
Saturday evening, September 28, 2024 "A Day Interconnected by Divinity" Email Preamble

Theme: "Mastering the Ordinary"

Our common mission as individuals who have set foot in the divine world is to strengthen our souls and expand our human potential through a thorough gratitude practice for the things we take for granted.

Suppose we live without strengthening the foundation of our soul. In that case, we will not easily feel gratitude for the fact that we are alive, and we will find ourselves trapped in a way of thinking that sows the seeds of bad karma, such as dissatisfaction, discontent, and lack.

In this way, the fundamental cause of our suffering was the habit of unconsciously letting our feelings of dissatisfaction, discontent, and lack of fulfillment flow out, seeing ourselves and others as separate.

Once we break free from this state of mind, the following changes will occur in our hearts:

- *We will no longer act in ways that are childish, such as depending on others or shifting responsibility.
- *We will naturally understand that we are responsible for everything that happens to us.
- *An optimistic, positive, bright, infinite power will well up from the depths of our hearts.

I call this way of living "A way of life mastering the ordinary." It is also a state of being able to appreciate the things that you have taken for granted and never thought to be grateful for.

Even if we focus on our Physical Body, which is the most basic thing in life, there are many things to be grateful for, such as the following.

- *Being able to see
- *Being able to hear
- *Being able to smell
- *Being able to taste with the tongue
- *Being able to feel the sensations of touch with the skin
- *Being able to breathe
- *Having a beating heart
- *Having blood circulating through the body
- *Being able to take in oxygen and expel carbon dioxide
- *Being able to move the limbs
- *Being able to move the neck
- *Being able to stand and sit on two legs
- *Being able to move the joints
- *Having bones that support the body
- *Having muscles that support movement
- *Having nerves that run throughout the body

- *Having skin that protects the Physical Body
- *Having various ways of expelling unwanted elements from the body
- *The consciousness is working in conjunction with the brain
- *We can obtain nutrients from food
- *The digestive organs are working smoothly

If we make the resolution to "be grateful for the things we have always taken for granted," we can feel a lot of "gratitude" toward ourselves and others.

When you look at things in this way, you will find countless kinds of gratitude, not only for the artificial materials you come into contact with in your daily life, but also for water, air, the earth, wind, rain, snow, the universe, and various other living things besides humans.

If you expand your awareness even further, you will also feel gratitude towards the existence of your ancestors and gods, the invisible sources of life that make you exist here and now.

When you live your life with this kind of awareness, you will realize that everything is connected and nothing exists independently.

On Saturday night, with an awareness that has returned to the "sensitivity (fundamentals) that should be there as a human being" that has been numbed by the thought habit of "it's obvious," you will realize that the things you thought were obvious are not obvious while thinking about the fact that everything is built on a miracle of continuous connections, we will spend this time forming the Divine Spark IN, while offering infinite gratitude for everything.

Saturday evening, September 28, 2024 "A Day Interconnected by Divinity" Opening Remarks

Hello everyone. We will begin the Saturday program, "A Day Interconnected by Divinity." In my email on Thursday, I wrote something like, "Things that we take for granted are not, and are built on a miracle of continuous connections. So, let's spend our days with a heart of gratitude for such facts."

This kind of perspective is a realization that comes from the bottom of your heart when you become physically disabled due to illness or as you age and find that you can no longer do the things you used to be able to do.

This realization reminds us that we, who have forgotten the divine and lost sight of the importance of gratitude, are on the path to returning to a proper state of being as Divine Beings. We have all experienced this to a greater or lesser extent.

In the midst of various changes in our circumstances, we can learn to cultivate a balanced awareness that is not biased towards either extreme by experiencing opposite positions, such as freedom and unfreedom, health and illness, joy and sorrow, anger and forgiveness, and so on.

That experience broadens our horizons as human beings and helps us grow. Our Guardian Deities and Guardian Spirits give us various experiences so that we can see and learn about the wider world and expand our souls rather than just staying in our own little "comfort zone."

In the midst of such days, we live each day with the thought that "since not everything is natural, we must not forget to be grateful."

As we live each moment with gratitude for the divinity that is our Guardian Spirits, Guardian Deities, and our true hearts, we can feel gratitude for things we would not have been able to feel gratitude for in the past, such as "I'm grateful that I can breathe," "I'm grateful that I can drink water," "I'm grateful that I can walk on two legs," "I'm grateful that my cells are metabolizing," "I'm grateful that there is air, water, or land."

Many people live their lives with this kind of awareness here now. Today, let's make this a time to gather our small acts of gratitude and make them reverberate worldwide.

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

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. A time for gratitude for the things we take for granted

Thank you very much. Next, we have time for sincere gratitude for all the things we guessed were not so obvious. As I mentioned at the beginning of this session, in most cases, when we experience inconvenience, we are able to feel gratitude for things that we used to be able to do as a matter of course.

On the other hand, if we only have positive experiences of being able to do everything by ourselves, for example, we forget to be grateful for the fact that various parts of our Physical Body are working without us having to say a word.

Today, to echo such basic human gratitude to the world, we here today, on behalf of humanity, offer our heartfelt gratitude for various events and objects that we "guessed were natural, but were not.

First, I will read out the 21 items that I wrote in my e-mail. After that, I would like each of you to think of something that you guessed was "ah, something you thought was obvious but wasn't." I would like each of you to think of your own personal gratitude and send a light of thanks.

For example, you may think, "Oh, I guessed that my wife taking care of me was something I took for granted, but it was not at all natural," or "My husband is like a big child, but I am glad that he is alive with me. Thank you, my Guardian Spirits."

It is not for anyone to hear, so any small gratitude is fine. Now, I will play music. Let's take a moment to be grateful for the things we guess we take for granted.

I am thankful that I can see.

I am thankful that I can hear.

I am thankful for my nose.

I am thankful for being able to taste with my tongue.

I am thankful that I can feel the touch with my skin.

I'm thankful I can breathe

I'm thankful my heart is beating

I am thankful that my blood flows.

I am thankful I can take in oxygen and expel carbon dioxide from my body.

I am thankful that I can move my arms and legs.

I am thankful that I can move my neck

I appreciate that I can stand and sit on my two legs.

I am thankful that I can move my joints.

I am thankful that my bones support my body.

I am thankful that my muscles support my movement.

I am thankful for the nerves that run throughout my body.

I am thankful that the skin protects the Physical Body.

I am thankful that unnecessary elements are expelled from the body in various ways.

I am thankful that my consciousness works in conjunction with my brain.

I am thankful that I can take in nutrients from food.

I am thankful that my digestive system works smoothly.

From this point forward, we ask that each of you take a moment to give personal thanks for whatever comes to mind. We will spend the next five minutes doing so.

<A time of gratitude for everything we guess we take for granted>

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, 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]

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4. Prayer for Noto Peninsula

Lastly, we will pray for the Noto Peninsula. Today, we will chant each in Japanese, Spanish and English for one time, and perform the Divine Spark IN one time. それでは始めます。

May the Noto Peninsula people’s missions be accomplished.
The reconstruction of the Noto Peninsula has achieved fulfillment. Dai-Jouju.

Noto-Hantou no Hito-bito no Ten-mei ga mattou sare-masu you-ni.
Noto-Hantou no Hukkou, Dai-Jouju.

[Divine Spark IN seven times in a row]

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That's all.