

(15)To live with all your might

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One day, I was sending Shinkiko to a woman, who was saying that she was regularly feeling tightness in her chest. As she received Shinkiko, she suddenly started coughing asthmatically and wheezing badly. I thought negative ki was coming out of her, and concentrated more on transferring Shinkiko to her.

At first she was grimacing in pain, but gradually the pain seemed to have eased, and her cough lessened. “Ah, I could hardly breathe,” she said, and started talking in a man’s tone. Then he (she) told me about himself: he said he had worked in a mine for a long time, had his throat and chest completely damaged by dust and suffered over many years, but was not suffering anymore. He went into mines and mined for coal every day. I imagined what his life was like while listening to his story. He kept mining until he was exhausted; I just wondered whether he was happy with the way he lived. In order to make a living, he just had to work for the money; he had a family to feed, and barely got by each day without luxuries. I began to feel sorry for his miserable life.

But he went on, “But my life was fulfilling.” At first I did not know what he meant, but later I found out that he had an important purpose and hope, which was to feed his family by working hard. And his effort had seemed to have become the light that made his soul shine brighter. “I feel sorry rather for the people living now. Because they don’t seem to have any hope or fulfillment; although it is not so hard for them to live,” he said. “I did have a hard time. The work was killing my body, but I felt like I was living for something precious. That is why I can go to the world of light so early.” After a while, he left saying “I can see the light; I have to go now.” This spirit taught me that although there are hard times in life, if you live with all your might and with hope, your effort will bring a strong light. There are always good times and bad times in life. But overcoming hard times will bring a huge light; it must surely be huge enough to blow away the negative ki created by negative feelings.

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