

Saturday evening, May 11, 2024 "A Day Interconnected by Divinity" Email Preamble

What is the state of true happiness that is not affected by anything? Everyone agrees that it is not limited to this world and is not only about material fulfillment.

However, whenever I hear people say that the answer beyond that - the concrete image of happiness in spirituality, or the image of that state - is vague and unclear, I feel the difficulty of sharing understanding through "This world's words, which are the branches and leaves of the trunk and roots of language (the original vibrations)."

To use an analogy, it is like looking at the finger pointing at the sun without looking at the sun when someone points at you and says, "Look, the sun is over there. (The state of being gripped by words) That can be clearly seen when we look back at our past.

When we believed ourselves to be imperfect, no matter how much we heard or saw (or how much others explained to us) the truth that "human life is originally perfect and complete, not imperfect," our perception of ourselves and that truth were so far apart that we could not understand it. So we say, "That can't be true," "If that were true, we wouldn't be suffering so much." we thought.

Such a state of mind is a state of being caught up in words and unable to grasp the essence of the truth, a state of being unable to take action to look in the indicated direction but only staring at the indicated finger. How, then, did we come to our present state of consciousness in which we can recognize the divinity of self and others?

Therein lies the key to verbalizing the state of "true happiness that is unaffected by anything" mentioned at the beginning of this article. In a word, it is a state of mind in which we live in divine consciousness. To put it more simply, it is a state of being truly grateful for every "thing," "thing," and "person.

It is also a state of letting go of all criticism, condemnation, and evaluation (assumptions, obsessions, judgments, and attachments). So, what path have we taken to breakaway of criticism, blame, and evaluation? I know that there are as many paths as there are people who have reached the state of mind of "divine spark.

However, looking back on my own life, in addition to "acts of truth that can be done jointly with others," such as prayer and IN, I have continued the following acts of nurturing myself.

***Thorough daily acts of total gratitude (continuous efforts to be grateful for everything and anything).**

***Continuous output and input of the words of light, truth, and divinity (continuous chanting with other thoughts that cannot come to mind).**

By doing so, without realizing it, the axis of my self-awareness was transformed into the divine itself, and along with it, I came to be able to see the divinity of other beings as if it were a matter of course.

On Saturday evening, let us those already experiencing true happiness and those who will soon gather together and become each other's ladders to lift each other to the ultimate level of inner divinity.

Saturday evening, May 11, 2024 "A Day Interconnected by Divinity" Opening Remarks

Hello, everyone. Let's start the Zoom Prayer Meeting.

Today, I would like to share the situation of people I have communicated with via e-mail and phone from all over Japan over the past two weeks or so. What has left the greatest impression on me is how many people have said, "I am so thankful, so thankful," or, "I have nothing but good things happening to me," or, "Thanks to you, I am so happy."

On the other hand, some are suffering from problems. However, those people will get better in a little while. In a little while, you will be able to see everything from a Divinity's perspective with a bird's eye view, and as a result, everything will surely get better. Because that is the future that Goi-sensei has given us, and that is the promise he made to the divine world.

Many people all over the country have already grasped true happiness. That is not a lie or a trick to encourage you. It is a fact.

As we continue to pray for World Peace, everyone can grasp "true happiness that is not affected by anything" and apply it to their own lives.

The basis for this is to recognize our divinity as the absolute origin. We must refine, nurture, and elevate ourselves until there is no doubt about our divinity. To this end, we must continue to perform acts that we can all perform together, such as prayer and IN, as well as continue to perform self-education and divine nurturing that only we can perform without giving up.

For example, we should continue chanting the words of light, truth, and divinity whenever we have free time. For example, the following...

***Ware-soku-Kami-nari...**

***All is perfect and complete. Nothing is lacking. Perfectly accomplished. Dai-Jouju...**

***Man is originally a spirit from God and not a karmic existence. He lives under the constant guidance and protection of his Guardian Deities and Guardian Spirits..."**

When not doing so, keep your breathing relaxed, keep your awareness centered in Lower Dantian, pray, or perform the Divine Spark IN. As we accumulate such practices, our mind and body will gradually become accustomed to being in the vibrations of the divine. And when we reach a critical point in our nurturing, our mind will change to "Divinity is natural," "I am thankful for everything," and "I feel nothing but happiness" without even knowing it."

Today's program is designed to help you become aware and set your mindset for this purpose. We will begin with a Prayer for the World Peace. Next, we will play music and take time to integrate our inner divisions and regain our divine perspective. That is a time of mindfulness. And lastly, we will perform the Divine Spark IN 7 consecutive times x 3 times, for a total of 21 times.

First, Prayer for World Peace in both English and Japanese.

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1. 《Prayer for World Peace》 *Approx. 3.5 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.

