

NOTEBOOK BY AKIKO IIMURA [23]

Medical School Doctors Study “Ki”

Doctors from medical schools where western medicine is practiced have started receiving *Ki* training for treating patients. Medical worlds, which were divided into west and east, are now coming together and this movement is spreading. Toward the beginning of the 21st century, the subject of healing people is facing a big turning point. I visited The Ohio State University Medical Center that has just opened a *Ki* workshop in January.

To Medical Doctors by Fake Doctor

I visited The Ohio State University Medical Center because I heard that a *Ki* workshop had started on campus. The workshop is held with approximately 20 attendants at the university gym in the afternoon of every 2nd and 4th weekend. The instructor is Mr. Katsumi Niikura, who developed *Ki* inspired from martial arts and has worked on healing incurable disease such as cancer. He and his two assistants drive 4 hours from Michigan each time there is a class. There are nurses, students, people with interest in *qigong*, and people disabled from traffic accidents. There are doctors who have a stethoscope in their white uniform pocket. There are some young therapists, who work on the rehabilitation of disabled patients. They all are seriously awaiting Mr. Niikura's instruction around a mat. A man in a wheelchair is a *Ki* client whose left side is paralyzed after a traffic accident. Beside him is his wife.

Dr. Hisako Koizumi, MD started the workshop with an explanation on *Ki*. Dr. Koizumi, who established this workshop, has always sought new treatment methods as a psychiatrist at The Ohio State University Medical Center. She negotiated with the University so that she can acquire not only the knowledge of *Ki*, but can also practicing it.

Dr. Koizumi and fellow doctors had some expectations that *Ki*, which is eastern medical philosophy, may contribute to the development of western medicine. She met Mr. Niikura when she was seeking to study *Ki*, which she studied about in eastern medical books.

She went to New York to witness Mr. Niikura's *Ki* seminar, and was convinced

Ki would positively contributes to current medicine, and worked on the planning of the workshop for the last 6 months before the first class. The first workshop was held in the last weekend of January. Mr. Niikura and over 20 members from his Michigan school came by vans and they gave a demonstration of *Ki* in front of doctors, nurses and other attendants.

They first sat on mats and started breathing exercises. "As *Ki* comes out of both sides of your body, scoop it up and push it forward," Mr. Niikura instructed. He may be able to see *Ki* coming out of human body, however, no participants are able to. They keep on sending *Ki* while breathing out through their teeth by making the sound, "shi, shi, shi" as they imagine invisible *Ki*.

A similar workshop held in Kentucky was very powerful. Over 90 people were releasing *Ki* out of their body when a late comer opened a door of the closed room. This person was blown down and back out of the door as she was pushed by the *Ki* energy in the room.

Paul, Mr. Niikura's assistant, who is twice as big as Mr. Niikura, was thrown back by Mr. Niikura's *Ki*. I had to recognize invisible energy as I eye witnessed the scene where Mr. Niikura threw away that big Paul like a magic without Mr. Niikura's touching him. In another demonstration, several large men held Mr. Niikura's small arms. He was easily lifted up, and his legs were in the air. "Now, I will resist all of you with *Ki*. Please try to lift me up!" When his arms were held again, his facial expression changed. His eyes and eyebrows were up, and his face now looked dark red as he concentrated. The same attendants now tried to lift him up. However, Mr. Niikura's body, which now had become heavy like a huge rock, did not move at all. "This is because of *Ki*," Mr. Niikura said.

He suddenly sat on a mat in a Japanese way. Paul tried to hit him on his head from behind with a wooden sword. As the sword was about to touch Mr. Niikura's head, Paul was blown away to the mat on his back. Everybody was speechless and quiet. "I showed this demonstration so

that you can get to know what *Ki* is.

I would like you to use *Ki* to restore health," said Mr. Niikura. *Ki* is not extrasensory perception by a special person, but it is energy, which all-living creatures that are breathing possess. It is the same as power of life. All animals and plants are alive because of this energy. Sickness is a phenomenon that is caused when *Ki* is bothered and the body's balance is disturbed. The body can adjust itself to compensate for lacking *Ki*, to get rid of extra *Ki* and to move *Ki* smoothly. It is the purpose of this workshop to teach such technique.

Breathing creates powerful *Ki*. The *Ki* goes into internal organs to shake them up, and removes cancerous cells from organs and tissues. *Ki* can make paralyzed hands move.

Medical doctors, who usually cure disease with medications are quietly listening to the explanation about how effective breathing can be without using a medications.

Under Mr. Niikura's instruction, practice of basic *Ki* breathing technics and healing technics started. "Yes, please scoop up *Ki* from both sides of your body, and send it forward." Two partners practice sending *Ki* to each other. As they practice, they may learn to send *Ki* to people seek help. "I am a fake doctor. Real medical doctors are here today. I wish for you learn to cure illness by using this method."

Ki is Love

Mr. Niikura, who has won numerous fighting awards such as Karate, Judo, Kendo, etc., does know emptiness and loneliness of a champion who is always challenged even after winning games. "I would like to create *Ki* which helps people instead of defeating others." It was 5 years ago when Mr. Niikura hung a flyer on a wall of his Michigan studio saying, "*Ki* workshop researches various illnesses such as cancer." If you know any such people, please let us know." That was when Mr. Niikura, after 10 years since he came to the U.S., started having doubts about his life with fighting which brings a different type of excitement.

