

Adding up energies

It is not easy to always use the High Genki apparatus or to keep concentrating on receiving Ki in daily life since we have works and etc.

If you find it hard, try putting various Ki goods around you. The amount of energy you can absorb will be less than that of the High Genki, but it is important to always take in the energy because light particles like energy will go gradually into your soul. I call it charging yourself with Ki. By devising ways to use Ki goods as many as possible, the energy you can absorb from them will be added up, which allows you to charge yourself with Ki more effectively.

For example, it has long been known that the house you live in also gathers negative energies depending on its bearing, on its room layout, on how you use it and on the attitude of the people who live there. On the other hand, there are also ways to attract positive energies that have long been known.

All kinds of Ki goods including the High Genki apparatus always transfer Shinkiko energy from the universe. The more you try to use them, the more energy you can absorb with ease, and at the same time, the spot where they are put will be filled with positive energy.

In the Shinkiko Retreat Seminar, which is held every month, all the Ki goods, such as the High Genki apparatus, Crystal Mat, Ki towels and cosmetics, Shinkiko Bio and etc., are available to the participants to try them. By charging yourself with Ki, you can tune in to the vibrating energy of Shinkiko easily, and by trying to take in Ki, you can increase the power to absorb.

Also, I send Shinkiko energy to the whole world at seven in the morning and ten at night, for about 20 minutes each time. Since many people are trying to receive it, they are also the times when you can receive a lot of the energy. If you use Ki goods at the same time, you will be able to absorb more.

Moreover, if you are always charging yourself with Ki with Ki goods and a

High Genki, you can absorb Ki very fast when you participate in my sessions and Shinkiko Retreat Seminars, and will be able to realize its effect.

Try the way to receive Shinkiko energy that suits you

I will talk in a little more detail about in what sort of condition you should make your body and mind when you receive the energy.

There are two major ways of receiving the energy. One is to lie on your back or lie on your side or sit with your upper body free to move, and lightly close your eyes and relax and calmly receive the energy. The other is to receive it while you are doing something, with your Ki goods (that is, when a part of your muscle is in a state of tension).

There are some restrictions in receiving Shinkiko energy if you are using Ki goods including the High Genki apparatus. I would like you to try various ways that will be mentioned later and to find ways that suit you to receive Ki, in accordance with the condition of your body and your life pattern at the time.

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