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I feel that “I was born to let my soul grow”

Keiji Yamada and Toshimi Yamada (49, 47, from Tokyo)

Mrs. Toshimi Yamada says, “Shinkiko energy is just what I’ve been looking for.” She got to know it when her father got sick. On the other hand, her husband, Keiji says, “It had never really hit me in my mind.” But later, he had reached a big turning point and realized the aim of his life.

I could feel the rubbish inside me was being removed and myself being cleansed

Toshimi: It was in 1997 when I got to know about Shinkiko energy. One of my friends knew well about the energy, and two years before that year, I heard a lot about it from her but I did not care about it at that time. Two years later, my father suffered from sciatica; he tried acupuncture and others only to learn that they did not work. When he eventually became unable to walk properly, the friend suddenly gave me a call. Then we unexpectedly fell into talk about Shinkiko energy; I asked her if the energy worked for my father’s sickness. She said it would and I started taking interest in it.

Later, she came to visit my parents’ place and all of my family received Ki from her. I was closing my eyes at that time, but I suddenly saw a ball of light. It was a shocking experience, but I thought, “Shinkiko energy is nothing special; it can be emitted by anyone. This is real,” and felt that I wanted to keep receiving it.

After that, I participated in a Ki Experience session with my family. When the chairman held his hands over my father, I felt an enormous energy being released from his hands. “What on earth is this!?” I was very surprised. It was very surprising for me to know that such a world, the world of Ki, exists, and on the other hand, I was overjoyed to learn that it can be done by anyone.

Two months later, I participated in the Shinkiko Retreat Seminar held in

Ikoma. After that, I remember realizing that it was just what I had been looking for. At that time I was working at an office where there were many women working. I always heard many people complaining and saying bad things about others; I was probably stressed from it. During the seminar, we had a Shinkiko energy therapy at 7:00 am and 10:00 pm, and when these times came near, I could feel the rubbish inside me was being taken away. I once again felt the beauty of the sun light and really felt like a new person.

I met my husband in 2003. We were both participating in a seminar called awakening seminar in which the participants could listen to interesting stories; we started talking to each other in a natural way.

Experienced the Shinkiko energy for the first time when a disc slipped in my back

Keiji: I was introduced to the energy by my wife. She took me straight to a center before she explains about it, and I received the energy from a Shinkiko energy video for the first time. After that we went to the center together several times and received Ki, but I could not tell if I was actually receiving the energy or not. I just did not feel anything bad, so I did not deny it, nor did I get involved too deeply.

Originally, I had always been interested in why I am living since I was 17 years old. I studied in the department of Buddhism at a Buddhist university in order to pursue the question in my mind, but studying it did not help. Then I met Ms. Michiko Koyasu, who first introduced Japan to Steiner education, at a language school where I was studying German. I learned about Steiner's philosophy and it did answer all of my questions. The philosophy also mentions extrasensory world; I think that was why I did not feel uncomfortable with the world of Ki either.

These days education is fragmentary: for example, teachers do not teach their students how music and mathematics are related. But Steiner's anthroposophy tells us about such things as well, and for me it was really refreshing. It tells us that everything is connected, and unified.

Tosihmi: My questions were immediately solved as well when I encountered Shinkiko energy.

Keiji: The same applies to Shinkiko energy. I stayed in Germany for four years and in Switzerland for one year and learned some anthroposophy. After that I met my wife and got to know about Shinkiko energy, but it did not mean very much to me for a long time.

But in October 2008, my turning point came. I suddenly slipped a disc in my back and became unable to move. I went to see an acupuncturist about three times and got quite better, but it still hurt and it was still difficult to move. Then I tried applying a High Genki apparatus to my back; I could feel something was affecting my body. The sensation was similar to when I was receiving the acupuncture; I felt it would work.

