

Dear people of the world,

Please allow me to introduce myself. My name is Tomono Ohkawa of Tokyo, Japan. I am just an ordinary mother with neither fame nor special social standing. I do not follow any particular religion.

However, my mind and body are much more sensitive to various things than the average person. As a result of years of practice since I was young, I am now able to accurately sense the energy (known as 'ki' in Japanese or 'chi' in Chinese) that is given off by people and other living things, as well as by inanimate objects such as telephones, televisions and computer screens. My capacity for spatial awareness is extremely high and I am able to sense things over vast distances or even time.

Today, governments and ordinary citizens all over the world are working in various ways to deal with the environmental challenges we face. This global movement is truly wonderful. However, I feel that we are neglecting an important aspect - It is a dangerous mistake for us to rely merely on scientific knowledge to solve our problems.

The fundamental solution to our environmental and other problems lies in learning how to develop our senses and how to understand what our senses tell us in order to overcome our problems. If we fail to make this change now, future generations will continue to make the same mistakes.

'Evolution' is not just about learning how to survive in adverse environments. The true meaning of evolution lies in developing bodies and minds that are able to sense things accurately. It means learning how to become pure in the true sense of the word and to maintain this over generations. People who are pure and true would not allow the world to become polluted and impure. Not because of knowledge, but because their bodies would reject it.

I will give you an example of what I am talking about:

I'm sure that, from time to time, many of you have felt tired or sore without knowing exactly why. Perhaps you have felt stiffness in your neck and shoulders, or pain in the lower back, a headache or ringing in the ears. Many of these symptoms are closely linked to the environment we live in our modern society. Many people live in cities and urban centers, and without knowing it are exposing their bodies to negative influences. The main causes of this negative influence are the pollution and rapid deterioration of our environment, and the negative energy that people emit. These negative influences are damaging our minds and bodies.

There are two distinct patterns as to how people are affected:

The first relates to people who are able to sense the environment around them to even a slight extent. These people often feel a stiffness in their muscles that is the body's way of protecting the heart. This stiffness is centered to the left of the 4th and 8th thoracic vertebrae. Because of this, the body is not able to maintain its natural balance and this leads to headaches and further stiffness in the shoulders, upper and lower back as the body tenses itself to protect

itself from further damage. Further complications include shallow breath and tenseness in the skull. This affects the vertebrae of the neck and can cause ringing in the ears and depression.

The flow of ki energy around the body slows and toxins build up. The body attempts to expel these toxins through sweat, waste, heat, vomiting, sneezing and tears. However, the speed with which our environment is being damaged means that our bodies can not keep up with the changes and is unable to cope. The body further attempts to overcome the negative influences on it and this causes a loss of balance in the mind and body. Toxins build up in different positions for different people, emerging as mental or physical problems. If these toxins continue to build up in the body, they can lead to further serious illness.

The second pattern is seen in people whose bodies are not sensitive to the environment around them and don't notice the negative effects it may have on them. This is often seen in young people. In these cases the body is easily affected by the impurity around it. In addition to a lack of sensitivity, emotional development is also slowed, making it difficult for the person to correctly judge between right and wrong. These people are likely to display a lack of common sense in their behavior. They may appear to be healthy and strong but in actual fact their senses have been deadened to the point that their sense of taste or smell is often very bad. By the time a person in this state feels pain or signs of illness in their body, it is often because it is a serious illness.

These abnormalities are things that are directly affecting our bodies and minds in the present. I will now discuss the effects of our pasts and future.

The various afflictions of the body and mind are also complicated by the influence of our ancestors and other restless spirits. If the spirits of your ancestors are at peace, they can connect you to gods and become a good influence on you. However, if the spirits of our ancestors are not at peace their thoughts and desires may have an adverse effect on us in our current lives. In some families, this may affect the health of children with their sensitive bodies. Other spirits that have attached themselves to people can also have an effect on us. In crowded places, or your place of work, the thoughts, wants and desires of many people are floating around and can have a negative effect on us.

