

I want to say “it’s all right,” to especially those who are suffering
Tokio Takamura (age 51, from Ibaragi), Mihoko Takamura (age 48), Daiki
Takamura (age 25)

The Takamura family runs a clinic called “Kikou Ryouhou Toki” in Ibaragi
prefecture. They are now supporting others, but they all experienced
tough diseases in the past. To make use of their experiences for helping
others, they decided to be a therapist. The following are their stories of
how they met Shinkiko energy and how they carved out a glorious life by
overcoming difficulties.

Woke up in the morning and found myself unable to move

Tokio: I got to know Shinkiko energy through a chiropractor of a physical
therapy treatment clinic to which I used to commute; he was a member of the
SAS Association, and he showed me a DVD on Shinkiko. I started
commuting there in my thirties when I woke up in the morning one day, I
suddenly found myself unable to move my body. When I tried to move, it
was like electricity shot through my head, and I could not move at all except
for my eye balls. My wife even said to me, “Are you kidding around?”
But I was serious.

From my experience, I knew that going to a hospital in such a case like
this would not work. So I called a chiropractor who my sister knew, but he
also tilted his head in confusion.

Supported by my family, I went to his clinic for a week from the next day;
after a week, I became able to move my body a little.

I also went to see a doctor and was diagnosed as having osteoarthritis of
the spine and cervical vertebral syndrome, and was told they were not
curable. I thought I had no choice but to heal myself on my own.

Naturally, I could not go to work, so I called my office to explain my
circumstances, but none of the people at work understood me. Anyway, I
got several days off; but after about a week, the company called me and
pushed me to come back to work. The calls from the company were
stressful for me since my condition was not understood. After all I came
back to work without getting much better. Going to work was still tough.

As I tried to go to work, I began to have headaches and stomach aches. And in November 1989, I quit the company which I had worked for 20 years. I had worked as a craftsman; I was making wooden molds and models of vehicles. In doing these works I was forced to have a bad posture; and it probably made me unable to move. After that, I started doing jobs including management of a clubhouse of a golf course, a motorcoach driver and etc. that seemed good for the condition of my body. I could not care less about my pride. I gradually cured myself while I work and went to the clinic for ten years.

During that time, I studied Kikou on my own mainly for myself, and as I gained confidence in doing it, I began sending Ki to others. Some of the people I sent Ki to told me, "Thanks to you, I got better; why don't you make it into a job?" Then I started thinking about opening a business. I thought it would be better if I got some kind of qualification rather than just being self-taught. So I participated in the seminar, which I got to know at the physical therapy treatment clinic, and which allows you to become a Shinkiko therapist, in September 2005, together with my oldest son. Then I set up a clinic in January 2006.

The whole family overcame difficult diseases

Tokio: My oldest son, Daiki, has lived a turbulent life as well despite his appearance: he has overcome a difficult disease.

Daiki: I may not look so, but I have (laughter).

Tokio: Daiki had been suffering from a disease called congenital clubfoot; his left leg was immobilized in a plaster cast three days after his birth. We were told that if his leg did not get better to a certain extent by the time he turns one year old, he would have to have surgery, and that it might not always be successful. For a year, his leg had been immobilized with plaster and he could only take a bath once a week. After that, his legs were immobilized with a brace, which is two shoes held together with a bar, until he was three years old. Later, the brace was changed into a boot-like thing, but he had to put it on for 24 hours, and it was really tough for him. Also, the brace had to be remade many times as he grew older; it costed from

60,000 to 70,000 yen.

Mihoko: He did not have to have the surgery after all. But the doctor told us that if he would not get better to some extent until he enters primary school, his leg would not improve anymore. Fortunately, he became able to run, and did not have to miss a physical education class even once; he could exercise as well.

Daiki: I caused my parents so much trouble, but thanks to them, I have never experienced any restrictions in my daily life.

Mihoko: My second son also seems to have a deformity in his eye's lens congenitally and a doctor told us that he might have congenital glaucoma. We had watched over him until he entered high school, but it seemed that it was not especially affecting his clear vision.

