

*Saturday Night, January 13, 2024 "A Day Interconnected by Divinity" Email Preamble and Opening Remarks*

## **Saturday evening, January 13, 2024, "A Day Interconnected by Divinity" Preamble**

**We cannot avoid a challenge just before we reach the point of remaining in the state of Divine Mind, both in name and in reality. It is the practice of living with a sense of the whole in view while maintaining a sense of the individual without being gripped by emotions.**

**Some of you have passed through this stage, and others are in the midst. In any case, to firmly grasp the reins of our emotions and stand where we can freely control them, we must be prepared to live as the Divine itself and manifest it in our thoughts, words, and deeds.**

**That does not mean pretending to be able to do so, nor does it mean putting a lid on it and avoiding looking at it. It is to be of steadfast mind. When one truly stands in the divinity's perspective, one can remain undisturbed no matter what one sees, hears, or comes into contact with.**

**It is a state of mind that is not violated by anything. To achieve this, it is important to practice accepting everything we see, hear, taste, smell, and touch without making judgments based on our senses, such as "This is right or wrong," or "I like or dislike that," as is our old habit.**

**When exposed to such information, your mind may suddenly become cloudy. That is a reaction to the grasping thoughts that have settled in our minds and are about to disappear. (The guardian spirit is then working within us to use the opportunity to let go of false beliefs.)**

**We will not be disturbed by such talk after graduating from that stage. You don't also wonder "why" or "why not." Because you have been down this road yourself, you can understand the state of mind of humanity in today's world and look at the world of phenomena with a warm, historically informed eye.**

**As an example of how to practice becoming free from the grasp of emotional thoughts, I would like to share my recent experience with you. Recently, when I turn on the TV, I see reports on the damage from the Noto Peninsula earthquake and the bickering between Palestine and Israel and between Ukraine and Russia. The accident at Haneda was also reported.**

**I sometimes get emotionally involved in such news, and my eyes burn excitedly. Amid these days, I was reminded a few days ago that we should not stop at the boundary of strong empathy. It does not matter if you are sad or happy temporarily; practice so that you can return to the consciousness of the Divine Light itself immediately.**

**There is a word in the world for this: "compassion fatigue." That is when a person feels a sense of self-doubt and helplessness, wondering, "Is it okay for me to go on with my life as usual when so many things are happening all over the place and the world is in trouble?"**

**What about me? I thought to myself, "What about me? In the present situation, I am emotionally involved in the news, and each time I get emotionally involved, my mind becomes clearer or cloudier. In that sense, I realized that I am at the stage of practicing to be close to people and nature, but not to be attached to them.**

To practice "not grasping at emotional thoughts," as I wrote at the beginning of this article, there are stereotypical answers such as "just don't grasp" or "just let go," but that is not an answer. I am in trouble because I have grasped and cannot let go.

So, the question becomes, what should we do? There are many ways. Because people are not uniform beings but have lived through various paths, and their tendencies and natures are different. Here are some typical examples summarizing the main points.

- (1) Practice switching to a luminous thought whenever a negative thought arises.
- (2) Chant is a phrase that simply expresses the essence of human nature all day long.
- (3) Devote yourself to gratitude to your guardian spirit all day long and eliminate the space for other thoughts to enter.
- (4) Practice repeating positive words in your alone time, such as when you are walking, when you are taking a bath or using the bathroom, or right after waking up or going to bed so that no other thoughts come to mind ("I am the Divine itself, so nothing is impossible. I can do it." etc.)
- (5) Be continuously grateful for what you see, touch, hear, taste, and smell throughout the day.
- (6) Think of what you want to let go of, imagine that your guardian spirit is erasing it, and do the Divine Spark IN.
- (7) Become aware that the center of consciousness is settled in Lower Dantian, and practice embracing events in meditation that are not as you wish.
- (8) Practice breathing at a slow rhythm throughout the day.

