

## **Statement Hanno Project**

In general, Seiki practitioners already know about the quality of a Gyoki touch. The resulting physical reactions are also known, while their physical and medical body processes are not yet understood in detail.

These three papers, which report from our hanno project, are an attempt to objectively document in deterministic experiments what is already known only by experience; so that other medical professions can also adopt their research activities to this matter.

It is important to say that the reported projects are just results that have been monitored from our daily practice. Practicing Seiki does not change in this sense. It is important to practice and feel every day.

In short, our Hanno 18 project reported thermal effects, blood circulation and thus better oxygen transport in the body.

Hanno 20 showed effects on our autonomic nervous system (ANS). The ANS has widespread innervation to nearly every organ system in the body. I think the range of our ANS is well known.

It was demonstrated that heart rate variability (HRV) testing is capable of measuring differences in body response to Gyoki and non-Gyoki touch. While both cause humans' stress levels to decrease, only Gyoki is capable of causing a substantially increase in body's ability to recover.

The last Hanno project is a logical consequence of this and explained in detail our HANNO approach to span the arc from Seiki community to traditional medicine community by generating a language that helps communiteacing with each other: pure experimental physics.

So we tried to show how our body reacts on several levels. We are finally realizing that everyone should make more use of it.

In addition, we've gathered more material on how Seiki affects gestational diabetes, Parkinson's, MS, and more.

However, I believe that this is enough to spark interest and exchange.

**Both Gyoki as a Seiki basis and traditional medical are essential and complimentary methods to understand the functioning principles of humans body's processes.**

I would say after all that.

"Gyoki is the best personal communication tool"

<https://ken-ki-dan-hanno.jimdofree.com/>

Vidan, Ken Ki Dan, 2020