

(9)Spirits become aware themselves

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Previously, I said that the spirits who lost their energy and have become negative-minded will not be able to move on their own, and before they know it, they seem to be drawn to people or things that they can tune in to, just like magnets attract nails. I have transferred Shinkiko energy to many people and interacted with spirits who sometimes appear from them. From this experience I learned a lot of things. I will talk a little about how I communicate with spirits when they appear.

Basically, I make it a rule not to talk to spirits needlessly and to consider what they talk about as trifling as coughs and yawns. There is no need to ask things out of mere curiosity; my main aim is to show them a way to the world of light. For example, some spirits appeared before me suffering from something. As they got better, they started telling me things like they died in an accident and regret this and that. When I first got to know Shinkiko therapy, I was so curious that I wanted ask questions such as “What was the accident like?” or “Where and when did it happen?” Some spirits responded to my curiosity and accidentally had a long talk with me. Asking spirits personal questions is a good way to know their hardships they went through, but it would be pointless if overly involved with them or deviated from the main aim.

And when spirits told me that they felt regret for something, I thought I should do something to help them let go of their regrets and see what I can do for them. But in most cases, I could not be of any help at all. Even if it seems manageable to me, I will be distracted by listening to the story. Rather than turning my attention to what they say, I always focus on sending a lot of light to them first and on allowing them to understand their situation in a natural way. That way, spirits will be able to stand on their own accord, and as they receive Shinkiko energy, they will naturally realize that there is actually nothing to regret. I do not admonish or tell them something to be aware of it, but as the energy go into them, their spiritual level seems to rise. Oddly enough, they become aware themselves. <To be continued>

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