

## **Sunday evening, December 3, 2023, "A Day Interconnected by Divinity" Email Preamble**

The saying is, "The little saint hides in the mountains, while the great saint lives in the city." The small saints avoid interaction with people and stay in the mountains or live in such a state of mind. However, the great saints have a heart that can accept both the pure and the muddy, and they live in the midst of the muddy without defiling their hearts. These words suggest that the greatest soul discipline that can train the mind is "learning through relationships."

**\*Avoiding trouble and fleeing to assumptions to seek peace of mind.**

**\*Trying to end everything with the words, "It can't be helped."**

**\*Shifting the blame to others.**

When someone possesses the above qualities, they do not face the true cause of suffering. Therefore, when the mind is in such a state, one will never get off the roller coaster of emotional thoughts and will spend one day after another encountering events that force one to feel hardship.

I lived in such a lost world for several decades before realizing I was the cause. Such a state was a state in which the guardian spirit, with true love, repeatedly gave us, the protected bodies, opportunities to become aware so that we, the protected bodies, could become aware of the root cause of our suffering and reach the root solution.

Our guardian spirits guide all the emotions we experience in our lives. There are no thoughts outside of that guidance. Some think "humans are doing whatever they want without their guardian spirits' guidance." However, since the guardian spirits know that human beings sometimes disobey their good guidance and do things with their thoughts and actions that worsen the situation, they do not need to be concerned about such a situation.

When we look at the movement of the human mind, we do not complain forever about changes in the natural environment as something that cannot be resisted. We are grateful for the plants, air, earth, and water that keep us alive, but we are not troubled by them. We may feel temporary anxiety and fear toward other living things when they threaten us, but otherwise, we do not feel any lasting anguish about their existence.

In this way, we can see that the most important factor that causes us to be troubled is the words and actions of people, including ourselves. In particular, since our relationships with others often do not go as we expect, various emotional thoughts and feelings are triggered in our daily lives and can become a source of distress.

For example, when we see others say or do something that is not what we expected, we usually feel some criticism, blame, or evaluation. When others do not respond as we expect, we may also feel uninterested. Also, when others look down on them or respond aggressively to them in their face, they may try to defend themselves or respond with an aggressive response as a reflex.

All of these reactions occur because of habitual thoughts based on memory. Of course, those who do not have such causalities will tell you that they do not recall having any of the experiences just mentioned. However, there are not many people alive who have not had problems with human relationships.

As we invite all humanity to experience the perspective of divinity and raise the earth to a world of perfect peace, there will come a time when our experience of overcoming and graduating from the pain of human relationships will be of great help. That is because "the state we have come to Divine Spark" and "the path to here" is the state in which we have attained the truth that "I am not violated by anything." Also, we can say that a world where humanity lives in such a Divine Spark mind is a world where we are not influenced by each other.

There are so many conflicts and frictions in the human world today because people do not remember that the real cause is not others but themselves. In this sense, it is only when all humanity becomes aware of the truth that "even if you are right and the other person is wrong, if you have disturbed the feelings of yourself, the cause is your own."

We, who live our lives praying for world peace as if we were breathing, came to this planet long ago to make the earth such a harmonious planet. And now we are connected through the sacred in prayer. At the same time, we are becoming an example of what humanity should be. We have missions to be a ladder to accompany the suffering of every one of humanity at the time of great change to come and to bring all the people of the earth to the world of the Divine. That is the time of our greatest works. It is precisely to work greatly in this time of great change that we have repeatedly reincarnated on earth.

Now, we need to establish in our hearts a "life that cannot be violated by anything. We must practice it thoroughly this year and next year. Then, when the earth really changes, each one of us can bring tens of thousands, hundreds of thousands, and millions of people of the earth into the new era.

The program "A Day Interconnected by Divinity" on Saturday evening (Japan time) began as a place for such practice, a trial program. The results of this program are steadily manifesting themselves in the lives of every participant. For this reason, we will continue this program once a week for the next year and beyond.

Tomorrow, too, let us stand in the "perspective of the divinity" where we can naturally believe that "I am Divine Being itself, and humanity is also Divine Being itself. We are nothing else." and shine a great light that is directly connected to the source of life for nature, all living things, and humanity. Please join us if you have time.

## **Sunday evening, December 3, 2023, "A Day Interconnected by Divinity"**

### **Opening Remarks**

**Hello, everyone. We will start the Zoom Prayer Meeting. A few days ago, for some reason, I thought, "Let's stroke my own head," and stroked my head. At that time, the thought suddenly occurred to me, "Come to think of it, I may have never had anyone pat me on the head in this lifetime. At that moment, the other me in my mind said, "That can't be true," and showed me that the people around me had adored me with a video.**

**Immediately after that exchange, I thought, "The human mind tends to forget pleasant things done to it by others easily and to remember more clearly the unpleasant memories of things done to it. Later, when I returned my consciousness to a bird's-eye view, I realized that the movements of my thoughts were "purification of the mind" by Guardian Spirits Consciousness.**

**The habitual thoughts I often used to have when craving for "Others do not love me" or "I do not have enough love" remained stuck in the deep folds of my heart in a state of incomplete combustion.**

**Until we reach complete God-Self oneness, such self-centered thought patterns remain to a greater or lesser extent. For a long time, we have sought "to be loved," "to be praised," "to be recognized," etc., by others. But when we think about it, no matter how much we sought such things outwardly or how much those desires were fulfilled, our craving for them never stopped there.**

**It is no wonder. Loving, praising, and acknowledging are all things that we must first do to ourselves. It can be said that no matter what others do to you, you will never be able to quench your thirst if you are not doing it to yourself. Therefore, no matter how much others loved, praised, or acknowledged us, we were only satisfied for the moment, and the next hunger and thirst of the heart took place.**

**Today, as the world of sacred civilization is about to unfold on earth, the guardian spirits and guardian deities of each of us are working day and night to purify even the slightest self-centeredness and refine and raise our souls to establish perfect peace in our inner hearts.**

**When we live in a relationship with others, we are sometimes moved by the words and behavior of others, and our feelings are sometimes triggered as if they are linked to our emotions, such as good or bad, like or dislike, interesting or uninteresting, that person is better or worse than me, etc. Such emotional movements are a state of viewing the inner world of one's mind through the mirror of another person.**

**As we deepen our introspection, we find many selves inside our hearts. What is most remarkable is the many contradictory and opposing selves. When I look at these many myself, I sometimes feel as if I am looking at the state of the world. I call those many selves "the world humanity inside the mind.**

**As I look down on the people inside my mind, I am struck by the following thoughts.**

**Ah, if all these people do not harmonize with each other, there will never be perfect peace on "A Planet Named I." So, inner peace will be established when all these people are in harmony. I am very close to that. So I will consciously utilize my thoughts a little bit more."**

**As Divine Sparked, we will never return to individual human consciousness as long as we continue to live from a bird's eye view. On the contrary, we can live with an integrated consciousness that embraces the whole while always being aware of ourselves as a planet.**

**Today, while reaffirming that our life has such great compassion and the nature of love itself, let us sow the seeds of "joy and gratitude for being alive and living" in the world of the earth. At that time, our true heart and body will simultaneously sprinkle the light of blessing to all beings in the world. With confidence and certainty, let us radiate the "light from the source of life that animates and nurtures all things" as we look at all the situations on earth and thoughts going through our minds.**

**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.**