

Saturday, February 10, 2024, 8:50 PM, "A Day Interconnected by Divinity"

Preamble

There is a word for this: enlightenment. It is a state of mind in which one has outgrown the imperfection of Physical Body Consciousness and has attained a state of consciousness that has been reduced to the Divine Self. However, people cannot be categorized into "enlightened" and "unenlightened. The exact situation in the mind of each individual is often a mixture of enlightened and unenlightened awareness.

The difference between "perception that does not get caught up in anything" and "perception that gets caught up in anything" can be distinguished by whether or not one can look directly at the facts without distorting them through the filter of the ego, and not be moved by any emotion. It can be said that it is the difference between shining the "light of life" into the darkest region of one's mind and being able to let go of it as a "disappearing figure" without any falsehood.

We always use the terms "bird's-eye view" and "divinity standpoint. It sits quietly in the depths of the dualistic realm of consciousness of "enlightened/unenlightened," "let go/not let go," and "erased by guardian deities and spirits/not yet erased. That is in the world of the True Self, the main body, which sees everything "as it is" and "as it is.

It is a consciousness in the sphere of divinity, not quite at one with the source of life but quite close to the origin of life. The key to getting there is as follows.

- *Maintain the ratio of difference-recognizing recognition to difference-recognizing recognition, from difference-recognizing to difference-recognizing recognition.**
- *Maintain the ratio of objective to subjective use from subjective dominance to objective dominance.**
- *Maintain the right-brain to left-brain use ratio from left-brain dominant to right-brain dominant.**
- *Maintain parasympathetic and sympathetic nervous systems from sympathetic to parasympathetic dominance.**
- *Maintain the center of gravity of thoughts drifting above the navel in the Lower Dantian.**

When the perception of difference is dominant, when the subjective perspective is dominant, when the left-brain area is dominant, when the sympathetic nervous system is dominant, and when the center of gravity of consciousness is off Lower Dantian, people tend to think that they are living on their own and that they and others are different.

In such cases, by "making the perception of not recognizing differences predominant," "making the objective perspective predominant," "making the right brain use area predominant," "making the parasympathetic nerve use time predominant," and "making the center of gravity of consciousness sit in Lower Dantian," we can fully appreciate that "we are kept alive by all benefits," and "we and others are one being with the same roots. We can reverse the perception

that stems from the originality of life, that we and others are one being with the same roots and that the differences in our functions manifest in different forms.

If you sleep 8 hours a day, you will be aware of the above seven items during the 16 hours you are awake, and if you keep practicing them, by the time a month or even several months have passed, you will be in a state of consciousness where these items are being practiced as a matter of course, even in dreams. The key to helping with this practice is spending time with a relaxed breathing pattern throughout the day.

If you spend your time with thoughts like "I have to do this," "I have to do that," and "I have to do what I have to do," you are unknowingly activating psychokinesis in your life. As you know, psychokinesis is a wave of duality, so there will always be repercussions, and you are also acknowledging negativity.

If you continue to practice changing the rhythm of your breathing to a slower one throughout the day, you will transform yourself to be able to do the above five items without even knowing it.

This is because if you continue to practice slow breathing, the rhythm of your breathing will become closer to that of the Universal God Consciousness, and your Physical Body will be purified by the vibrations of the Spiritual and Divine Realm. Instead, your Spiritual and Divine Body Consciousness will surface as your Physical Body Consciousness.

In this way, Saturday night will be a time of total awareness that transcends all duality and opposition and a time to radiate light from the source of life to the great nature of the earth and all living creatures on this planet.

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Opening Remarks

Hello everyone. Let's start the Zoom Prayer Meeting. Today, as I wrote at the end of my e-mail, we will look at this planet from a bird's eye view that transcends all binary oppositions. Let us make this time a time of shining light from the source of life, with an awareness of uncritical and total embrace of all Nature and all living beings on this planet.

I would like to talk about one thing here: the eighth key that I did not mention in my e-mail. It is to keep practicing so that the pronouns that refer to oneself will naturally change from the first person, which assumes separation, "I," to the self-expressed word "we," which blends into the whole and is an all-embracing awareness and will come out of one's mouth without conscious thought.

If you think, "I already do that," I would like to encourage all of you who are participating here to change to a state where you can do it naturally regularly without being conscious of the "Seven Keys" and the "use of pronouns and first-person" that I wrote in the e-mail. I want you to support us in changing to a state where you can do it naturally without being conscious of the "Seven Keys" and the "use of pronouns and first person."

Today's program will be significantly different from our usual one. We will begin with a 9-minute World Peace Prayer, a 10-minute practice of slow breathing, a sign of gratitude to the Earth, seven Divine Spark INs in one breath of 5 seconds, and a 3.5-minute World Peace Prayer. Finally, I will end with a three-and-a-half-minute prayer for world peace. If we have more time, we will also say an additional prayer to send the light of Universal God to the world's disaster areas and conflict areas.

Since we will follow a different flow today, I will end my talk here and begin the World Peace Prayer in Japanese and English.

