

Chapter 6 Our Shinkiko experiences --- important things they gave us
What is Shinkiko? Up to here, I have talked about it from various angles.
Then, how does it actually affect and change us? Let us hear some stories
from those who experienced the Shinkiko energy. They are the ones that
have overcome many difficulties in life and whose souls are now shining, and
also the ones that who will hand down the energy for future world.

Shinkiko energy gave my mind and body the power and the will to live
by Mr. Tetsuo Tokuda (54, from Tokyo)

It has been 12 years since he encountered Shinkiko energy. There have
been ups and downs --- there was also a very difficult time along the way.
But he says, "I could make it, because Shinkiko energy was the most reliable
thing in my experience." Mr. Tokuda has steadily treaded the long path.
He earnestly talked about "many a little, makes a miracle" through his
experiences.

The book I picked up casually at a bookstore led me to Shinkiko

It was in 1996 --- the year after the late chairman died. At that time, I
lost appetite, vomited every time I ate, and I was losing weight fast. I
went to see several doctors, but all of them said, "There's nothing wrong,"
and I was eventually diagnosed with the same old autonomic ataxia. At
the time, I felt really down and thought "I'm finished!"

In the middle of it, the book I picked up at a bookstore, which I happened
to stop by, was the late chairman's book called *Kon na iyashi ga atta* (literally
meaning: the healing I found). It was a book on his Shinkiko energy
experience. That was the first time I encountered the Shinkiko energy.

After I read the book, I thought, "Is this really true?" The content was
just unbelievable, rather than dubious. But the prescribed drugs did not
work, and there was nothing I could do; so I visited the Tokyo center as a last
resort.

At the time, I was already learning martial arts. So I had made the
assumption that something like "Ki" could be emitted by the masters who
went through tough training for a long period of time. When I heard

SAS's staff saying that anyone could emit Ki, or emit it by using an apparatus called High Genki, I thought it sounded fishy. I was almost doubting, thinking "yeah, this is just fraud" (laughter).

It was not until I experienced it that I felt it was real

But after I received the Shinkiko energy, something changed in my body, and I felt better. I thought, "This is just amazing!" My doubt was cleared, and I bought a High Genki apparatus one week later.

I am engaged in editing educational materials and at that time I was working irregular hours. My diet was also irregular, and I often stayed up all night. My life was chronically unhealthy. Every day, I came home feeling exhausted from hard work and did not even have the energy to eat; it was even tiring to be awake and I often flung myself onto the bed and fell asleep right away. But since I started applying the High Genki apparatus to myself or have it applied by one of the staff at the SAS's center, I became able to stay up as late as 10 or 11pm without any difficulty. It was amazing.

The most impressive thing was that my energy sprung up and I was able to feel it. It may sound a bit abstract, but I could feel that I was more full of vigor than before. I could believe from the bottom of my heart that this was the Ki, and that the Shinkiko energy really worked.

Once again, getting sick made me realize an important thing

I had attended the Tokyo center for about four years, and I was feeling better than before. So I thought I did not have to go there anymore and stopped going, without asking someone about it.

But around the year 2000, I felt sick again, so I started attending the center. I attended the center once a week, sometimes as frequent as once a day, and earnestly frequented; but this time, I did not seem to get better. I thought, "I wonder why I don't get well just like I did last time, despite attending the center and receiving Ki so many times? I should be feeling better by now..." and I spent painful days feeling low.

Then one day, the realization came to me: "I cannot feel better unless I

change the way I live!" I became aware that there must have been a reason why I became sick. So, I thought I should do anything I could do to improve the condition; not just worrying about it.

I realized that I should not just get help from Ki and rely fully on it, hoping that I would get better. In addition to it, I had to look at myself again and become conscious of myself and act. I had to act and change my way of living; otherwise I would not get better. This was a great change that occurred within me. I was not told about it from someone; I became aware of it on my own. Then I realized the greatness of Shinkiko energy again. Last time, I got better with the help from the people around me; Ki actually healed me. But I was lacking a positive attitude --- the will to heal myself. Because of my work, I kept irregular hours and I was always under a lot of stress; and it negatively and greatly affected my mental condition, life and diet. I became very aware of the importance of improving my life and changing it.

Participated in the Shinkiko Retreat Seminar finally 10 years later

It was in the year 2006, when I first participated in the Shinkiko Retreat Seminar. It was the year in which the seminar in Ikoma was about to finish. I decided to just attend the seminar, because not only I was a little sick, but also people around me strongly recommended that I should do so. I bought the High Genki apparatus just one week after I visited the center, but with some bumps and detours, it took me ten years to participate in the seminar for the first time (laughter).

During the seminar, I learned a lot of things by communicating with other participants. There were many people who looked ordinary, but after I heard their stories about themselves, I found out that they actually had gone through pretty tough times. It made me feel fairly relieved just to know that I was not the only one who was suffering. It was at this time, when I took a firm decision to keep doing Shinkiko from then on.

When I had come home from the seminar, my will became much stronger. Also, I became able to find hints concerning the solutions for my worries more often than before. For example, when I hit upon an idea while

walking in a town, or when I found an article in a magazine at a bookstore, or when I heard someone talking in a TV program, I often came up with the good hints or something helpful. I wondered why, but it was actually very fortunate for me.

And I daily receive the Ki sent from the chairman remotely at set times, once a day. I always transfer the Ki to my family and the people who care about me. Because I think this is the least I can do for them now.

Partly thanks to it, the relationship with my family, which I had been concerning about, gradually improved. First of all, I thought I had to make my mother change, so, I bought her a Personal HG and let her carry it. Then she, the one who had seen me change with her own eyes, started to change; and so did my father. Probably, it was a synergistic effect. Actually, since around last year, my parents had fewer arguments, and this summer, my father and I went to climb the Mt. Dewasan. It was the first time since we went for swimming in the sea when I was small. That was an unbelievably happy moment for me, since my relationship with my father had also been strained.

The old saying, “Endurance makes you stronger,” really holds true for the practice of Shinkiko. In another word, “Many a little, makes a miracle.” I nearly gave up several times along the way, but I continued to believe in the energy and kept doing it without stopping. It supported me greatly and made me aware of many things. And it let the will to live spring from the depth of my body. Yes, I feel that I am able to survive anywhere, in any situation, in any circumstance. Shinkiko energy allows you to have such a confidence.

This change occurred within me affected my work greatly as well. At first, because I was pressed for time, I was just filling up the papers of study materials without thinking much about the content. But after experiencing the Shinkiko energy, I began to think more about letting children know real things through the materials.

The martial arts master, who I have studied under for a long time, always tells me, “Looking at fakes will not help you improve. Develop an eye for

the real thing, and aim at it. Fake is fake after all. Its defect will appear at some stage; and it will not last long. It is important to know the real thing and learn the greatness of it. The real thing is worth learning continuously.” So, I will let children know my Shinkiko experience. I want to tell them about the real thing through educational materials. For me, the real thing is what I learned from continuing the practice of Shinkiko, and the power that supports me.

(127p-134p)

©2011 Masato Nakagawa All rights reserved.