

Saturday evening, December 23, 2023 "A Day Interconnected by Divinity" Email Preamble and Opening Remarks

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Recently, I thought that a state of mind in which Divinity has been revived is a state of daily life in which gratitude for everything never ceases to well up in the heart, and gratitude is a natural state of being.

Whether or not we are truly living in a state of mind in which Divinity has been revived can be judged by whether or not we feel a "deep sense of gratitude" for everything inside and outside of our daily life that we come into contact with at each moment.

That is an indicator to measure the authenticity of the manifestation of Divinity because the state in which you are naturally and sincerely grateful to the object of your gratitude is the state in which you are united with the object of your gratitude.

The shortest way to this state is to recognize the amazing work of life that keeps us alive and to offer heartfelt gratitude for the fact that we are kept alive by the power of life. When we are unconsciously flowing and living by inertia, we tend to forget that we are kept alive by life and act arrogantly, saying that we live by our power. However, we can lay the foundation for a life of gratitude by continually expressing gratitude for the following items.

- *Gratitude for being able to breathe.
- *Gratitude for a beating heart.
- *Gratitude for the flow of blood.
- *Gratitude for the workings of the digestive system and other internal organs.
- *Gratitude for the workings of the brain and nerves.
- *Gratitude for the workings of the five senses.
- *Gratitude for the workings of cellular metabolism

When we look introspectively at life's workings, we should understand how grateful we are for these workings. However, those of us of the age who were driven by the thoughts of habit without exercising our consciousness of divinity took these works for granted and failed to appreciate them.

Now, however, we have one or both of our legs in the vibrational sphere of the Divinity. Therefore, we live with respect for the power of life and its workings as a matter of course. But, when it comes to whether we feel that gratitude all the time, we are not so sure. It means that we are in a state just before we can be grateful to anyone or anything, anytime, anywhere, and just before our gratitude overflows.

There are many ways to become grateful, and it is impossible to say which one is the best. However, practicing gratitude for the things that are easy to be grateful for is certainly the easiest way to go on the path of gratitude.

The easiest and simplest way to practice gratitude is to watch your Physical Body and be grateful that life is working well.

When I was in a negative state of mind where I could not feel gratitude for anything and everything, as I was thankful like an actor performing a role, gratitude oozed out from the bottom of my heart. Eventually, I went through a path where I could feel gratitude without any effort. However, this is not the best way for everyone.

Therefore, I have recommended that you start by imitating what you hear from other people's experiences and what you think is the best way to achieve a single-minded gratitude state of mind.

In the process, everyone will find and follow their original path through their spark (first intuition) directly connected to their guardian spirit.

By living in the present with such a mindset, even when natural phenomena of great purification occur, we will experience that nothing can harm us as we live in union with the earth, air, water, humanity, other living beings, and the universe.

Therefore, in this last program, 2023, we will specialize in a prayer of gratitude, a time to connect with the power of life that makes all things exist and shine light in a state of mind that is one with the object of our gratitude.

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Opening Remarks

Hello everyone. We will start the Zoom Prayer Meeting. Today is this year's last "A Day Interconnected by Divinity," so we will have an unusual program focusing on "Gratitude."

We will begin with a 49-point IN gratitude to the Physical Body. This line of gratitude is a sincere appreciation for the power of life that keeps us alive and the workings of life, and it unites our life, body, and mind into a trinity. In doing so, our consciousness becomes aware of the individual consciousness that animates us, as well as the consciousness of the Light of Life itself, which animates us.

Next, through the "Japanese version of Gratitude to Nature," in which each item is performed seven times, we offer our sincere gratitude to all things in the universe. By doing this, our consciousness is completely united with each item of nature and all living things. By becoming one with each object, we become aware that we are the ocean, the mountains, the air, and the earth and that our lives are at work in all living things.

That will protect us from all beings, and no matter how great the purification may be, we will be able to stop the great suffering from becoming a small misfortune and save many people.

In retrospect, we see that all of our gratitude is directed to the source of life that created and operates the universe. That is because gratitude to the Ocean, the Mountains, the Air, the Earth, our Physical Body, and all living things comes down to gratitude to the Source of Life, the source of all things in the universe.

Originally, all of us who sincerely prayed for world peace in this age of ours were the humanity who voluntarily transferred to this planet from another planet to manifest on earth the ideals of the original God, the Creator of the universe.

I have told you before that "the development of a planet is like a journey from the world of the Divine Spirit to the world of coarser and coarser vibrations, to the heaven and earth where the vibrations cannot be coarsened any further, to build the civilization of the Divine Spirit and return to the source of life. In this sense, remembering that everything was originally born from the One Origin is a journey of return, a process that leads us to the state of oneness.

From another perspective, we are now working together to put the pieces of the puzzle together, one by one, and we are very close to completing the puzzle.

In order for such a thing to happen, we should first be seriously grateful for the life that keeps our Physical Body alive. As we repeat that action, we will discover the following facts.

*We are kept alive by repeatedly connecting with the source of life through breathing, dissolving the elements of life taken into the lungs into the blood and distributing them throughout the body through the arteries emanating from the heart, and collecting the elements of life that have finished their work through the veins and expelling them from the lungs.

*The body can take vital elements from food and excrete unnecessary elements.

*The brain, in which the basis of consciousness is concentrated, controls movement and

language through the coordination of nerve cells.

*The five senses, directly connected to the brain stem, can recall the true view of the oneness of self and others.

*Everything is established and continues to evolve through metabolism from the micro to the macro level.

Thus, gratitude for the Physical Body and Life that keeps us alive is the first step toward being grateful for all beings.

In this workshop, we will start from this "first step of gratitude" and expand our awareness to gratitude for all beings so that we can realize that we are individual consciousness and that the power of life, which keeps us alive, is also working in all beings. In this way, today, we are also expanding our consciousness to appreciate all beings.

In this way, today, we will sow seeds of "joy and gratitude for being alive and thriving" on the earth, and at the same time, we will sprinkle the light of blessings on all beings in this world.

Now, it's time to prayer for world peace in English and Japanese. We will do a one-minute silent prayer, so if I say "Hai," please join me in saying, "Sekai-Jinrui ga Heiwa de..." Then close your eyes and pray. In the interim, close your eyes and focus on the Divinity. Finally, when you hear the voice saying, "Hai, arigatou gozai-mashita," please open your eyes.