



## Shinkiko Boston Class Schedule:

Six Wednesday evenings from  
**7:00pm–9:30pm**  
10/12, 10/19, 10/26, 11/2, 11/9, 11/16

### Instructor:

Mr. T. Koei Kuwahara & Senior students.

**Place:** The CULIA KI CLINIC INC.

### Registrations:

**Tuition:** (limited seats available)

The tuition is \$285 by 9/28/2011  
(\$300 after). Tuition for students retaking  
the class is \$180. Checks should be made  
payable to the CULIA and mailed to:

CULIA KI CLINIC INC.  
25 Church St. #4, Watertown MA 02472  
Tel: 617-926-6986  
Website: <http://culia.net>

### What to Bring:

Comfortable clothes for Yoga and etc., pen  
and notebook.

*Illnesses are what we create in our own mind – hearts. It is the way we live that influences the Ki energy in and out of us. And the part of us that are not aligned with the law of nature disturb that flow of energy and will manifest as illnesses, accidents, or other misfortunes. Such things are valuable messages from the Universe telling us that there is something wrong with the way we live (posture of our mind – heart). Once we realize this, the illnesses will turn their course and begin to heal, and all other aspects of life will change towards positive directions.*

Masato Nakagawa

CULIA KI CLINIC INC.

# CULIA KIKO

## Shinkiko, Spiritual Kiko

### 2011 Fall

THE STUDY  
OF SHIN-KI ENERGY  
AND ITS POWERFUL ABILITY  
TO BRING HARMONY,  
HEALING AND SPIRITUALITY INTO OUR LIVES.



## CULIA KI CLINIC INC.

25 Church Street, #4  
Watertown, MA 02472  
TEL: 617 926 6986  
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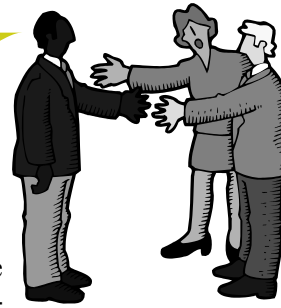
### PLACE:

CULIA KI CLINIC INC.  
25 Church St. Watertown, MA



Oriental Medicine  
Acupuncture, Shinkiko

# CULIA KIKO



CULIA KIKO is a system of healing developed by the late Dr. Masato Nakagawa (Shinkiko) and Mr. Tadashi Sato (Spiritual Kiko) of Japan. KIKO is the study of the non-physical world (such as Ki energy, heart or Spirit) in relation to the physical world (such as illnesses, relationships, finances, and the environment). The essence of Kiko education is learning the characteristics and the natural laws of Ki, and uncovering wisdom through purification of the Heart.

In this class we will learn that by raising the level of one's consciousness through experiencing the growth and healing of the heart, one naturally learns to transmit Shin-Ki energy. Shin-Ki is translated to Divine Energy. It is the vibration of love and healing that is abundant in the universe.

The method is a very simple and unique form of energy work which can be used anywhere, anytime, and by anyone.

This method

- (1) makes it possible to not only receive external Ki from the universe, but to also generate internal Ki (energy).
- (2) harmonizes the mind, body, and universe through a lower center of gravity.
- (3) and changes the balance of "contraction Ki" and "expansion Ki" in order to focus concentration, deep sleep, and meditation.

- **OUR GOAL**

is for the participants to have a clear experience of the relationship between the mind, heart, spirit, and the material world, and to feel how *a change in consciousness really does change our bodies and our lives!*

- **LECTURES**

Insightful, stimulating and humorous presentations by distinguished teachers will enable better understanding of the mind-body-spirit connection and help us to discover the essence of life.

- **KI HARMONIZING**

It is a meditation-like session where we adjust our vibrations of Ki energy. During the session, Instructor will assist in adjusting your vibration to attune with the Shinkiko energy. These sessions will evoke the awareness of consciousness and help to integrate information from the lectures.

- **YOGA (Oki style)**

The meaning of the word "Yoga" is to tie, connect, or to harmonize. The purpose of yoga is to connect the mind, body, and spirit. Instructor will demonstrate how they influence one another as we practice Ki exercises. They will also help us to awaken our energetic pathways and chakras.

- **SHARING**

There will be interactive programs and other opportunities where participants will share with one another what we have learned. This helps us to deepen our realizations and further embody our experiences.

- **This easy, daily self-training** strengthens mind and body in addition to increasing your sense of life purpose. Kiko guides you to an existence filled with the energy to make yourself happy along with the people around you. Other benefits that have been reported are increased immunity and a feeling of connection with the essence of the great universe.



## Training Program Instructor

**Takayuki K. Kuwahara** facilitates the CULIA KIKO (Shinkiko and Spiritual Kiko) training program. Mr. Kuwahara is an Acupuncturist and Assistant Professor at the New England School of Acupuncture. He graduated from the Tokyo Therapeutic Institute in 1979, and apprenticed for 5 years under the late Kodo Fukushima, founder of the Toyo Hari Association. In 1991, he met Dr. Nakagawa and studied Shinkiko until Dr. Nakagawa's passing. He is a leading teacher of Shinkiko and of the Hari Society. Mr. Kuwahara has taught Shinkiko and holistic healing and Aikido in the United States for over twenty years.

