

Saturday evening, May 4, 2024, "A Day of Sacred Connection" Email Preamble and Opening Remarks

Saturday evening, May 4, 2024 "A Day Interconnected by Divinity" Email Preamble

On Sunday morning, April 28, my wife, and I went for a walk in the park. From the moment I stepped outside that day, I was enveloped by a feeling I had never felt before. I felt a sense of oneness with the earth, the air, the water, the plants, the wild birds, the dogs, and so on that I had never felt before. I also savored the sensation as if taking a deep breath and feeling at them. Furthermore, as a higher self, I was looking down on physical body consciousness, which was such a fresh experience from the depths of my being.

I asked myself, "Why did I suddenly have this sensation?" Then, I had the answer soon, "It was because I participated in yesterday's Video Prayer Gathering on Saturday, April 27."

Last Saturday's "Video Prayer Gathering" program brought those of us who attended to a place where we could experience the close connection between all of Nature, all living things, and humanity, both materially and spiritually. Here is a brief description of the program.

(1) A long sentence of gratitude to Nature, in the form of reading aloud, and heartfelt gratitude for each item.

(2) After that, perform the IN three times in a row

First time: Purely offer gratitude to each target as a phenomenon.

Second time: Offer gratitude while being aware that you are spiritually connected and united with the natural world and doing great work in the overall cycle.

Third time: We give thanks with the awareness that all beings on the horizontal axis of the world of manifestation and all beings on the vertical axis of the universe, which leads to the origin of life, are connected, living, and circulating in a perfectly horizontal, vertical, and cross-shaped manner.

Last Saturday, we performed the above gratitude act while deepening our awareness in three stages. Rika-sensei told us before we started the practice, "If you do it together, you will understand. I understood the meaning of those words through my own experience, which I wrote about at the beginning of this article.

The program was an effort to raise our consciousness to a deeper level. It has been a week since then, and my relationship with Nature and its creatures has remained fundamentally different. Until now, it was just a notion that we were connected, and although I am still in a shallow state, I now realize through my physical experience that we were closely connected and inseparable, spiritually, and materially.

Therefore, on Saturday evening, we will work to share this feeling with those in Japan and other countries who could not attend the event. We hope those participating in the session will join us in reconfirming the sensations. Even if you do not understand it on the spot, the realization will seep out from deep within you later. For some people, the realization may be so strong that it overflows.

On that day, let us make it a day when everyone who participates in this session can feel that our souls are one with all of Nature, all living creatures, and all of humanity.

Saturday evening, May 4, 2024 "A Day Interconnected by Divinity" Opening Remarks

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

First, we will pray for World Peace, followed by gratitude to Nature differently, and end with three sets of Divine Spark IN seven times in a row, for a total of 21 times.

I would rather tell you about the method of Gratitude to Nature on the spot than talk about it here so that I can start the program right away. So, let's get started.

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. Gratitude to Nature

Next, we will take a slightly different approach to today's Gratitude to Nature. I will explain how we will proceed. First, I will read out a long line of gratitude. Please close your eyes and listen to it, remembering that everything is connected in a cycle of life vibrations in three stages.

Our meditation will unfold in three stages. First, we will explore the profound connection between our five senses and the world around us. Then, we will deepen our awareness of our personal connection with nature and all living things. Finally, we will expand our perspective to recognize the collective bond between humanity and the natural world.

After each stage of meditation, we will transition smoothly to the next by performing the IN three times in a row. This will help us maintain focus and deepen our connection with nature and gratitude.

In the first Gratitude to Nature IN, we should be conscious of gratitude for the phenomenal aspect. The second time, we are aware of the connection between ourselves and nature and its creatures. The third time, we will do this with an awareness of the connection between humanity, nature, and living beings.

Let's get started.

< IN of Gratitude to Nature - 12 items >

The Ocean, The Earth, The Mountains, Food, The Physical Body,
Water, Plants, Animals, Minerals, Celestial Phenomena, Air, and the Sun



[The Ocean]

On behalf of humanity, we thank you, divinities who govern the earth.
We thank you, dear earth.
Our lives are sustained by you from day to day.
We thank you from our hearts for your infinite blessings that bear, nourish, and enliven all lives.
May Peace Prevail on Earth.
We thank you, Divinities who govern the sea.

