

*Saturday Night, February 3, 2024 "A Day Interconnected by Divinity" Email Preamble and Opening Remarks*

## **Saturday evening, February 3, 2024, "A Day Interconnected by Divinity" Preamble**

All the disharmonious situations and negative thoughts and deeds of humanity that have arisen in this world are fading away in the broad sense of the word, but when one can truly thank the Guardian Deities and Spirits for manifesting and fading them away in this way, then one has already let go of the grasping that one once recognized. In this sense, "fading away" is also "letting go."

In order to establish the perspective of divinity, which is to regard everything we see and hear, and the words and deeds of those with whom we have a relationship, as a process on the way to the realization of humanity as a god, and to simply declare, "May our missions be accomplished," we must eliminate "memory," which has been the basic premise of our perception up to the present day. This "memory as the basic premise of recognition" can be broadly classified into the following two patterns.

\*The untruthful perceptions that have been imprinted in our memories from the time of our birth in the Physical Body to the present day.

\*Instinctive conditioned reflexes for self-preservation that we have accumulated through past lives.

The reason we have not been able to let go of our fading away for so long is that these false perceptions and conditioned reflexes, whether conscious or unconscious, have become habitual. So, we asked ourselves, "What can we do to change our habitual perceptions into divinity perceptions?" and enter the phase of looking to the future.

The necessary action is to initialize all the perceptions and conditioned reflexes that we usually think and say without thinking, back to the stage of the source of life, in order to let go of the "memories that are the basic premise of Physical Body Consciousness perception" in a bashful manner. In doing so, the awareness of the Divinity itself is restored. This divinity-initialized awareness can be described as:

[Divinity-initialized awareness]

\*I am God and man is God.

\*Nature, all living things, space, and the stars were embodied by the will of Universal God.

\*Therefore, everything that appears to exist in the world was created by divinity. (There was nothing in the world that was not divinity.)

(There was nothing in the world that was not divine.) \*Everything that the Divinity made exist had a meaning. (There was nothing in the world that was not sacred.) ○ Everything that was sacred had a meaning.

\*Every event and circumstance in the world was inevitable. (Every event and circumstance in the world was inevitable, and if not resisted, would lead to great harmony.

\*All humanity is the embodiment of the Universal God, who took charge of the will of the universe.

**\*The experience of separation experienced by humanity was a pathway to be experienced that was incorporated into the program to develop the stars, and it was directly linked to the development of each individual's soul.**

**If you cannot take these words as a matter of course, you can find a way out of the situation by looking objectively at what kind of tendencies existed in the "perception of the time when we forgot the truth," which we had taken for granted until today.**

**Common settings common to perceptions that deviate from the truth**

**\*Tend to focus on parts (not recognizing the whole).**

**\*Tend to focus on the differences (not recognizing the common denominator)**

**\*Tend to see everything in connection with the past (unable to have an unadulterated future-oriented awareness).**

**\*They have forgotten the root "One" and are unable to realize it (they have forgotten the totality of awareness, and thus unconsciously disturb harmony).**

**By learning about the above tendencies and taking measures to attune the vibrations of our consciousness to the perspective of divinity, we will be able to graduate from the nature (habit) of our thoughts from the time when we forgot divinity and observe everything from a bird's eye view. This can be called "moving the axis of consciousness from the left brain to the right brain and living with a bird's eye view of the whole," or "living with the axis of consciousness in Lower Dantian. The driving force behind the evolution of consciousness is the breath.**

**We Physical Body Consciousness can be effortlessly initialized into divinity by continuing to practice changing the rhythm of our breathing to a steady rhythm throughout our waking lives. The slow breathing is the rhythm of the universe, and this can be achieved by tuning our breathing to it throughout the day. This is also the state in which the axis of the mind rests in Lower Dantian.**

**On Saturday evening, we will have a program that will help us to calm our breathing and live each day, each hour, each minute, each second, and each moment from the perspective of divinity. As we truly change, our lives will change from the ground up, and as more and more people live a life of divinity without pretense, this will spread to those around us. This time we will focus on the breath and experience the connection in divinity.**

## **Saturday evening, February 3, 2024, "A Day Interconnected by Divinity," the first talk.**

**Hello everyone. Let's start the Zoom Prayer Meeting. Today, as I mentioned in my e-mail, I would like to make this a time that will help us to change our daily breathing to a more relaxed rhythm. For those of you who have already done so, I ask that you support all of us who are here to change to a state where we are breathing deeply naturally in our daily lives, even if we are not particularly conscious of breathing deeply.**

**When I look back on the times when I was not consciously aware of "expressing the truth," I neglected "breathing," which is the most important thing in life, and unconsciously breathed in, breathed out, and breathed in.**

**There is a lot of talk and many books published on the subject, both for health reasons and for mental health reasons, about the benefits of relaxed breathing. Also, it is a long breath, which is mind-numbingly long when considered, but the universe itself is indeed breathing. I am sure some of you have heard this story before.**

**The real significance of our slow breathing is to operate our mind and body with a consciousness that is as close as possible to the life of the universe itself, if not to the point of becoming one with it. The reason why I always believe that it is good to slow down our daily breathing is because I have felt and experienced in my mind and body that it is a tremendous power to promote a sense of oneness with God and Self.**

**For a healthy person, the act of breathing in and out is done by the body without the need to think of "inhaling" or "exhaling. This is done by the power of life. Some people believe that the Guardian Deities and Spirits allow us to breathe.**

**However, whether it is the force of life or the Guardian Deities and Spirits that make us breathe, if we are breathing unconsciously, we will not be able to realize the true power and potential of our breath. The reason for this is that there is residual inhalation, breath that has not been fully exhaled, remaining at the bottom of the lungs.**

**Since the fall of 2010, I have been working on slow breathing throughout the day, not a big breathing exercise, but a normal breathing practice throughout the day. This has changed me as a person, as my habit of short-tempered and negative thoughts has diminished. All I had to do was practice breathing in a slow and steady rhythm during my waking hours. It was only recently that I learned that this had a much greater effect than I had expected.**

**The biggest result was that I became aware of both my Surface Consciousness, which is aware of my Physical Body Consciousness, and myself, which is simply observing it from the back, without any mental unification.**

**We often use the terms "Divine Standpoint" and "bird's-eye view." That is, through Lower Dantian, the surface consciousness is absorbed into the Spiritual and Divine Realms, and**

**instead the consciousness of the Spiritual and Divine Bodies is manifested in the manifest consciousness of the Physical Body Consciousness. In this sense, the Lower Dantian can be said to be the portal, the doorway between heaven and earth.**

**Today, we will begin with a 9-minute Prayer for World Peace, followed by the Oneness Meditation, a declaration of the five senses to ascend to a higher dimension, a 10-minute practice of slow breathing, a IN of gratitude to the Earth, the Divine Spark IN seven times, and finally, the World Peace Prayer. Finally, we will conclude with a prayer for world peace.**

**Now it is time for the World Peace Prayer in English and Japanese.**