal) must be practiced for a minimum of a few hours so that your soul may become charged with the spiritual energies they invoke. After a few hours of practice of each set/level, you will feel or observe changes in your daily life. You can repeat the mantras mentally, or with voice. While doing the meditative practice, keep in mind the short philosophy, or at least the global idea.

## 1- RIN



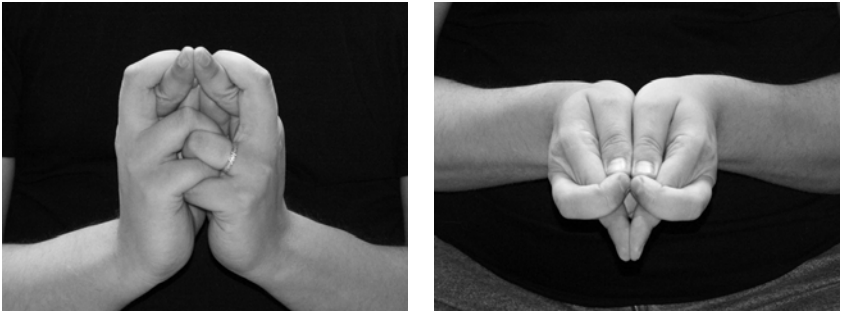
Extend your two middle fingers and interlace all other fingers.

Chakra: Base

Mantra: Om vajramanataya swaha

The RIN set is used to strengthen your mind and body. This Kuji-in set must be performed before any other Kuji-in sets can truly be effective. The RIN Kuji acts as a sort of hook-up to the Ultimate Source of all Power. By connecting you with this Divine energy, the RIN Kuji strengthens your mind and body, especially in collaboration with the other practices of the Kuji-In. A stronger connection to the Divine energy source will make you stronger at every level. Please be aware that this set may elevate your body temperature.

## 2- KYO



Extend your index fingers and bend your middle fingers over your index fingers so that the tip of your thumbs are touching. Interlace all your other fingers.

Chakra: Hara/Navel

Mantra: Om isha naya yantraya swaha

KYO activates the flow of energy within your body and outside of you, in your environment. This Kuji will help you learn to direct energy throughout your body, and eventually outside your body, so you can manifest your desires in the objective world. Although willpower directs energy, you must not push too hard with your willpower. Willpower that is used to direct energy should be rather like “wanting something a lot” but not like “getting a stranglehold on something, or pushing with a crippling force”. Even when you apply your willpower to attain something you desire, you must always be at peace and relaxed.

### 3- TOH



Point your thumbs and the last two fingers of both hands while keeping your index and middle fingers interlaced inside your hands.

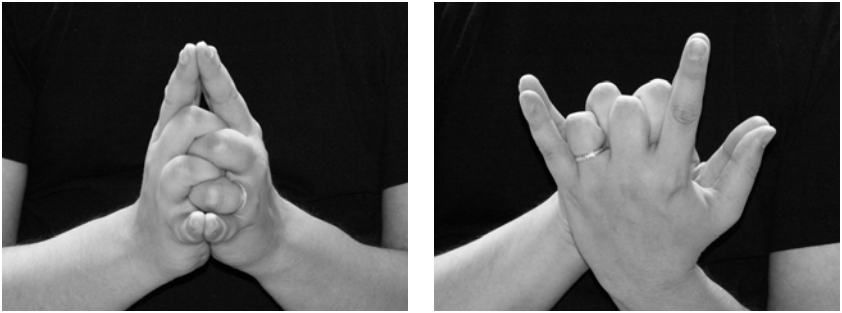
Chakra: Dan-tian, between the Hara and the Solar Plexus

Mantra: Om jita rashi yatra jiva ratna swaha

By practicing TOH, you will develop your relationship with your immediate environment, and eventually with the entire universe. As you practice, begin by filling yourself with energy and then surround yourself with this energy. (This is accomplished by visualizing that it is so). This is the Kuji of harmony. It teaches you to accept the outside events of life while remaining at peace inside. Always breathe deeply inside your abdomen, naturally, without strain.



#### 4- SHA



Extend your thumbs, index fingers and both little fingers. Interlace your middle and fourth finger inside your hands.