Tokio: My wife also suffered several diseases.

Mihoko: I had a congenital dislocation of the hip. But nobody noticed it, and I was neglected until I was three. My parents had been feeling that there was something wrong the way I walked, and when they took me to a hospital one day, I was diagnosed as having dislocation of the hip joint. Since then my life with a plaster cast started. My parents must have gone through a hard time. Then when I was 18 years old, I suddenly lost control of my legs, and three days later, I became unable to walk. At a hospital, I was diagnosed as having multiple neurosis; the cause was not known and no treatment was available. But later, somehow I gradually got better. I felt that something must have been guarding me, although I still cannot run. The doctor told me that I could not have a baby. So, I panicked when I became pregnant. I hurriedly went to my regular hospital, and was told "It's OK, don't worry." The doctors knew my disease history, so they took care of me really well. Thanks to them, I had two babies (laughter).

Tokio: The doctors must have been surprised too. She had even been told it was no good for her to have a baby (laughter).

Mihoko: Then later, I became diabetes (laughter). It actually led me to apply for the Shinkiko Retreat Seminar. In fact, many of my family have or had diabetes. My husband and son bought a book called *Isha ni mihanasareta arerugii ga naotta* (literally meaning: Allergy which doctors

gave up, was cured with Ki) at the seminar; and from the book, I learned that things that had been handed down from ancestors affect our health. So I thought I should send Ki to my ancestors in order not to let my grandchildren take over the disease. Then I decided to participate in the seminar.

What we learned from the seminar

Tokio: Thanks to the seminar, I learned that Shinkiko energy is a Ki that let our souls shine. I had been somehow feeling that the pains on my body and my disease were not due to strain or displacement of my bone, but something else was affecting me. After I participated in the seminar, I thought, “Ah, this must be it!” When I send Ki to my patients at my clinic, spirits appear very frequently.

Mihoko: It is so great seeing such spirits going to heaven. There are many spirits who thank us saying “I feel so much better,” “Thank you,” before they go.

Tokio: The spirits know that light is coming to them and they say “it’s dazzling.” When I tell them “The heaven is such a wonderful place,” they reply “Really? I should go then,” then they set off.

Mihoko: The seminar was really fun, and thanks to it, we now can let spirits go to heaven. It is really great, just holding a hand over people like this...

Tokio: I really learned a lot of things in the seminar. Many of my patients are suffering diseases with unknown causes and are suffering various symptoms. And spirits come out of them and they get better. It is really a wonder.

Mihoko: Before, whenever negative things happened, I did not get better easily. But since I learned many things from the seminar, such as gratitude, I have become able to change negative things into positive things; and it has allowed me to get better with ease.

Tokio: When I tell people that being positive is important, they all say “I know that; but I can’t do it.” So I always tell them, “It’s not that you can’t do it; you just don’t even try. So, why don’t you just do it?” I believe that

things will change if you take action. You do not have to abruptly change things by 180 degrees. You just turn around a little from where you are. Some say “It’s useless anyway,” but I tell them, “If you have nothing to lose, then just try it.”

Mihoko: Because Shinkiko energy reaches to our mind, everyone says their personalities changed.

Tokio: They say that they did not think they could change themselves, and are surprised at it. Of course, it is the result of their efforts. I do help them a little, but they are the ones who make efforts.

Mihoko: My husband and we are given so much Ki from our patients, who come to our clinic. When we become sick a little, sometimes some of our patients tell us that they will remotely send Ki to us. Should we be sorry or thankful for them? (laughter)

Tokio: For instance, if you try to climb up 1,000 steps at once, it would be very hard and you would think it is impossible. But if you go step by step, eventually you will get to the top. Do not think it is impossible by taking a short view. Just take the step you can climb at the moment; the result will follow later. So, I want to say “It will be OK,” to those who are having a hard time. There is no need to give up.

(142-149p)

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