So, you are still alive and when you are alive, give love, unconditional love! That's enough.
--Shin Terayama

Shin Terayama: A Radical Healing, A Remarkable Life

"From his hospital bed one night, Terayama had a strange dream. He was looking at his body in a coffin. He was 47, and did not yet know he had cancer. That soon changed. After surgery, chemo and radiation, with his cancer now out of reach of medical cure he went home to face death." A few mornings later, I had a very strange sensation in my body. When the sun came up, the sunlight came into my heart, very strong energy. It was amazing." After his spontaneous remission, Shin Terayama would go on to become the Executive Director of the Japan Holistic Medical Society. More in this 2018 interview.

Be The Change:

Shin Terayama left our world earlier this month, at the age of 87. He inspired healing, joy and compassion to the very end. Take a moment today to notice the fact of your aliveness, and to remember your capacity to give love.