

# Chapter 2

## The past 20 years of the Shinkiko therapy

### From a time of healing to a time of spiritual awakening

“Shinkiko,” an energy of light sent from a far distant, high-dimensional universe is immune to any religion or thought that has existed so far in this world. The late chairman, Masato Nakagawa named this light, “Shinkiko,” which encourages and supports all living things in the universe.

### Guided by a dream, the Shinkiko therapy and the High Genki machine were born

Let us think again about what the Shinkiko therapy is. It is not one of the Chinese health management methods such as Internal Qigong, which keeps your body fit and heals disease, nor is it a martial art like Aikido, which throws people by an invisible power.

Shinkiko energy is an energy of light that allows all the spirits in the universe to exist and lets them work with vigor. Modern science cannot prove its existence nor can it prove where it comes from or exactly what it is. However, I personally think that it is a kind of energy like heat, electricity and electromagnetism, but it has not yet been identified by science.

It was my father, the late chairman, who named this energy of light “Shinkiko,” but from the beginning, he did not know what kind of nature it had.

He was guided to this energy in a dream he had in 1986. My father, who used to be a clockmaker, met a white bearded old man in the dream, and was taught how to make a machine that transfers Ki. He did not know what the machine was for, but he thought something was coming out of

the tip of the machine, so he applied it to water and a cup of coffee as an experiment to see if they would taste different.

**A High Genki machine gathers and emits Ki, the energy of the universe**

Since his father was a healer, he naturally started applying the machine to people who had stiff shoulders and backache, and surprisingly, their symptoms changed. This machine was the first High Genki machine. He continued to use the machine and on December 23rd, 1988, two years after he first saw the old man in his dream, the old man appeared again in another dream, and said to him, “Your hands can emit Ki, so go and heal people.”

From the next day, the late chairman was able to emit Ki from his hands. That was when my father's new life as a Kiko (or Qigong) therapist started. Then, after a while, the old man appeared in his dream again and told him, “Everyone will be able to emit Ki, so teach them how to do it.”<sup>[1]</sup> In March 1990, he started running a camp, the

Shinkiko Retreat Seminar (SRS). He felt it was his mission to let as many people as possible know about the Shinkiko energy and to train people to be transferrers of the energy, like he was.