Chakra: Solar Plexus

Mantra :       Om haya vajramanataya swaha

With this Kuji, the healing ability of your body is increased. As you practice this set, your body will become more efficient in its daily rebuilding, healing and reconstruction. This increased healing efficiency is the result of the higher levels of energy passing through your energy channels (Meridians) and your solar plexus. This healing vibration will eventually radiate around you, causing other people to heal as you spend time with them.

## 5- KAI



Interlace all of your fingers, with the tip of each finger pressing into the root of the facing finger.

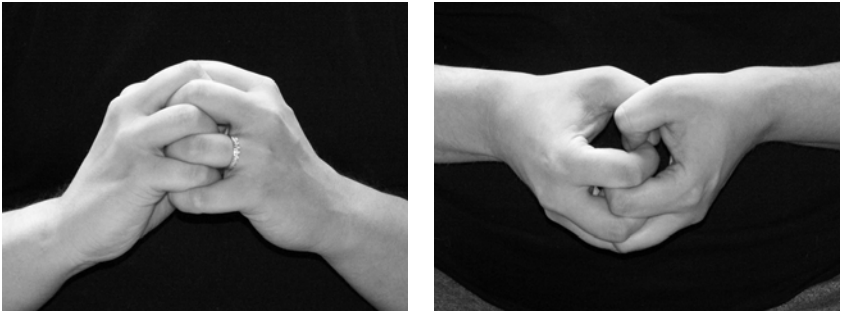
Chakra: Heart

Mantra: Om namah samanta vajranam ham

This Kuji will raise your awareness and help you to develop your intuition. The mudra is called “The outer bonds”. The outer bonds are the energy currents that precede every event, if only for an instant. They are the specific influence from the outside world that produces every one of your experiences.

Intuition is a powerful ally; it is the way you perceive what your senses register from your contact with the environment, and from the people surrounding you. This set will increase your intuition and will help you to learn to love yourself and others.

## 6- JIN



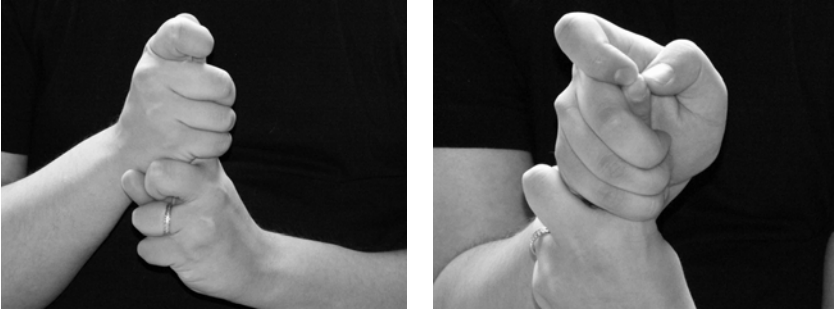
Interlace all your fingers, with your fingertips inside, each of them touching the equivalent tip of the other hand's finger, if possible.

Chakra: Throat

Mantra:           Om agnaya yanmaya swaha

The “inner bonds” are the energy currents inside you that connect you with your True Self. We have the ability to know what others are thinking. By reaching deep inside you, into the place with no words, you may get in contact with this same place in others. When you make this connection you may hear the other person's thoughts without words, or you may learn to communicate by thought concepts; this is commonly called telepathy.

## 7- RETSU



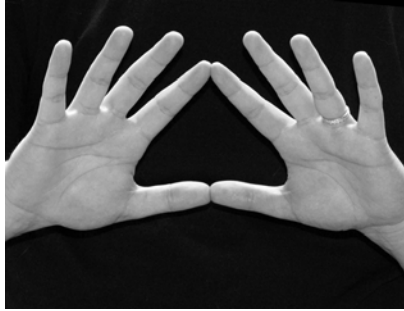
Point your left index finger up. Wrap the fingers of your right hand around your left index finger. Place the tips of your right thumb and index finger in contact with the tip of your left index finger. The fingers of your left hand are gathered into a fist.

