

The existence of spirit that modern people have forgotten

When I looked up the word “spirit” in a Japanese dictionary, it said “it is supposed to dwell within the human body and controls the functions of the mind; also regarded as independent from the physical body, since ancient times.” This means that the spirit is very important in that it controls the function of the mind. But it said, “It is supposed to be...,” and this seems to imply that this is just one theory. It also looks as if it is suggesting that it is not necessary in this modern world in which medicine and science have developed.

But then, why has this term existed since ancient times? Why are there words similar to this in every country? We often use the term in our daily lives, but I do not remember being taught about it in my school days.

The spirit must have been very important for people since ancient times, but because it looks unworldly and mysterious, and seems to relate to religion, I assume people speak or think less and less about it. I have a strong hunch that many kinds of troubles that happen in our modern life occur due to the people’s lack of knowledge about the spirit.

Now I will talk a little more about this Ki energy, which is the spirit, and about the roles of the Shinkiko energy, the energy from the universe.

This world consists of spirits exchanging their energies with each other

Every life form in this world, including humans, animals, and plants, is an energy body, and the soul, exists in each life form. The body can only exist when the soul, dwells within it. The visible body actually contains an intangible light-like energy body, the soul.

On the other hand, there are many spirits in this world, without a visible physical body. They are often called spirits or ghosts, but they have a mind just like we do. People often tend to associate these spirits, or ghosts, with something really spooky such as an evil or vengeful spirit, which negatively affects them. However, not all of them are evil. There surely are positive energies, such as spirits of your ancestors, spirits of those who had some kind of relationship with you, spirits that watch over you from an invisible world and spirits that are trying to guide you by always sending a light of support to you and trying to lead you to happiness.

It seems that all of these spirits are endlessly exchanging their energies (light-like energies) with each other, making up the whole universe.