

The power of a Japanese ancient mantra, “HIFUMI NORITO.”

“Norito” is a kind of mantra chanted to the gods during Shinto rituals, which have been practiced since ancient times in Japan. There are several types of Norito, and among them, “HIFUMI NORITO” (called HIFUMI below) is considered the most mysterious and potent. It is said to be one of the highest Norito, which gives us great power just by chanting it through the effect of the vibrations of the words.

The origin of HIFUMI is not well understood, and there are many theories about it. This mantra is regarded as a secret expression of the Japanese way of living and worldview passed down from generation to generation. Since it is introduced in the book "Sendai Kuji Honki," completed in 622 A.D., a compilation of information passed down in the ancient scripts, we can assume that it has a history of well over 1,400 years. And several other clues suggest it could be much older.

Some researchers also say HIFUMI might be related to ancient Hebrew. Because the first sentence sounds like the Hebrew language, and if we translate it into Hebrew, the meaning corresponds very well to the story of the “Ama-no-Iwato,” one of the ancient myths of Japan.

Perhaps because of its strong power, HIFUMI was hidden by the authorities of the time, and even those involved in shrines and Shinto were unaware of its existence for a long time. Nevertheless, it had been protected and handed down by some shrines and some people. Then it has become popular as a miraculous Norito in the last few decades since it was introduced in a series of channeling books by Tenmei Okamoto, "Hi-Tsuki (=sun and moon) Shinji (=revelation)."

The full text of HIFUMI comprises 47 basic letters of the Japanese syllabary, each used only once and all of which do not overlap. So, at first glance, it looks like just a series of letters. But each letter has a deep meaning and unique vibration. It is even believed that a single letter contains a deity. This concept is called "言霊 Kotodama" (the spirit of words) in Japan.

The book mentioned above, "Sendai Kuji Honki," tells that Japan has an elixir of immortality, which is the Japanese language. Probably the ancient people understood the healing power of the vibration of words, and mantras like Hifumi were used as a healing tool.

<Full Text of HIFUMI >

ひ(HI) ふ(FU) み(MI) よ(YO) い(I) む(MU) な(NA) や(YA)
こ(KO) と(TO) も(MO) ち(CHI) ろ(RO) ら(RA) ね(NE)

し(SHI) き(KI) る(RU) ゆ(YU) ゐ(WI) つ(TSU) わ(WA) ぬ(NU)
そ(SO) を(WO) た(TA) は(HA) く(KU) め(ME) か(KA)

う(U) お(O) え(E) に(NI) さ(SA) り(RI) へ(HE) て(TE)
の(NO) ま(MA) す(SU)
あ(A) せ(SE) ゑ(WE) ほ(HO) れ(RE) け(KE)

** In Japanese, no consonants perfectly match R and L. Where it is written with R, the sound is somewhere between R and L.*

Since Japanese is an ideographic language, each letter has a meaning. And each can be interpreted to mean multiple things (homonymy). For example, the interpretations of the first five letters are as follows:

ひ HI = Sun, Light, Fire, The Beginning, One
ふ FU = Air, Product, Particle, Vibration, Propagation, Two
み MI = Water, Density, Molecule, Materialization, Structure, Three
よ YO = World, Earth, Material World, Four
い I = Life, Birth, Emergence of Primitive Life, Five

Therefore, there are numerous ways to interpret the full text of HIFUMI. One of the most common translations is: “All living things are born and brought into existence by the great blessings of the universe. In our daily lives, we feel gratitude that we are kept alive by the mercy of the God of the sun and the God of the moon. They always protect us from the sufferings such as aging, sickness, death, and being possessed by evil gods. The grains of the fields are bountifully harvested, and the fish of the sea are plentiful and nourish our lives. We all work joyfully, live each day, and never hunger or thirst. Go out in the morning, sweat with the sun on your back, and be thankful for the joy of returning home in the evening. Always have faith with a fervent heart, praying for the appearance of the Gods of the sun and the moon.”

I will not introduce the other versions of translations here because doing so would make

this paper too long. But, overall, HIFUMI tells us very profound things, such as the creation of the world and the birth of life, the domination of the earth by humans and the decline that occurred as a result, and lessons on how we humanity should live better. Although it contains only 47 letters, it has magnificent meaning. Some people say it expresses the truth of the Greater Universe.

Because the sound of the first 15 letters corresponds to the old Japanese way of reading numbers (HI, FU, MI, YO, I, MU, NA, YA, KO, TO, MO, CHI, RO, RA, NE = 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 100, 1000, 10 thousand, billion, trillion), this mantra is also considered to include numerological power. The number increases from one to ten by one, and then tenfold represents the infinity of the universe.

Regarding the effects of HIFUMI, first, it is well known to have a robust purifying power. We can purge negative energy and clear the body and mind by chanting this mantra. It is also believed to attract good fortune, so much so that it has been called "a Norito that works miracles." Below is the list of effects that are commonly attributed to HIFUMI.

1. Clearing/ Purification of Negative Energy
2. Attracting Good Luck/Fortune
3. Healing of illness/ Improvement of health/ Longevity
4. Removal of sufferings
5. Attracting Good Relationships
6. Family Happiness
7. Mental/Emotional Stability
8. Enjoy Life More

Because of its strong influence, some people argue that it is essential to chant properly. The most important thing is intention. Having pure intentions and chanting with all your heart is vital. The next important thing is vibration. Since the spirit of the word resonates with sound, it is suggested to chant it by emitting the voice from the belly so that the sound reverberates through the body. (I believe, based on my experience, that if we have a clear intention and can imagine/feel the vibration inside, chanting with a small voice or even silently would work.)

Then, separate the sentence by 3, 5, and 7 letters, and chant in a rhythmic pattern as if you are singing. The last two letters, "RE" and "KE," should be prolonged two beats. And

repeat the whole text in three rounds. Chanting with deep breathing will calm your mind.

Some say that singing with a higher tone is better because higher frequencies produce better vibrations. Yet, I am not a proponent of this theory. Given my learning at this school, stable/consistent vs. chaotic is a more critical aspect to consider vibration rather than high vs. low. Therefore, I suggest singing at a pitch you are comfortable with or intuitively feel is right or needed.

Chanting HIFUMI while imagining or looking at the letters written in the ancient script is considered more effective. The picture in this video shows HIFUMI drawn in the “Hotsuma” script, one of the old Japanese characters. They say the most potent power is bestowed by chanting the words while reading them in a spiral form, and this way can even cure cancer. This is probably because three types of vibrations (sound, number, and geometry) are combined.

<https://www.youtube.com/watch?v=2W3T0xaIwKc&t=1s>

It is also believed to be good to chant three times a day, morning, noon, and night. So, I have practiced chanting HIFUMI thrice daily since I started writing this paper. The following is the summary of what I felt and found having completed 25 days.

Every time I chanted, even from the first few days, I could recognize these effects:

- More Grounded
- Thoughts become quieter
- Refreshed
- Breath becomes deeper

In addition, I started noticing the following things after around two weeks:

- Many times, I received inspiration right after I finished chanting.
- Setting a clear intention makes the chanting more powerful. Sometimes, I recognized my intentions were immediately reflected.
- Often energy circulated, and my body got hot after chanting.
- Some tangible changes happened during this period: finding a perfect house to move into, improving family relationships/situations, and feeling more positive in general.

These changes may not be due to this mantra alone. But chanting HIFUMI thrice daily has undoubtedly brought some positive effects, and I would love to continue this experiment for at least three months and see how it will affect my life.