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## Ki — A Light Energy that Fills Mind, Body and Soul vol.4

### The existence of spirit that modern people have forgotten

When I looked up the term “spirit” in a Japanese dictionary, it said: “it is supposed to be in the human body and controls the functions of the mind; also regarded as independent from the physical body since ancient times.” It means that the spirit is very important in that it controls the function of the mind. But it said, “it is supposed to be...,” and this seems to imply that this is just one of the theories, and also looks as if it is saying, “it is not necessary in this modern world in which medicine and science have developed.”

But then, why has this term existed since ancient times? Why are there words similar to this term in each country? We often use the term in our daily lives, but I myself do not remember being taught about it in my school days.

The spirit must have been very important for people since ancient times, but because it looks unworldly and mysterious, and seems to relate to religion, I assume people had less and less chances to talk and think about it. I have a strong hunch that many kinds of troubles that happen in our modern life occur due to the people's ignorance towards the spirit. Now, I will talk a little more about this Ki energy or the spirit, and about roles of Shinkiko energy, that is, the energy from the universe.

### This world consists of spirits exchanging their energies with each other

Any life in this world is an energy body of some sort; and the spirit or soul exists in each life. Any life, animals and plants, exists on earth is an energy body or a spirit.

The body can only exist when the spirit or the soul dwells within it; and the visible body actually consists of an intangible light-like energy body, that is, the spirit.

On the other hand, there are many spirits without a visible physical body in this world. They are often called a spirit or a ghost; but they have the mind just like we do.

People often tend to associate them with something really spooky such as a spirit of evil or a vengeful spirit, which negatively affects them, but not all of them are evil. There surely are positive energies, such as spirits of your ancestors, spirits of those who had some kind of relationship with you and of those who watch over you from an invisible world and also high-minded spirits that are trying to lead you; they are always sending a light of support to you and trying to lead you to happiness.

And it seems that all of these spirits are endlessly exchanging their energies (light-like energies) with each other, making up the whole universe.

### Spiritual awakening allows spirits to grow

What I mean is that, spirits will continue to be

in this universe, evolving to make more light taking much of their time.

But the light does not just keep increasing. The light energy (Ki) of people's souls changes depending on each person's state of mind. And as I have said previously that Ki has a vibrational nature, the Kis that are in tune with a person's state of mind, gather around him.

When you are feeling down, and become influenced by the negative Ki around you, the energy of your soul decreases. On the other hand, as the saying goes, "laugh and be fat," if you can always laugh, you can increase your energy with the influence of positive Ki. The light of spirits is repeatedly decreasing and increasing, like taking three steps forward and two back, gradually increasing its power and brightness.

Generally, there are always tough times and times when we feel really stressed in life. In such times, we worry and suffer, being dominated by negative feelings, and accumulate negative Ki.

The term negative Ki used here refers not only to spiritual entities, but also to anything that seems to have a negative energy: chemicals that make light of natural providence, such as agrichemicals and food additives and systems and technologies that only pursue benefit and efficiency.

But when people manage to overcome seemingly tough times without losing a light of hope, they will experience spiritual awakening: their souls dramatically grow and become able to emit more powerful light.

But the situation differs depending on whether spirits have a physical body or not. What a spirit without a physical body can do varies depending on the powerfulness of the energy he has. If a person dies losing much of his energy, then his spirit cannot go to anywhere on his own will; he is sometimes tied down to the spot, or sometimes wafts here and there being drawn to the energies that are in

tune with him.

We let out our stresses by going to hot spring resorts; consulting with someone about problems; going to Karaoke; going out for a drink and eating out. But without a physical body, it is not possible. If a person dies with negative feelings, the feelings remain the same; if a person dies feeling a pain, the pain remains and if a person dies feeling sad or anger, the feeling remains for hundreds of years at worst, unless he is given some energy from us or the living people.

Having a physical body is, in a way, inconvenience; because we have to make efforts to meet our needs, such as eating and dressing. And there are times when we feel down and lose an immense amount of our energy; but being alive allows us to increase the energy more effectively.

