

Prologue - Special Talk

Masato Nakagawa (Chairman of SAS)

and

Ryoichi Obitsu (honorary director of the Obitsu Sankei Hospital and chairman of the Japan Holistic Medical Society)

“Ki, the macrocosm and people”

The following is a dialogue between Dr. Ryoichi Obitsu, an internationally prominent doctor in cancer treatment and a long-time supporter of Ki, and myself, Masato Nakagawa, a “missionary” for Ki. Dr. Obitsu and the late chairman Nakagawa, the founder of the Shinkiko therapy, met each other at an academic meeting of oriental medicine and had been friends from then until the late chairman died in 1995. This talk starts with how the doctor at the forefront of medicine thinks about Ki, the life energy which has not yet been explained by modern science, and it goes deeply into his view of life and the cosmos.

Trip with the late chairman Nakagawa, to heal people of the Navajo Nation

<Nakagawa:> It has been some time since I met you. You seem busy as ever, but are looking really good. You have been a long-time supporter of Shinkiko energy, and you wrote some articles for our in-house monthly magazine, “Hi-Genki.” It’s very encouraging for me, and I’m honored to see you and talk to you again like this.

<Obitsu:> I’m busy all the time. It has been 13 years since the late chairman died. Time flies fast, doesn’t it? I think he was the same age as I, right? He was also a busy person and had an amusing character. He said that he became able to emit Ki from his hands after he had seen it in a dream, and he often used me for his experiments after we met. At that time he was doing and saying many bizarre things such as, anyone could be a Kiko (Qigong) therapist and anyone could emit Ki from his or her hands within a week, and so on. Yes, he was receiving some criticism from those who were doing traditional Kiko (Qigong) therapy, but as I watched him I realized that could be possible. After he died, I attended a spiritual healing seminar in Great Britain. Spiritual healing is a healing method that heals people by praying and sending healing energy with the hands. It’s like Gai-Kiko (External Qigong). The late chairman Masato Nakagawa and Mr. Obitsu (left) on their trip to heal the native Americans. The instructor of the seminar was saying almost the same things as the late chairman was saying. He said that there was nothing special about spiritual healing, anyone could be a therapist, and if you attended the seminar seriously for a year, you could get the qualification. It was the idea that anyone can master spiritual healing, just like anyone can draw a picture, although there are differences between individuals. However, in China, people believe that it takes a long period of training.

<Nakagawa:> I thank you for having been a close friend to my father. You also visited a Hopi village in America with him. I heard that the situation there seemed quite serious.

<Obitsu:> Yes. We talked with the chief of the Hopi People, and he told us that there was a larger

tribe called Navajo, and some of those people had been exposed to radiation while working in a uranium mine. So we held a Ki session there. We used a community center, and although there were only a few people at first, they seemed to like it. Then by word of mouth, many people came to the session, one after another. We were amazed when a truck with the back full of people came. At first, only Mr. Nakagawa was sending Ki. Then he asked me to do it too since he could not handle all the people. So I also held both of my hands over them. However, people kept coming and it got out of our control, so we eventually had to leave. On our way to and from America, I was sitting next to the late chairman. It was easy to see why he was well-liked by many people. Whatever he was served, he ate it saying “This is delicious.” This is important for people because it is an expression of gratitude. This reinforced my admiration for him.

Visited China, thinking “This may work...”

<Nakagawa:> Oh, it’s very nice of you to say so. You are a surgeon, and it must be nearly 20 years since you incorporated Kiko into your cancer treatment. Now Kiko is much more popular than before, but in those days, I guess nobody could understand the idea of treating cancer with Kiko. What attracted you to use Kiko in the treatment?

<Obitsu:> In those days, I was working as a surgeon at the Tokyo Metropolitan Komagome Hospital. I was feeling hopeful that cancer could be eradicated with the advanced medical technology at the time. But in fact, although patients had a satisfactory operation, there was no end to the number of patients who came back to the hospital due to a relapse of cancer. So I thought Western medical methods were not enough to cure cancer. In 1980, I made a visit to China to study Eastern medical methods. I visited a hospital specializing in the treatment of lung cancer, and in the courtyard I saw patients doing some kind of exercise. I asked one of the staff what they were doing, and that person said they were doing Kiko. In this hospital, operations were done with acupuncture anesthesia. But acupuncture anesthesia doesn’t work for everyone. According to the staff, they researched and found that it works for people who are open minded. So they thought doing Kiko might make people more relaxed, which was why the patients were doing Kiko every day in the courtyard. The hospital had quite good results, and after that, my interest in Kiko started. I checked bookstores and bought a lot of books on Kiko. Then I came back to Japan and studied it. I found that Kiko adjusts your posture, controls your breathing and makes you mentally stable. Then I thought it must be similar to Judo, Karate, Jujitsu and the breathing technique that I had been doing. So, I decided to teach the breathing technique to my patients in Japan.

