When TV programs feature paranormal phenomena, they often cover stories of spirits such as, "someone is holding a grudge against your ancestor for what he or she did," just for the sake of entertaining viewers. For instance, suppose one of my ancestors several generations ago was rich and was a moneylender. Due to a harsh collection of loans, a borrower died holding a strong grudge against my ancestor; and this negative energy of grudge is now after one of the moneylender's offspring, me. Such spirits try to make offspring suffer in order to let them know how badly they suffered. But in the spiritual world, making others suffer will not help; they will not be satisfied by doing so. Some spirits try even harder to make them suffer, but it will only attract a lot of negative energies, and the harder they try, the further they become from light.

Such spirits have actually appeared when I was sending Shinkiko. They told me, "One of his (or her) ancestors made me suffer", but of course the Shinkiko receivers themselves were innocent. In such a case, no matter how hard I try to persuade spirits that it is wrong to pay back to offspring, usually spirits will not listen at all. All I can do is send more and more Shinkiko energy to them. As the energy reaches to the spirits, their feelings of pain become better and they become peaceful. It seems that when they are relieved from their long-term hardship, they become immensely They feel so thankful that they want to apologize to whom they did grateful for it. harm, and they will support them as a token of thanks. At the same time, a lot of light also reaches to the ancestors who are filled with a sense of guilt for making others suffer or doing wrong things, making them feel relieved; and they become thankful for having been sent the light to their families.

In this way, there must always be reasons why spirits holding a grudge appear by chance. We do not hold a grudge as bad as the one described in the guideline of "Senshin" in our daily life, but we do dislike or blame others, which are also negative feelings. I think that it is the universe which is letting us experience those things and letting such spirits appear, in order to let us know the importance of gradually reducing such negative energies and of being always able to give light to others.