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### Incredible experiences I had in the first Shinkiko Retreat Seminar

I participated in the seminar for the first time in September, 2008. I had always wanted to try the seminar; but I just listened to others talking about the happy time they had during the seminar and talking happily about having applied for the seminar. I always wondered when I could participate while envying them a little.

When I finally became able to apply for the seminar, I almost jumped up in happiness. Then I went to participate in the seminar which I had long coveted. Until the second day of the seminar, during the time I was receiving Ki from the chairman was so joyful that I could not resist smiling. An event called “otanoshimi card” (literally meaning “fun card”) in which people take a card from a set of cards and they have to do a talk on the topic written on the card, was very interesting as well.

But from the afternoon of the second day, my smile cooled down a bit and something different was happening to me. On that day, we had a musical training and probably the song we sang affected me in some way. I was receiving Ki while wondering what this feeling was. Then, I thought I felt the emotions of human beings when they were born into this unknown world: confusion, happiness and fear. I also saw a vision in my mind in which human beings, including myself, were crossing caves, sea and rocky hills.

It was like, I was feeling the emotions of them experiencing everything for the first time; and I wondered what I should do and why I was crying. Then I thought I heard the chairman’s voice saying “It’s OK because there is light,” while receiving Ki. It was really a strange feeling.

This experience made me aware that humans have a desire to grow and evolve in this unknown world by meeting many people; and also that compared to animals, they can feel music, feel other’s pain as if it were their own and pray to god. There are really many good things about humans. Thanks to this strange experience, I have come to understand the beauty of humans although I used to have a little fear towards people before.

After the seminar, good things happened and I could change myself

After I came home from the seminar, I have become able not to allow myself dwell on bad things. Also my husband has become less frustrated, and I have stopped barking back at him and stopped crying; I have become able to half-listen to what he says. My daughter has got better and better too. She had often been going to the center with me since she was in the third grade at a primary school; but she has unexpectedly started an entertainment career on the side, and seems to be enjoying it. When she sometimes suffers favorable turn reactions, she goes to the center with me to receive Shinkiko energy. Recently, she is sending Ki to her friends, and some of her classmates seriously ask her for advice; they seem to rely on her. She also applies the High Genki to herself and talks about Ki with me; she understands about negative influences very well. It must be happy to receive Shinkiko energy from an early age.

Although not perfectly, I try to follow the rules of the Senshin, which I learned at the seminar: I am making it a rule to take care of my state of mind and the food I and my family eat every day. Thanks partly to it, now I do not have to lie down due to the symptoms of my disease any more, and my blood pressure and CRP (C-reactive protein) dropped; the CRP test result has even dropped to a normal level last year. I got better enough to work as a full-timer.

Sometime later, I stopped thinking about curing my disease any more. Because I learned that disease is not something that should be cured by doctors or that we should treat on our own: disease is what cures you. I learned it from Mr. Kato's comment, one of the staff at the center, in a monthly magazine called "Hi Genki." When I read it, it clicked, and I thought that was it!

I can now understand that we do not get sick by chance, but we make ourselves sick, and that I was given a chance to cure myself by being sick.

I did not get married just for the love of my husband

I love the Olympic game best of all international events since I was a junior high school student. Every time I saw a parade of each country on TV, I would spot the place of each country on an unfolded world map and get excited. I even thought I wanted marry a foreigner. Then I met a Chinese man, and I felt that I wanted to pursue the idea of living in harmony with other people of the world is great, so I decided to marry him.

In fact, there were many difficulties in marrying a foreigner. Probably partly due to various influence from international problems and wars in the past. I thought about divorce many times, but I stopped myself by thinking marriage is not just created by the love of another person: couples are connected somewhere deep down. I personally think marriage is not just about wedding and making children. I think I am receiving a message from the people of the past that asking us to make a peaceful relationship with others through marriage. So, no matter how things become strained between I and my husband, I have decided to do my best. Recently, when I participate in a chairman's session, I feel that the spirits who lost their lives in wars and who worked really hard to realize world peace are encouraging me to make effort and are supporting me. Although many things happen every day, I am encouraged by them and am learning a lot.

Making use of a gift --- life, and overcoming negative things with Shinkiko

Long time ago, I went to India to do some volunteer activities. It is not too much to say that India is another home for me. I met Mother Teresa there. She was small in stature, but had a wonderful aura.

When I was doing my best to take care of old women at a facility run by her, one of them hugged and kissed me, and clasped her hands in prayer toward me saying "thank you," although I was not doing much to her. Until then, nobody ever had done such a thing to me even when I worked hard; so I was really moved.

I have once seen Mother Teresa falling asleep while she was praying. I thought it a little funny because it was like me falling asleep in class. But, she was just a normal person, just like everyone else; she was not a kind of person who was proud and arrogant or

who embellished herself. Thinking this way, I thought I could live like she did. I married to my husband because I wanted live my life in my own way. I can now get help from Shinkiko energy, so I am hoping that I can live a fruitful life. By making use of a wonder gift --- life, and of my experience, I am hoping to do what I want to do from now.

Thanks to knowing about Shinkiko, I have managed to find where I really belong. There have been no big changes in my life so far, but I feel that many small things are getting better. I can now live life much easier and can overcome negative things while enjoying life.

In the future, I am hoping that my husband will receive Shinkiko energy as well.

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