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The word of mouth spread and one after one came to see Mr. Niikura. Their illnesses were cancer, muscular dystrophy, paralyzed body on one side due to cerebral infarction, malfunction of bones and muscle, malfunction of child growth, decline of eye sight, and many other difficult and strange illnesses. "I was moved by many people has problems. Whenever I encountered new kind of illness, I kept on thinking how to send *Ki* to those people. There are over ten thousands kinds of *Ki* healing methods. Even now, I encounter sickness for which I have to think of a new way of *Ki* healing."

It has been a fight against illnesses. Joy that was not obtained from champion belts of fighting, keeps him further researching on *Ki*. Appreciation from cured people and encounters with kind people are very encouraging. The experience was the world of love where people care for each other. Because of this, Mr. Niikura states in his brochure, "*Ki is love.*"

Enhancing Concept of Medicine

I had a discussion with Dr. Hisako Koizumi and Dr. Pat Foreman at a small room of the child and adolescent psychiatry in The Ohio State University Medical Center. It was just before the *Ki* workshop started and there was nobody else due to weekend. They both were in casual clothing for the workshop.

Humans always fought against illness since ancient time. Wisdom to cure illness must be enormous. Current medicine, which was developed based on positive Scientism in the 19th century, completely ignored any methods, which could not be proved. As medical technologies developed, numerous types of high-tech medical equipment have been placed in hospitals. Patients, who have similar body illnesses, may be paired with this high-tech equipment. Medical costs are high and success is judged by this equipment rather than human doctors. Such thoughts are pressuring health consciousness of humans. Exercise, diet, dietary supplement, meditation. The world is filled with information about healthy lifestyle in response to humans that desire to get rid of stress that may lead to sickness. 20th century is about to end with health consciousness and environmentally conscious thoughts.

The fact that medical doctors at a medical school, which is a Mecca of current

medicine, has established the *Ki* workshop by inviting Mr. Niikura could be a phenomenon in the 20th century.

Both professors and students have much interest in *Ki* as a future medicine. Of course, they are interested not only in *Ki*, but also alternative medicine. They are proactive in re-examining wisdom of eastern medicine. Instead of understanding that medicine is changing, it is better to understand that medicine is being enhanced. Our department dean not only did not oppose the establishment of the workshop, but offered the gym for free to use. Recently, we have applied to obtain aids from several grants. Dr. Koizumi's voice is enthusiastic and Dr. Foreman nodded.

Question: What kind of people participates in the workshop?

Dr. Koizumi: *Ki* workshop started in the end of January. Most participants are therapists who work in the field of mental hygiene and professionals in healing because we sent information to members of psychiatrists around Columbus, Ohio.

Question: Are you using Ki practically as a clinical psychiatric method for children and adolescents?

Dr. Koizumi: Not too long has passed since the workshop started and there are not too many cases. But I tried *Ki* on a 9 years old boy who had hyperkinetic syndrome. He was restless and was always moving around. When I placed my hand on his chest and sent *Ki*, he immediately became calm and relaxed.

Dr. Foreman: Mr. Niikura said that *Ki* may work on Insomnia.

Dr. Koizumi: I am studying not only *Ki* but Chinese medicine. We need medicine, which considers different lifestyle, feeling, season and many other conditions.

Dr. Foreman: Harmony with nature is very important. In western society, we searched the cause of illness inside body. But in the orient, they adjust parts, which are not harmonized with nature. That became healing. Instead of relying on doctors, they adjusted their lifestyle.

Question: It seems Ki can be connected to what is called holistic practice.

Dr. Koizumi: Yes. In a workshop called

Healing Connection held this month, we will discuss themes such as healing by prayer, meditation and relaxation, Chinese medicine and *Ki*, adjusting the body, and how to communicate by changing difficulties into positive, and healing rhythms.

Question: Is that qi (qigong) same as Mr. Niikura's Ki?

Dr. Koizumi: I do not think the concept is the same. In China, treatment is done through *Keiryaku* where nerves are crossing. Mr. Niikura, who studied various of martial arts, sends *Ki* from any part of his body. *Ki* can chokes someone's neck and also cures stiff shoulders.

Question: Is prayer effective?

Dr. Foreman: Christian prayers are the same. Prayers can kill bacteria. Prayers can be similar to *Ki*.

Question: What other ideas beside Ki are you interested in Chinese medicine?

Dr. Koizumi: Cure of internal organ by using *Keiryaku*. It is a good reference. By using *Keiryaku*, which is connected, to brain, I suppose mental disease can be cured. This is my theme from now on. Interestingly, there is no concept of depression in Chinese medicine, although there is sadness. I truly think that concepts of our life are very deep as our knowledge is just a drop of water in a huge river. Although my father was a western medical doctor, he was using acupuncture and *Shiatsu* for free as well as he used x-rays. When I read his notebook after his death, I found his explanations on *Keiryaku* and *Shiatsu*. After studying western medicine, I studied eastern medicine and followed my father's path. This was not coincidence, but my father's will.

Dr. Foreman: It is important to use wisdom which was left to us. It is because wisdom was accumulated after long years and many sacrifices.

There are videos and books, which send *Ki*. Paintings, letters, music, and dances. Whatever they are, things produced with sincere heart definitely radiate *Ki*, which reaches people's heart and changes something. Appearance of nature is the same. Once we regain our eyesight, which became blind with materialism, we can find *Ki* is love anywhere by ourselves. My journey to Ohio made me confirm this. ■