



Shinkiko A=B=C

しんきこう えいびいし

Read and Understand

Easy to Understand Shinkiko Class

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Tuning to the vibrating energy of Shinkiko

Vol. 3

Until last month's issue, I have talked about how to receive the vibrating energy of Shinkiko properly, and about Shinkiko transmitters and how to make use of them. This month, I am going to talk mainly about what sort of attitude you need.

The positive and the negative Ki around us

There are many kinds of Kis around us: good positive Kis that work like a guardian spirit and negative Kis that work like a bad “jibakurei” (literally meaning spirits bound at a place for some reasons) and try to torment people in order to force them to share their pain. We are always under the influence of these Kis, and they cause many things to happen to us.

When we feel happy and have a positive mind, we emit positive Ki and many good Kis tune to it and gather to us; when we feel down and have negative feelings, vice versa. Positive Ki makes your soul shine brighter, so it is best to always feel positive as much as possible. We can also receive a strong positive Ki, Shinkiko, which belongs to another dimension, by using various Ki goods and the High Genki apparatus.

Always be ready to tune to positive Ki

Although the Shinkiko energy is a strong positive

Ki, you should always be positive-minded as much as possible in order to tune to it. That is why I always tell people, “You should not just receive Shinkiko; living in line with the guideline of *Senshin* is also important.” But it is difficult to be positive-minded and find good things in life especially for those who are having a hard time; so you do not have to force yourself to do so. Shinkiko energy gradually works on you and enables you to live in line with the guideline of *Senshin*. If you can focus on living this way, if only a little, you will easily be able to tune to positive Ki and to receive support from it and your soul will shine brighter quicker and many good things will happen to you. Tuning to positive Ki means not tuning to negative Ki; I am going to talk about it as well.

Be thankful for small mercies

When bad things happen in a row, we tend to think, “god turned his back on us,” that is, “the power of positive Ki has yielded to the power of negative Ki; there is only negative Ki left,” but this is not right. Both the positive and the negative Ki are always working on us. It is true that bad things happen because of the influence of negative Ki, but there is always positive Ki fighting against the negative; so it is more appropriate to think that bad things happen when negative Ki becomes stronger than positive Ki. When vibrating energies of negative Ki resonate with each other by chance under various conditions, sometimes they work really strongly in a moment. So, although positive Ki works to

protect and help people, sometimes it yields to the power of a strong negative Ki. Whenever bad things happen to us, it is best to think that it could have been worse: positive Ki worked so hard to keep the pain to a minimum. Thinking this way will make you not to tune to negative Ki so easily. If you are bound by memories of bad events and feel depressed, then you are still a slave to the negative Ki around you and are under the influence of it. The more you think about bad events in the past, the more you become a stranger to positive Ki that works like a guardian spirit. And even if a positive Ki tries to help you, it will find it difficult to support you.

The state of your Ki is always involved

It seems that the state of your Ki is affected by the Kis attracted by your past experiences and also the Kis that potentially have existed long before you were born (Kis that were attracted to your ancestors and have been with your family since then), other than the Ki being emitted from your mind. So even if you are feeling good and emitting positive Ki, sometimes the negative Ki that potentially exists within you works strongly on you. What I mean is, even if you are not doing anything wrong, you may get into trouble due to a potential negative Ki. So, the state of your mind is always involved in tuning to the positive or the negative Ki. When you get into trouble, even if you are blameless and others are to blame for it, there must be some negative factors (including the ones that potentially exist) within you that triggered such a situation; otherwise, it will not happen.

Do not blame others and things

Thinking this way, we can see that it is more important to heighten your vibrating energy than to blame others. Even if things were settled by blaming others, it must be only temporary. The similar things will happen if you cannot get rid of negative vibrating energy. If you feel like blaming

others and things and are distracted by bad events, you must be still under the influence of negative Ki. If you remain under the influence of it, you will lose more and more good energy; so I suggest you do not care so much about them. It is better to think about what you can do about them and about changing yourself.

The importance of *iitokosagashi*

The training called "*iitokosagashi*" that is offered every morning during the Shinkiko Retreat Seminar, aims at making participants easy to tune to positive Ki. Although there are always bad things, we should look for good things about them as much as possible; this attitude attracts positive Ki. If you try to look for good things, then good positive Ki will gather. It does not matter if you cannot find anything good; the important thing is to have a will to look for it.

Not to lose hope

As I said earlier, the positive Ki around us always works to protect us, but sometimes various negative Kis strongly work as a shadow that covers the brightness of our souls and make them blind. But we have a powerful positive Ki, Shinkiko. So, even if you are having an unbearable time, it is important to believe the Shinkiko, the light from the universe, hoping that things will get better, you will change and will be able to laugh some day. By doing so, you can attract support of light from a far-distant universe.

(中川雅仁のよくわかる真氣光教室 2008年5月号より)