



Masato Nakagawa's "Story of Ki, an energy vibration that attracts happiness" SAS Chairman Nakagawa's "Notes of participant's experiences at the Training Seminar on Shinkiko" Participants' messages:

There will be a report of the experiences
from the Shinkiko seminar, held between March 18th and 21st (3 nights and 4 days).
This issue will share stories from three participants.

There were 20 participants (8 males and 12 females) in the Shinkiko Training Seminar held in March. There was participation from a wide range of areas from Hokkaido to Okinawa and a wide range of ages from the 7th graders to those in the 70's. The strength of Shinkiko is that you can interact with people regardless of their age.

There were a variety of reasons for their participation; for example, "I am participating because I wanted to send the Ki energy to my ancestors" and "I have not been feeling well these days. Then I came to know about High Genki and knew this was it. So I purchased one and decided to participate in the training seminar right way."

How did the participants really feel about the seminar? What were their impressions?

Experience Notes 1

Akiko Nakamura, Toyama Prefecture

"These four days were my with
thankfulness."

This time I participated with older sister. She had actually participated in the seminar in the past, so she had told me a lot about it. So I was curious about it...this was my first time but I am really glad that I came.

Before I participated, I was really nervous. I was wondering what kinds of things I would notice in my feelings and whether I would be able to find any change in the worries I had in my daily life. Also, because I was not good at interacting with people, I was not sure if I could adequately talk with other participants. During the self-introductions on the first day, I was so embarrassed to be before everyone that I could barely say my name.

During the four day seminar, I felt that I had really lost track of myself, but I also knew from the very first day that I was letting my hair down. By the third and fourth day, I noticed that I had some room to breathe. And on the fourth day, I did not really

want to go home, I wished I could stay one more day.

One of the things I was impressed by was Lecturer Akira Ishii's method of self-introspection. As I listened to his talk, I felt as if he were talking just for me. The feelings of both thankfulness and self-reflection were welling out. I recalled the times when I was shown kindness by others, and I felt grateful for them. It made me realize deeply that I, who had lived the life in vagueness so to speak, was not actually living all alone.

After returning home, once in a while I am able to recall what I experienced during the seminar and apply it to my daily life, thinking to myself "I think that's what they meant," or "I've got to do it this way," or things like that. What shall I say-I mean, my way of thinking has changed dramatically or I have become able to look at things from different angles. When I talk to others, I feel that I have room to listen to them with a relaxed attitude. It has been a while since I took part in the seminar and my feelings are rusted a bit by living the mundane life, but I am thinking of joining the seminar again.

Experience Notes 2

Toyoko Hagii, Kanagawa Prefecture

"I feel I am mysteriously guided
by an invisible world."

Just before I participated in the seminar, my husband caught a cold with a high fever. There was a possibility that he might even be hospitalized. I picked up his cold too and I was really under the weather until the day before the seminar. But I thought that this had some meaning and it was an excellent opportunity, so I took the courage to take part in it. After I arrived at the seminar site, I felt much better and it was really an extraordinary experience.

This was my third time to take part in the seminar and I was really glad to keep returning. When

“Many you be filled with a thought- Even if I may be full of anxiety on the first day, I would not want to leave on the last day!”

“The training seminar is a space where you can enjoy a wonderful exchange - you can feel a strong bond with those you meet!”

compared with the second time, my experience at the seminar was completely different this time. The four days of my participation were full of learning.

The strongest point I felt was perhaps that I was made to think deeply about how I interacted with other people, a subject I had long avoided. At the seminar, I was able to meet so many people that I would have otherwise never met. I felt a lot of connections with other participants. I was also able to notice what was underlying the very bottom of my heart and I felt really fulfilled.

I feel happy every time I participate and this time my satisfaction level was 120%. The reason I felt so peaceful may be because people who have the same purpose are gathered together.

I think of this as a meeting arranged for by an invisible world and realized how important it is to live spontaneously with a peaceful mind. It gave me a fresh out look on how I must live as a human being. I felt very relieved. Thank you very much.

Experience Notes 3

Takeshi Minoguchi, Hokkaido

“I want as many people as possible to taste this experience.”

I had known about High Genki (opportunity to relay Ki) for more than 10 years. It was December last year that I purchased one. What triggered me to do this is my poor health since last year and I had been looking for some effective cure. Also, my older blood brother was suffering from a terminal-stage cancer and I was looking for something to help him also. After I bought a High Genki, I took part in a trial meeting in Sapporo. With hope for my brother's recovery, I applied the High Genki to him with much enthusiasm. That's how I ended up joining the seminar. Even a week before the event, I wondered whether I should participate in it or not. But part of me felt I might regret it if I didn't, so I decided to go ahead.

I thought the Ki energy would reach my family too, so I brought a picture of my brother with me and during the seminar I applied the High I knew I was not able to save him and that I had to leave his fate to the Heaven's will. Yet after the seventh anniversary of his passing, I felt as if his expression in the photograph seems to be brighter. I was not alone in this thinking, the rest of his family also felt the same way. It feels that after he passed away, his spirit ascended to heaven without getting lost.

After I returned home, I began to realize that being impatient was not helpful and I should also stop being hung up on things. Instead, I should be ready to accept what is happening now just as it is. In the past, I had hard time doing this even if I wanted to, but recently the desire to be calm comes up spontaneously.

There were several people I met for the first time but I felt as if I had known them before. Not only that, they helped me realize various things during the four days, which was impressive.

Now I really want as many people as possible to experience the benefits of Shinkiko. I want to begin with what I can do. I am thankful for this opportunity.