Looking at the above items, we can see they all have one thing in common. The key to all of the above is to be determined and to do it continuously. You are not ready if you feel intimidated by any of the above. Or, it can be said that you are not prepared to be reborn and live as a divine being.

To make the bird's-eye view into an ever-living view, we must hold back the ego's protective thoughts, "It can't be helped, I'm only human," and raise our consciousness into the bosom of Guardian Spirits Consciousness.

On Saturday night (Japan time), we enter the bosom of the Guardian Spirits Consciousness and embrace the whole earth with the consciousness of the Guardian Spirits' perspective as our perspective. The Divine Spark IN we form at that time is the release of the Light from the Source of Life into the world.

## **Saturday Night, January 13, 2024 "A Day Interconnected by Divinity" Opening Remarks**

**Hello everyone. We will start the Zoom Prayer Meeting. As we enter a period of great change, our common challenge is to graduate from the unbalanced state of mind of compassion fatigue that I wrote about in my email and to make the perspective of divinity our ever-living perspective.**

**Suppose we are attached only to the dualistic aspects of the world and feel pain every time something terrible happens in many parts of the world or when such events occur simultaneously and frequently. In that case, we will not be able to embrace and help our fellow human beings drowning in the ocean of our hearts. And when faced with such a situation, we may be lost or despair, along with many other human beings.**

**In this sense, we are now undergoing vibrational adjustment to acquire the following state of mind.**

- \*Never grasping no matter what**
- \*Never give up, no matter what.**
- \*Keep hope alive no matter what.**
- \*Stay positive no matter what happens.**
- \*Keep an open mind no matter what.**
- \*Distinguish between what is real and what is false, no matter what.**
- \*maintain a sense of divine mind no matter what happens.**

**In addition, "To be close to and to sympathize with" may seem to have the same meaning, but they are not the same. Comparing the movement of intense human emotions and thoughts to a typhoon, "to be close to" is a state of mind in which one is at the center of the eye of the typhoon and can embrace one's fellow man without being tossed about by the violent wind and rain.**

**On the other hand, mere "sympathy" is a state of mind in which one is in a state of duality and conflict and is both happy and sad at the same time at the same time, depending on the movements of others and the state of the world. To use a typhoon as an example, we are exposed to the same violent winds and rains as many other people and cannot look at the situation from a bird's eye view but are swept along with the flow.**

**The most important thing for us to do in our lives is to always live with the perspective of divinity as our natural awareness. Suppose we keep sight of this central axis. In that case, we can grasp a way of life that will serve as a model for humanity by manifesting the sacred, just as our comrades currently suffering from the disaster in Hokuriku are doing.**

**That means being close to the situation and feelings of the other person and becoming one with the central axis of the other person's heart, which is the Divine, by emptying the ego in thought, word, deed, and action.**

**The fluttering of emotional thoughts is as fleeting as a bubble when viewed from the perspective of the movement of the entire universe. We should not focus on those parts of human nature that are not our true nature but become one with our guardian spirits, throw out**

our physical bodies like a ladder, and let humanity walk on our backs to return to the world of the Divine.

I always think, "It would be wonderful if I could work in such a way. Today, we will perform the function of purifying our self-consciousness. At the same time, we will release the light of purification from the source of the universe through our bodies to nature, including air, water, and earth, to all living creatures and our fellow human beings of the earth, and allow it to permeate the world.

Now that the time has come, we will pray for world peace in Japanese and English. Please join me in saying "Hai." Please say "Sekai-Jinrui ga Heiwa de..." with me. Then close your eyes and focus on the divinity when you hear the voice, "Hai, Arigatou goal machine.

Now that the time has come, we will pray for world peace in Japanese and English. Please join me in saying "Hai." Please say "Sekai-Jinrui ga Heiwa de..." with me. Then close your eyes and focus on the Divinity when you hear the voice, "Hai, arigatou gozai mashita.