
Saturday evening, September 21, 2024 "A Day Interconnected by Divinity" Email Preamble

Theme: "Embracing All of Ourselves Unconditionally"

The time is fast approaching when all of us striving to manifest the divine in our thoughts, words, and actions will attain enlightenment and reach the oneness of God and self in both name and reality. In this context, we sometimes hear people say, "I'm stuck at the last hurdle..."

It is a state where, even though you are on the verge of becoming one with God, you are unable to see yourself objectively because you are looking at yourself through a filter. In other words, it is a state on the verge of graduating from ego consciousness. In such a situation, we find ourselves in a state where our evaluation of ourselves is either extremely high or extremely low without us even realizing it.

This kind of state can manifest itself in various ways, but the following four are typical examples:

- Judging oneself and branding oneself as negative, thinking "so-and-so is capable, but I'm not."
- Shutting oneself off and closing one's eyes and ears, thinking, 'I can't bring the divinity back to life, it's impossible.'
- Mistaking oneself, thinking I don't need to improve myself because the divine has been brought back to life."
- Being conceited, thinking "everyone should respect me"

If you look closely at these four characteristics, you may feel a sense of déjà vu with at least one of them, even if you don't identify with them all. This is because these characteristics are a path that everyone passes through in response to their karma from past lives, on the way to returning to the state of "doing without doing" that Lao-tzu talks about.

In this way, the state of blaming oneself for being caught between ideals and reality, or of retreating into the recesses of one's mind thinking "I'm nobody," or of trying to act more than one is capable of, is like a pendulum swinging from side to side before converging at the center. We can say that we are on a journey of returning to a state where life shines forth as it is while swinging from side to side.

In the world of psychology, Maslow's hierarchy of needs is present, but I guess there are seven levels of needs common to humanity, adding two more levels. They are as follows:

1. Physiological needs - basic, instinctive needs necessary for survival
2. Need for safety - a basic, instinctive need to live without anxiety
3. Social need - a need to feel a strong connection with the people around you
4. Need for approval - the desire to be recognized, to be praised, to be liked, to be respected, to advance in life, etc.
5. Need for self-actualization - the desire to be fulfilled based on one's view of the world and of life (the desire to take action that one would be willing to do even if one were not paid for it, as

opposed to the desire to take action that one would not be willing to do even if one were paid for it)

6. Spiritual Development Desire - The stage where you want to develop your own soul, not just your physical body

7. Divinity Development Desire - The stage where you want to develop the essence of life, transcending your physical body

We live in the sixth stage while aspiring to the seventh stage. The fact that we want to "develop our souls" can also be reworded as meaning that we want to "reveal the nature of the great life that created the universe in our thoughts, words, and actions."

Even in this situation, there are times when some of the thoughts of the disappearing forms of the seven stages mentioned above, 3 to 5, are still lurking in our minds.

In that way, the reason why, while aspiring to develop our divinity, we find ourselves craving desires that only apply to a world of duality and opposition is because we have not yet forgiven or loved ourselves. Depending on the degree of this situation, the fading away of the desire to be "recognized" by others in our relationships with them manifests itself outwardly.

However, even if others recognize you, if you have not solidified the foundation of your heart, such as "having the breadth of mind to accept and recognize any aspect of yourself and the determination to do so," you will not be satisfied with being recognized by others. You will not be able to graduate from these stages of desire.

As long as we each guess that "our physical body is who we are", we will have the habit of demanding that others fill the void we feel. These situations can be resolved by truly forgiving ourselves and loving ourselves wholeheartedly.

In the process of doing this, we sometimes find ourselves feeling low or being controlled by feelings of pride. That is not unrelated to the fact that, whether we are aware of it or not, we become victims or perpetrators at some point in our lives. The inward-looking vector of your thoughts is causing you to become either self-deprecating or arrogant in your relationships with others.

That doesn't mean you should try to eliminate self-deprecation and arrogance because they're bad. Even if you suppress self-deprecation and arrogance, as long as the disharmony in your heart that is causing them remains, your state of divinity will remain distant.

What is important is to look closely at and embrace the disharmony in your heart that is causing you to feel humble or proud. If you can harmonize your heart this way, humility and pride will naturally disappear.

In the special program on Saturday, we will shine a light on the parts of ourselves that we have not yet discovered, and we will make this a time to unconditionally forgive, love, accept, and embrace all of ourselves, no matter what they are.

By doing this, we will be able to focus all our energy on what we need to do in the sixth and seventh stages of the seven stages mentioned above, and the path to oneness with God will accelerate.

