Explanation on the Presentations
The 37th Symposium of International Society of Life Information Science (ISLIS)
15-16 March 2014, Toho University Omori Medical Center, Tokyo, Japan
Order: According to the place

March 15 (SAT) Research Papers, Report, Special Lecture & Discussion

March 15: Lecture Hall A

<Research Paper>
The Improved Mechanism of Accumulated Emotions and Traumatic State for a Short Time
Kazuya HASHIMOTO
Medical Corporation Syunhoukai Hashimoto Internal Medicine Surgery Clinic
hashimoto.cf@gmail.com
Emotions that are accumulated in the body block Qi energy flow. The blocking of the Qi energy flow causes an unstable mood and may interfere with communication among people and that often causes organic disorders. Severe stress or uncomfortable experiences in the past cause a traumatic state, and panic disorder and flashback phenomenon caused by the trauma cause problems in daily life. The location and the spread of the accumulated emotion can be detected by Qi resonance. And Qi resonance indicates that the traumatic state has an emotional accumulation in the aura layers. The condition of patients with emotional accumulation and occurrence of a traumatic state has been improved at the author's clinic within a short time. The author considers the improved mechanism.

<Research Paper>
A Case Study of Healing Touch on Parkinson's Disease in Community Nursing
- Focusing on Reducing Pain, Emotional Distress, and Insomnia –
Rumi NAKA¹, Hiroshi AMANO¹ and Takehiko ITO²
¹ NPO International Healing Association for Nurses
² 2 Wako University
take@wako.ac.jp
[Purpose] The purpose of this study was to clarify effects of healing touch on a patient with Parkinson’s Disease (PD). [Method] A 74-year-old female patient with PD was assessed before and after a one-hour weekly healing touch treatment for five months to determine changes in specific symptoms. [Results] The effects of healing touch were found in terms of palliation of muscle contracture, progress of psychological relaxation, and improvement of insomnia. [Discussion] The effects of healing touch for patients with PD can be identified in three ways, i.e., decrease of physical pain, reduction of psychological burden, and easing a difficult lifestyle.

<Research Paper>
Effects of Tsunami and Nuclear Disaster on Children’s Time Perspective
-A Text Mining Study of Essays after the Great East Japan Earthquake-
Takehiko ITO
Department of Psychology and Education, Wako University
take@wako.ac.jp
The purpose of this study was to examine the essays written by children who experienced the Great East Japan Earthquake in order to clarify the characteristics of these essays focusing on the difference between tsunami and nuclear disaster experiences. A total of 161 essays written by school-aged children were extracted for text mining analysis concentrating on their expressions of will and want for the present and future. While after the tsunami incident children mentioned the importance of conveying the crisis experience for future generations, the children experiencing the nuclear disaster expressed their want (desire) to lead a life free from restrictions such as playing outside and meeting with friends and family from whom they had been separated. Although the tsunami
experience evoked children's will to remember the painful incident for the future, the children experiencing the nuclear contamination evoked their wants about their present and future life.

<Report of Chairman of Board of Directors of ISLIS>
Review of 18 and a Half Years Progress for the International Society of Life Information Science (ISLIS) and the Promotion of “Human Potential Science”

Mikio YAMAMOTO
ISLIS Chairman of Board of Directors, Editor-in-Chief
nsnpoiri@gmail.com

The International Society of Life Information Science (ISLIS) has sought scientific proofs of existence of wonderful phenomena and resolution of their principles in these 18 and a half years since its foundation in 1995. Thirty-seven symposia have been held and 37 issues of the Journal of International Society of Life Information Science (Journal of ISLIS) have been published regularly twice a year. ISLIS held the “Human Potential Science International Forum” in Chiba, Japan in 2002, the “International Conference on Mind Body Science” in Seoul, Korea in 2004 and the “7th Psi Meeting” was held in August 2011 co-sponsored by ISLIS and the Faculdades Integradas ‘Espírta’ (Curitiba, Brazil). ISLIS published the book Human Potential Science in 2004. ISLIS has a worldwide presence with 11 International Information Centers and about 230 members in 15 countries. The 37th Symposium on Life Information Science is held at Toho University (Tokyo) on March 15-16th, 2014. The 8th Summer Meeting and the 38th Symposium will be held at Masutomi Hot Spring, Hokuto, Yamanashi on August 23-26th, 2014. About 250 participants will attend and enjoy lectures, seminars, workshops, and tour of great nature.