Since then, I had been receiving Shinkiko energy at seven in the morning and at ten in the evening without fail and used the High Genki every day. After that, I participated in the Shinkiko Retreat Seminar and received Ki intensively, and my symptoms got fairly better. By using the High Genki every day, I gradually got better.

When I participated in the seminar there were only six participants; I could enjoy the seminar in a quiet and calm atmosphere. At that time, my back was not quite healed, so I tried to receive the energy and tried to stay in a room where other participants gather in order to tune in to their vibrating energies as much as possible. When I was talking to the chairman he told me that all religions were universal energy; I felt comfortable with this idea and it still stands out in my memory. After the seminar, several unexpected lucky things started to happen to me; such as winning accommodation coupons for two.

Shinkiko is an energy of light, but when you look at it from a different angle, it is no more than energy. The "Iitoko-sagashi" in which people learn things while receiving energy is very important. The seminar allowed me to feel that the most important thing in receiving Shinkiko energy is the process of awakening.

Thanks to it, I could drive a long distance to my wife's parents' home. I thought driving more than an hour would be too hard for my back, but by applying a High Genki to my back while driving, I could drive to the last without taking a break, and without feeling any pain.

Toshimi: Previously, I felt reluctant to talk about the greatness of the energy, but thanks to my husband's overcoming his hernia in his back, now I can talk about it to my friends.

I feel that I am being led to the purpose of my birth

Keiji: Recently, I enjoy reading the "Weekly Shinkiko News" written by the chairman. Some of his impressive words are, "Receiving Shinkiko energy makes me happy although things around me have not changed." Although there are many troubles going on and your surroundings have not changed, the chairman said, "the universe is telling us that you can become happy as long as you continue to receive the Shinkiko energy." I think this is an important message.

Toshimi: As he says, I have been constantly feeling happy since I got to know the energy.

Keiji: There was one more impressive thing; he said, "According to the story from the universe, the energy was only allowed to be sent to Japan. That is because Japan is the only country which has decided never to have war again." I think that article nine of the constitution is a futuristic constitution. The spirit of nonviolence must lie at the base of it, but one cannot stay nonviolent unless he overcomes his fear inside him. Shinkiko energy is profound and interesting.

After I came back from overseas, I worked as a bone-cracker, worked at a welfare facility, and so on. But since I slipped a disc in my back, I stopped working and now I am looking for welfare related jobs.

Toshimi: He had been working as a bone-cracker and doing his best, but damaged his health after all. Actually, there is something he really wants to do. He wants to get a qualification for music therapist and get a welfare related job. He loves the piano and has been playing it as a hobby; I think what he has studied so far will be helpful in that field. He lost his health, but from there, I feel that he is being led to the way in which he can make the most of himself and to the purpose of his birth.

Keiji: I feel the way that the Shinkiko energy flows is the same as that of water. When I am sick, I can feel how great the effect of Shinkiko energy is,

but when I am fine, I do not feel so as much. Water runs from higher to lower places, and if the energy automatically flows in the same way, the more negatively people feel, the more the energy flows into them. This is really a good thing.

Toshimi: I think the good point about Shinkiko energy is that you can awaken to things. If you keep receiving the energy, you will continually awaken to things. Besides, it leads people naturally to awaken; it is really wonderful.

Until I got to know the energy, I often had a fight with my family at my parents' home, but this New Year we had a peaceful time together in a good relationship; we toasted over sake many times. Probably something has changed greatly. Since I met Shinkiko energy, I have become able to feel that there is nothing useless, and that everything that happened to me happened because they were necessary for me; everything is inevitable.

Keiji: For me receiving Shinkiko energy is a process of awakening. You look for good things about yourself and awaken to things more and more. The energy from the universe is there to help you do it. In this way, I feel that I was born to let my soul grow.

Toshimi: For me Shinkiko energy is something that always exists deep inside me. I experience many things according to changes in my mind, and awaken to things after going through many processes. I hope I can continue to enjoy the energy without making a fuss or panicking.