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## **Saturday evening, September 7, 2024 "A Day Interconnected by Divinity" Email Preamble**

### **Theme: "Seeing the sacredness that lies behind the fading away"**

Many people who live in the afterlife, which is close to this world and the physical world, have a self-awareness that has forgotten the sacredness. As a result, in those worlds, some people put on a show to make themselves look better than they are, and some people look down on themselves and see themselves as weak.

People who permanently live in these hierarchies have lost sight of being part of a being (light) that possesses a completeness called divinity. Therefore, they repeatedly criticize, condemn, and evaluate themselves and others, acknowledging their own and others' imperfections. For example, they say things like "who is good," "who is bad," "who I like," or "who I dislike."

Those who have completely remembered their divinity and are living their lives manifesting that nature in their thoughts, words, and actions look only perfection in themselves and others. The following are characteristics common to such people.

- \* They do not see the words and actions expressed on the surface of themselves and others as their true nature.

- \*They can see everything as a process leading to the world's perfection.

- \*They can see "figure of fading away," to things that do not seem holy at first glance and then let go of them without grasping them, returning them to heaven.

Also, if we stand on the viewpoint of the divine world and look down on the world from above, we will not find any perfect good people or completely evil people in any of the layers that are not sacred. That is because within each and every person, the duality of good and evil, front and back, light and shadow, coexists.

There are countless examples in this world alone of people we thought were good actually having a dark side and people we thought were bad actually being able to perform good deeds naturally. In that sense, it can be said that nothing is more unreliable than the criticism, condemnation, and evaluation that people make of themselves and others.

If we could recognize our true nature as divine and see everything as a process leading to the age of divinity, there would be no problem. That is because we would not have any thoughts of criticism, condemnation, or evaluation, and we could live with the awareness of creating a bright future while recognizing that divinity is the essence of life in everything.

In addition, in this modern age, no matter what we feel, hear, see, or touch, whether it be ourselves or others, we are living in an ideal time to make our own the "truth of self-responsibility" that was already put forward by GOI-sensei in 1962, which states that "everything is your responsibility, and it is wrong to place the blame on others."

I can say this with such certainty because the entire planet's spiritual and material vibrations are approaching the spiritual world's vibration sphere. We live in a time when it is easy to understand the truth. That is why we are entering an age in which we can see the divinity within ourselves and the divinity of others and see the divinity in everything.

To put it more directly, how we view the world is important. How the world and other people are now, in other words, what kind of evolutionary process other people and situations are going through, cannot affect us.

That is why the truth that "Nothing can violate me (your name) who is united with the Cosmic God" makes sense. With this in mind, on Saturday, let us look at the divinity behind the fading away and radiate Universal God's light to everything on earth.

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## Saturday evening, September 7, 2024 "A Day Interconnected by Divinity" Opening Remarks

Hello everyone. We will start the program for "A Day Interconnected by Divinity." In my email on Friday, I wrote, "To see the divinity behind the fading away."

So, this time, through breathing exercises, we will practice leaving our thoughts about the world's fading away and our feelings about the words and actions of ourselves and others on the inhale, entrusting them to the heavens at the very, very depths of our hearts, and in return, receiving a shining, divine perception from the heavens and bringing it down to our physical bodies.

Just as the saying goes, "Rome wasn't built in a day," the way of our Divine Spark will also be fulfilled through constant practice, moment by moment, day by day. If you can pray and do the IN all day long, that would be best, but I think many people, including myself, want to do it but can't because of work or other commitments.

So I tried to see if I could surrender my fading away to my Guardian Spirits through breathing exercises and, in exchange, receive the divine perception, and it was more effective than I had expected.

So today, I will take some time to return the thought of fading away through the inhalation to the heavens in the depths of my heart and, in exchange, expand the awareness of divinity to my surface consciousness through exhalation.

If this becomes a habit, you will always be able to recognize the sacred and will no longer feel anguish. Each of you has devised and expressed such a method in your words, actions, and behavior.

Today, through breathing in the back of your eyes, we will see the sacred behind the figure that is disappearing.

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

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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. Breathing Method to See the Divinity behind the Fading Away (Kokyuu-hou no Shou-myou)

Next, we will do the Kokyuu-hou no Shou-myou for 10 minutes, a breathing method to form the Divine Spark IN. Kokyuu-hou no Shou-myou begins with a deep inhalation, breathe in deeply, chanting "Wa-re-so-ku-ka-mi-na-ri-" in your mind, then hold your breath for a few seconds and declare "Jouju!" in your mind. Finally, while exhaling, chant "Ji-n-ru-i-so-ku-ka-mi-na-ri-" in your mind.

As with the previous time, we will be using this breathing method in conjunction with the vibration breathing method used to make the back of the nasal cavity resonate during the Divine Spark IN. When you breathe in, try to imagine the situation or quality you are feeling as it fades away, and give it to your Guardian Deities and Guardian Spirits as you breathe in. Then, when you hold your breath, imagine that the situation and characteristics you have sent away have been purified. And when you breathe out, imagine that the divine lights are returning instead of fading away.

To make this more certain, try to imagine that the breath is reaching deep into the back of your eyes when you breathe in. And when you breathe out, be conscious of exhaling completely. Also, as I always say, please do the breathing exercises at a comfortable pace. I will play some music, so please continue until the music finishes. It will be 10 minutes. Let's get started.

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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 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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That's all.