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Saturday evening, September 21, 2024 "A Day Interconnected by Divinity" Opening Remarks

Hello everyone. We will begin the Saturday program, "A Day Interconnected by Divinity." In the email I sent out on Thursday, I wrote, "Let's have time to shine a light on the parts of ourselves that we haven't noticed yet, the parts of ourselves that we haven't found yet, and to unconditionally forgive, love, accept and embrace all of ourselves, no matter what they are."

That is also a practice of the act of fading away. I will explain why "unconditionally forgiving, loving, accepting, and embracing all of yourself" is a practice of fading away.

In most cases, our consciousness is biased towards either humility or haughtiness when our mind's two feet are not completely standing on the ground of divinity. Furthermore, when we are in such a state, we cannot honestly observe ourselves and objectively see what mental habits we have and what we are doing.

When we are unable to honestly and accurately observe our own true state, we tend to either look down on ourselves or be controlled by haughtiness thoughts.

What is effective in such a case is to pray a lot and form the Divine Spark IN many times, and to pour the light of divinity and the great light of the Prayer for World Peace into your heart, and to look at the darkness deep within your heart with the light of the sun shining on it.

In this way, you can see the "clumps of thoughts" that you might want to turn away from, depending on their content, such as "I didn't know I had these thoughts" or "I didn't know I had these feelings." Then, you can unconditionally embrace the "self that has recognized for the first time that it existed." At that time, there was no need to judge anything, and there was no need for unnecessary preaching words.

With a heart filled with nothing but compassion, you can embrace your thoughts with the arms of God's Body. If it is difficult to imagine this state, embracing yourself with the arms of your Physical Body is effective, as you do when you interact with your ancestors and relatives during the major event in September.

Holding yourself in this way means that you are embracing the part of yourself that has not yet attained Buddhahood. At the same time, this action also makes you realize the fact that your Guardian Spirits are embracing you. In this way, we can hand over our recognized shortcomings and admitted faults to our Guardian Spirits and wash them clean with the light of life.

If we continue to avoid looking at the true state of our mind or do not even try to look at it in the first place, the Guardian Deities and Spirits will manifest painful experiences to make us aware of this. That manifests as illness, injury, disharmony in human relationships, or financial problems, and then disappears.

That is clearly stated in "How Man Should Reveal His Inner Self" as "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. Therefore, the most important thing to do throughout one's life is to honestly look at oneself, harmonize one's mind, and immerse oneself to make peace.

So today, we will reduce the number of Divine Sparks IN to seven times and use the time saved to shine a light on the parts of ourselves that we are not yet aware of and to forgive, love, accept, and embrace all of ourselves unconditionally, no matter what that may be.

We will read a longer version of Goi-sensei's talk during this time. For those participating from other countries, please use this PDF file to read the talk and use the time to look within your heart and gain some insight.

Now, as it is time, we will first pray for the world peace in Japanese and English.

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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.

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2. Time to embrace all of yourself

Thank you. Next, I will take some time to embrace all of myself. As I mentioned, I will now read Goi-sensei's lecture for about 20 minutes.

As you listen, delve into your own heart, and illuminate the aspects of yourself that have eluded your awareness, or that you have yet to discover within yourself. Endeavor to forgive, love, accept, and embrace all of yourself unconditionally, irrespective of the nature of that self.

If you can imagine embracing yourself with the arms of your heart, please do so. If you can't imagine it, try hugging your torso with the arms of your physical body. This will give you a simulated experience of hugging yourself with the arms of divinity.

This is also the state in which our Guardian Spirits are hugging us, so while remembering that with your other mind, please listen to Goi-sensei's talk.

As it is a long story, I will read it in excerpts.

This narrative commences with the part where he posits, "If humans undergo multiple reincarnations, then are our ancestors not a part of us?" Let's embark on this journey of self-discovery.

If you ask whether you are an ancestor, you have been born as an ancestor several times, so you are also an ancestor. However, not all of your ancestors are yourself.

If I say deeper, they are all yourself. If I say that even deeper, there is only yourself. However, if you don't say it like that and say it naturally, you would say, "There are several ancestors who were myself, but not all of them are myself. But ancestors and you are still different."

So, some people say, "My ancestors are lost, and their thoughts are troubling me," but that is a mistake. In order to eliminate the karma within yourself, your Guardian Spirits are helping you to do so by making it seem as though your thoughts have possessed you.

