



The Art of Healing Mid Term report

Smaller than a 500 yen coin,

Bigger than a 100 yen coin,

Trying very carefully to just scrape the surface of the stomach but not creating a hole in the stomach wall.

The next day the blood tests are saying the hemoglobin levels are signals of bleeding in the stomach. Getting the patient immediately to the operating room and successfully burned down the part to stop the bleeding. Everything is ok for now.

These days I am back on the ground safely and getting more information from the hospital.

Direction and rules from the hospital at the moment:

1. No overseas travel
2. No alcohol for 6 weeks
3. Stay out of the way of the nurses. (Maybe because this is a training hospital and the angel nurses in white coats are busy and no time for old man's talk session.)

3 worries to fade away

1. As an eldest son of the Kaneko family
2. As a founder of a small company
3. As a human man of these times

“Your brain is bad!” The doctor had said to me when I was in my 30’s. Doctors rarely say such things so directly these days. Going to the Cancer Center was hard and I became hypersensitive to hearing the word “cancer”. The word may be a bit funny to those not affected, but to the patient, there is a strong worry about hearing the word.

In Nihongo the word “cancer” is “GAN” and I just don’t want to hear the sound “GAN” and to start thinking about the sickness so I turned off the television which had the American president Ronald Rea”GAN” on at the time.

Japanese food called “GAN”modoki was not on my dinner table. And also asking friends not to encourage me by saying “GAN”BATTE!

I found myself re-writing my will as not finding my darling wife. I ended up hiding it in a desk drawer.

I heard the doctor say again “Your brain is bad!” “Your stomach is fine!” “Your brain is the problem!”

“You have many worries don’t you?” “Your head is creating these worries!”

“What is the source of your worries?” “Write them down and I will have a look!”

Since remembering those days I decided again to write my worries on paper.

No 1 - Worry as a "family man"

40 years ago, I had my responsibilities for only my 3 small children and my wife. As with all people I had the usually worries.

But now the 3 children are enjoying life and dancing through life.

One of my children has left home and become an Awadori dancer, one becoming a tap dancer and the youngest daughter going to Cuba to dance the salsa.

Since my marriage I have not had to check my wallet or hanko. It is somehow old Japanese samurai style to give the wallet to his wife, and never even count the coins. I heard the story of the Samurai wife who runs into a pawn shop to sell her kimono from her family to get money for the hungry stomachs of the day.

Today, my wife is no longer dancing the Japanese dance as she once did. And, statistically speaking, her clock will last 10 years longer than mine I think, but I only want to leave one and only concern which my wife may have difficulty to handle.

My father was the eldest son in his family and myself also being the eldest son in my family.

So there is the Kaneko grave yard in Nagano and there are no longer relatives who live in the area except Iwanami-san who will kindly cut the grass of the yard. I will have to draw the future picture of the old Kaneko graveyard. These days so many head stones with no care, and nobody visits. And people say sinically "It is a grave yard for the grave stones".

Relationship of temples and tombs is a quite complex religious issue these days in Japan.

The idea to scatter one's ashes into the ocean, or on the mountain, or into the river will be a fine and good solution for some people.

Freedom of ideas and of this being the era of diversification.

There are people who have their hands inside technology and the computer. A way to capture video and sound in a “time capsule” or “memory storage”. The computer may be a reasonable answer and tool for the future cemetery.

But I wonder if this can correctly portray and communicate the feelings of the person to the ancestors and the future generations.

No. 2 - Worry as a “Company Man”

Being a founder and representative of a small company with about 100 employees of full and part time.

The company provides service to 1 or 2 companies with about 300 trainees at all times, and about 300 to 600 million yen in sales.

The focus of the company is creating an environment for learning foreign languages.

Over the last 20 years the company became able to pay moderate taxes and the financial situation is stable. In other words the first 20 years is miserable financially, it was only ok for now. The home finances are well in my wife’s hands and the company side is managed by the professional accountant office.