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2. Time to integrate inner divisions and regain the perspective of the divinity

The next step is to make it a time of integrating inner divisions and regaining divine perspective. It is a time of mindfulness effect. Mindfulness is "a state of awareness that springs from paying attention to the present moment, with intention and letting go of evaluation and judgment."

I will play music after my talk, and I ask you to close your eyes at that time and acknowledge the various qualities of yourself in your mind without judgment, blame, or evaluation. Like this: "Oh, there was such a me. "There was also such a me."

In this way, just finding and acknowledging them will harmonize the mind.

The harmony of the mind created in this way makes new body cells that are metabolized healthy, creating a reality that coexists with illness and aging, slowing the aging process, eliminating illness itself, and so on.

Now, I will talk about the principle of thought, which is the form in which human thoughts and feelings exist. They exist in a bipolar state, like positive and negative, front and back. Specifically, polar selves, such as the perpetrator and the victim, exist together to form a single thought.

To give you one real example, in our mind, each thought exists in the form of a set of bully self and bully self.

In our hearts, both polar selves exist simultaneously, as follows.

***I who am not loving and I who not being loved by myself.**

***I who love myself and I who am loved by myself.**

***I who am not forgiving myself, and I who am not being forgiven myself.**

***I who am forgiving myself and I who am being forgiven by myself.**

The point is that they exist simultaneously.

It is just like the palm of your hand and the back of your hand. Or the two sides of a coin, like the light and dark hours of the day. When the balance of the mind is skewed toward either of these, we blame and judge ourselves, or we are entrenched in a victim mentality. Sustaining such a state of mind creates the following harmful effects. ➡ It will replace the reality of one's inner self, which others are showing us as a mirror to reflect us, with criticism, blame, and evaluation of others, and become caught in a whirlpool of mistaken thoughts and feelings, which it cannot control.

That is the result of letting our thoughts grow unmanageable. We can escape this state by bringing the Light of Life to the surface. (If we do not, we will one day be crushed under its weight.) When our state of mind is such that we focus only on the negative aspects, we experience various disharmonies.

When we are in such a state, a mass of thoughts is attached to the mind's eye, like this (showing with hand over eye). We cannot see ourselves objectively when we are in such a state. Also, notice that you are repeatedly criticizing, blaming, and evaluating others at that time.

When we are assimilated and attached to the emotions of our physical body, the way to objectify ourselves and balance the front and back is, as I always say, to "redirect the feelings we have for others to ourselves as I have always said "To turn the feelings you have for others back to yourself. By simply thinking that way, you will be able to see the thoughts that have been covering your mind's eye, and you will be able to see them away from your eye.

When you let go of the hand that was covering your eye in this way, you can see the palm of your hand there. The trigger is to flip your feelings for the other person to the inner side of your mind, saying, "I was the real cause of the feelings I felt for the person. The hand you see away from your mind's eye is an aspect of your biased nature. To use a concrete example is a thought that does not forgive itself. It can, on the other hand, be an obsession, assumption, or judgment about goodness.

For example, suppose that this palm (showing palm) is the self that has not forgiven yourself. In that case, the back of the hand directly behind it is the self that has not forgiven yourself. If you watch it with your mind's eye detached from it, when you turn over the hand you are watching casually like this (while moving your hand), you will have a moment when you realize, "Huh? there was a flip side." It is a moment when you realize, I was unaware of the other side of me that has not been forgiven, that has been living with narrow shoulders.

"Oh, there was no such thing as a person's fault,"

"All negative thoughts were caused by various divisions and biases in my mind,"

"There was no such thing as good or bad,"

"Oh, let's embrace every part of ourselves,"

"Let's love ourselves,"

"Let's forgive ourselves,"

"Let's recognize both poles of ourselves as existing at the same time, and let's integrate the division of our minds."

Just by thinking such thoughts, through the movement of the thoughts we feel toward others daily, we begin to see the imbalance of the mind, and these thoughts begin to coexist in harmony. That is because we are in an honest state of being guided by our guardian spirits. I will play music for about five minutes now, and I would like you to look inside yourself concerning what I just said about how to do this. Then, let's get started. **《music plays》**

Music will play for 5 minutes. At that time, close your eyes and look inside yourself, triggering the stuck thoughts you feel about others. The point of this is to use watching one of the two poles as a starting point and to acknowledge that the other side of yourself is present at the same time. And when you do this, never judge, but give them an okay to be as they are.

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3. Divine Spark IN

Next is the Divine Spark IN. When I say "Hai," please join a declaration with me and then do it. We will perform 3 sets of 7 repetitions in a row. Let's get started.

<First declaration>

We are united with all of nature.

All nature's missions be accomplished.

[Divine Spark IN seven times in a row]

<Second declaration>

We are united with all living things.

All living things' missions be accomplished.

[Divine Spark IN seven times in a row]

<Third declaration>

We are united with all humanity.

Humanity's missions be accomplished.

[Divine Spark IN seven times in a row]

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That's all.