<Gratitude IN three times>

[The Earth]

On behalf of humanity, we thank you, divinities who govern the earth.
We thank you, dear earth.
Our lives are sustained by you from day to day.
We thank you from our hearts for your infinite blessings that bear, nourish, and enliven all lives.
May Peace Prevail on Earth We thank you, divinities who govern the earth.

<Gratitude IN three times>

[The Mountains]

On behalf of humanity, we thank you, divinities who govern the mountains.
We thank you, dear mountains. Our lives are sustained by you.
We heartily thank you for your infinite blessings.
Please forgive the selfish behavior of human beings, who overlook your profound spirit.
Please ease the trembling that urge us toward our awakening through eruptions, explosions, and landslides, and let us be one with you again.
May Peace Prevail on Earth.
We thank you, Divinities who govern the mountains.

<Gratitude IN three times>

[Food]

On behalf of humanity, we thank you, divinities who govern food.
We thank you, all dear food. Our lives are sustained by you from day to day.
Please forgive humanity’s selfishness, discontent, and lack of appreciation of food.
We heartily thank all food for animating our lives with the precious gifts of the universe.
May Peace Prevail on Earth.
We thank you, Divinities who govern all food.

<Gratitude IN three times>

[Physical Body]

On behalf of humanity, we thank the physical body.
Without the physical body, perfect peace cannot be realized in this world.
We respect, love, and cherish our physical body as a holy divine vessel and manifestation.
May Peace Prevail on Earth.
We thank you, the Physical Body.
May the Physical Body's divine mission be accomplished.

<Gratitude IN three times>

[Water]

On behalf of humanity, we thank you, divinities who govern water.
We thank you, dear water.
Without you, we could not live. Please forgive the foolishness of defiling you with the boundless greed of human beings.
We heartily thank you for your precious existence and functions.
May Peace Prevail on Earth.
We thank you, the water.
May water's divine missions be accomplished.

<Gratitude IN three times>

[Plants]

On behalf of humanity, we thank you, divinities who govern plants.
We thank you, grass, flowers, trees, and all dear plants.
Our lives are sustained by you and we are comforted by you.
We heartily thank you for your infinite blessings.
Please forgive the thoughtless behavior of human beings, who fail to discern your gentle spirit.
May Peace Prevail on Earth.
We thank you, Divinities who govern Plants.

<Gratitude IN three times>

[Animals]

On behalf of humanity, we thank you, divinities who govern the animals.
We thank you, insects, fish and shellfish, reptiles, birds, mammals, and all dear animals.
Our lives are sustained by you and we have prospered through you. We heartily thank you for your infinite blessings. Please forgive the unfeeling behavior of human beings, who ignore your profound spirit.
May Peace Prevail on Earth.
We thank you, Divinities who govern Animals.

<Gratitude IN three times>

[Minerals]

On behalf of humanity, we thank you, divinities who govern minerals.
We thank you, rocks, stones, coal, petroleum, and all other dear minerals.
Our lives are sustained by you from day to day.
We heartily thank you for your infinite blessings.
Please forgive the irresponsible behavior of human beings, who are unaware of your profound spirit.
May Peace Prevail on Earth.
We thank you, Divinities who govern Minerals.

<Gratitude IN three times>

[Heavenly Phenomena]

On behalf of humanity, we thank you, divinities who govern heavenly phenomena.
We thank the laws of heaven for the movements of the galaxies, planets and stars. We thank rain, the wind, the snow, the clouds, the stars, and all other heavenly phenomena.
Please forgive the ungrateful behavior of human beings, who fail to discern your limitless spirit.
May Peace Prevail on Earth.
We thank you, Divinities who govern Heavenly Phenomena.

<Gratitude IN three times>

[Air]

On behalf of humanity, we thank you, divinities who govern the air.
We thank you, dear air, for renewing our lives.
We are sustained by you from moment to moment.
Please forgive the foolishness of defiling you with the careless behavior of human beings.
May Peace Prevail on Earth.

We thank you, Divinities who govern the air.

<Gratitude IN three times>

[The Sun]

On behalf of humanity, we thank you, divinities who govern the sun. We thank you, dear sun.
You cheer and sustain us from moment to moment.
Without you, all life on earth would be unable to live.
We heartily thank you for your limitless blessings.
May Peace Prevail on Earth.
We thank you, Divinities who govern the sun.

<Gratitude IN three times>



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]



That's all.