Chakra: Jade Gate, at the back of the head

Mantra: Om jyota-hi chandoga jiva tay swaha

After practicing the Kuji-In exercises for some time, they will alter your perception of gross matter so you will be able to perceive the different flows of energy composing our space-time multi-dimensional universe. Per the theory of relativity, as mass accelerates, time slows, thus if your energy is flowing, and you apply your willpower, your mass accelerates, time slows for you and you can simply change (or direct) the flow/ or motion of your body through space.

## 8- ZAI



Touch the tips of your thumbs and index fingers to form a triangle, while your other fingers are spread out.

Chakra: Third Eye

Mantra jp: Om srija iva rutaya swaha

By practicing with this set, you will establish a relationship with the Universal components of creation: the elements. These elements are not only physical, they are also spiritual. This Kuji practice is a basis for the power of manifestation. Visualize being in harmony with nature. Visualize the flow of Qi from nature to you, and from you to nature. After a while, notice your increasing awareness that nature is alive, and that you can communicate with it. Nature will interact with you within the limits of natural law. Eventually, as you improve your sensitivity to nature, you might develop the ability to call forth an elemental manifestation, when mastered.

## 9- ZEN



Rest your left knuckles on the fingers of your right hand, with your right palm open. Touch the tips of your two thumbs gently.

Chakra: Crown

Mantra jp: Om arapacana dhi

Illumination is the highest state of mind. Illumination is a kind of Completeness, accomplished by Meditation. By using this practice, you can eventually disappear from the common mind. You are still there, of course, but others in the common mind cannot register your presence, because your vibration is higher than what their minds can recognize or interpret as real. To practice, imagine simple emptiness, calm white light everywhere; Then visualize melding with the white light. It is believed that to the average person you might become invisible.

Many hours of practice are required to elevate your vibration level enough to manifest the side-effects, like suggestive invisibility that block your presence from other people's mind.

## The 5 Elements

The five elements are the building blocks of the universe, at a spiritual level. Charging these components in your soul makes everything else so much easier. This “charge” is done with the use of a mala. A mala is a wood bead necklace of exactly 108 beads. Some have a 109<sup>th</sup> bead that is not counted during this practice. The expression “chanting a mala” means that you will chant, or speak rapidly, a certain mantra for exactly 108 times, while using your mala to count. Use your thumb or major to count the beads. You should not use your index finger to shift the beads while reciting mantras.

The five elements are more than the tangible elements we think of when we speak of earth, fire, spirit, water and air. The spiritual five elements refer to their concept, rather than their physical manifestation. We will explain the concepts to contemplate while you charge the mantras of the five elements. The following concepts are what I like to refer to the basic five elements, where we go to the core of their energy. For each of the five elements, you will do a 9 x 12 type charge, reciting 9 malas per day, or 35 minutes, each day for 12 days in a row. Using a mala goes a bit faster than counting 35 minutes, when you are used to the spelling of the mantras.

Each of the five elements mantras call forth the assistance of Divine concepts that most people refer to as gods. We do not require the belief that there are actual human holy people in the personal forms of Bhumidevi, Agni, Avalokiteshwara, Tara, Cittaamala... These are the representation of the highest forces acting in the universe, and these mantras use the Buddhist approach to invoking their intervention. There are no real elemental processes that do not invoke the help of the Divine forces. However, everyone may call upon the Divine names of their own system of belief. We will provide an explanation of each mantra, and offer variation possibilities, for the student to call the Divine forces using the names that corresponds to their system of belief.

A student once asked me if it was acceptable to charge more than one mantra at a time. About charging more than one mantra at a time, you may, while following a simple rule. When charging mantras from series (like the elements) you have to be certain to start the mantra charges in order to finish charging each mantra before you finish the next one following it. Start the fire mantra charge after you start the earth mantra charge, so that you finish the fire charge after you finish the earth charge. This also means that if you charge the earth and fire elements in the same twelve days, you simply have to do the earth mantra first, and the fire mantra charge next. The same goes for charging the 9 Kuji-In mantras (not doing the Kuji-In mudra while you hold you mala).



## **Earth**

Most people will think of earth as a symbol of stability, while the spiritual concept of earth is generation. Stability is linked mostly to the symbol of a rock, which is a part of the earth element. From the earth come out life and it contains all the metals that manage electro-magnetic fields. Earth does encompass the concept of stability, but it goes so much further. The earth element is the most important element to keep elevated in your energy system. It is the base of creation, and it is also the base of mental health. Have you ever seen a “down-to-earth” person with mental illness? Most mentally ill people are not connected to the earth element.

