

My Cancer Journey

I was diagnosed with cancer four and a half years ago.

I have a cancer on my right kidney and has not completely disappeared, but my painful symptoms have disappeared, and my body and mind have recovered.

This is my personal experience, but I would like to share what I have learned and the most recent discoveries.

“Humans have different ways of thinking based on their priorities.”

Specifically, where do you spend your money and your time?

Behind this is each person's values system and belief system.

This is the root of the person. But even this root can be changed.

The impact from parents, schools, companies and society is enormous.

But in the end, that person decides.

However, since the roots of the values system and belief system were formed in early childhood, even myself cannot be aware of the beliefs that I have formed.

“Valuable habits are not acquired overnight.”

Exactly "continuation is power".

In my case used to do yoga meditation for 20 years and Tibetan gymnastics for 8 years, but I get rid of it once when I started overthinking about my cancer and I could not focus doing yoga anymore.

Mysterious things happened, and I did three-day fasting twice.

And, by the mysterious connection "fate or destiny".

I have reached this journey until this present and I was able to utilize this life I have now.

I will organize the details in chronological order.

Phase 1: DECISION MAKING

In February 2015, I was diagnosed with kidney cancer and was sentenced to total resection.

I was shocked and asked myself, "*How come I have this!*"

The doctor recommended me to do laboratory test like blood tests, roentgens, electrocardiograms, CT scans and other tests.

I had second thoughts about whether to undergo surgery or not but I encountered a book related to my situation and finally decided not to undergo surgery.

The book's title "*The Only Two Causes of All Diseases*" by Toru Abo.

I also made a review about the book, and I would like to share it here. Please see below.

"Cancer is a natural biological reaction. To do so, change one's lifestyle."

WOW! I was amazed when I encountered this book. A lot of things happen, especially my mindset.

When I found out that I was diagnosed with cancer, the doctor suggested having total removal of my organ. I did not know how to react. As the doctor told me, I should do so many things and stuff to become healthy and normal. In my thoughts, "Should I do it?" or "What?" I was hoping for a sign for almost a month, and then this book gave me a lot of ideas. I am just so glad to encounter this book. It helps me a lot during those times.

It was a great book.

The most resonating part of this book was the headline "Spontaneous Remission of Cancer often Occurs" on page 25.

https://www.amazon.com/Only-Two-Causes-All-Diseases-ebook/dp/B00F4BDS1S/ref=sr_1_4?dchild=1&keywords=toru+abo&qid=1621907610&sr=8-4

Phase 2: Dark exploration period (February-October 2015)

I tried various things.

Some of those things are Konjac Compress of Natural Remedies, Three-day Fasting, Nishi Shiki (Higashi-Nakano, Tokyo, Watanabe Clinic, Famous for "Escape from medical care with too much medicine") and reading-related books.

Then, I suddenly remembered the page 140 of the book, "The Wonderful Life : すばらしき人生" by Juzen Kohno : 河野十全, which I bought before, and the point was "The Four Seasons of Life: 人生の四季"

It was the summer of 2015. Then, I contacted "Truth Life Research Institute : 真理生活研究所" <http://kounojuzen.com/> and participated in the Ne-Zen: 寢禪 course in October.

For the first time, I experienced the practical skill of "Ne-Zen: 寢禪" under the guidance of Professor Takamasa Suzuki: 鈴木隆昌. Then every morning, I practice Ne-Zen: 寢禪 for one hour in my bed. This is a training to breath out as long as possible.

Phase 3: Respiratory rate

Respiratory rate and consciousness are deeply connected.

I learned it from the book "Autobiography of a Yogi" (written by Paramahansa Yogananda).

Following is an excerpt from the book.

It was about the relationship between respiratory rate and state of consciousness.

In the psychological state of fear, lust, and anger, the respiratory rate increases.

If we talked about a restless monkey, it has about 32 times in a minute.

On the other hand, the average rate of human beings is 18 times. There are fewer elephants, turtles, snakes, and other animals than humans.

The average lifespan of turtles is 150 years, and the most extended lifespan of turtles reaches 300 years, only four times. *(This is the end of an Excerpt from the book.)*

So, I measured my respiratory rate. It takes one minute to spit and thirty seconds to suck. About 0.6 times in a minute. That was the result of Ne-Zen for two years.

Phase 4: Paradigm reversal

I'd always assumed cancer was a negative thing but Cancer is not "evil" but "good."

Most medical therapies believe that "cancer is evil and can be taken out or eliminated with anticancer medications or radiation," however, Cancer is beneficial.

Cancer is born to save people.

So why do you die of cancer?

It is not about cancer, but it is about the three major treatments: surgery, anti-cancer medications, and radiation therapy.

Therefore, cancer is not a fearful illness. The scariest are cancer therapies such as surgery, anticancer drugs, and radiation.

The following two books have enlightened the learning in this area.

