
Saturday evening, August 3, 2024 "A Day Interconnected by Divinity" Email Preamble

Theme: "The Free and Flexible Use of Consciousness and Breathing"

As you have probably noticed throughout your life, consciousness, and breathing are inextricably linked and are important functions of life that connect the mind and body.

If we look at it from the perspective of the truth of life, the relationship between consciousness and breathing is that consciousness is the master, and breathing is the servant. However, if we are carried away by the habitual thought that "the physical body is who I am," we will not be able to be aware of the connection between consciousness and breathing, and our minds will be carried away by our emotions. Our bodies will move according to the laws of nature.

In other words, if we go through life without realizing that we are Divine Beings, our consciousness will not be able to guide our breathing autonomously, and we will just repeat the cycle of speeding up and slowing down in response to the movements of our emotions.

Now that we are on the verge of the complete Divine Spark, it is time for us to graduate from a way of life that is at the mercy of our emotions and to wrap all our emotional thoughts and ideas in Divine Consciousness. This also means that we are graduating from unconscious breathing.

When we graduate from unconscious breathing, the consciousness of divinity moves the two voluntary muscles of the diaphragm and intercostal muscles, which control breathing and promote the expansion and contraction of the lungs and ribs, so relaxed breathing becomes a standard feature of the body.

When the rhythm of our breathing changes to a slower pace, the light of divinity spreads to every corner of our physical cells, and our physical bodies are completely resurrected as divine bodies. This is because breathing is the supreme bridge that connects the divine source to the physical body.

When we breathe slowly and steadily, the infinite cell metabolism of our physical body is activated and revitalized. The key to activating the infinite power that life inherently possesses lies within our Divine Consciousness. From the perspective of the physical body, the key to normalizing an infinite state of health lies in utilizing the respiratory muscles as voluntary muscles (diaphragm and intercostal muscles mentioned above).

If you can breathe deeply and relax, taking in enough oxygen and expelling unnecessary energy, your metabolism and immunity will strengthen. Also, even if you have been ill or injured due to mistaken thoughts from past lives, you can form a healthier mind and body through a way of life that turns misfortune into fortune.

To make relaxed breathing a regular part of your life, we will work on it with an awareness of the diaphragm and, in the end, try applying it with the Divine Spark IN 21 times.

For those who are already fully aware of the divine nature of your consciousness and breathing, please give a little push to those who are almost there.

Saturday evening, August 3, 2024 "A Day Interconnected by Divinity" Opening Remarks

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

Today, we will focus on breathing. Have you ever wondered how the lungs move when we breathe?

Some of you may remember learning about this at school. Let's revisit it here.

We cannot move the lungs when we breathe in and out. So, how do the lungs move when we breathe?

Put simply, the lungs expand and contract according to the amount of air inhaled. In addition, the surrounding bones and muscles are arranged to expand and contract sufficiently to allow the act of inhaling and exhaling to take place, and they help the lungs function.

Today, we will do some exercises to move our lungs as we wish and take steps that we can apply to our daily lives. I will talk about this in more detail in the third program, so for now, let's start by praying for World Peace while listening to Goi-sensei's clapping hands and whistling and adjusting the vibrations of our bodies and minds.

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. Declaration of Divinity Awareness

Next, let's all make a declaration together to become aware of our divinity.

I am an offshoot of God, born of the Universal God, and
I am with Guardian Deities and Guardian Spirits.
Therefore, I can always do what I want to do.
I can be who I want to be.
I can go where I want to go.
What I have imagined and drawn will surely appear in my life.

3. Time to be aware of slow breathing

Next, it's time to be aware of your relaxed breathing. While listening to the music, consciously move your voluntary muscles for 10 minutes and feel with your whole body how much easier it is to breathe slowly. From here, listen to the music, listen to the story, and watch the slides while being aware of your slow breathing.

For us to make full use of the function of our lungs, we need to slow down the pace of our breathing and make it a natural state.

When we breathe slowly, the oxygen we inhale is pumped into the blood vessels, and when the heart pumps it out forcefully, oxygen is distributed to every corner of the body. The unwanted elements in the blood that return with this force are returned to the lungs as carbon dioxide and exhaled.

