
Saturday evening, August 24, 2024 "A Day Interconnected by Divinity" Email Preamble

Theme: "The appearance that occurs when mistaken thoughts manifest and fade away with their destiny."

"How Man Should Reveal His Inner Self"

Man is originally a spirit from God, and not a karmic existence.

He lives under the constant guidance and protection provided by his Guardian Deities and Guardian Spirits.

All of man's sufferings are caused when his wrong thoughts conceived during his past lives up to the present manifest in this world in the process of fading away.

Any affliction, once it has taken shape in this phenomenal world, is destined to vanish into nothingness. Therefore, you should be absolutely convinced that your sufferings will fade away and that from now on your life will be happier. Even in any difficulty, you should forgive yourself and forgive others; love yourself and love others. You should always perform the acts of love, sincerity and forgiveness and thank your Guardian Deities and Guardian Spirits for their protection and pray for the peace of the world. This will enable you as well as mankind to realize enlightenment.

Last week, we looked back at the beginning of the book "How Man Should Reveal His Inner Self." This week, we will look back at the second part. It is the part that says

"All of man's sufferings are caused when his wrong thoughts conceived during his past lives up to the present manifest in this world in the process of fading away."

To understand this verse, you need to read it with the awareness that you have internalized the "view of humanity (and of yourself) as a manifestation of God" written in the opening verse. The reason for this is that if you continue to hold the view of humanity (and of yourself) that "humanity (or myself) is imperfect," you will not be able to gain any insight from this verse.

In this passage, the true nature of the suffering we feel in the world is pointed out straightforwardly. If we compare "sufferings" to muddy water in our hearts, we can objectively look at the meaning and reality of the written text.

If we read this verse while our consciousness is immersed in muddy water, our thoughts and the muddy water become one, so no matter how many times we read it, we will not be able to see the reality of our suffering from a distance. For this reason, it is possible that even after decades have passed, we will still be unable to stop our thoughts from forgetting our divinity.

On the other hand, if our consciousness has escaped the confines of the muddy water and is in a world of higher dimensional vibrations, our thoughts are not near the earth, where the muddy water is, but are looking down on the earth from a high position in the sky so that we can see the "reality of suffering" from above.

At first glance, this part of the explanation seems to describe a natural phenomenon, as if to say that "suffering is a phenomenon that occurs when the causes we created in the past fade away." However, when we look at the actual situation in more detail, we can see that it is a manifestation of the guidance of the Guardian Deities and Guardian Spirits and a form of cleansing.

To put it more clearly, our Guardian Spirits manifest and cleanse the "states of suffering caused by wrong thoughts" within the range that a person can endure, cleansing the "wrong thoughts conceived during our past lives up to the present (karma-like thoughts)" that have accumulated in the minds of the people they are protecting.

All the suffering we experience in this world, such as problems at work, discord in human relationships, illness, being unable to keep up with the changing times, natural disasters, wars, and conflicts, etc., will cease to trouble our minds (because the causes will disappear) as we practice "How Man Should Reveal His Inner Self." In fact, many people are living in the same physical world as us but who are living in a state where their suffering has faded or where they no longer feel any suffering.

That is because, as the thoughts and habits rooted in the physical body fade away due to continuously offering the Prayer for World Peace, which is the very sound of divinity, thoughts and habits rooted in divinity become our standard equipment. In this sense, it can be said that the thoughts and habits that have forgotten divinity are the form of mistaken thoughts.

Mistaken thought patterns that have forgotten the divine are a state in which the conscious and subconscious minds are controlled by "memories of a time when we were separated from the divine." The inability to let go of these memories could be said to be the very thing that is fading away. It is also the root cause of our surrendering the authority of our own lives to others and our constant dualistic thinking.

The phrase "fading away" can be used in a broad sense, as "the way humanity never stops fighting is a sign of its fading away." It can also be used in an essential sense: "By carefully observing our consciousness, we can let go of our grasping as a sign of our fading away."

In that sense, the true meaning of "fading away" could be said to be "letting go of memories and returning to divinity."

Now, please read the second verse again, taking the time to digest it.

"All of man's sufferings are caused when his wrong thoughts conceived during his past lives up to the present manifest in this world in the process of fading away."

When we read this passage with the divine self-awareness that has emerged from the muddy waters, we can see that the fading away is not a natural phenomenon, but a state that is manifested and then erased by the guidance of the Guardian Deities and Guardian Spirits. We can also see that it is a necessary path that exists to refine and raise our consciousness.

When the water becomes still, the mud settles to the bottom. If the mud has sunk to the bottom of your heart, your conscious mind will not be able to recognize it. Therefore, we cannot say that we have "graduated from the fading away" just because our minds are clear now. We need to live our lives in a way that polishes and elevates ourselves until the day we return to the divine world.

In this Saturday's program, we will read together the second section of "How Man Should Reveal His Inner Self," entitled **"All of man's sufferings are caused when his wrong thoughts conceived during his past lives up to the present manifest in this world in the process of fading away."**

We will distinguish between "disappearing figures in a broad sense" and "the true meaning of the disappearing figures we should be doing now," let go of memories that we have been unable to let go of, and radiate the light of the Universal God from the divine consciousness realm.

Saturday evening, August 24, 2024 "A Day Interconnected by Divinity" Opening Remarks

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

Today, we will take to heart the truth of the second verse of "How Man Should Reveal His Inner Self": "All of man's sufferings are caused when his wrong thoughts conceived during his past lives up to the present manifest in this world in the process of fading away."

