

## **Would you like to change how you think?**

**By Dr. Haruko Kataoka**

There is so much information about everything and it is available everywhere lately. When I see a commercial on television with famous actors and actresses, I feel as if I want to buy the product that they are trying to sell. TV stations broadcast those commercials repeatedly over and over, and the more I see them the more I believe what they say. I am brainwashed. It is not only television. When you are caught in a stream of information, it is very difficult to retain your own judgment.

Many things are now very different from the way they were in the old days, for example, how to treat the flu. When people today have flu and fever, they use their health insurance to go to a hospital and get medicine to kill the virus and lower the fever. In the old days, we simply warmed up the body, wrapped a scarf around the neck, and drank lots of water.

I saw a recent report saying that it is not good to lower a fever too quickly because a high fever can kill a virus, so I have changed my mind back to my former way of thinking. Now, when I have a symptom I think of it as a way my body is telling me about a problem. I can happily deal with such a pain without feeling I need to make it go away with medicine.

About twenty years ago I studied with Mr. Noguchi, the founder of the practice of Seitai (a natural healing method), who had conducted research to find natural ways for the human body to cure the flu without using

medicine. The body can heal itself better than medicine can. Mr. Noguchi also taught me it is not a good idea to avoid the flu.

When you see something not only from one side but from many different sides, you can get more interesting results. The same is true in the field of education. In school, it is better to help develop students' concentration, patience, effort, posture (health), dreams and love than to consider only their test scores and to force them to study. Developing these other areas gives them a more promising future.

There is a wonderful parent in my studio who has a strong belief that if her child can do anything with concentration, she will let him do it without question, even if he must skip school to do it. For example, her child holds the record of playing video games for 48 hours straight. I asked him how he was able to do such a thing. He said that he played the games for two days and two nights without sleeping. He skipped school. He played as he ate. He said that it was strange to notice that, as he played the games, he sat up as straight as he does when practicing the piano. I am sure that some day this boy will be a successful researcher or businessman if he is not lazy.

If you think that "skipping school" is not good, or "playing video games" is not good, and "staying up late at night" is not good, you will become a boring person who can only follow the rules. Parents have to teach children the basics that they need to live as a person and the children have to be able to stand in the flow of society and to be able to have their own judgment. Let's

change the way you think of everything and look around yourself more. I think you will be able to live a little happier.