

Practicing “Itoko sagashi” allows me to put my thoughts in order and enjoy life

Yoshiko Goto (54, from Osaka)

Mrs. Goto got to know Shinkiko energy after she had an operation for breast cancer and the surgical cut did not heal easily. A full two years have passed since then. Looking at Mrs. Goto, it is even hard to believe that she had been seriously ill because she is always cheerful, kind and full of smiles. Mrs. Goto positively coped with the radiation treatment and the anticancer drug treatment that are essentially tough, while commuting to a SAS center and charging herself with Ki. The result of the examination she had two years after the operation showed that there was no problem at all. Also, it seemed that Ki has surely reached her family as well.

Met Shinkiko energy and participated in the Shinkiko Retreat Seminar the following month

On December 28<sup>th</sup> 2005, I had the operation for breast cancer. I had been having a complete medical checkup every year, but there never was a problem. But one day, I found a lump myself by chance. It was a small tumor, only 8mm in size, but it had already spread to lymph node, and it had a high relapse rate. So it was suggested that I have all the treatments including radiation, anticancer drug and hormone drug treatment. The operation went well, and I was able to leave the hospital after about a week. But the surgical cut did not heal even after one month or two months. And I was very busy looking after my mother-in-law who had a cataract operation and cooking meals for my father-in-law. My husband also came home late from work almost every day and had troubles with his work. “I’m up against the wall,” I complained to a friend of mine, Takako Itoh, who I met by chance at a station on February 7<sup>th</sup> 2006.

Then Mrs. Itoh came to visit me the next day, with a book called “*Ki de ikiru chikara ga waite kuru*” (*Feeling Alive with Ki Energy*) and SAS seals. She told me about Ki earnestly. I gave in to her enthusiasm and borrowed the book. At first I thought, because Mrs Itoh was a very nice person and unsuspecting, she might have been deceived.

But after I read the book, which was so easy to read and understand, I

asked her to take me to a SAS center the next day and bought a High Genki apparatus on the spot. Since then, I have visited the center every day.

In 2006, March 1<sup>st</sup>, I applied for the Shinkiko Retreat Seminar. I had been thinking about applying it because the staff and the members of the SAS Association I met at the center repeatedly told me how great the seminar was. I thought I did not have enough money to apply, but it turned out that I had 140,000 yen, which I earned by working as a part-time caretaker, left unused in my bank account, and also I got my cancer insurance benefit, 20,000 yen paid. I got the exact money I needed, and became able to apply for the seminar.

Shortly after I applied, my husband's father suddenly collapsed and had an emergency operation. But he already had terminal cancer and nothing could be done for him; he passed away on March 8<sup>th</sup>. During the two days he was hospitalized, I had been earnestly applying the High Genki to him before I knew it. Until then, I was only thinking about the wound on my breast, but I felt that I learned an important lesson from his death. My father-in-law died without suffering. His funeral was held just one week before the seminar. I was thinking about postponing the participation, but was able to participate as planned. And curiously enough, the wound healed one day before the seminar. It had closed, and my doctor said to me, "You can now take a bath."

During the seminar, as I meditated, looked at myself slowly, felt grateful for small things in life and read out an article featuring gyō (literally meaning training), I felt my body inside was being purified. Since I often got into taking care of my sick grandmother, or my sick father all by myself and all that, probably my stress had built up inside me.

Supported by Shinkiko energy, I overcame my cancer

After the seminar in March finished, I was commuting to a hospital for the radiation treatment for about a month while I visited the SAS center. I was receiving the treatment with a Mini Stick Head and a SAS 3-layered Pendant in my pocket, with Onki music played at a low volume in my bag and with a Crystal Mat, in one-eighth size, covering my head instead of a towel, while feeling grateful for everyone. Thanks to it, I could feel

reassured. The treatment went well without any side effects. Also the wound healed really well; it looked no different from a normal skin. And in April, my husband was suddenly moved to a section, which he had been hoping for. He became able to come home earlier, and began to help me with housework.

At the center, I was very inspired by listening to many other people's stories, by having someone who showed me the way he felt Ki, by having someone to tell my story and so on. I was encouraged very much by those who experienced the power of Ki.