1. Prayer for World Peace - Japanese & English - *Approx. 9 min.

(Japanese)

Sekai-Jinrui ga, Heiwa de arimasu-youni

Nippon ga, Heiwa de arimasu-youni

Watakushi-tachi no Tenmei ga, mattou saremasu-youni

Shugo-rei-sama, arigatou gozai-masu. Shugo-jin-sama, arigatou gozai-masu.

(English)

May peace prevail on Earth.

May peace be in our homes and countries.

May our missions be accomplished.

We thank you, guardian divinities and the guardian spirits.

2. Story of before Practice slowing down your normal breathing

Now, it is time to practice slowing down our normal breathing.

We will begin today by relaxing the connection between the breastbone and the costal cartilage. If you do this several times a day, you can maintain good posture naturally without trying to straighten your back muscles to maintain good posture.

Here is the diagram I shared on the screen. This red part is the breastbone. And look at the next picture. This is the costal cartilage. Notice that the part of the horizontal ribs that is in touch with the breastbone is the cartilage, not the bone.

If the costal cartilage connected to the breastbone is tight, the ribs will not be able to open fully when you inhale, and they will not narrow when you exhale. This will inevitably result in shallow breathing.

We will practice a little bit to loosen and soften the adhesions between the breastbone, the costal cartilage, and the costal cartilage itself. Look at my movement. Try massaging it like this, shifting it from inside to outside, from outside to inside, at several different heights.

Next, practice emptying the lungs. This is because when you get all the air out of the bottom of your lungs that you have not fully exhaled, you will be able to utilize 100% of your lungs' functions, and you will be able to breathe in and out easily and slowly.

The previous massage has softened the costal cartilage connected to the breastbone, and you should be able to exhale with ease, so try to expel the remaining air in the lungs. Please follow

your inspiration and first instinct and use whatever method you feel best for you.

<Exhale fully...about 20 seconds>.

From now on, we will breathe in and out fully using our lungs. From now on, please try to breathe in and out as slowly as possible, in your rhythm.

This is not a breathing exercise but rather an exercise in slowing down your normal breathing, "Inhale, exhale," "Inhale, exhale," "Inhale, exhale," "Inhale,

When breathing slowly, please focus on your inner self and try to feel the changes in your Physical Body Consciousness and your mental cells. When you breathe softly with full use of your lungs, you will feel a change in the vibrations of your mind and body.

As you experience these changes more often, you will not doubt that you will be able to draw out the infinite health and infinite potential inherent in yourself, even though ordinary, relaxed breathing.

It is because slow breathing, without knowing it, is supposed to make you master the light of Universal God, and you will be able to use the infinite power to create and change reality as a matter of course.

Also, I repeat, what we are doing now is not a special breathing method, so we do not take time to hold our breath. You can use either nasal breathing or inhale through the nose and exhale through the mouth.

Please do not overdo it. Go at a comfortable pace because that is what your guardian spirits is guiding you to do.

Also, to make the parasympathetic nervous system dominant, please stroke the area from the level of the ears to the chin while continuing to breathe slowly. This is where the largest number of parasympathetic nerves in the human body are concentrated, and by stroking this area, the sympathetic nerves subside, and the parasympathetic nerves become significant.

If you have felt the echo of silence in your heart, please close your physical eyes, use your mind's eye, and turn your attention to your inner self. Can you feel the Physical Body cells and mental cells whispering something to us?

For example, "You are fine the way you are," "I would be happier if you did it this way," "I would like you to reduce the amount of food you put in your stomach," or "It would be helpful for your metabolism if you always breathe like this.

Try to sense even the slightest change in your Physical Body or mind without missing it. Talk to your body and mind. It is all about first intuition. If something flashes through your mind and you have a thought that overturns it, that is your second intuition, a whisper from your Ego rooted in your subconscious.

It is the voice of the light deep within. It is not the voice of ordinary sound but the silent voice that rings in your brain.

"Everything is Perfect, nothing is Lacking, Perfectly Accomplished!"

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3. IN of Gratitude to Nature - 12 items

Next, IN of Gratitude to Nature. Please try to do this with the inner harmonious awareness that you have just sensed, feeling a sense of oneness with each of the items that you are about to perform.

The Ocean, The Earth, The Mountains, Food, The Physical Body, Water, Plants, Animals, Minerals, Physical Body, Air, The Sun

4. Divine Spark IN *One breath 5 seconds

Next, we will perform the Divine Spark IN. Today, please do this while being aware that a steady rhythm of breathing at the same speed is leading the movement. Please imagine that the Guardian Deities and Spirits who are watching over and guiding us are also breathing with us and making the IN, and that all of us and the Guardian Deities and Spirits are connected to each other with a sacred magnetic field. No declarations are required, so please say "Hai" and then join.

<Divine Spark IN seven times in a row>

5. Prayer for World Peace - Japanese & English - *Approx. 3.5 min.

Lastly, we will offer the World Peace Prayer, which will be offered in Japanese and English. During this prayer, turn your attention inward and observe the changes in your current state of consciousness and body compared to before the beginning. Ask your cells about your body, True Self, and Guardian Spirits and Guardian Deities about your mind. Then, the cells, your True Self, and your Guardian Spirits and Guardian Deities will tell you what you need to know.

(Japanese)

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