

\*\*\*\*\*

## Saturday evening, October 12, 2024 "A Day Interconnected by Divinity" Email Preamble

### **Theme: To be aware of Divinity Consciousness as a reliable self-consciousness**

There are several ways to live with the awareness of Divine Spark as a solid self-consciousness.

#### **1. Think of a disappearing figure and pray for world peace.**

Pray for World Peace with the awareness of surrendering one's entire destiny to the Guardian Deities and Spirits. When we do so, the more our biased thoughts disappear, the more our divine consciousness will emanate. Believe in this thoroughly and pray with heartfelt gratitude.

#### **2. Assemble the Divine Spark IN the Divine Consciousness with the Divine Divine Spark IN and other various INs.**

With the awareness that "I, as a divine being, am the one who makes these INs," carefully make each IN one at a time, focusing more on the state of consciousness than the number of times you make it.

#### **3. Spend time in divine consciousness**

Always be mindful to reflect on your consciousness, and whenever you discover a thought that deviates from the divine, continue to overwrite the memory stuck in your brain with a bright, divine thought.

#### **4. Write mandalas and respectfully inscribe words of truth.**

Continue to write words that express the sound of the divine, such as words of light, truth, and divinity. By holding your breath while writing, you will connect directly with the source of life deep within your heart, and your words will deeply immerse your heart.

#### **5. Continue to guess the words of truth and say them out loud.**

Depending on the situation, guess or say aloud words that express the sound of the divine, such as words of light, words of truth, and words of divinity. If we continue to do this with vigor and without space for other thoughts to enter, our utter words will become our consciousness before we know it.

#### **6. Speak the truth based on your experience to those you are connected with.**

Telling others the truth based on our experiences will lead us to ourselves. Therefore, as we repeat this process, the gap between our self-consciousness and the truth is corrected, and our divine consciousness becomes more radiant.

#### **7. Accumulate experiences of how your evolution has changed you and others.**

As the saying goes, "If nothing changes, nothing can change," and "If you change, the world will change." Through the accumulation of experiences in which one changes oneself and others, the vibrational sphere of the cycle of great harmony is spread throughout one's life.

As we earnestly live each moment, we will naturally change our consciousness to view the world from an unshakable standpoint, free from the grasp of anything and everything.

In my daily interactions with people from all over Japan and the world, I have heard many people tell me that they have changed in this way before they knew it and that it is happening now.

The steadfast mind that does not grasp at anything is a state of consciousness in which, no matter what you see, hear, touch, or smell, your mind does not waver. (A state of mind that does not grasp the moment's reaction and allows it to flow smoothly.)

To cultivate such a state of mind, it is effective to practice looking down with a mind of compassion, encompassing everything with an open mind, which is the divine consciousness, rather than a closed mind that sees only what it wants to see or hears only what it wants to hear.

Whatever movements of humans and other living beings, whatever changes in the natural environment, whatever transitions in the destiny of individuals, humanity, and the planet Earth, if we continue to practice embracing everything with the arms of the great, big divinity, with the view that "everything is a process toward perfection, nothing is lacking, and great fulfillment," before we know it, our thoughts, words, and actions of the divinity will be transformed into the Divine Mind. We will be able to see everything as it is. If we continue to practice embracing everything with the arms of the great big Sacred Heart, before we know it, the thoughts, words, and actions of the Sacred Heart will come closer to becoming our norm.

The key to establishing such awareness as one's natural awareness is the ability to breathe at a steady pace throughout one's waking life. If you keep this as the basis of the seven lines of practice and breathe at a leisurely rhythm throughout the day, you will experience a change in your sense of divinity that has seemed distant, but before you know it, it will seem natural to you.

Because we have been unable to free our consciousness from the prison of memory due to our shallow breathing.

Our mind becomes broad and liberated when we change our breathing habits throughout the day to a more relaxed rhythm. You will be able to forgive the unforgivable. Anger, envy, hatred, and resentment will dissipate. Divine love, rooted in divinity, overflows into the heart. The mind is transformed to see everything with the eyes of compassion. The mind that does not grasp anything will become the natural consciousness.

On Saturday evening, we will focus on deep breathing and work on deepening the breath of all people. At the end of the evening, we will form Divine Spark IN.

