

Just relax; do not care if you feel sleepy or if tears run down

When you try to relax both body and mind as much as possible and receive Shinkiko energy, you often start to feel drowsy, and fall asleep.

On the contrary, you may also feel your body moves, cough, yawn, feel restless and etc., when you are receiving the energy.

Both of these things happen because the energy has been absorbed into you. If a Ki receiver is a small child, sometimes, he may fall asleep or may start howling uncontrollably.

In any of the above cases, the reactions are caused by the influence of Ki; the reaction varies from day to day, so there is no need to worry about.

Basically, any kind of reaction does not have to be taken care of. Just let things be as much as you can, and you will gradually change.

Especially when your consciousness changes in a negative way, you are likely to feel pressed to concentrate more, but you do not need to do so. It is just that the negative Ki you have attracted in the past has loomed out, and it is about to leave your body.

Picturing in your mind allows Ki to penetrate more deeply

The importance of image training is well known not only to people like competent athletes who are active in Olympic Games but also to business people.

When people receive Shinkiko energy, some of them see light when they close their eyes and some feel their hands and face warm or tingling, but most people do not feel the energy much. But if they believe in the energy, and if they can tune in to its vibrating energy, they can increase the amount of energy their soul can absorb by the attunement. So it is important to be conscious of the energy and to picture in your mind.

Shinkiko energy is an invisible, light-like energy. You can allow your soul to absorb more Ki, by imaging the light from the radiating head of a High Genki apparatus or from Ki goods coming into your soul, or by picturing your whole body receiving light while listening to the Onki Music (a CD which has the vibrating energy in the sound).

If you are always charging yourself with Shinkiko energy, a lot of light particles come into your soul with ease. On the other hand, if you feel pain or heavy or uncomfortable in any part of your body, that is where the light particles do not go in with ease and where the energy is lacking. It means that there are negative Kis gathered there. Try and imagine the light energy coming into your soul thoroughly from outside your body; when it is done, then picture in your mind the energy gathering at the negative part.

Clearly recognizing where negative Kis are gathered will allow you to concentrate more on the spot and to gather positive Ki more effectively.

Also, it is good to know the image of the affected spot. The negative Kis there might have been attracted by the anger, sadness, pain and agony that generated by the seemingly bad things you had experienced in the past. Try and compare your negative experiences to colors, shapes and atmospheres; making it clear in your mind will allow you to concentrate more on the spots where always lacking energy and to let the Ki penetrate deeper.

To gather Ki while moving your body

We often spot where the pain is or to check symptoms by moving our body. Likewise, when we receive Shinkiko energy, it is sometimes possible to make it clear which spot is lacking positive energy on our body while moving. When you feel pain or heavy or numb in any part of your body, try and move your body and picture in your mind that Ki gathers to the spot; not just stay still and concentrate. Then concentrate on the spots where negative Kis seem to be gathering.

At that time, using Ki goods that allows you to concentrate more, such as supporters, Ki crystal seals and cosmetics, while listening to Onki music, is very effective too.

Also, when you use the High Genki apparatus to receive the energy, try moving the joints in your hands and feet to find the spots where you feel pain or uncomfortable. And concentrate on gathering the energy to the spots, and charge them with Ki.