心の力

激動の時代を超えて

「心の力」とは何でしょうか。
それは、人を励ます一言を選ぶ勇気。
試練の中で「まだできる」と立ち上がる意志。
奪い合いではなく、共鳴し合い、
分かち合う生き方を選ぶ決断です。
その1つ1つが現実を動かし、
未来を形づくってゆくのです。

2025

Lecture by
Keiko Takahashi
Video Gathering

講演者プロフィール **高橋佳子** たかはし けいこ

40年以上にわたって多くの人の心に寄り添い続けてきた高橋佳子氏は、現代日本屈指の「心の専門家」である。

経営・医療・教育・法務・福祉・芸術など様々な専門家のためのセミナーを開催し、心の成長と社会変革を同時に起こす新たなリーダーを生み出すとともに、主宰するGLAでは年間300回以上の講義や個人指導を行う。1992年より全国で開催している講演会には延べ170万人が参加。あらゆる世代、あらゆる業界の人々の人生に深く関わっている。

特筆すべきはその圧倒的な人材育成力で、氏の指導を受けた多くの青年たちが、現在、社会の第一線で活躍し、それぞれの分野に革新をもたらしている。

氏の真骨頂は「1人ひとりと本気で向き合う姿勢」にあり、多くの人々から「人生が変わった」「希望が見えてきた」という声が寄せられている。

また、東日本大震災をはじめ、幾多の災害では、自ら被災地に赴いて支援活動を指揮するなど、社会貢献にも尽力している。

著書は『心の光を見つける12の物語』『心の力』『もう1人の自分』『ゴールデンパス』『自分を知る力』『魂の冒険』『新・祈りのみち』など累計450万部を超え、混迷を極める現代社会の中で、人間の尊厳と可能性を問い直す「もう1つの知」として読み継がれている。

人生に奇跡を起こすたった1つの方法

心の光を見つける12の物語
高橋佳子著 三宝出版刊

Sun., November 16th

College of San Mateo
1700 W Hillsdale Blvd, San Mateo, CA 94402 Room#193

Admission Fee: $30 (open to all)

Registeration: glakouenkai@gmail.com

12 noon	Doors Open
1:00 PM	Introduction of the Lecturer (Talk Session)
	Intermission
	Lecture by Keiko Takahashi
4:30 PM	End of the Program (approx.)

The MIND FORCE

Transcending an Era of Turmoil

2025

Lecture by
Keiko Takahashi
Video Gathering

What is this "Mind Force"?

It is the courage to choose words that encourage others.

It is the will to rise and say, "I can still go on," in the midst of trials.

It is the decision to live not by taking from one another,
but by resonating with and sharing with each other.

Each of these choices moves reality and shapes the future.

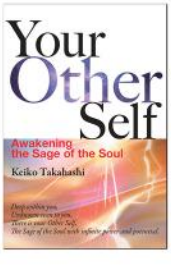
Lecturer Profile **Keiko Takahashi**

For more than forty years, Ms. Keiko Takahashi has dedicated herself to accompanying and guiding individuals and is recognized as one of contemporary Japan's foremost "expert on the mind."

Through seminars directed at specialists in such fields as management, medicine, education, law, welfare, and the arts, she cultivates leaders capable of affecting both growth of the mind and social change. In addition, at GLA, the organization she leads, she conducts more than 300 lectures and individual guidance sessions each year. Since 1992, her nationwide lecture series has drawn a cumulative total of 1.7 million participants, deeply engaging with the lives of people across all generations and professional sectors. What is particularly noteworthy is her remarkable ability to foster human potential. Numerous young individuals who received her guidance now play leading roles in society, contributing significant innovation within their fields.

The essence of her work is a genuine readiness to engage sincerely with each individual, a quality that has prompted many to remark, "My life has changed," and "I have begun to see hope." She has also devoted herself to social contribution, notably in the aftermath of the Great East Japan Earthquake and other major disasters, where she personally traveled to the affected areas to direct relief efforts.

Her publications, including *Your Other Self*, *The Golden Path*, *The Power to Know Oneself*, *The Adventure of the Soul*, and *The Path of Prayer* have sold more than 4.5 million copies in total. They continue to be read as the "Other Knowledge" that reexamines human dignity and potential in contemporary society, which is amid extreme confusion and uncertainty.



The English edition
Your Other Self
—Awakening the Sage of the Soul

By Keiko Takahashi

For more details, please refer to the Japanese side of this flyer. →