\*\*\*\*\*

## **Saturday evening, October 12, 2024 "A Day Interconnected by Divinity" Opening Remarks**

Hello everyone. We will begin the Saturday program, "A Day Interconnected by Divinity."

Today, let us conclude with a breathing exercise that will deepen your ordinary breathing, followed by the Divine Spark IN seven times.

Although it is widely known that breathing is important, not only in the context of truth, the number of people who actually pay attention to their breathing in daily life, taking in a lot of oxygen and exhaling carbon dioxide is still very few, even on the entire Earth.

Today, I would like to explain a little about the mechanism of breathing and then show you some exercises that will surely strengthen your ability to exhale before and after breathing in.

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.

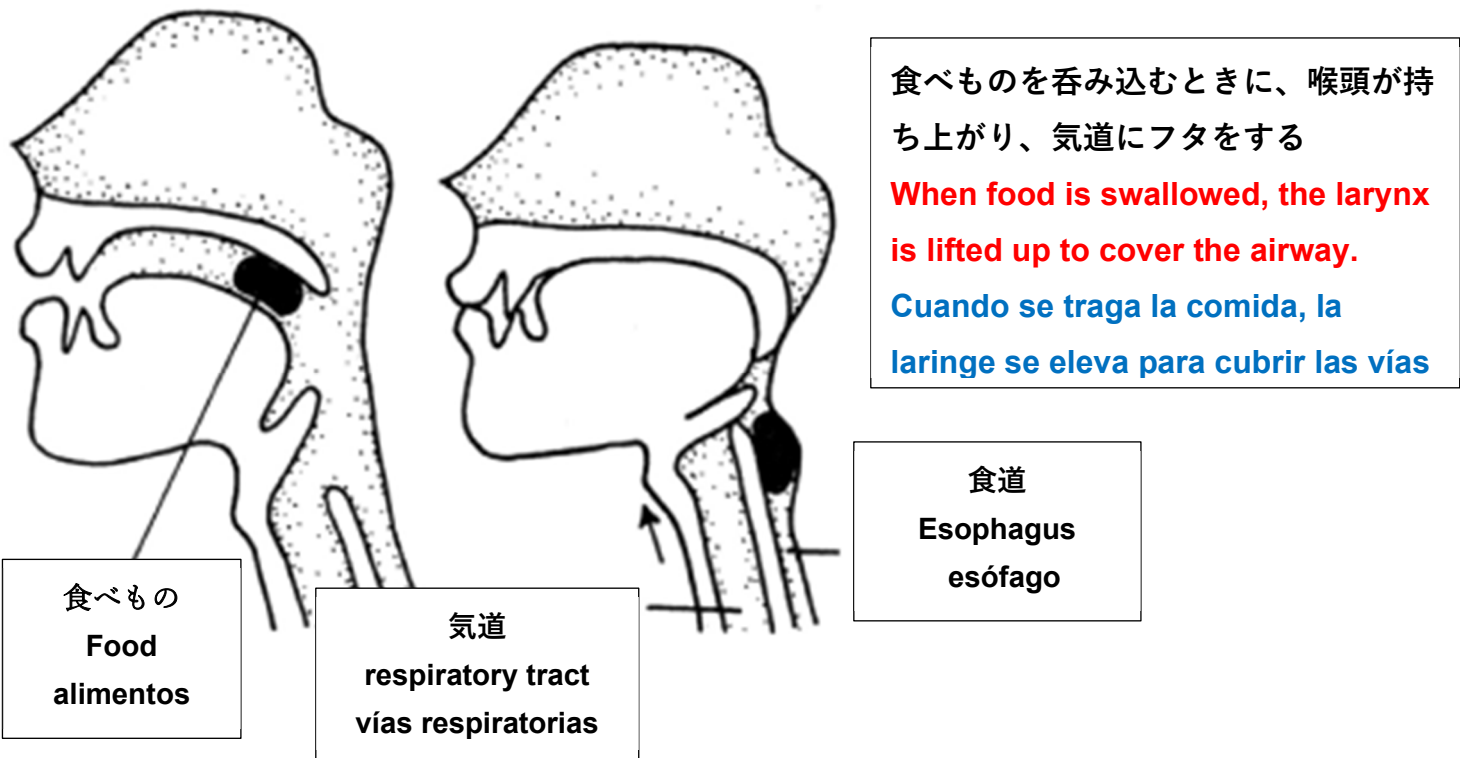
(English)

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.

