



# Shinkiko A=B=C

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## Ki — A Light Energy that Fills Mind, Body and Soul vol.2

**Visited China, thinking “This may work…”**

**Nakagawa** Oh, it's very sweet of you to say so. He loved eating... By the way, you are originally a surgeon, and it must be nearly 20 years since you incorporated *Kikou* into your cancer treatment. Now *Kikou* is much popular than before, but in those days, I guess nobody could understand the idea of treating cancer with *Kikou*. What attracted you to use *Kikou* 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 perfect and satisfactory operation, there was no end to the number of patients who came back to the hospital due to relapsed cancer. So I thought, European medical methods were not enough to cure cancer. Then I thought, how about something oriental? I made a visit to China to study in 1980.

I observed a hospital specializing in the treatment of lung cancer. And in the courtyard, there were some patients doing some kind of exercise. I asked one of the staff what they were doing, and the staff said they were doing *Kikou*. Also, in this hospital, operations were done with acupuncture anesthesia.

But acupuncture anesthesia doesn't work for anyone. According to the staff, they investigated what type of people it works for and then it turned out that it works for people who are docile. And they thought doing *Kikou* might make people docile;

that was why the patients were doing *Kikou* everyday in the courtyard.

Actually, the hospital had a fairly good outcome. After that, my interest in *Kikou* started; I took a look at bookstores and bought a lot of books on *Kikou*. Then I came back to Japan and studied it; and then I found out that *Kikou* adjusts your posture, controls your breathing and makes you mentally stable. Then I thought, it must be similar to Judo, Karate, Jujitsu and 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 doctors would not understand it. But most of the patients were looking puzzled too when I tried teaching them breathing technique. The Komagome Hospital was one of the fore-front hospitals, so, nobody expected such things as *Kikou* or breathing technique. After all, I thought I could not do this there, so I opened my own hospital in Kawagoe, my home city, in 1982.

**Modern science cannot elucidate; so no use pursuing**

**Nakagawa** I'm not surprised. Intangible things like Ki are not accepted so easily. The SAS has been running a retreat seminar, which I have asked you to visit as a lecturer, since the late chairman's time. In those days, it was held in Shimoda, or Ikoma, but now it is held all over the country centering around the Kanto district. If people participate in the seminar, they can realize what Ki is like; but it's

difficult to be aware of Ki in our daily lives.

Also, the situation for doctors to adopt *Kikou* in medical treatment must be tough 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 belated science.

**Obitsu** Exactly. In a meeting of alternative treatment, people often say that we need evidence (medical basis) to be equipped with theories. But I tell them, "We don't need it." Alternative treatment more or less works on mind and life. Neither mind nor life has been elucidated by science, so it's impossible to provide the evidence. If any evidence can be provided, we have to do so and make efforts to do so; but we always have to keep in mind that the modern science cannot elucidate. So, there's no use pursuing it.

### **Pushed by a staff member, opened 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 smiles like this.

Medical treatment is not just 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. At this rate, the energy in the "atmosphere" you mentioned, won't heighten. Those who are sensitive to Ki, say that they rather feel sick when they go to a hospital.

**Obitsu** Even a writer, Hiroyuki Itsuki doesn't go to a hospital because the energy there is low. In a hospital, if the "life field" of each doctor, nurse, medical staff, patient and his family member doesn't heighten, then the energy of the overall atmosphere won't heighten either.

At my hospital, only about one third of the medical staff are like-minded. But still, if one third of the people have high aspirations, a miracle 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 had been opened with great efforts.

I thought I had to live up to his expectation. So, I decided to open a new hospital.

**Nakagawa** I think, "heightening an atmosphere," which you have said 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 heighten. If the number of such people increases, the energy of the whole world will change. It would be great if the SAS could be of any help to realize it.

**Obitsu** I think what modern Japan needs is a view of life and death. If we find out what death and life after death are like, people won't 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 all try to lead a good life. What I call "void" means a great universe or an "immense life form".

**Nakagawa** A tiny part of the "immense life form" forms a shape and shines for a split-second; that is us, human beings, isn't it?

**Obitsu** You are the encouraging like-minded person who is working hard to let people know about death and life after death through Ki, chairman. 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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