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### Applying imaging to Kikou exercises, yoga and breathing

Thus, it would be nice if you can take in Shinkiko energy while you are doing exercises such as Kikou exercises or yoga. Try and make a good environment by putting crystals or titanium pyramids with the letters Shinkiko imprinted on them around you, or playing Onki music, while exercising.

Also breathing is very important. In yoga, a life power called prana is said to be brought by breathing. From scientific point of view, too, breathing is a very basic exercise for maintaining life, and it continues endlessly from the time you are born until you die. When you breathe in, try and imagine positive energy or light comes into your whole body; when you breathe out, imagine a stagnant negative Ki goes out of your body with the breath.

Ki is not just for accumulating it within you; Ki increases its light by circulating. It is also good to imagine yourself being in the middle of a big ring of the light cycle, with your soul shining.

### Senshin and Iitoko sagashi

You receive Shinkiko energy in order to heighten the energy of your soul. And another important point in receiving the energy is your mental attitude.

I always recommend that Ki receivers check, in what state their mind is currently, against the guideline of Senshin.

The guideline can be divided largely into two types: “a good heart that one always has to have --- be strong, bright, fair and modest; be free from bad desires; be harmonious with everyone and always be thankful,” and “feelings that should be eliminated --- agony, jealousy, curse, anger, complaint, doubt, ambivalence, qualm, irritation and hurriedness.”

Positive mind gathers positive Ki, and negative mind gathers negative Ki and deprives a soul of its energy. As suggested by the words *ki ni yamu* (to worry; literally means to get sick from Ki), if your mind is obsessed with the feelings that should be eliminated, such as desires and irritation, you lose

room in your heart, and it will lead you to a big failure or accident, which we often experience in our daily life. We think injuries and sicknesses just happen, but many of them happen when negative Ki, which deprives us of the positive energy that has accumulated in our mind, takes form.

On the other hand, a bright untarnished mind attracts positive Ki to your soul, and increases the amount of light, and changes your surroundings into positive as well. As the term unsei (means fortunes; literally means a momentum of Ki) suggests, positive Ki gathers light, increases its momentum, and forms a rapid stream of light which keeps negative Ki away. But nobody is perfect; we are sometimes likely to lean toward negative feelings. If you try to receive a positive energy, Shinkiko energy, particularly at times like this, you will get less influence of negative energy.

The Iitoko sagashi (now also called “kiduki no jikan”; literally meaning time for awakening), a training which is carried out in the Shinkiko Retreat Seminar, also allows your mind to always focus on a bright and positive way. No matter how small they are, you are to look for good things in your everyday life. There are of course bad things as well, but your attitude of trying to look for good things as much as possible, will create a chance to attract positive energy. If you crave for Ki, it will come to you as if it tunes in to you; this is how Ki works. So, your attitude of trying to look for them is important, even if it is hard to do. As you keep looking for good things, you will also be able to find them in things that have been taken for granted or in bad things.

Please visit our centers and talk to the staff

So far, I have explained various things about how to receive Shinkiko energy. But you must be hesitating to take a new step toward the world of Ki, even if you understand it.

In such a case, I recommend that you go and visit the SAS's centers that are all over the country, or, if you live in a local place, participate in a Kikou Experience session which is constantly held, and consult anything with the staff there. By talking about the negative part of your mind or body to others, you will be able to focus more on the negative Ki, and it will be easier

to purify it.

At the centers or at the venues of Kikou Experience session, various kinds of Ki goods are put all over the place in order to make the best environment to receive Ki. By trying to tune in to the vibrating energy of Ki with a group of people, positive Ki will be stronger than just doing it alone. Also, the Ki emitted from a High Genki apparatus is more easily absorbed into you when you have someone apply it to you. So, when you visit a center or participate in a Kikou Experience session, I suggest that you apply the High Genki to others and let others apply it to you.

Also, I recommend that you use the center constantly. It is not a bad idea to visit there only when you are suffering a favorable turn reaction or feeling sick, or when you are badly influenced by negative Ki. But you often feel stresses, and are likely to be influenced by negative Ki in your daily life, before you know it. So, in order not to be influenced strongly by negative Ki, I recommend that you make it a rule to visit a center one day during a week or visit there on certain days in a month.

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