<Special Lecture>
Holistic Medicine 2014

Ryoichi OBITSU
President Emeritus, Chairman, Board of Directors, Obitsu Sankei Hospital
President, Japan Holistic Medical Society

1. We integrate cure (Western medicine) and care (complementary and alternative medicine) since cancer deeply involves a patient’s mind and spirit as well as his/her body.
2. We integrate medical services and self-care treatments since cancer is caused by an imbalance in a whole person.
3. We aim to integrate a patient and healthcare providers since good communication among them brings out the patients’ vis medicatrix naturae.
4. Integration of life and death is an ultimate goal of holistic medicine.

<Discussion>
Towards a Coming Health Care

Kazuhiko ATSUMI1, Ryoichi OBITSU2 and Hideho ARITA3
1 President Emeritus, Society for Integrative Medicine Japan (IMJ)
Professor Emeritus, University of Tokyo, Japan
2 President Emeritus, Chairman, Board of Directors, Obitsu Sankei Hospital
3 Professor Emeritus, Toho University
President, Serotonin Dojo for Serotonin Activation
artiah@med.toho-u.ac.jp

Modern medicine is definitely in the stream of Western medicine. Western medicine has been logically organized on the basis of science. It uses analysis in detail, based on evidence. It likes to give a name to each tree and to examine each one in detail one by one, in order to determine the state of a whole forest. It takes the stance that the forest can be known by looking at each tree separately. However, reading the condition of the forest with a view from a distance is also extremely important. That is the way of Oriental medicine (Chinese medicine). Modern medicine is beginning to suffer from its problem of “looking only at the tree but not the forest”. There are many cases which are unable to treat; even the disease names are identified. Nowadays, medicine is required to restore and maintain a person’s health rather than to cure the disease, targeting one person with a mind and body. This is not the same as medical care for disease. The integration of Oriental medicine and Western medicine is very much required.
<Research Paper>
Does Every Sweetener Have Stress-Reducing Capacity?

Shuichi HASHIZUME, Kimiko KAWANO, Hideyuki KOKUBO, Mikio YAMAMOTO, Hidetsugu KATSURAGAWA, Akihiko KAMADA and Tsuneo WATANABE

1 Idea-Creating Lab
2 Institute for Living Body Measurements, International Research Institute
3 Toho University
4 Iritech Co. Ltd.

We investigated the ability of sweeteners to reduce stress using two psychophysiological indices: skin conductance level (SCL) and heart rate (HR). Ten undergraduate students participated in this study. After the exposure to stress by performing the Uchida-Kraepelin Performance Test for 5 min and a mental calculation for 3 min, the participants consumed various sweeteners containing starch paste only (control group), sugar (sugar group), erythritol (erythritol group), and saccharin (saccharin group) additives for 1 min. Then, they were asked to relax by sitting still in a chair with open eyes for 10 min followed by closed eyes for an additional 3 min. Based on the Russell and Lanius model of the affective quality, only sugar among the three sweeteners exhibited high stress-reducing activity. These results indicate that sweet tastes do not have stress-reducing activity; however, sugar may have the specific function to reduce the stress. The exact mechanism of sugar’s stress-reducing activity is unclear; however, a possible explanation is that glucose derived from sugar stimulates the transportation of tryptophan into the brain, which is a raw material of serotonin with a stress-reducing activity. In addition, sugar stimulates the reward system in the brain, which secretes endorphins with stress-reducing activity.