So, nothing is possessing you. It's not that the confusion of your ancestors has come to possess you but that your own thoughts are appearing as they fade away. If your thoughts fade away and you are purified, shining brightly, there is no such thing as the confusion of your ancestors. Everyone shines brightly.

There are a lot of people who think, "I'm suffering because of my ancestors' karma, my ancestors are idiots," or "they're making me suffer." Because of the way they talk, I say, "That's not true. Whatever you suffer is all your responsibility. You are responsible for yourself. It's not anyone else's fault."

No matter what kind of suffering you have, even if it seems like someone else's fault, it's not someone else's fault, it's your own fault. If you don't think that way, you're not on the path of religion. Saying, "I did good things, so that person became good because I did them," or "That person did bad things, so it's their fault" is not the spirit of religion. (omission)

No matter how much you preach the truth with your mouth or say "God, God" with your mouth, it won't work. The real thing is in your actions. What I hate the most are the people who say "God, God" all the time but are always finding fault with other people and nagging them. How great do they think they are? They're not great at all. If you nag people, that shows how low-level you are. If you say, "This person won't become great unless I say something," that's different if you say it out of love.

There are people who want to make themselves look great with their own emotions and don't like everything that other people do, so they end up complaining about other people all the time. People like that are not good. People like that are not religious believers.

If you say something lovingly, thinking, "I hope this person becomes a good person," then it is wonderful to say. It is a word of love. Even if someone with such a heart says, "You idiot," it is still a word of love. However, if you say things like that because you want to put yourself above others and look down on them, then you are truly the lowest of the low. (omission)

You are people who say, "Thank you, God" and pray for peace, so please don't say things like that to other people, at least not out of your own emotions. You shouldn't suppress other people with your emotions. If you get angry with other people because you're frustrated, then the frustration itself is a form of karma.

There is no such thing as "the other person's feelings coming to possess you". If the other person's feelings come to possess you and you get irritated and start complaining, then that means that if someone else's feelings come to possess you, everyone will get irritated, right?

All sorts of thoughts come to my mind, but I've never been irritated. Even if I say something or shout at someone, I'm smiling soon after. That's because I'm not saying it with emotion.

Why don't you try it? If you can say "you idiot" with emotion and then smile afterward, you're doing great. You should practice that. If you're going to say something, even if it's harsh, if you can say it and then smile afterward, then go ahead and say it.

If you are full of love and do what you do with love, whether you scold or try to be kind, it is all God's will, so you can improve the other person. However, if you are angry just because of your own feelings, and then you blame the other person for your anger,

"It's his fault, so his feelings came over to me." Where is there such a stupid thing? That's just an excuse. You have to be filled with a bright, gentle, loving heart. You have to live with a deep heart of love at all times.

Even if you're tempted to get angry, hold back for a moment. If you pray, "Ahh, this is the fading away of my feelings, May Peace Prevail on Earth. May that person's heavenly mission be accomplished. May my own heavenly mission be accomplished," then both of your heavenly missions will be accomplished. It's not at all anyone else's fault.

You are responsible for everything that comes up in your own life. It is your responsibility even if you get angry because someone hits you. Even if you are in the right and the other person is in the wrong, and you get hit, it is because something in you is causing you to be hit.

"The Guardian Spirits used the other person to help me get rid of the karma I had inside. They made it look like the other person was the bad one and got rid of it for me." If you think like that, you're on the right track. That's how I got to where I am today.

So, no matter what kind of persecution you suffer, no matter how inconvenient things are for you, please become a person who can say, "The other person is at fault," but not "Oh, the things inside me have disappeared. Please, do it so.

That is my greatest hope for our comrades in prayer for world peace. I hope that everyone will become like that. (omission)

When God's world really appears, there will be no extras. If you move your heart even a little, you'll be done in a flash, but if you say things like "Oh, I'm sorry" or "Fading away", they'll erase it and forgive you. Because the Guardian Deities and Guardian Spirits are protecting you.

However, to become a human being like God as soon as possible, you need to be ready to forgive everything. You need to be grateful for everything.

Anyone can be grateful for things that are convenient for them. You might think, "Thank you, that person is a god, for giving me money when I didn't have enough. But when someone steals from you when you don't have enough money, you might think," That bastard!"

When you're short of money and can't even eat, and then you get robbed, you should think, "Oh, God is giving me even more wonderful power, thank you." It's not easy to guess, but you have to try your best to be able to guess.

When God's world appears on Earth and World Peace comes, God will not give you any extra help. You are all living to wash away your inner heart, so it becomes completely clean. The world will not become peaceful if you don't really make your heart shine like a white light. The Guardian Deities, Guardian Spirits, and the Great Light of Salvation will definitely do it for you. They will do it, but you have to ride the wave of their doing it for you.