- *“The Only Two Causes of All Diseases”* by Toru Abo.
- " Warming the body "will surely cure the illness": 「体を温める」と病気は必ず治る (by Yumi Ishihara: 石原 結實)

What does the hospital know?

Even my best friend rushes to the hospital when he gets cancer.

I said that I would like to convey my findings and impressions about this cancer with a dedication, but first of all, he said that he would like to do what the doctor says.

And he died early.

I could not help it.

Phase 5: The Great Book

After my paradigm shift, I encountered a great book.

Original title: Happy for No Reason by Marci Shimoff.

Japanese translation version title: Do only "good for the brain"! : 脳にいいことだけをやりなさい!

い! (Translated by Kenichiro Mogi: 茂木健一郎)

Following is excerpt from page 173.

In my interview with Dr. John Duillard, a doctor in Ayurvedic practitioner and the author of Body, Mind, and Sport, he told me, “While shallow breathing will keep you alive, the oxygen isn’t getting to the deeper cellular levels where it’s needed to cleanse cellular pathways and open the way for happiness-enchanting chemicals to flow. Breathing deeply from the stomach is one of the most powerful waste-removal techniques we have; it increases the prana or Qi in the body and helps to create a happy, feel-good physical state. We have 26,000 opportunities a day, each time we breathe to support to our happiness.”

(Excerpt over)

Well, I calculated the respiratory rate.

$$26000 \div 24 = 1083.3333333333$$

$$1083.3333333333 \div 60$$

$$= 18.0555555555$$

It perfectly matches the respiratory rate of 18 breaths per minute in the above-mentioned "Autobiography of a Yogi" at phase 3.

Phase 6: Cellular respiration makes the body healthy and humans wise

Excerpt from page 16 of "The Wonderful Life" : 素晴らしき人生 (written by Juzen Kono: 河野十全)

Bond of life

Breathing is the bond of life between the universe and humans.

The universe and human life are linked by the act of breathing.

If all you want to do is survive, normal, shallow breathing will enough.

However, in order to actually become a master or genius, you must first take the following steps.

Take a deep breath and allow the amazing power of the planet to fill your body.

Take a deep breath and hold it with feeling.

Cellular respiration

Space breathing, natural breathing, and whole-body breathing.

Awakening and working of cells causes cell respiration.

Breathing with consciousness that we are alive, and we are living.

If you take such a big breath,
human beings can improve the contents of their body by breathing,
and the cosmic spirit that comes from the universe through the body can be our spirit.

In that case, the common sense and boring delusions that have lived as a member of society will
disappear before you know it.

(Excerpt over)

You can feel that you are developing yourself more and more.

New Year 2019

I did squats fifty times every morning at public green.

The respiratory rate naturally changed.

At first, a squat is equivalent to a breath.

This morning I experienced breathing with several squats.

I did not think it at all.

And then, I think that this was the "wise human beings"

It's a natural change, so it's not unpleasant but pleasant.

I'm not so tired.

January 7, 2019

Until now, it was a hassle for me to go out and put the laundry many times.

Before taking a bath in the evening, I was completely worn out.

I'm not tired now, so I don't need to lie down so often, and I can stand up to do some research.

I realized that "cell respiration makes the body healthy and humans wise."

February 1, 2019

I was thinking about words to describe this breathing.

Four words come to my mind which are long, thin, deep, and calm.

I wonder what the fifth concept is.

Then, I encountered it last night and this morning.

"Gratitude."

Long, thin, deep, calm and gratitude.

In an ideal relationship, "氣" (chi & prana) or life energy flows between.

On the other hand, in a non-ideal workplace, we are suffocated.

After two years of "Ne-Zen: 寢禪", I recovered my health.

I regain my natural body.

I feel "chi" that I felt way back when I was young.

I was able to control myself without suffocating and blaming others.

Finally, the dead-end is resolved.

March 6, 2019

In Japan, March is spring season.

Spring is a transitional season between the chilly winter and the hot summer.

Our bodies work hard to adapt this drastic temperature change.

Some people are not fine because autonomic nervous system is easily disturbed in this season.

The above is a report.

At the end of this report, I would like to share "Ne-Zen: 寝禅" a little more precisely.

Ne means lying down.

Zen means 禅.

First, sleep well

Do not forget this pre-requisite

It is important to sleep properly

In the morning, do not get up suddenly.

Exhale and exhale until you want to inhale with a drowsy eye

At first, once is enough.

Gradually, you will be able to do it for a few minutes.

Idealistic duration is 60 minutes; however, 5 minutes is better than nothing.

Continuation is power.

The more you continue, the more effective it will be.

However, even if I sleep well, the day is still long.

When you get tired, just lie down as many times as you like. In order to relax your whole body.

Then you can experience a great effect in just a few seconds.

This is so-called "Corpse Pose".

You can relieve the strength and tension of the whole body with exhale.

We are infinite.