By objectively viewing the mistaken perceptions that our Guardian Deities and Guardian Spirits have revealed to us as fading away and casting them into divine waves, we can become hearts that are less grasping. With that heart, let us radiate the Universal God's light to all of nature, all living things, and humanity.

We encounter the phrase "fading away" daily, but it's also a little hard to grasp. In my own experience, for about 35 years after I started praying for world peace, I had a vague idea of what it meant.

How did I come to understand and realize the reality of the "disappearing figure"? The breakthrough came when I had the intuition: "What if I change my perspective and think of it as 'the figure of the Guardian Deities and Guardian Spirits making it disappear'?"

Next, I thought from the bottom of my heart, "The disappearing figure is not a natural phenomenon that appears according to law. It is an 'essential experience for polishing and improving oneself' that the Guardian Deities and Guardian Sports allow us to experience within the limits we can overcome after grasping everything about us.

And so, one after another, I came to think, "This thought is a fading away," "This way of seeing is a fading away," "This recognition is a fading away," "This assumption is a fading away."

After I had thought this, by chanting the Prayer for World Peace and divine words, my feelings of dissatisfaction, lack, and shifting the blame gradually faded, and I felt my heart becoming lighter and lighter.

I also tried various methods to achieve fading away. The most effective method was to continuously replace my thoughts with feelings of gratitude, saying "I'm so grateful" or "Thank you" every day.

"Therefore, I believe "that the most effective way to achieve the fading away is to accept that the Guardian Deities and Guardian Spirits are erasing it for me and to spend each second and each moment with gratitude towards the Guardian Deities and Guardian Spirits.

Of course, at the same time, it is also important to carry out the following part, which says, "Any affliction, once it has taken shape in t, "is a phenomenal world, destined to vanish into nothingness. Therefore, you should be absolutely convinced that your sufferings will fade away and that your life will be happier from now

on. Even in any difficulty, you should forgive yourself and others; love yourself and love others; You should always perform acts of love, sincerity, and forgiveness.] is also important.

Today, we will look within our own hearts to see the causes of the imperfection and disharmony we feel in this world. By letting go of these things, let us reaffirm that we are vessels that radiate the light of the Universal God.

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

1. Prayer for World Peace

(Japanese)

Sekai-Jinrui ga, Heiwa de arimasu-youni
Nippon ga, Heiwa de arimasuouni
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 Deities and Guardian Spirits.

2. Reading out loud “How Man Should Reveal His Inner Self” to oneself

First, chant the first section seven times.

My sufferings are caused when my wrong thoughts conceived during our past lives up to the present manifest in this world in the process of fading away. (× 7 times)

Next, chant the whole passage once.

I am originally a spirit from God, and not a karmic existence. I lives under the constant guidance and protection provided by his Guardian Deities and Guardian Spirits.

My sufferings are caused when my wrong thoughts conceived during our past lives up to the present manifest in this world in the process of fading away.

Any affliction, once it has taken shape in this phenomenal world, is destined to vanish into nothingness. Therefore, I should be absolutely convinced that my sufferings will fade away and that from now on my life will be happier. Even in any difficulty, I should forgive myself and forgive others; love myself and love others. I should always perform the acts of love, sincerity and forgiveness and thank my Guardian Deities and Guardian Spirits for their protection and pray for the peace of the world. This will enable I and humanity to realize enlightenment.

3. Breathing Method for Realizing Divinity

Next, we will do the breathing exercise associated with the Divine Spark IN, and we will do the breathing exercise “WARE-SOKU-KAMI-NARI_JOUJU!_JIN-RUI-SOKU-KAMI-NARI” for 5 minutes.

I will explain briefly the breathing method of "WARE-SOKU-KAMI-NARI_JOUJU!_JIN-RUI-SOKU-KAMI-NARI" for those who don't know it.

First, while inhaling deeply, chant "WARE-SOKU-KAMI-NARI" in your mind. You should chant it more slowly, "wa-re-so-ku-ka-mi-na-ri-."

Next, hold your breath for a few seconds, not necessarily a long time. In your mind, declare "Jouju."

Finally, while exhaling, say "JIN-RUI-SOKU-KAMI-NARI" in your mind. You also guess this while exhaling, so think about the pace of your breath from the beginning to the end, and exhale while chanting "ji-n-ru-i-so-ku-ka-mi-na-ri-."

This time, we will do this breathing using the vibration breathing method used when doing the Divine Spark IN.

At that time, tighten your buttocks, pull in your stomach, and raise your diaphragm, imagining that your lungs are the area between the bottom of your ribs and the back of your eyes.

Imagine inhaling to the back of your eyes when you breathe in. And when you breathe out, be conscious of exhaling completely.

During the five minutes you are doing this breathing exercise, please breathe at a comfortable pace. We will now do this for five minutes while the music is playing. When we are finished, we will stop the music. Let's get started.

4. 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, divine beings, send the Universal God's light while embracing the great nature.
[Divine Spark IN seven times in a row]

<Second declaration>
We, divine beings, send the Universal God's light while embracing all living things.
[Divine Spark IN seven times in a row]

<Third declaration>
We, divine beings, send the Universal God's light while embracing all of humanity.
[Divine Spark IN seven times in a row]

That's all.