

Chapter 7 Be always mentally ready!

Mind exercises to have the vibrating energy of a higher consciousness

Shinkiko is an energy from the universe and is a support that can be received and used by anyone. It can be received by anyone regardless of race, thought or religious. Now the universe is giving the light of a helping hand to many people on earth in accordance with the evolution of cosmos. The only thing you need to do is be ready to receive it. If you try, you will achieve good results --- that is the Shinkiko.

To tune in to the Shinkiko's vibrating energy

The late chairman said that the Shinkiko energy is an invisible light, and he named it as Shinkiko. It cannot be measured by modern science and is a vibrating energy from a high dimensional universe.

The energy is always gathered to the High Genki apparatus and Ki goods and is constantly radiated from them. And if we tune in to its vibrating energy, we can absorb it maximally.

The High Genki apparatus has a power-on switch, but actually, it is constantly radiating the energy whether it is on or not. If we try to receive the energy, our attitude works like the "power-on switch" and allows us to tune in to its vibrating energy and allows our souls to receive it.

A fake drug, which scientifically has no effect, sometimes works if one takes it by believing that it works; this is called a placebo effect. Many cases in which the effect worked for cancer treatment have been reported; this proves that the power of believing is so immense. This is also a story about an invisible power, but you should not discard it simply because it sounds impossible.

The important thing is Ki receivers' attitude. If you think things like Ki goods cannot radiate energy and be doubtful about them, the amount of Ki that can be absorbed into your soul will enormously be small.

This doubt is caused by the stereotypes stemming from our experiences; I think it disables our instinct that we originally have. So, in this chapter, I

will explain about the ways to change your thinking and about mind exercises to receive the energy.

Get rid of doubts and stereotypes

The late chairman used to talk about the importance of innocence and acceptingness in the Shinkiko Retreat Seminar and other seminars. In order to receive Ki effectively by making use of the nature of the energy, your attitude of trying to receive Shinkiko energy with a serene mind, without stereotypes in your mind, is very important.

Ki is an invisible energy; how it works and its principles cannot be logically proved yet by modern science. It cannot be explained since it is an energy beyond our understanding. There must be some who cannot believe the effect of the High Genki apparatus and Ki goods.

But they can be used even if their effect is inexplicable; by using them, I experienced various phenomena and got various results, which has led me to find more effective ways of using them.

Every time I talk about Shinkiko energy to strangers, I always tell them not to deny it even if they cannot believe it, and tell them to think, “such a thing may work” and receive the energy. By doing so, people can gradually absorb Ki, realize its effect, deepen their understanding towards it and tune in to the vibrating energy, and eventually, they can increase the amount of Ki they absorb. It would be great if they can do so in this way step by step.