

After overcoming social phobia, I am being naturally led to grow, cocooned in love and grace

Ms. I. M. (46, from Osaka)

Ms. I. M. comes to a SAS center almost every day and receives Ki. She suffered from social phobia when she was 12 years old. Then she encountered Shinkiko energy through a magazine called "Anemone," but it took her five years to actually visit the center. After some twists and turns, she has managed to get out of a long tunnel, and now she is feeling the joy of living.

After going through tough times, I became social phobia

My parents were both busy running a shop and they could not have much time to spend with me. So I was left to my grandparents. But I was commuting to a kindergarten every day, and was an active girl.

I came back to live with my parents when I was seven years old, but they were still busy with their work; I was a latchkey kid and was always feeling lonely. During that time, I experienced several difficult times. Since then, I began to feel fear towards people; I got nervous every time I dealt with others, and I had become a quiet child who could not make friends. When I was twelve, when I was crossing a pedestrian crossing, suddenly, I became awfully conscious of the glares of people. Since then, I became unable to walk along roads and streets. I also suffered symptoms including facial twitch and being unable to sit still. After I entered a junior high school, my condition got worse, and I repeatedly refused to go to school during my junior high and high school days.

When I was 20, I tried to kill myself, but fortunately my father found me before it was too late; when he found that I was still alive, he slapped me hard. Since my suicide attempt failed, I had always thought I would carry through next time; but after all, I failed. Several years later, I realized how my parents were feeling about my attempt, and I burst into tears. I was really sorry for them.

After that, I thought I had to do something about myself. I tried listening to a hypnotherapy tape; my fears did go away temporarily while I

was listening to it, but they came back when I stopped the tape. My symptoms gradually got worse; the tape was not a fundamental solution. A small one room, which my parents gave me, was all I had for a long, long time. I was alone and could not do a thing; when I was awake, I was only sitting beside my bed. I was always full of agony. I was scared of all life including my family; I did not even know why I was so scared. I had been in such a situation for many, many years.

Around 1989, one of my acquaintances came to my parents' shop as a customer and learned my condition; she really concerned about me and took me to many healing clinics. One day, she gave me a magazine called "Anemone", and I got to know about Shinkiko energy. I felt like trying Shinkiko therapy, but I could not even call a SAS's center. In 1999, I took courage and called a SAS center thinking, "oh well, let's just do it," and I managed to visit the center. It took me five years just to make a call.

#### Managed to commute to the center

When I visited the center for the first time, my body froze up, and I was nervous all the way through while the staff was explaining things. Then I received Shinkiko energy; somehow tears flowed from my eyes. After that I started commuting to the center. During the first week, I had been crying every time I received the energy.

Also, I had to try really hard just to go to the center. To get there, I had to take a train and appear in public. So, on a train, I kept my face turned to train windows in order not to meet people's eyes as much as possible.

My parents did not seem to know how to deal with me. Maybe they were suffering more than I was. Once I socially withdrew, my symptoms got worse: I hallucinated and heard voices in my head, and at worst, I felt so scary that I could not resist writing Buddhist sutra on all over my body.

As I commuted to the center, the frequency of my crying and shouting increased while I was receiving Ki. Probably, the things I had been repressing until then were gradually pouring out; I could not control them. But they soon cooled down, and I began to feel light in mind and even became able to smile.

I immediately wanted to own a High Genki apparatus but I could not

afford it. But in October 1999, I surrendered my life insurance, which my mother had bought for me, and I was able to buy it.

Overcame difficult times by commuting to the center and participating in the seminar

I was really desperate to change myself at any rate. I was thinking about participating in the Shinkiko Retreat Seminar by gradually saving money, but it was very difficult for me to work since I was suffering social phobia. Still, I wanted to change, so I took the plunge and started working as a cashier at a supermarket, which was most challenging for me.

While I was doing the work, my face often twitched, my heart was feeling tight, which was painful, and my fellow workers and customers was saying "She's hideous," "She's weird." But I held on, thinking if I gave up here everything would be over. I was feeling awful, and moreover, I was sorry for bothering the customers and fellow works. During that time, commuting to the center was my only consolation. I could keep on working because of other members of the SAS Association encouraged me with warmth.