<Nakagawa:> How did it go?

<Obitsu:> I knew the other doctors would not understand it, and, unfortunately most of the patients were looking puzzled too when I tried teaching them the breathing technique. The Komagome Hospital was one of the leading hospitals, so nobody expected such things as Kiko or breathing techniques to be used in treatments. With this in mind, I felt I could not practice there, so in 1982 I opened my own hospital in Kawagoe, my home city.

Modern science cannot elucidate, so I will not pursue

<Nakagawa:> I’m not surprised. Intangible things like Ki are not accepted so easily. The SAS Inc. has been running retreat seminars since the late chairman’s time, in which you have participated as

a lecturer. In the late chairman's time, they were held in Shimoda or Ikoma, but now they are held all over the country, centering around the Kanto district. When people participate in a seminar, they can experience what Ki is like, however, it is difficult to be aware of Ki in our daily lives. Also, the problem in getting doctors to adopt Kiko in medical treatment must be a difficult one since there is an argument questioning the medical evidence of it. The late chairman was saying that the people didn't understand Ki due to the slow progress of science.

<Obitsu:> Exactly. In a meeting discussing alternative treatment, people often say that we need medical evidence to support our theoretical framework. But I told them, "We don't need it." Alternative treatment works on mind and life. Neither mind nor life has been explained by science, so it's impossible to provide the evidence. If any evidence can be provided, we must provide it, but we always have to keep in mind that modern science cannot elucidate. So, at this time there's no use in discussing it further.

Pushed by a staff member, I took the challenge to open a new hospital

<Nakagawa:> I'm so pleased to hear your stories. I guess your patients must be receiving a lot of good Ki from you by talking to you and seeing your smile. Medical treatment is not only about testing and finding out what is wrong and curing it, is it? More communication is needed between the doctor and the patient. I hear that there are more and more doctors who just watch computer screens while examining their patients. Under those circumstances, the "energy field" in the atmosphere, which you mentioned, won't strengthen. Those who are sensitive to Ki say that they feel sicker when they go to a hospital.

<Obitsu:> Even the famous literature author Hiroyuki Itsuki doesn't go to a hospital because the "energy field" there is not good. In a hospital, if the "life energy field" of each doctor, nurse, medical staff, patient and his or her family members doesn't strengthen, the energy of the overall atmosphere won't strengthen either. At my hospital, only about one third of the medical staff share my feelings. But still, even if only one third of the people have high aspirations, miracles will happen. I am building my new hospital now. Before that, I was thinking it was about time to retire, but one of my staff said to me, "Doctor, let's have another go." He said if I retired, it would close the door to holistic medicine that I had opened with great efforts. I thought I had to live up to his expectations, so I decided to open a new hospital.

<Nakagawa:> I think you are saying that "strengthening the atmosphere" is almost the same as what we call "making our souls shine." There is a mountain of problems in this world, and the only way to solve them is to make our souls shine. When people come to have Shinkiko therapy and receive Ki, and become aware that there are meanings behind pains and sadness, and that there are chances to make themselves grow, their energies will tune in to a huge vibrating energy in the universe and strengthen. If the number of such people increases, the energy of the whole world will change. It would be great if the SAS could help to make this happen.

<Obitsu:> I think what modern Japan needs is a clear view of life and death. If we understand what death and the life after death is like, people may be less likely to do bad things. Everyone thinks that their life is their own, but they're getting the wrong idea. Life is really just a part of a great "void," and if everyone becomes aware of it, they will all try to live a good life. What I mean by "void" is a great universe or an "immense life form."

<Nakagawa:> A tiny part of the "immense life form" becomes a shape and shines for a split-second.

I think that is us, human beings.

<Obitsu:> You are a like-minded person who is working hard to let people know about death and life after death through Ki. It was really a pleasure to see you again for the first time in many years, and to see you looking quite dignified and getting along well in your work. Please come and visit my hospital again.

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Dr. Ryoichi Obitsu

Born in Saitama, Japan, in 1936. Graduated from the University of Tokyo, Faculty of Medicine. Doctor of Medicine. Chairman of Japan Holistic Medical Society. After working for the Third Surgical Department of the University of Tokyo Hospital and the Tokyo Metropolitan Komagome Hospital as Chief Surgeon, he founded Obitsu Sankei Hospital in 1982, and Obitsu Sankeijuku Clinic in 2005. Internationally known for his comprehensive cancer treatment, flexibly incorporating Chinese medicine, Kiko, acupuncture, herbal medicine, and other various alternative medicines. His unique theory on medicine and health based on people’s “mind” and “view of life and death” gives great courage and hope to many patients and doctors.

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