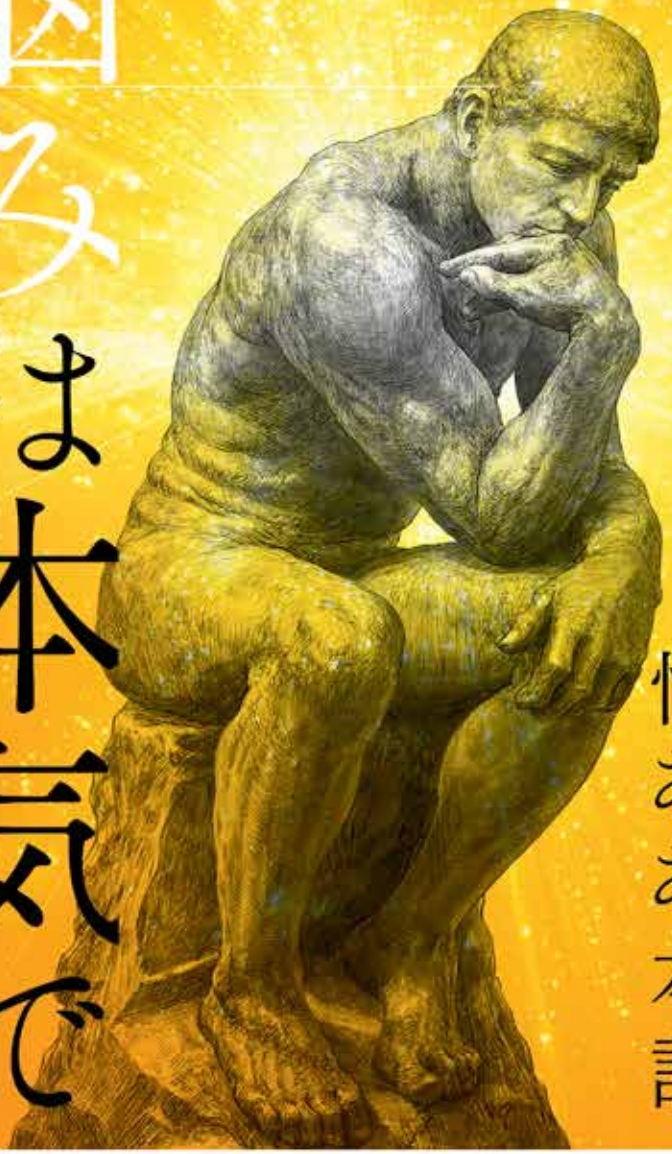
悩みは本気で生きている証

2026

Lecture by
Keiko Takahashi
Video Gathering



悩みは、弱さではありません。
あなたが人生を
本気で生きている
証なのです。

講演者プロフィール 高橋佳子 たかはし けいこ

40年以上にわたり、現代日本屈指の「心の専門家」として、生きた実践哲学である「魂の学」を提唱し、多くの人々の人生に寄り添い続けている。
経営・医療・教育・法務・福祉・芸術など、多岐にわたる分野の専門家に向けてセミナーを開催し、心の成長と社会変革を同時に起こす新たなリーダーを育成。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年から一般に向けて各地で開催する講演会には、これまでに延べ180万人が参加。世代や業界を超えた幅広い人々の人生に深く関わっている。

AIが劇的な進化を遂げ、効率と最短距離が重視される現代において、人間が抱く「悩み」を、単に退けるべきものではなく、人生の核心を照らし出し、希望の未来を開く扉として捉える独自の視点を提示する。1人ひとりと本気で向き合うその真摯な姿勢に、「人生が変わった」「希望が見えてきた」という声が絶えない。

『悩みの本』『心の光を見つける12の物語』『心の力』『もう1人の自分』『人生を取り戻す』『2つの扉』『ゴールデンパス』『自分を知る力』『運命の逆転』『新・祈りのみち』など、90冊を超える著作がある。

Sun., November 22nd

Miyako Hybrid Hotel
21381 S. Western Avenue, Torrance, CA 90501 Tel: 310-212-5111

Admission Fee: $30 (open to all)

Registration: 619-569-7119 (Kaori), 650-235-5584 (Pam)

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.)

Worries Are Proof That You Are Living Life to the Fullest

2026

Lecture by
Keiko Takahashi
Video Gathering



Worrying is not
a sign of weakness;
it is proof that you are
living your life to
the fullest.

Lecturer Profile Keiko Takahashi

As one of modern Japan's leading experts on the human mind, Keiko Takahashi has for over 40 years advocated the Study of the Soul, a practical philosophy for real life, and supported countless people on their life journeys. She hosts seminars for professionals across diverse fields, including business management, medicine, education, law, welfare, and the arts, cultivating new leaders who achieve spiritual growth and bring about social change. She presides over GLA, giving over 300 lectures annually and providing individual guidance. Since 1992, she has held public lectures in various locations, with a total of 1.8 million participants to date. She has profoundly impacted the lives of people across all generations and industries. In the current era of rapid AI advancement where efficiency and shortcuts are prioritized, she offers a unique perspective: human struggles are not to be cast aside but serve as a beacon illuminating the core of life and a gateway to a bright future. Driven by a sincere dedication to truly engaging with each individual, she consistently inspires heartfelt testimonials, such as "My life has changed" and "I can see hope now."

Keiko Takahashi has published over 90 books including *The Book of Worries, Discovering the Light in Your Heart -12 Stories, The Mind Force, Your Other Self, Reclaim Your Life, The Two Doors, The Golden Path, The Power to Know Oneself, Reversing Destiny*, and *The Path of Prayer.*

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