



Shinkiko A=B=C

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Easy to Understand Shinkiko Class by Masato Nakagawa

Shinkiko is a vibrating energy that brings spiritual awakening.

So far, I have explained about the source of Shinkiko energy. This energy enhances spiritual awakening. Then, what is it like to be spiritually awakened? I will explain about it in detail.

How we become spiritually awakened

Shinkiko energy from the universe is absorbed by the spirits or the souls who try to receive it. Spirits or souls have mind and are emitting a particular vibrating energy or Ki which is determined by the state of their mind. When the Shinkiko energy is absorbed by them, the frequency of their vibrating energy dramatically increases; and this is when their mind-broadening or spiritual awakening occurs. When your mind expands, your mind tries to harmonize with the universe; to put it simply, your mind becomes able to think about others, not just about yourself. Basically, spirits learn effectively by supporting others and derive great happiness from it; this is how the universe works. So, when spiritual awakening occurs, people become able to live life feeling much happier.

Negative Ki that hampers spiritual awakening

As I explained in the last month's issue, there are so many negative-minded spirits exist on earth that they work like a barrier, and the spirits who want to receive Shinkiko energy sometimes cannot receive

it effectively. It is like light streams to negative-minded spirits before it reaches to the spirits who want it. Concentrating on receiving Shinkiko energy enables you tune to the energy better and to receive it more effectively. But if negative-minded spirits interfere, you will feel negative and physical pains, and the negative feeling blocks you from receiving Ki from the universe. The more the amount of Shinkiko energy or the stronger the light, the more this tends to happen. If this happens, try not to be distracted by negativity and concentrate on light in the universe. By doing so, the amount of Shinkiko energy you can absorb increases, and the various spiritual awakenings that are really needed for you will occur.

Spiritual awakening is not knowledge

You can obtain knowledge by reading books and studying, but you cannot always have the spiritual awakenings you really need. For example, suppose there is a line saying that "you need to know how to live a relaxing life," in a book. These words are significant for working fathers who are always under stress, but not for sons who always stay at home doing nothing. Spiritual awakening will let something that is suitable for you to change yourself generate in your mind, and it is also a message from the universe. Some sick people will improve with it; some unlucky people will be luckier and some with relationship problems will overcome them. It may take a while for some people to feel the effect, but your life will definitely change in some way or another.

To feel the effect of Shinkiko energy

I have explained that the Shinkiko energy encourages people to be spiritually awakened, but if you do not know what the awakening is like, you will not be able to tell if Shinkiko energy is really effective or not. In other words, you will be able to believe in the Shinkiko energy if you can recognize that you are spiritually awakened, and you will become able to tune to the energy more. So, I am going to explain what the spiritual awakening is like in detail by dividing it into categories.

Great spiritual awakening

Some people experience so a great spiritual awakening that it changes their value or belief that has been the foundation of their life. For example, their perspectives changed after experiencing an intangible world of Ki and feeling that something invisible is always protecting them. They became much freer from negative thoughts and their lives improved by having their views broadened.

A solution you obtained for the difficulties you have been facing is also one of great spiritual awakenings. Because the things that have been weighing on your mind will go away by the awakening and you will be able to feel much better. For example, you come to deeply understand your mother-in-law, who has long been your enemy by awakening; you have no idea what you really want to do in life but find it by awakening and etc. These are the things that many participants of the Shinkiko Retreat Seminar and other seminars experience. They are easy to recognize as spiritual awakenings because their effect is so great.

Small spiritual awakening

There are much smaller awakenings that you may miss out in your daily life. You need to be cautious because they are so small that you may not recognize; sometimes they seem recognizable

but actually not.

- Being aware of small changes in daily life: being able to find good things in small things and being positive-minded.
- Being aware of the things that had been taken for granted: being able to feel positive by feeling thankful for the things that are usually overlooked: being thankful for being healthy for the first time when you get sick.
- Remembering what you have forgotten: being aware that you have been obsessed by the difficulties and pains that you had in the past and that your mind is rigid. And because of it, you remember positive experiences and feel thankful for them.
- Being aware of things other than yourself, such as, people, things, environment and society: being impressed by your environment, such as nature etc., and feeling thankful for it. Also, you begin to cherish not only yourself but also others and things and to have a desire to do something good for others.
- Being aware of the things you did not know: you become able to correct your assumptions by changing your point of view.

When do we get a chance to be spiritually awakened?

The chance to become spiritually awakened is when you feel negative about something around you in daily life. By receiving Shinkiko energy while thinking why you felt negative and wonder if you felt the same way before, you will be able to experience many spiritual awakenings.

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