The key to solving these problems lies in learning how to develop our senses. We must also work to pass this truth on to future generations. This is the only way to ensure our long term coexistence with the earth. The key is sensing - not merely knowledge. We humans must realize the importance of our ability to pass on truth and knowledge to future generations.

Below is a list of things you can do to help improve the world.

- Speak to your family, loved ones and friends about the effects of the energy that people emit through their thoughts and actions, and the need educate people about how to develop themselves to be able to sense the truth.
- Work to create a society where people all over the world make purification a central part of their lives and work in ways that benefit the earth.

- Work to purify the earth. Don't allow the earth's resources to be abused as they have been. Don't follow greed as a national interest. Please create a nuclear free world right away. Everyone must coexist as citizens of the earth. Work to protect the cycles of nature. Please pass these messages on to the people of the world.
- Work to overcome national or ethnic differences so that people may work together to protect the earth as their way of life.
- Promote the idea of local production for local consumption and work to reduce 'food mileage'. Work to reduce greenhouse gases.
- Work to create a world where we can live harmoniously with nature and not fight over water or oil.
- Reduce the bad energy that exists in the world and create a world with more pure energy.
- Study and understand the true nature of our evolution. Please work to understand the importance and the nature of the energy we emit. Work to create a society where people are able to use their senses correctly and give off good energy. Please educate people in these ways.
- Understand that the world's religions have a common logic. Please work to overcome religious differences for a peaceful society.
- Please make television programs and movies that spread the truth. This should be done not for profit or power, but in a way that benefits the earth.
- When using money, please use it in a way that promotes purity.
- If you are unsure of yourself or have doubts, please come to visit me.

Please put as many of the above points as possible into action as soon as you can. Your actions will save the earth.

The earth is now facing a crisis. I am not making predictions of an end of civilization or of climate change. I refer to the fact that the world is losing its places of purity. I hope to somehow make the world a pure place for the sake of our children and grandchildren. Humans need to realize that we are able to shape our circumstances and our environment according to our thoughts and beliefs.

I would first like the people of the world to understand the truth. I would then like you to call on others to work to save the earth. I would also like you to work to purify yourself and increase your awareness of the world around you.

Somehow I was born with an extremely sensitive body and am able to sense many things that most other people are unaware of. As a result of my heightened state of awareness, my body suffers from all of the impurity that exists in today's modern world. In the impure environment we currently live in my breathing becomes shallow and it is very difficult to maintain my health. The main reason for this is the bad energy given off by people.

People today have been weakened by their efforts to simply survive and are not able to evolve towards their true potential. To be more specific, we are not pure. We all need to work together to correct this situation.

In Japan there are many shrines. Various gods are worshipped at these shrines as symbols of purity. Our ancestors created these gods to represent the purity of these places. In Japan there is a place of great purity known as Ise Shrine. This is a place that humans, nature and the gods have worked together to pass down from generation to generation. It is important that Japan shows the world how to protect such a pure place as a way of life. We must also work together to save the earth from its current crisis and continue on with our evolution.

However, today even such a pure place as Ise Shrine is in crisis. Japan's history has seen the truth become distorted as a result of people's greed. The greed of some of those in powerful positions has made distortion of the truth part of the system. The true value and importance of these shrines is not being passed on to future generations because of their position within the framework of religion. The importance of being able to sense the truth is also not being passed on to future generations.

Similar places of purity and energy, sometimes described as 'power spots', are in danger all over the world because of our arrogant pursuit of materialism, negative energy based on human greed, and our destruction of nature.

We must all work together to change our ways and move to a purer way of living. I hope we can all work together to change the way we view our world.

I will continue to devote my life to spreading the truth from my home in Japan.

Thank you very much for your patience in reading my message.
I wish you and your loved ones all the best.

Yours sincerely,

Tomono Ohkawa
Tokyo, Japan