From a spiritual perspective, when we breathe in, the unwanted elements produced by the body's metabolism are sent back to the world of the source of life.

Conversely, when we breathe out, the divine energy of the source of life is taken into the physical body. In this way, we unconsciously perform spiritual breathing, the opposite of physical breathing.

That is why it is said that when doing Touitsu or meditation, we should pay more attention to the breath we exhale than the breath we inhale and try to exhale slowly and gently.

Now, then, what should we be aware of to take in the life energy that manifests the workings of divinity in our thoughts, words, and actions and to send the unwanted elements produced by metabolism to the divine incinerator through our breathing, rather than letting them remain in the physical body?

In a word, it is to train ourselves to take slow, relaxed breaths as a matter of course in our daily lives. To do this, we must understand breathing mechanics in the physical body and learn to use our lungs as we wish. If we understand the mechanics of breathing in the physical body and use them with awareness, we can all move our lungs as we wish.

Please look at the image displayed on the screen. This image was used on the evening of Saturday, February tenth.

At that time, we discussed how to help the lungs expand and contract by making the costal cartilage more flexible. Today, we will discuss how to help you breathe more deeply in your normal breathing and how to help you perform the vibration breathing method in a stable state when performing the Divine Spark IN.

This means consciously using the diaphragm. As mentioned in the Opening Remarks, the lungs expand and contract depending on inhaled air. In addition, the surrounding bones and muscles are arranged to allow them to expand and contract, which helps the lungs function.

The surrounding bones are the ribs, breastbone, ribs, and the costal cartilage that connects them. From here, the surrounding muscles are the diaphragm and intercostal muscles, which we didn't cover in February.

Please look at the image on the screen. The diaphragm is the part of the breastbone slightly above the bottom, spreading out in a dome shape. The intercostal muscles are located between the ribs.

There are two types of muscles in the human body: voluntary muscles, which can be moved consciously, and involuntary muscles, which cannot be moved even when you are conscious of them.

The diaphragm and intercostal muscles are voluntary muscles that can be moved consciously. When you are unconscious, they do not function fully, but when you are conscious, you can use them.

Up to this point, I have said that the diaphragm and intercostal muscles are voluntary muscles that can be moved consciously. As I mentioned in February, if you keep the costal cartilage soft, the intercostal muscles will help to expand the ribs when you inhale and contract them when you exhale.

This time, we will focus on the diaphragm. When we breathe normally, we do not use even half of the diaphragm's potential.

Now, while breathing naturally and slowly, try to feel how the diaphragm moves when you breathe out and in without using special breathing techniques.

When you breathe out, you can feel the ribs narrowing as the diaphragm rises, and when you breathe in, you can feel the ribs expanding as the diaphragm falls.

If you are conscious of the diaphragm rising and falling when you breathe normally, you will find that you can breathe more slowly and comfortably.

When are you doing the Divine Spark IN? Try breathing when you are doing it. You breathe slightly, expanding and contracting your ribs with your raised diaphragm. You can tell this by putting your hand on your ribs while doing the breathing technique for the Divine Spark IN.

Also, by imagining that your stomach and back are sticking together, pulling in your stomach, and closing your buttocks, you can breathe even deeper when doing the Divine Spark IN. This is because the diaphragm is pulled up even more than when you pull it up, and the energy you take in when you breathe is connected to the pineal gland in the midbrain.

The Divine Spark IN manual says, "When you have fully inhaled into your chest, continue to inhale into your shoulders and the back of your eyes. Also, when you exhale, feel the breath moving down from the back of your eyes, through your shoulders, and into your chest.

As you can see, breathing during the Divine Spark IN differs from normal breathing. The intention is to deliver the energy you inhaled to the back of your eyes, so you should keep your stomach and your diaphragm raised.

After this, we will perform the Divine Spark IN 21 times, so please try to perform it while being aware of what I have just told you. The image you should have in mind is that you are tensing your buttocks, pulling in your stomach, and continuing to raise your diaphragm so that the energy of the Universal God can directly enter your pineal gland at the back of your eyes, replacing the synapses in your brain with divine connections.

Thank you very much.

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.