<Research Paper>
The Relation between Speech and Psychological Aspect in the Case of Praying

Ghen OHYAMA, Taihou SAITO, Taiken IWAMOTO

1 Tama Rehabilitation School, 2 Youshou-ji Temple, 3 Myousyou-ji Temple

We investigate the relation between speech and psychological aspect in the case of praying. The subjects are two priests of Nichiren religion. The results of acoustical analysis of the speeches in the case of high psychological state are as follows.
1. The spectral energy of 3 ~ 4kHz is high in both cases.
2. The amplitudes of speech shows the cyclic fluctuation in one case.
3. The special resonance appears in another case.
These results are almost similar to singing.

<Research Paper>
The Usefulness and Practice of Examination of Near-infrared Spectroscopy (NIRS) in Psychiatry

Tomomi AKIYAMA and Mahito KIMURA

Department of Mental Health, Nippon Medical School Chiba Hokusou Hospital

NIRS (Near Infrared spectroscopy) is examination to assist for differential diagnosis of depressive state in depression, bipolar disorder, or schizophrenia by the blood flow pattern at the time of a verbal fluency task. NIRS application in psychiatry has been approved as one of the Advanced Medical Technologies in 2009. This presentation introduce about the practice of NIRS in our department, characteristics of the patients showing a bipolar pattern, comparison between healthy subjects with depressed mood and patients with depression. Additionally we introduce the NIRS data of post-stroke depression (organic depression) which is not the Advanced Medical Technologies.

<Research Paper>
About the Importance of Inner Beauty
~Natural Scientific and Humanities Consideration for Growing out of from Pseudoscience~

Takase ITO and Daiho SAITO

NII-Electronic Library Service
Now, at the beauty and health business, many incorrect informations exist and this situation is causing the chaos. For the development of the beauty business and integrative medicine, we think that not only the medical experimental study and outward beauty but also inner beauty from the point of nutrition medicine and mentality is necessary. We think that the cause of the confusion is, for example, if the dealers give products description of pseudoscience, then the Japanese would believe them easily. They use such Japanese's psychology, so at beauty business, many beauty products press the people to buy them and such many fakes are being sold. As the result, they are bringing the people great confusion. We would like to clarify substance of such pseudoscience by natural science study investigation etc. In addition, we will elucidate the psychology of such human (the Japanese) and describe how to conquer fundamental inconsistency between the idea of beauty and natural phenomenon of aging. We hope that these things produce opportunity to accelerate the shift to next paradigm, namely, from recent concept "Beauty = Cosmetic Surgery (Outward Beauty)" to "Beauty = Unlimited Possibilities of Happiness".

<Research Paper>
An Experiment Concerning the Effects of the Repetition of Words of Happiness

Akiyoshi OHSHIMA
Word Laboratories Inc.
info@word.co.jp

1. Purpose
In research of happiness levels, words of happiness were extracted using a sociometric method. An experiment was conducted to determine whether it was possible to reduce the dosage of high blood pressure medication for patients with high blood pressure via the repetition of these words.

2. Method
Under the rule of taking medication if blood pressure reached a fixed threshold and not taking it if it was below this threshold, patients' blood pressure was measured for a period of six months.

3. Conclusion
The subjects, who had been taking medication an average 14 days per month, were able to reduce their dosages down to three times per month. This proves the usefulness of repeating words of happiness.

<Research Paper>
An Experiment to Measure the Effects of Happiness Levels

Akiyoshi OHSHIMA
Word Laboratories Inc.
info@word.co.jp

1. Purpose and Method
1) In this study, 13 words of happiness were prepared with an experiment then conducted and measurements taken to see if the level of happiness is improves by reciting these words over a one week period.
2) It is known that ideas often appear if the level of happiness is high, but that was measured and verified over a period of several months.

