



American
Organization for
Bodywork
Therapies of
Asia

Healing at Home with Family

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This is the right time and the right subject. Everyone is under stress, and there is a need to know how to develop effective stress management and boost our immune power against pandemics. I am here to educate the reader about how to build up immunity against viruses and bacteria through healing practices on others at home.

Given the healing power of hands and the importance of the loving power of touch — now more than ever — it's a perfect time to incorporate "Family Healing" at home, a healthy practice that is natural, safe, and effective.

What is coronavirus teaching us?

- We are in a battle with ever-increasing **drug-resistant antimicrobial forces**.
- We are challenged to arm ourselves more strongly than ever before.
- Unfortunately, this is an **endless war in our drug culture**.
- We are challenged to **empower our Qi**, which is a disease-resisting power as well as a healing power. Then how to achieve it? My answer is to become a **Sennin** (superman) of the 21st century.

My healing paradigm is firmly based on Faith Healing.

We need to awaken to the cosmic consciousness that guides us to eternity through unconditional happiness. We have the ability to transcend into nirvana, but we need to keep putting in the effort and maintaining our momentum towards enlightenment.

7 Golden Gates / Rainbow Gates for Miraculous Healing to Acknowledging, Appreciating, and Awakening

1. Power of Universe (Divine order of the universe: Tao)
2. Power of Wisdom
3. Power of Compassion
4. Power of Transformation / Change
5. Power of Consistency / Continuity
6. Power of Balance
7. Power of Spirituality: Cosmic Consciousness

Then I say, "When pain is inevitable during birth and death, suffering is optional." It is an opportunity to transform toxic worries, fear, anger, depression, and stress into hopes and healing medicines within. Also, "When you immerse yourself in nature, experience oneness with nature, respect and love nature, then you will be healed."

Faith Healing / We Are What We Believe - Proactive 9 Spiritual, Mental & Emotional Setup through 3R - Resetting, Reprogramming, Rebirthing.

1. Appreciating, 感謝祈り心 (kansha-shin)
2. Breathing Mind (for oneness with the Universe), 呼吸心 (kokyushin)
3. Caring Mind, 慈悲心 (jihi-shin)

4. Peaceful Mind, 平常心 (heijyo-shin)
5. Pure Mind, 清浄 shoujyo-shin)
6. Smiling & Shining Mind, 微笑み光心 (hohoemi gokoro)
7. Enduring Mind, 忍耐心 (nintai-shin)
8. Respecting Mind, 尊敬心 (sonkei-shin)
9. Unconditional Happiness Mind, 絶対幸福心 (zettai kofuku-shin)

イライラ,せかせか, しくしく,くよくよ,かっかせず, いきいき,わくわく,キラキラ, ハハハ

These proactive programs are based on Buddhist medicine. Chanting the memorized two Lotus sutras cultivates healing essence. It is my divine daily experience for healing.

- **Prayers to the cup of water you drink.** In my daily Daimoku twice a day, I pray and drink it.
- **Prayers to the universe, our divine heavenly father, and grace mother earth.**
- **Prayers to myself and patients when I treat pressure points and affected organs.**
- **Chanting during the exercises instead of counting numbers.**

古典の教え

- 恬淡虚無なれば,真氣これに従う
- 精神うちに守らば, 病いipon こよりきたらん
- **Constant discipline** to keep up, breathing deeply, straightening the spine, caring (loving), smiling, and shining. 息きる, 伸びる, いたわる, 微笑む, 光り輝く

Conditioning the Consequences

Constant studying and seeking information with hope, expectation, and faith can solidify our positive physiological reactions through the neuroendocrine reflex and create new patterns and pathways of healing circuits in our brain. This is a powerful means to strengthen our immune system and change our vulnerable constitution. We are great lovers of the placebo response. We are what we believe: healing is believing, believing is healing. You remember *conditioned reflexes* — during the 1890s, Russian physiologist, Ivan **Pavlov** was researching salivation in **dogs** in response to being fed.

Changing our constitution

- Immersing our body in a cold environment like cold water (hot and cold shower), soaking in the ocean, remaining unclothed without socks during the winter morning without a heater (for 45 to 60 minutes). Become an **AM Nudist**. We need to master the Cold Yin force by not avoiding it but facing it.
- Fasting (intermittent).
- Eating raw enzyme-rich phytochemical foods in rainbow colors (vegetables and fruits; alkalized water to detox).

Concept of Dr. Kenoko's Healing Modalities for Family Practice

1. *Family Shiatsu* — practicing Shiatsu & Anma on each other to build immune power by relaxation, detoxification, and stress management. Back Shu and Huatuoji points

through Shiatsu pressure therapy. Front Mu points through Anpuku, abdominal Anma therapy.

2. *Music Hands* — tapping the shoulder for parents, grandparents, and other family members. Cultivating a sense of caring, healing, love, respect, and true family values. By giving and receiving healing touch we can promote the love hormone, oxytocin.
3. *Monkey Business* — laughter promotes natural painkillers, endorphins, and the happy hormone serotonin. We teach how to laugh like a monkey with a lovely music.
4. *Tenohira Ryoho* — application of the palms/healing for pressure-prohibited or hypersensitive areas.

Conclusion

The 2020 Rat year was amazing. Without exception, whether we liked it or not, everyone was forced to change their lifestyles dramatically. We have adapted to it. We need to live strongly and survive wisely in this new normal for quite an extended time. This is why I want to present the topic of how to boost your immune power through Family Shiatsu practice at home. To maintain and extend the effects, you also need to change your lifestyle and integrate body, mind, and spirit accordingly. You will learn how to awaken your potential healing ability in these three areas.