All you need to do is to have the mindset of "Oh, Goi-sensei said that. I'll do my best to do that." If you have that mindset, your heart will naturally rise.

God will gradually stop giving you freebies. I want you to become people with hearts that shine with the light of oneness and love. There is no haughtiness, no self-deprecation, no desire to defeat others, and all of these things disappear, and you are left with only the words, "Thank you. Thank you, God. Thank you for allowing me to live like this. Thank you for everyone being at peace. Please let everyone's happiness come as soon as possible and let everyone be filled with love. Thank you. Thank you."

The Guardian Deities and Guardian Spirits are working to help you become that way of thinking. That's why we'll keep stripping away all the unnecessary things. You understand, right?

So, if something painful happens, the more painful it is, the more you have to think, "Oh, God loves me." This is something that has been said for a long time, but I think it again.

The more painful something is, the more it will get better. A boil is the best example. It hurts so much when it reaches its peak that it bursts, and pus comes out. When the pus comes out, it's a good sign. It's already being cured. The most painful time is when it's being cured the most.

Whatever comes out, comes out. If you endure it while praying at the time when it hurts the most, it will burst all of a sudden. The toxins that would cause serious illness if they entered the internal organs are released in the form of pus. It works like that. It's not just pus.

It's the same for everything. It's the same for diarrhea too. If you don't fear diarrhea, you can think, "Oh, the toxins inside me are disappearing, my body is becoming clean, it's being cleaned up nicely, thank you," and every time you have diarrhea, your body will get better.

Before I started doing this, I was having diarrhea all the time. But I wasn't afraid at all. I guessed, "Thank you, God, my body will become completely clean." Then it becomes clean. My body also gets better.

So, I want you to have a heart that is not afraid of anything that appears and to think, "God is doing this for me, thank you. He is polishing my soul, thank you. He loves me and is doing this to give me strength, thank you."

That is the essence of religion. When you do this, you will truly become one with God. You will become the mind of God itself. If you keep thoughts like garbage inside yourself, then calling yourself "God" is no good. You have to put the garbage of your thoughts into God. It's okay to admit that you have bad parts. As long as you are in the Physical Body, you are bound to have bad thoughts. This earthly world is rough, so there are bound to be bad things.

I tell you to "pray with a clear mind, even if you have bad thoughts. Instead of trying to get rid of it, you acknowledge that you have it, and then you pray to your Guardian Spirits for World Peace while thinking, "Oh, I have these bad points, so please let God get rid of them as soon as possible." When you do this, the great light of the Prayer for the World Peace will get rid of it.

You have to acknowledge your own faults. You must acknowledge your faults clearly and honestly and ask God to make them disappear. If you do that, it will be easier for the Guardian Spirits to make them disappear. If you don't acknowledge your faults honestly, they won't fade away. Let's say you are

haughtiness. If you don't acknowledge that part of yourself and guess that you're not proud, then it won't disappear.

You should acknowledge that you are haughtiness, that you are timid, that you are short-tempered, and so on. After acknowledging this, in order to have it disappear, you should enter into the Guardian Spirits and pray, "Guardian Spirits, please make this thought disappear as soon as possible, May Peace Prevail on Earth, and may my heavenly mission be fulfilled." The Guardian Spirits will then make it disappear.

You understand, don't you? You have to do this without fail. Whether it's through illness, poverty, or human relationships, things are erased through various kinds of suffering.

That's why I tell you that you must be grateful for everything. That's what I say because that's the essence of religion.

I am not blaming anyone. I am not blaming anyone. I am forgiving everyone, saying, "Everything is a form of fading away." But you have to clearly acknowledge that "fading away" is happening. You have to acknowledge your own faults. If you do that, you will truly become a form of fading away.

If you keep cheating and doing bad things and then say, "That's the way things are fading away," you're just going round and round in karma circles. That won't make the disharmony disappear. You have to look at your own thoughts and guess, "This is the way things are fading away," and then put them into the Guardian Spirits. The Guardian Spirits will erase it for you, so you can think, "This is the state in which God is erasing it. May Peace Prevail on Earth." Then the Guardian Spirits will erase it, and only your bright, positive heart will shine.

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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 the Divine Spark IN seven times in a row. Let's get started.

We, Divine Beings, send Universal God's light as we embrace all nature, all living beings, and humanity.

[Divine Spark IN seven times in a row]

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That's all.