After that, I emulated one of them and started commuting to the center by bicycle for 40 minutes. At first I thought I could not get there, but I did. Thanks to it, I could build a lot of strength. From the mid-May to December, I commuted to the hospital to have the radiation treatment and the center by bicycle. I did lose my hair, but I could eat, and surprisingly, I did not have to suffer other side effects much. The anticancer drug treatment took about long eight months, but because I was spending some time at the center during that period, I had been very encouraged.

But one week after I came back from SAS seminar held in December, when I had three more anticancer drug treatments left, an X-ray found that my left lung was all white. Being mentioned that "Your lung is white," I did feel a little stuffy, but I had no fever and was feeling well. The pulmonologist even told me, "It's quite unusual for a patient with pneumonia looking so well." I had many examinations, but the cause of the whiteness remained unclear. According to the doctor, if it was due to anticancer drug, both of the lungs should have been white, and if it was due to radiation, a different symptom would have shown up. But thanks to this, although I had to have anticancer drug treatment three more times, the doctor told me I did not have to have it anymore. I felt so relieved.

When my lung inflammation caused by pneumonia was reduced with drugs, my son started suffering depression before the Christmas, and became unable to go to work. Over three years since he joined in a company, he left home at 6:30 in the morning and came home later than 12 midnight almost every day, and he was physically tired and also worried about the relationship with the people at work. I asked him to visit the

center with me, but he did not try to take action. I went to the center for a consultation and offered to buy a Gold Head on December 28th. I ordered it with a message to my son, to be sent to him in time for the end of the year. In the new year, his symptom started improving. In the mid-January, he was looking good, but just in case, he stayed away from the office until March, and from April he came back to a new section. Thanks to it, he could rest his body and mind well. I do not know if he believes in the power of Ki, but he now goes to work with a 500 times powerful Mini Stick Head and a Titanium Plate inside his jacket's pocket. When he forgets to take them, he immediately comes back and put them in his pocket. Probably he must be feeling something from them, although he does not say so.

#### Learning from "My Healing Philosophy"

My pneumonia was healed in the new year, but my left lung, which was healed, started to shrink. In the beginning of February, the lung shrunk by half and fluid collected in the empty space. The doctor told me that the fluid had to be taken from the lung with a syringe or something and examined. I felt so scared, so, I asked for a Remote Shinkiko

(Distant-healing) on the test day. But when I went to the hospital for the test, the doctor said that the fluid had somehow reduced so that it could not be examined. I could avoid the test (laughter). It was really a strange experience.

The lung remained shrunk, but I did not feel sick. So I started commuting to the center again taking 40 minutes by bicycle from the next day I participated in a Shinkiko session led by the chairman in January. I felt that I could go, and I actually could. There was a slope along the way, but I could manage. I learned that people are OK with a half-size lung, although I cannot see it myself and make sure of it (laughter).

On March 12<sup>th</sup>, I had my Ki radiating head upgraded to be 1,000 times more powerful. Because the lung did not make me feel tired, I even thought "May be I'll be fine even if the lung remained shrunk." But after I read the chairman's article on "My Healing Philosophy" in a weekly Shinkiko News, I became aware that I should not leave the problem as it is. I learned that I would not be completely cured unless I try to be cured. I

started doing Yoga with a friend who I met through Shinkiko and learned a method of breathing as well. Then three months later, an examination found that my lung returned to almost normal size. The pulmonologist told me that he did not think it would return to normal and that it was so strange. I somehow knew it would, but he thought otherwise (laughter). After all, the cause of the pneumonia and the shrunk lung remained unknown. Probably, the “My Healing Philosophy” worked.

Always feeling alive and grateful

I am still commuting to the center almost every day on weekdays. I can come alive, rest my body and feel better in mind.

Many people come to the center and share their experiences. When I was listening to one of their stories, I thought it was all about that person. But later, I found out that there were several things that were similar to my case in their stories; and I learn many things from them.

Also, since I started receiving Ki, I began to feel that my mother who passed away 26 years ago, and my grandmother who died 12 years ago, are watching over me; so I am recently sending Ki to my ancestors. Two years after the operation, an examination showed there was no problem. Although the risk of breast cancer recurrence is said to be very high, I am still commuting to the Osaka center feeling full of energy, and I am grateful for it. Whenever I have a problem, I can put my thoughts in order by doing Iitoko sagashi and I am always enjoying my life. I am now thankful for having been sick.

For me, Shinkiko energy is like a light of signpost that lights up the path I should follow, whenever I am lost.

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