There is no chance to find a successor from the Kaneko family because they have all become dancers for the small companies.

It may indicate the direction of the company and the nature of our work and our mission to establish a “Public benefit Non-Profit Organization (NPO). But regardless if it is an NPO or an ordinary company, the original essence of the problem will stay the same in either organization.

We are looking ahead of the 2020 Tokyo Olympic Games. English conversation is bound to heat up and become a wave.

This was called “English Fever” years ago but this may be problematic. The Japanese English Education in formal or informal schools is already causing havoc.

After 40 years the problems are visible for me. Therefore the art is how to properly control the situation but also a big concern is the energy and motivation of myself to fight or to play the game.

At first the worry is of procrastination. But maybe first it is necessary to cure the mind and body of myself.

No. 3 - Worry as a Japanese person

There is also a concern with the responsibility to the society, as compared to that of a family man and as a company man.

I wonder if the Japanese mentality has even changed since 1941?

I'd like to spend the rest of my life drinking shochu, and the living a carefree life.

We often say “I am not bad! It's not my fault, somebody else is bad but not me!”

Like the story of good insects. It is an embarrassing story.

Again my stomach is not the source of the problem but my brain is!

Just yesterday, I accidentally saw the foolishness of it when watching the NHK special TV program “The truth of the investigation of the STAP cell scandal”. NHK did a terrific job! The production staff's exploring and insight of the story.

Forcing us to see the fool and look closely at ourselves as Japanese people. I don't know whether you had the chance to hear the news from the far coast of Japan, but the STAP cell scandal is somehow very symbolic in explaining the big problem of Japanese Society. Today's Japanese are quite reserved towards the academic Authority. Japanese people are not specially trained to debate things and to challenge the authority. We just follow without any argument. To argue or debate things is too dangerous in this country.

Reference: We just started Jury Duty system that we heard in the 60 year old film, 12 Angry Men. And it is still in the testing stage!! So ordinary people are still not able to judge or even talk about, we are just trained to read the AIR of the room and society. The thinking is that someone else in government will do the job!

While also the government control on the money while the original money is from the people's tax!

It is usually me who says bad and negative things about NHK, but this time, I can say "amazing!" They did an extremely sharp analysis like Sherlock Holmes to make things clear for the ordinary person like me.

After writing down my worries after 40 years, I can now see that I have not become much wiser over the years.

That good 'ol doctor I had met 40 years ago is now gone. From now it must be thought about in my brain. I remember the advice he gave as if to pour salt in my wounds.

"I understand your worries, but are these your worries? Somebody else other than you will handle them easily?"

"If these are not your worries then someone else should be thinking about them and worrying about them!"

"You are being stupid!" "Your stomach is not the problem!" "Your brain is the problem, as I said previously!"

I am happy to report that the surgery may be successful so far? (90% so the doctor said. They are always statistically correct these days! And so I still need to consider the degree of the 10% case!!)

Now it is time for major surgery of the brain. The belief that many years of this lifestyle, and the brain and mind setting, has been the source of the problem.

Continuation of the worries

Worry No. 4 as a musician.

Worry No. 5 as a man.

Worry No. 6 as a scientist.

Worry No. 7 as a World Citizen

✂ Shochu and wine will be postponed to September or another 30 days, so said the doctor with a smile.

✂ Traditional wording here in Asia, a way to form change or the original Japanese word **YOJOH** means at lease to take off 3 years out of routine of daily events and to simply take a rest.

It may be a major and long surgery to the head. (Could you kindly give me 3 years to heal and recuperate? Or maybe just one year as a compromise?)

Footnote

I've gotten the kind words of encouragement from my friends.

1. This is not the time to sleep in bed, You must practice your instrument!
(Musician A)
2. To all the people over 65 years old, an old tree will just follow the natural way of dying! (Musician B)
3. Once a day, say thanks to your wife! (Musician C)

<Explanation>

These words from Musicians are preaching to me for some reason. I will hear them carefully with thanks, but may prefer to not listen to some and not others.