

### (3) Reactions to Ki energy

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When I send Shinkiko energy to people, sometimes other personalities that are very different from the Ki receivers often appear and start telling stories. This is not a phenomenon which can be explained without considering that it is another personality or spirit who talks, not the Ki receiver. In such a case, very often the personalities, or spirits, complain their pain and agony. Sometimes, a Ki receiver himself actually feels the pain or can calmly be aware of himself while suffering. In the case of the latter, you may feel strange: you complain about pain and distress while thinking “What on earth is happening to me?” or feel somehow good while complaining.

In any case, you feel temporarily more and more suffering and complain intensely as you receive Shinkiko energy. This is the stage where a spirit appears and comes to the fore. After that, you sometimes cough, weep, yawn or belch, and will gradually feel less pain. I think that such things happen because at first there is a huge difference between the vibrating energy of Shinkiko that comes in from outside and that of the spirit.

For instance, suppose you are in a pitch-dark room, and are suddenly lighted up with a very bright light; you would wonder what is going on and feel afraid and scary. But as you realize what situation you are in and get used to the brightness, you will gradually feel relieved. In the same way, spirits too feel better when light energy goes into them, and together with other spirits who are hiding inside a person, they quickly gain energy and sublimate.

It is at this time when you seem to start coughing and others; they manifest as a reaction to making negative Ki go out. Then most of the time, spirits tell me they can now see light. They become free of pain and suffering, and their surrounding gradually gets brighter. Sometimes they even feel their heart lightened, feel warmth and comfortable. Then they start feeling joyful for having been freed from the previous pain, and naturally start feeling grateful. Some feel sorry for having been saved from agony because they, though temporarily, had used others' body and made them suffer. And they feel really grateful for this light energy, called Shinkiko energy. Also, spirits who have sublimated, feel they want to help other spirits still suffering. Some feel they want to share their joy with others since they have become so happy. In short, Shinkiko energy allows spirits who could only care about small things such as their pain, to broaden their scope.