While you charge the earth element, or simply recite the mantra, think of the life giving aspect, the generation of plants, and the support of electro-magnetic fields. The earth element will stabilize and purify your Chi, your life energy. It will support protection circles around you, at the physical and spiritual levels.

## **The earth mantra: Om prithividhatu Bhumideviya**

Om: Divine syllable

Prithivi: earth, the dirt

Dhatu: nature of, aspect of

Bhum: earth, the planet

Devi: divinity

Ya: grammatical association

The earth mantra invokes the energy of the earthly nature of the divine being that is our planet. All traditions may recite this mantra and respect their tradition. The English translation would be something like “earthly nature of the goddess Earth”.

Once you have charged the earth mantra, you will be able to invoke protection energies each time you recite the mantra mentally or aloud. Your mental health will increase. Your paranoia will disappear. Your Chi / Life force will flow harmoniously in your body. The earth element is an essential before we can proceed to other trainings that involve interaction with the material world.

## **Fire**

The fire element is NOT the concept of burning and destruction, although it can be used for such applications, mostly in purification processes. The fire element's true form is not destructive. Fire takes matter from a certain level of vibration, and it brings it to another higher level. Fire elevates the energies. It purifies the dense stagnant energies and transforms them in a higher nature, unclogging your energy circuitry. Fire also brings change and renewal.

In nature, we can observe how fire will transform solid compounds into liquid or gaseous forms. It alters the molecular structure and the chemical formulation of components. Fire generates energy, and makes every other process powerful.

While you use the fire mantra, contemplate the power generating forces, and the elevating effect.

### **The fire mantra: Om Tejasdhatu Agnaya**

Om: Divine syllable

Tejas: Power, energy, force associated to fire

Dhatu: nature of, aspect of

Agni: Fire, both the form and Divinity (Agnaya here)

Ya: grammatical association

Agni is not a Divinity limited to any tradition. It is more popular in the Hindu tradition, but it simply means fire, in the form of an intelligent natural force. Fire is the most powerful force in nature. This mantra means something like “Powerful nature of Fire”. In sanskrit, sometimes we write the word Fire using “tejas” and sometimes using “agni”.

## **Heaven**

The heaven element is of the highest spiritual nature. It invokes the action of God in your life. It is the spiritual element. It is the tool of all spiritual activity. Charging this mantra elevates your consciousness. If you are not already born (fully existing) in the spiritual realm, this mantra will accelerate the process.

## **The Heaven mantra: Om Akashadhatu Avalokiteshwaraya**

Om: Divine syllable

Akasha: Heavens, spiritual realms

Dhatu: nature of, aspect of

Avalokiteshwara: Bodhisattva of compassion

Ya: grammatical association

Avalokiteshwara is the third personalized concept of the Holy trinity in Buddhism. Where the Christians name the “Father, Christ, Holy Spirit”, the Hindu name the “Bramha, Vishnu,

Shiva”. The Buddhist would see the trinity of their concepts in “Amitabha, Mahastamaprapta, Avalokiteshwara”.

If you feel uncomfortable praying to Avalokiteshwara using the Buddhist mantra, you can recite the mantra using the name of the Christian Holy Spirit/Ghost said in Sanskrit like so:

Om Akashadhatu Baghavaatman

Or using the equivalent in the Hindu tradition:

Om Akashadhatu Shivaya

## **Water**

In water, life is born. Water is the supporting substance in which all life dwells. Water fashions earth. Water is the element that represents the womb of the universe. All is within a form of water of a higher nature that encompasses, penetrates and pervades the entire universe. There is no matter that exists without this primeval water. It is the infinite light of creation, in a tangible form. It is the base constituent of Chi and life force.

The water process connects you with life, movement, and the universe. It is in this primeval water that we extend our consciousness. Charging the water mantra connects us to the flow of life. It purifies our body, heart and mind. It soothes our aches, it cares for us.

## **The water mantra: Om Apsadhatu Taraya**

Om: Divine syllable

Apsa: water

Dhatu: nature of, aspect of

Tara: Divine mother

Ya: grammatical association

The name Tara(ya) can be changed to the Christian name of the Divine mother, Maria(ya), or the Hindu name Durga(ya).

