

## Saturday, September 23, Japan time ♡ E-mail preamble

To make the earth a truly harmonious and beautiful planet, we need to expand our tolerance for vertical and horizontal connections in our hearts, which are being resurrected as sacred ahead of humanity. That means enlarging our vessels. Also, as we refine our minds to a higher and deeper level, we can raise our perspective of consciousness while transcending dimensional barriers.

We need to operate our consciousness in this way because if we accept our own ideas and affirm only those ideas and assumptions based on the belief that the Physical Body Consciousness is ourselves, we can only become a person with a bias and a stench. This state is a state of being lost on a detour in the path of life.

To do this, it is necessary to constantly practice sublimating how we use our daily consciousness into something that consciously manifests the divine vibrations. According to a researcher at a university, it takes about three weeks of experimentation for a person to achieve a certain level of success in changing a habit from the ground up.

On this basis, some people advocate "practicing changing habits for three weeks. However, some of the habits of thought may have originated in past lives, so it may take only three weeks, three months, three years, 30 years, or even longer.

The most effective way to enable the daily practice of consciously manifesting the Divine Vibration in one's daily use of consciousness is to consciously breathe for a certain period. It may be three months or three years, but it is recommended to continue until some degree of success is realized.

If you practice breathing steadily throughout your waking hours throughout the day, your usual thoughts will settle in Lower Dantian without you even knowing it. Thoughts that normally hover from the head to the stomach area will continue to settle in Lower Dantian. Then, without knowing it, the sacred consciousness changes into a common sense that is natural to you.

It is wonderful when that happens. It is wonderful when this happens because you can spread the divine light to a wider area through the people you are connected to, their families and relationships, and their spiritual connections.

More importantly, the "second passageway" in the [Structure of the Soul], mentioned in the PDF document the other day, is opened first to complete the oneness with the Guardian Spirits and Guardian Deities Consciousness. Next, the "first passage" connecting the physical, astral, spiritual, and divine body will be opened. All this results from tireless Daily Prayers, Divine Spark IN, and the conscious operation of breathing and awareness.

On Saturday night, let us become one with the source of life by being conscious of Lower Dantian, breathing the breath of the Divine into every existence of unborn hierarchy, and emitting the light

of life that will cause nature and all living creatures to come to life and every human being to remember the Divine.

### **Saturday, September 23, Japan time ♡ Opening Remarks**

Hello, everyone. We will start the Zoom Prayer Meeting.

As I wrote in the Program's e-mail, changing our breathing to a more relaxed pattern will stabilize our physical thoughts' center of gravity in Lower Dantian. That dramatically increases the time we can stay in the consciousness of the state of sacredness surfacing.

That is because the lower chakra and the Lower Dantian are located where Surface Consciousness and Divine Consciousness switch from the Physical Body Consciousness side. The reason for this, in a nutshell, is that the Lower Dantian is the "gateway between the other world and this world," or portal, in our consciousness.

In this way, when our intrinsic Divine Consciousness and our belief that "the Physical Body Consciousness is me" are reversed and replaced, "to stand in the perspective of the divinity and look at everything from a bird's eye view" and "to have a simultaneous multidimensional view with dimensional depth" become our way of being in our consciousness. Then, we can see the world from the perspective of the Divine Consciousness.

How much this happens depends on how much the colored glasses in our mind's eye have faded, but what we can say with certainty at this point is that it is an absolute fact that people of all states of consciousness are getting closer to God.

When this happens, we can spread the divine light over a wider area by becoming aware of the horizontal connections of the families and relationships of the people we are involved with and the vertical connections of the spiritual lineage of the people we are involved with.

Even more important is that the second passage in the structure of the soul is fully opened first. Then, the first passage, one's consciousness, is opened through the overlapping consciousnesses in the depths of the dimension, expanding from Physical Body Consciousness to astral Body Consciousness - Spiritual Body Consciousness to divine Body Consciousness. It will eventually lead to accomplishing the path of life mission that returns to the source of life.

As the consciousness is reduced deeper and deeper, and the inner consciousness becomes apparent in the surface consciousness, the sticky habits of thought, such as assumptions, persistence, judgment, and belief, which the filter of our ego has distorted, somehow fade into the background, and our consciousness like a blue sky with the sun shining brightly becomes our standard consciousness. Our standard consciousness is like a blue sky with the sun shining brightly.

Today, with this bright and refreshing blue sky as our natural awareness, let us never fall into complacency; from the viewpoint of the gods, we will look down on all situations related to the earth and our various thoughts about them, and even the thoughts of criticism, condemnation, and evaluation that float in our minds, we will look at them like flowing clouds. And let us radiate the light of the source of life that transcends dimensional barriers.

It's time to begin the World Peace Prayer in Japanese and English using three and a half minutes of audio. After that, please close your eyes and meditate, placing your consciousness in a Divine Perspective. And when I say, "Hai, arigatou gozai-masu," open your eyes. Then, let's get started.

That's all.