Then in May 2005, I participated in the long-coveted Shinkiko Retreat Seminar. During the seminar, I was always feeling afraid. Until the fourth day of the seminar, I was desperate to go home. Still, I thought, "What did I participate in the seminar for? I have to change in some way," and I did my best to communicate with other participants. After the seminar I felt really good and felt like participating again.

I thought about earning and saving money in order to participate in the seminar and enjoy it, but later, I was introduce to a live-in job at a factory by one of my acquaintances, and soon after I started doing the job, I gradually stopped going to the center. I quit the job three months later, and quit going to the center as well. Again I started feeling down and awful; I was really suffering. I had put in a great effort to get better, but I returned to where I started, and I blamed myself for it.

And it was at that time that one of the SAS members who I had got to know at the center called me. She asked me to go to the center with her, and I became able to go there again.

For a while, I alternated between going well for half a year and withdrawing for half a year again. Then one day, one of the staff at the center said to me with affectionate: "How long are you going to go on like that?" Then I made a decision: "I cannot keep on going like this; I have to change, I should not get away from the center." After that, I got a job at a lunch box shop located just one minute away from the center. I created a situation that forced me to go to the center everyday and not to run away from it.

At first, I could not talk to other staff at work. My face stiffened and the jobs I could do were limited. I cried every time I went to the center, but all the people there always encouraged me. Then, I thought I wanted to be of help to other staff, so I decided go to work early in the morning and clean the toilets. At first, some people spoke ill of me, but I kept on doing it.

As I cleaned the toilets, I felt like they were thanking me for it. Some staff also started saying to me, "The toilets have become so comfortable since you came." Thanks to it, all the staff has become friendly to me and I am now able to serve customers directly in the shop. My mind has become much stronger.

My heart was purified by cleaning

In April 2009, I participated in the seminar for the second time. This time I was very relaxed and could enjoy the seminar. Before participating, one of the SAS members, who runs a hospital, introduced me a cleaning job at the hospital. But I was not sure about accepting it, so I asked him to wait for my answer until after the seminar was over. While I was receiving Ki during the seminar, I could picture myself cheerfully working at the hospital in my mind, so I accepted the offer. Now I am working at the lunch box shop once a week and at the hospital five days a week.

As I did the cleaning job, my heart seemed to be purified as well. Thanks to it, I have even become able to prepare to tackle the things that I previously could not or did not want to overcome. I have also become able to see the world I had seen so far, as a completely different, glorious world, enough to make me feel as if I had come to a different dimension. My heart gradually started feeling full of happiness. I still have many things I

have to overcome, and am still afraid of people. But now I have the confidence that I am all right, and am able to overcome difficulties.

These days the nurses and patients at the clinic tell me that the clinic is clean and shining and the look on my face is gradually changing, and that the nurses have become nicer than before. I am very pleased.

I always go to the center and receive Ki before I go to the cleaning job.

If you change, your family will change as well.

Actually, until I started doing this cleaning job, I had always thought, "I want to die; but how should I do it?" since I tried to commit suicide when I was 20. But now I do not want to die, nor do I want to socially withdraw again. My life has changed, and I feel that it is going well. I am so glad that I am alive.

Nice things happened to my family too. We had not had much conversation and had been falling apart before. But on my father's birthday in July, my mother cooked Sushi, and my younger sister baked a cake, and we could celebrate happily. That was the first time we celebrated with laughter.

My father used to worry a lot and often complained that "I'm finished." But these days, he often hums while taking a bath. Also, my sister used to always dwell on problems and was sensitive to others' mood, but now she seems to be free of them and looks stronger in mind. She is looking very alive and happy every day.

The late chairman used to tell us that there is nothing we cannot overcome; I think that is true. I have been given so much love and kindness by many people since I encountered Shinkiko energy. I thought it was impossible for me to let my soul grow, but now I can feel that I am being led to spiritually grow in a natural way. I will continue to receive Shinkiko energy and will keep going forward, overcoming my problems one by one. I am truly thankful for my parents, who have loved me, my sister and the people I got to know through Shinkiko. Thank you very much.

(150-158p)