

Saturday evening, November 11, 2023 "A Day Interconnected by Divinity" Email Preamble and Opening Remarks

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When I think about "what human beings should be," I picture people who are fully engaged with their senses and hearts in every moment of their daily lives, feeling joy, gratitude, and inspiration, sharing these feelings with those with whom they are connected, and living in awe of Mother Nature and harmony with all living creatures.

In contrast, how have we modern people living in what are called developed countries been living? In the pursuit of rationality, elimination of waste, and a time-crunched lifestyle, simple pleasures have been neglected, gratitude has been practiced only for one's own convenience, and innocence and the sensitivity to be moved have been forgotten somewhere, and in many cases, we have worked to pursue profit for ourselves or our organizations.

(An example of my simple experience: I have just started to open and close locks with love and care, reflecting on my inertia and rough opening and closing of locks without any appreciation for the key, the door, the materials behind it, the creator, the building, or the land).

We who live with the aspiration of divine spark are in the process of graduating from a life with little love and room in our hearts and regaining a way of life in which every thought, word, and action is accompanied by love and gratitude, a way of life filled with the original joy of life, united with the great nature.

We are now at the stage where we can see in concrete terms that the new civilization that will develop after we pass through the period when we all realize that the profit-seeking scientific civilization and the values of economic supremacy are like a house built on sand is a civilization of the heart centering on the sacred, which is the true nature of human beings, and that this is the world in which the way of life described in the beginning will develop.

The time will come when the human race, which has not yet turned its mind's eye toward the truth, will be forced to make a course correction in its way of life and begin to think about it.

What is important?

What are the wrong values?

How we should live our lives.

Who we human beings are.

Our mission is to take the initiative in manifesting in our thoughts, words, and actions the way human beings should live and to show it to our bodies and minds so that no one will be left behind at that time. By doing so, when the time of great change comes, people will think, "I should live like that person," Consequently, the consciousness of the people of the earth will be raised.

To this end, what we must do now is to prepare our hearts and minds so that we can be people who stably reveal the Divine, no matter where we are seen, whether from the front, from behind, or in cross-section.

As the saying goes, "If the end doesn't come, the beginning doesn't come," and "You can't pour new wine into an old leather bag," the time limit to we should shed old values and common sense with a rustic ease is almost here. Toward that time, we are practicing more seriously than ever to unite with our guardian deities and guardian spirits, and to practice true "fading away."

Of course, it is important to pray outwardly and make IN. What is important, however, is where our mind stands (spiritual position) when we pray and whether or not our conscious perspective is in the divine eye (true eye) when we are making a IN. As we continue to be conscious of this, our awareness will deepen, our hearts will be filled with compassion and love, and our IN will become more powerful as we perform each IN with all our hearts.

When we are conscious of this aspect and apply love to each breath, awareness, and gesture, we will inevitably be conscious and careful in our breathing, awareness, and gestures. As a result, we will be in a state of living earnestly and making the most of the present moment. At the same time, the five senses, which have been inertially utilized, will be fully utilized before you know it, and an image of a person who truly manifests the Divine in their body will be created.

When this becomes the norm, you will naturally feel joy, gratitude, and inspiration in every moment of your daily life, share these feelings with those with whom you are connected, expand the circle of joy, and change into a person who is in awe of nature and living in harmony with all living creatures.

On today, we will pray, embracing all humankind, nature, and all living creatures with the heart of God who loves and cares for all, looking at all events and phenomena occurring on the earth without criticism, condemnation, or evaluation, with an awareness of a mind that has returned to the original state of human nature. We will pray while embracing all humanity, nature, and all living things with the heart of a loving and compassionate God.

That is because the first step to evolve (deepen) truly is to continue to work with an awareness that is by the cosmic law of great harmony, which is "XX is done (becoming). No matter what your situation or the world situation may be, let us firmly believe that the "consciousness of the start (now)" equals the "reality of the goal (result)," and let us continue to manifest in our thoughts, words, and actions the great harmonious world that has already been created in the divine world, and let us continue to bring it down to this world.

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Opening Remarks

Hello, everyone. We will start the Zoom Prayer Meeting. Today, as I mentioned in the email, we will be "joyfully minds" and let radiate the light of blessing and gratitude on all beings.

If we live with the "joy of being alive" in every moment of our lives, we can live a life of total gratitude because of that abundance of our hearts. This "joyful heart" and "gratitude" are inextricably linked. The "joy" and "gratitude" are inextricably linked, and the "joy" and "gratitude" are in a triangle with "open-mindedness" at the top.

The age of the mind, the world of sacred civilization in which we have already set foot, is a world in which humanity has regained the richness of the mind. The richness of the heart is, on the other hand, the spaciousness of the mind. Looking at it in this way, we can see that joy and gratitude are based on the foundation of a peace of mind and that this is the richness of the mind.

To acquire this kind of contentment and richness of heart that allows us to be joyful and grateful every moment of the day, we must forgive ourselves before we forgive others and love ourselves before we love others.

Then, we can realize that we can breathe in and out that our heart is beating, our blood is flowing; we can feel various things through our five senses, that our cells are metabolizing moment by moment, that there is the earth where we can live, air to breathe, and water to sustain life, and that we can live in a world where we can live in a way that is not only comfortable but also comfortable. We also can feel joy and boundless gratitude that all living things exist to support the cycles of the natural world.

When I say this, certain person say, "I have been trying to practice forgiving and loving myself for decades, but I can't seem to do it. That is because their ego has been getting in the way, and they have not been able to see their hearts as they are.

In such cases, I recommend practicing breathing relaxed throughout the day while you are awake. I recommend this because the condition for the generation of emotional thoughts rooted in the instinct of self-preservation, such as ego, is "when the breath is shallow.

Suppose you have developed the habit of breathing in a relaxed rhythm. In that case, the location of the thoughts connected to the body will settle in the lower abdomen, without you knowing it." Since "the lower abdomen" is the doorway between the physical body and the spiritual and divine consciousnesses, the thought that you could not let go into the inner world. The spiritual and divine consciousnesses come to the surface instead.

When this happens, we naturally have the peace of mind to encompass the ego and get a bird's eye view of the mind. When we shine the light of life into the darkest parts of our hearts, we can see that there are two opposing sides of ourselves, such as the perpetrator and the victim.

Specifically, we can see the self that has not forgiven itself and the self that has not forgiven itself and has been blocked up, or the self that has not loved itself and the self that has not been loved by itself and has been lonely for a long time.

When you recognize the existence of these two extremes by saying, "Ah, there they are," at that moment, angel wings called "fading away" appear on the backs of the selves you have discovered in your mind, and they ascend to heaven and become Buddhas.

The trigger for seeing the heart this way is our feelings for other people and society. When we feel something for someone else, we must turn that feeling back to ourselves and try to find the cause of that feeling. When you create a divine balance in your mind in this way, you will naturally feel surrounded by joyful things, and you cannot help but be thankful.

With this in mind today, we will sow the seeds of the "joy of being alive" in the earth. At that time, our true heart and divine body will sprinkle the light of blessing to all in the world. With confidence and certainty in this fact, and if possible, with this as a matter of course, let us radiate the "light from the source of life that animates and nurtures all things" with a bird's eye view of all the situations and thoughts that are going through our minds, looking at all thoughts like a flowing cloud, while being aware of the perspective from which we look down.

Now it's time to pray for world peace in Japanese and English. I will use three and a half minutes of audio, so please pray with your eyes closed and focus on the divinity. Then when I say, "Hai, arigatou gozai-mashita," open your eyes. Then, let's get started.