2. Conclusion
1) An effect in which there was an improvement in the level of happiness was seen in over 80% of the 50 subjects.
2) The relationship between happiness levels, etc., and the amount of ideas is currently being measured.
March 15: Lecture Hall B

<Workshop>
Ki Principles, the Secret Weapon Adopted by Major League Baseball  Shinichi TOHEI
Successor of Shinshintoitsu Aikido
President of Shinshintoitsu Aikido Kai (Ki Society)
Part-time lecturer of Keio University
tohei@ki-m.com

LA Dodgers found this method of Ki-Aikido training powerful for their team in 2010. Not only athletes but anyone who want to be successful, cannot ignore this. To be one with the Universe, you need to know the oneness of your mind and body. At this class, we will share the idea of “Keep one point” and calmness of your mind and body. If you want to live healthy and positive life, please come join our workshop. We are not going to do any Aikido techniques. We welcome anyone who has never tried any martial arts.

<Workshop>
Improve Accumulated Emotions and Traumatic State for a Short Time  Kazuya HASHIMOTO
Director, Medical Corporation Syunhoukai Hashimoto Internal Medicine Surgery Clinic
hashimoto.cm@gmail.com

No freedom of the emotions accumulated in the body block the Qi energy flow. The blocking of the Qi energy flow causes an unstable mood and may interfere with communication among people and that often causes organic disorders. Severe stress or uncomfortable experiences in the past cause a traumatic state, and panic disorder and flashback phenomenon caused by the trauma cause problems in daily life. The location and the spread of the accumulated emotion can be detected by Qi resonance. And Qi resonance indicates that the traumatic state has an emotional accumulation in the aura layers. The condition of patients with emotional accumulation and occurrence of a traumatic state has been improved at the author’s clinic within a short time. The author will show the improved method.

March 15: Lecture Hall C

<Workshop>
Workshop of Laughter Therapy for Pain Relief, Physiological Kinetic Therapy and Ki  Shinji NISHIMOTO
President, Nishimoto Clinic
nishimoto2clinic@jp.bigplanet.com

The author has learned laughter therapy in 1992. Based on a hypothesis of the increase of endorphin, he has studied and reported from viewpoint of anesthesiology about VAS (visual analog scale) study of pain, data analysis on heart rate, and objective questionnaire survey of hand sensory in thermal, electric and magnetic sensations. He has reported that pain relieves were occurred at 62.9% of 470 elder persons (at the meeting of Japan Society for Laughter and Humor Studies in 2005) and at 79.4% of 274 pain patients of 345 persons (37.8-62.8 y) (at the meeting of Japan Institute of Hypnosis in 2008). He will demonstrate and discuss his method.
March 16: Lecture Hall A

<Case Study>
Study on Macro PK with Shape Memory Alloy and Super-elastic Alloy
Possibility of Civilian Science

Michiaki WATANABE¹ and Hideyuki KOKUBO²,³
1 Labo AP21
2 Institute for Living Body Measurements, International Research Institute
3 Institute for Informatics and Consciousness, Meiji University
kokubo@ia-iri.org

Scientific experiments need expensive equipments generally, but it is possible to obtain scientific knowledge if various creative works are carried out even if there is no expensive equipment. The present study is an example of civilian science for psychokinetic metal bending (PKMB), so-called as spoon bending, which is a kind of macro PK phenomena. After discussions with observation, video records and electron microscopes, the authors executed PKMB tests using Ni-Ti alloys (shape memory alloy and super-elastic alloy). Result, deformation by PKMB was remained on samples of super-elastic alloy. It suggests a possibility to develop a new material which can react to macro PK easily.

<Research Paper>
Relationship between Age and Healing Power - A Study Using Bio-sensor for Non-contact Healing

Eri MINAMI¹, Takako USUI¹ and Hideyuki KOKUBO²,³
1 Yuria Psychology Support Office
2 Institute for Living Body Measurements, International Research Institute
3 Institute for Informatics of Consciousness, Meiji University
eri3731124@yahoo.co.jp

The authors discussed relationships among healers' properties and effects in a healing test. They used cucumber pieces (Cucumis sativus 'white spine type') as a bio-sensor in the healing test and measured the bio-sensor responses using gas and fluorescence measurements (4 wavelengths). After using principal component analysis to remove the measurement disturbance due to the difference of healing ways, the authors found there was a negative correlation between gas J values and healers' ages. This suggested there was a relationship between healers' healing ability and their ages (one of the biological factors). However, it was considered that other measurement disturbance factors, not only the difference of healing ways, should be removed.

