

(17)Holding back emotions

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So far, I have talked a lot about many spirits who appeared and complained about their pain in their body and suffering in life through ki receivers' mouth. But sometimes, there were some who were trying hard to put up with their pain. This case is not so unusual; so let me talk about it.

One day, I was sending Shinkiko to a woman in her 20's. As she received Shinkiko, she started grimacing and looking really painful. I asked her, "What's making you suffer?" but no answer. She looked as if she was desperately putting up with something. For me, it was easier if she opened her mind to me, so that I could find a way to help her solve the problem. But she did not seem to say a word. So, I stopped questioning and just concentrated on sending Shinkiko to her.

Then her pain seemed to get worse, and I began to feel sorry for her trying so hard enduring something. And something clicked in my head; I said to her, "I see, you can't say what you want to say. I understand now." Then she seemed somewhat relieved and started weeping. I kept on sending Shinkiko to her saying "Your pain will gradually go away." After a while, Shinkiko energy seemed to have penetrated into her: the look on her face softened, and heaviness and pain in her heart seemed to have disappeared. When she calmed down, she opened her eyes and wondered why she started crying. Later, she told me that she was brought up by her parents in the way they wanted, and was never able to say what she wanted to say. Probably, her soul wanted to express her own feelings and to do whatever she wanted to do. But in fact, she bottled up her desire and had a strong negative feeling of restraint; I think that was why the spirit, who had the similar negative energy, was attuned and drawn to her.

We sometimes stand in others' shoes and hold back what we really want to say to them. It does not matter whether you say it or not; but it is no good if you force back your emotion and accumulate a negative feeling of restraint. There are times when things that have been bothering you become less annoying. She actually did not tell me about her suffering: as she received Shinkiko energy, it disappeared. Try sorting out your mind after you received the energy. Shinkiko energy allows you to reduce negative feelings, and helps you to say what you really need to say. Also, when badly stressed people receive the energy, some of them burst out talking about their hardship. At a time like this, bear in mind that it happens when negative ki, which has accumulated for various reasons, comes out, and try listening to his or her story in the hope that you may find some instructive things hidden behind the story.