Once you have charged the water mantra, the effects will become available naturally. Your level of energy (life) will increase. Your heart will be more stable, while your mind will become more flexible. Charging the water mantra give your healing ability a great boost. It supports all manifestations.

### **Air**

It is thru air that information is shared, and movement takes place. Air supports all kinds of vibration while altering them the least. Air lets light thru. The air is where sounds travel. The air mantra opens your mind and other senses to information. It helps you perceive in every way. It also takes part in any kind of traveling and motion. The air mantra will also free your mind from limiting thoughts. It will broaden your perception of the universe and of yourself.

## **The Air mantra: Om Vayudhatu Cittaamalaya**

Om: Divine syllable

Vayu: air / wind

Dhatu: nature of, aspect of

Cittaamala: Pure-minded

Ya: grammatical association

The mind is like a monkey, always jumping everywhere. We aim at mastering our mind so that our thoughts become focused. The Hindu monkey god Hanuman is not a person, but a representation of the mastered mind, or the mind taken under our own control, and dominated by our Spirit. The Hindu will use the name Hanumanta(ya), which is the son of the Monkey God, invoking a stable and pure mind.

Charging the five elements can take as little as 60 days, if you do 9 malas per day for 12 days, for the five elements in a row. Charging the five elements will awaken every aspect of your spirituality. It will give a biological wisdom to your body. It will open spiritual doors, release blockages, purify your energies.

The five elements are an important part of teaching your mind, heart and body, to interact with nature and go beyond its illusionary limitations. Nature was created with the spiritual

concepts of the five elements. It is still operated by the elemental forces.

Charging the five elements will give you the basic tools required to advance much faster in any other training you do; physical, mental or spiritual. Once you have charged the five elements, it is recommended to do activation or support malas from time to time, to keep their energies active and intense in your body. Every now and then, do five malas in a row, one mala of each of the five elements.

The five elements must be fully charged before you can start using them. Until you learn how to use these energies, keep them for yourself. They will support every other spiritual action you take. Once you have learned the benefits of the elemental energies, you can use them to treat other people who lack these energies, by touch or transmigration. After a treatment, you must purify your own energies.



## Useful Mantras

The following mantras can be useful. They are to be charged prior to their use, in the 9x12 fashion, doing 9 malas per day (or 45 minutes) for 12 days in a row, without missing on a single day. To use them afterwards, recite one or more mala daily, as needed.

### **Peace mantra**

#### **Om Shanti Shanti Shanti**

This mantra brings peace to the mind, heart and body. It is mostly efficient in calming the mind. It will help almost everyone to get a sense of peace when needed.

### **Compassion mantra**

#### **Om Mani Padme Hum**

The mantra is very popular amongst Buddhists. It is a mantra mostly useful to calm and sooth the heart.

### **3 suns mantra**

#### **Om Vajra Agni**

This mantra is about pure energy. You **MUST** have charged the peace and compassion mantras before you start charging the 3 suns mantra. If you are capable, visualize a shining sun in your third eye, one in your solar plexus, and one at your base chakra, from time to time during your charging process.

### **To heal your body**

Recite daily one mala of each of the five elements, followed by one or more malas of this simple mantra, combined with a “perfect health” affirmation of your choice (like: my heart is in perfect health, or: my bones are in perfect health...)

**Om Dheem Ra Ra**, My (organ/area) is in perfect health

For general purpose health, or to treat a general condition:

**Om Dheem Ra Ra**, My body is in perfect health

### **For severe conditions**

To treat deep depression, combine with mantras of the “Atma Yoga”, learned from Maha or one of his certified teachers in this technique. The technique called “Emotional transmutation” is also very indicated in the case of emotional situations.

To treat severe physical ailments, you should always refer to your doctor for a conventional treatment, and assist it with a holistic approach. There are many good healers out there. You will certainly find one in your area. If you wish for intense help, some students of Maha are mages capable of bending reality, others are healers who can help you resolve karmic causes, and heal you at a supernatural level.

You are always encouraged to a healthy lifestyle. However, we do not judge who comes to us for help. We help whoever also wants to help them selves.