<Research Paper>
Detecting a Difference of the Skill Level during the Long Breathing Exercise Method by Expiration Gas Analysis

Shinji ISHIHAMA¹, Kanako ISHIHAMA² and Yukio TANAKA³
1 Tokyo University of Agriculture and Technology Graduate School
2 Senzoku Junior College of Childhood Education
3 Tokyo University of Agriculture and Technology
ishihamas@zb3.so-net.ne.jp

In this study, about breathing quantity, breathing rhythm, and timing, subjects performed simple and easy exercises while using the long breathing exercise method, and we measured their breath with an expiration gas analyzer. We got basic data about their breathing, and used the information about the difference to describe a relationship to the skill level. The subjects were one instructor and 7 beginners. The long breathing exercise method is gymnastics performed with special breathing based on the Nishino breathing method. We found that breathing rate was lower at Pre rest than Post rest for the Expert, while it was higher in the beginner group. The expert had a longer time in the Post rest after the exercise than the beginner group. The amount of ventilation did not change in the Pre rest and Post rest for the Beginner group, but it increased for the Expert. We thought that ventilation efficiency was improved by practicing the long breathing method. In particular, the expert performs
deep breathing slowly by controlling inspiration and expiration in Sokushin breathing, and we thought that the Expert had harmonized movement and breathing.

<Research Paper>
Characterization of Various Stimuli with Fingertip Pulse Waves
Yoshinori ADACHI¹ and Yukiko SASAYAMA²
¹ Chubu University
² Seinan Jo Gakuin University
adachiy@isc.chubu.ac.jp

Perception of comfort and discomfort is different from person to person, even in response to the same stimulus. Further, effects of load by the type of stimulation are different even in the same person. In this study, we made a comparison to the resting state (sitting with eyes closed) using fingertip pulse waves and or ECGs, when subjects were given 13 types of stimulus (eye mask, light pulse, white paper, red paper, English-language newspaper, cartoon, hard rock, classic, lavender, decimal subtraction, and one leg up, walk, running machine). Specifically, we used LF/HF and Wavelet analysis of time series data of the R-R interval; we attempted to extract the features of the stimulus and the personal characteristics.

<President Lecture>
Five Roles of the Serotonergic System and Self-Management of Mental Disorders
Hideho ARITA
Professor Emeritus, Toho University
President, Serotonin Dojo for Serotonin Activation
arita@med.toho-u.ac.jp

Serotonergic neurons (5-HT neurons), localized in the raphe nuclei of the brainstem, project to broad areas of the whole brain including the cerebral cortex, limbic system, diencephalon, brainstem and spinal cord. Activation of 5-HT neuron system produces the following five effects. (1) An effect on the cerebral cortex is seen that is related to a clear arousal level, and characterized by an increased alpha band in EEG during waking. (2) Improvement of negative mood (tension-anxiety), i.e., the anxiolytic effect, is seen from POMS questionnaire scores. (3) Noicceptive response is modulated. (4) Tension of anti-gravity muscles is increased. (5) A standby status under sympathetic nerve dominance of autonomic nervous system, is produced upon waking up in the morning. Previous studies by the author and others demonstrated that voluntary rhythmic behaviors of a pedaling exercise, “Tanden” breathing and rhythmic mastication enhance 5-HT neuron system function. It is thought that daily exercises with those rhythmic behaviors would mitigate the decreased activity of 5-HT neurons in depressive individuals.

<Educational Lecture>
"The Brain in Brainscience, Whose Brain Is It?:"
Towards "Self-referential Brainscience with Perspectives"
Tsuneo WATANABE
Professor Emeritus, Toho University
psychotw@env.sci.toho-u.ac.jp

Many neuroscientists adopt the definition of the mind as: “one of the functions of the brain”. In place of this definition, the author proposes a new definition: “the mind is a phenomenon where one of the functions of the brain appears to the brain itself.” This new definition is useful because it facilitates awareness of the “problem of perspectives”. The methodological principle of natural science is objectivity (openness and repeatability of observation). The methodological principle of human science, including brainscience, is the consistency of perspective. A thought experiment about the mind–brain relation is carried out within the strictly first-person perspective, and a new idea about this relation is proposed.

<Research Paper>
Understanding of Phenomena during Energy and Spiritual Healing from the EEG Data of Theta Healing® Clients
Tsuyoshi KUSHIDA¹ and Kimiko KAWANO²
¹ Yokohama Ryoukuen Okanoue Clinic
² Institute for Living Body Measurements, International Research Institute
kushida@ryokuen-okanoue.com
In the field of integrative medicine in European and North American countries, meditation and hypnotherapy are already supported as well as psychotherapy and counseling. On the other hand, so called new types of energy healing and spiritual healing are not accepted yet as alternative therapies. The support for such therapies is still low in the integrative medical field in Japan. It is hard to prove the whole mechanism of energy and spiritual healing by modern science methodologies. But it is possible to detect biological data or physiological data as phenomena which could be happening to the client and healer during a healing session. This kind of work can be the first step for collecting evidence for the mechanism. ThetaHealing® is one type of energy and spiritual healing. It was developed in 1995 by Vianna Staibal who was working as naturopathy therapist. This time, electroencephalograms (EEG) of 17 client subjects were measured during ThetaHealing® sessions. These physiological data could help to give a good explanation of phenomena during healing.

<Research Paper>

Fango, which Maturated with Hot Spring Water, is Benefit for Health Promotion

Kenji SUGIMORI¹, Maiko OKAJIMA² and Mizuno OOWADA³

1 Toho University Faculty of Medicine
2 JAIST
3 ASCendant Co.Ink.
kensan@med.toho-u.ac.jp

Fango therapy is one of the medical treatments used under the medical doctor’s supervisor of a hot spring. This treatment is conducted in Europe, especially in Abano, Italy, using peloids maturated with natural hot spring water. Fango has important factors for concentrated hot spring ingredient and biological active ingredient. We modified it into “Japanese style Fango” made by original hot spring water, and named BiofangoR. The treatments are trying at the hotel of Shoukawa-onsen Area, Toyama, and getting good results for the health promotion. BiofangoR was compared with hot spring water only and with boiled tap water for some medical effects. According to these results, Fango is the best treatment for a body-friendly by hot spring water.

<Research Paper>

Changes in the Autonomic Nervous System with Taping on the Human Skin

Akihiko KAMADA¹, Kimiko KAWANO², Saiko OGURA³ and Kenzo KASE⁴

1 Iritech Co. Ltd.
2 Center for Informatics & Sciences
3 KISHIN Institute of Cure for Heart Body, and Qi incorporated association
4 Kinesio Taping Association
kamada@iritech.co.jp

Muscle fatigue and a physical injury are thought to recover early by taping to injured region according to a kinesiology way of thinking. In late years these therapeutic methods as integrative medicine are searched for evidence in many countries. We examined the movement of the autonomic nerve by the difference of the region that pasted tape to a body by measuring pupil reaction (the reaction against the flash Light) and electrocardiogram (R-R interval) by an experiment that gave psychological stress, and analyzing it. By the difference of the region that pasted tape to a body (the surface of hand, the back of hand, sternocleidomastoid), we observed the tendency of the change of pupil diameter (from reduction to expansion and reduction) and miosis rate (from increase to decrease and increase) and R-R interval analysis (the negative correlation of HF and LF/HF). This observation result shows relatively that the case of the surface of hand increased sympathetic nerve action, and a case of the back of hand increased parasympathetic nerve action, and a case of sternocleidomastoid increased sympathetic nerve action.

<Mini Symposium>

ISLIS Hokuto symposium: Masutomi hot spring, Hokuto Yamanashi: 23-26 (Sat-Tue), Aug. 2014
About the place held the 38th Symposium on Life Information Science

Progress Report

Mikio YAMAMOTO¹ and Kimiko KAWANO²

1 Chairman of the 38th ISLIS Symposium, Chairman of the Board of Directors & Editor-in-Chief, ISLIS
2 Vice President & Chief Officer, ISLIS
Appeal Points of Masutomi

Establishment Report of Hokuto Integrative Medicine Research Center

The Special Feature of Masutomi Radioactive Spring

Kimiko HORIUCHI
The Jikei University, School of Medicine
Former Professor, School of Social Information Studies, Otsuma Women’s University
khoriuchi@hb.tpl.jp

Masutomi mineral spring (low temperature) which located in Yamanashi prefecture, is a small local mountain side mineral spring and from old days it has been called the Shingen’s secret hot spring. As this area consists of the weathering granite, gushing water and surrounding air become full of radon. Then Masutomi mineral spring is well known as the Japanese radioactive hot spring in all over the world. Many researchers interested to its high radon concentration, there are many kinds of reports have made about Masutomi mineral spring concerning in hot spring science, environmental science, geochemical science, medical science, geophysics and so on.

Biological Environment in Masutomi

Kenji SUGIMORI
Toho University Faculty of Medicine

Establishment Report of Hokuto Integrative Medicine Research Center

Takeo TAKAHASHI
Trustee of ISLIS, President, HHI-Hokuto Health Research Center

March 16: Lecture Hall B

<Workshop>
A Challenge to the Natural Healing Power

Akihisa FURUKAWA
ISLIS Trustee, President, Active Life Co.
info@iki2life.com

This society promotes research and the activities on the energy of the consciousness, its place, information function, and other points which are still unclear in present science. Personal natural healing power is promoted by making the most of this energy and the information function, and then consciousness to activate the realization of sound mind and body and vital force can be promoted. The lecturer improved his constitution by activation of the natural healing power without depending on medicine and doctors. The practical conditions for the improvement are reported here.

<Workshop>
For "A New Energy Image" (Power Spot of Japan)

Takeo TAKAHASHI
ISLIS Trustee, President, Elementary Particle Energy Treatment Laboratory.
yebisu-5@cy.tnc.ne.jp

Mount Mizugaki (2,230m), which has radium and germanium rocks, was formed 10 million years ago. Masutomi of Sudamacho, Hokuto-shi, Yamanashi was led to the mountaintop which gave off the energy of nature. The
lecturer is convinced that this is the energy of nature (and a power spot of Japan). As life activity energies, energy qigong of Mount Mizugaki, forest qigong, clear stream qigong, and a radium hot spring bath are assumed to be power spots of nature and they show power as vital activity energy.

<Workshop>
Future Energy Therapy - The Sleep Hygiene that Utilizes Energy of Rice -
Masami KANOKO
ISLIS Trustee,
President, Tokyo Integrative Medicine Harmonic Station
kikobo@jcom.home.ne.jp

Humans metabolize one body into another body and into living entity energy, and it is thought that this energy acts in the body, heart, and various fields including the personality. Strain on the body and strain of the heart, can be released by deep breathing in sleep energy therapy. The lecturer investigates the mysterious principle of sleep that a body is restored during the sleep time, and lets the energy of rice, which is a special energy, and living entity energy fuse. The changing quality of the energy, quantity or a direction is also investigated.

March 16: Lecture Hall C

<Workshop>
『Signal Therapy』
How to Communicate with Your Subconscious Mind through Your Body
Hiroko YOSHIDA and Reiko NONAKA
HPS Psychology Center Tokyo
http://hps.heartf.com/
hpshypno@gmail.com

The subconscious mind is like a human computer, recording everything that has happened in our lives. It knows exactly what is going on with us and how we can heal from it. One of the methods to get answers from the subconscious mind is called "Signal Therapy". It can answer anything we ask from health problems to personal matters by giving signals through our bodies. Our research proved that 90% of the people who experienced "Signal Therapy" solved their problems by receiving messages from the subconscious mind by allowing an opportunity for the body to speak about what is going on below the level of conscious awareness.

We strongly believe this new alternative therapy technique can heal anything from physical, mental and emotional problems.