\*\*\*\*\*

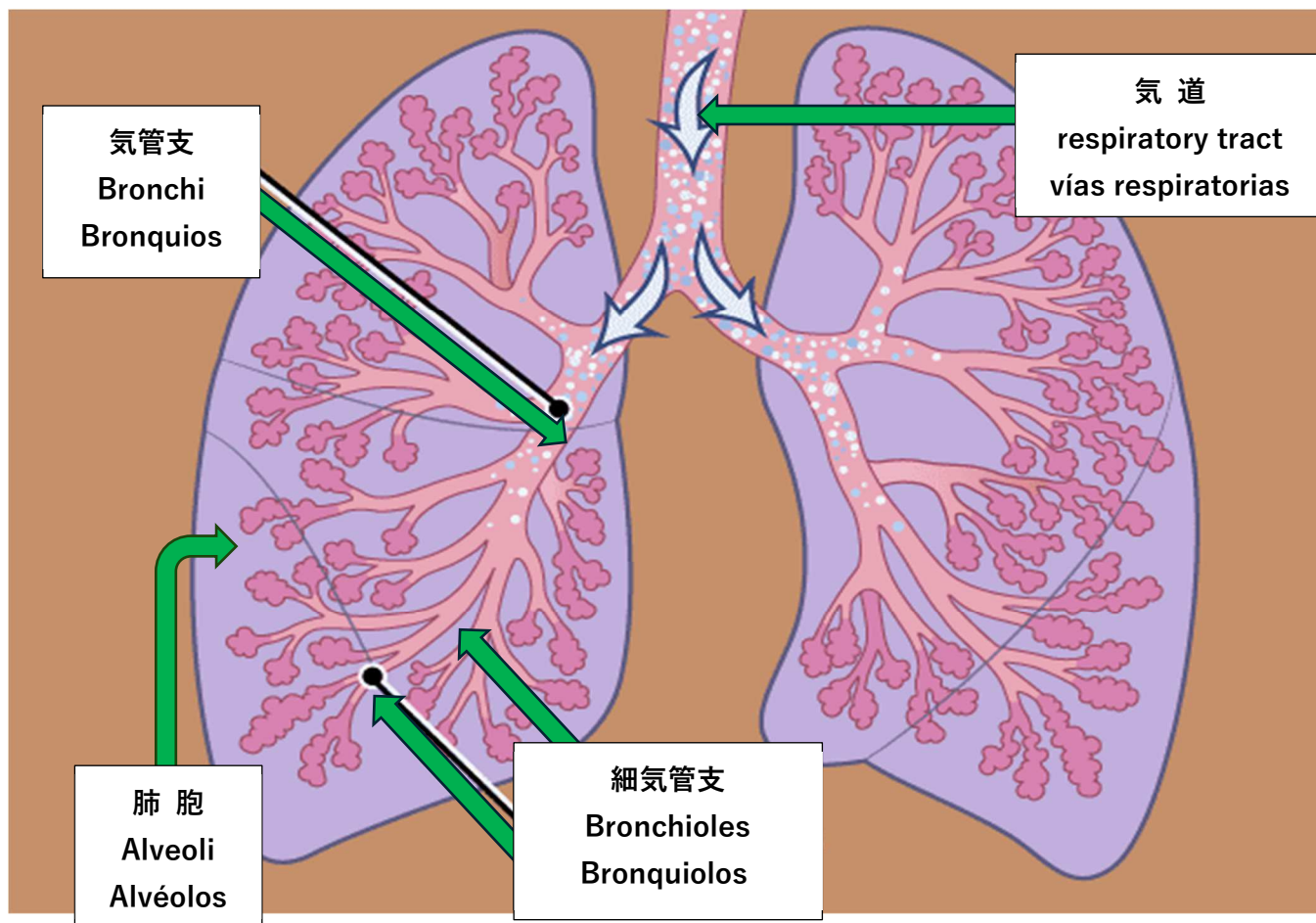
## 2. Exercises to deepen breathing

Thank you very much. Now we have time for some exercises that will deepen your breathing in daily life. (I will explain while showing slides.) Before performing the breathing exercises while moving the body, I would like to review the breathing mechanism while looking at the slides. That is the airway and esophagus.



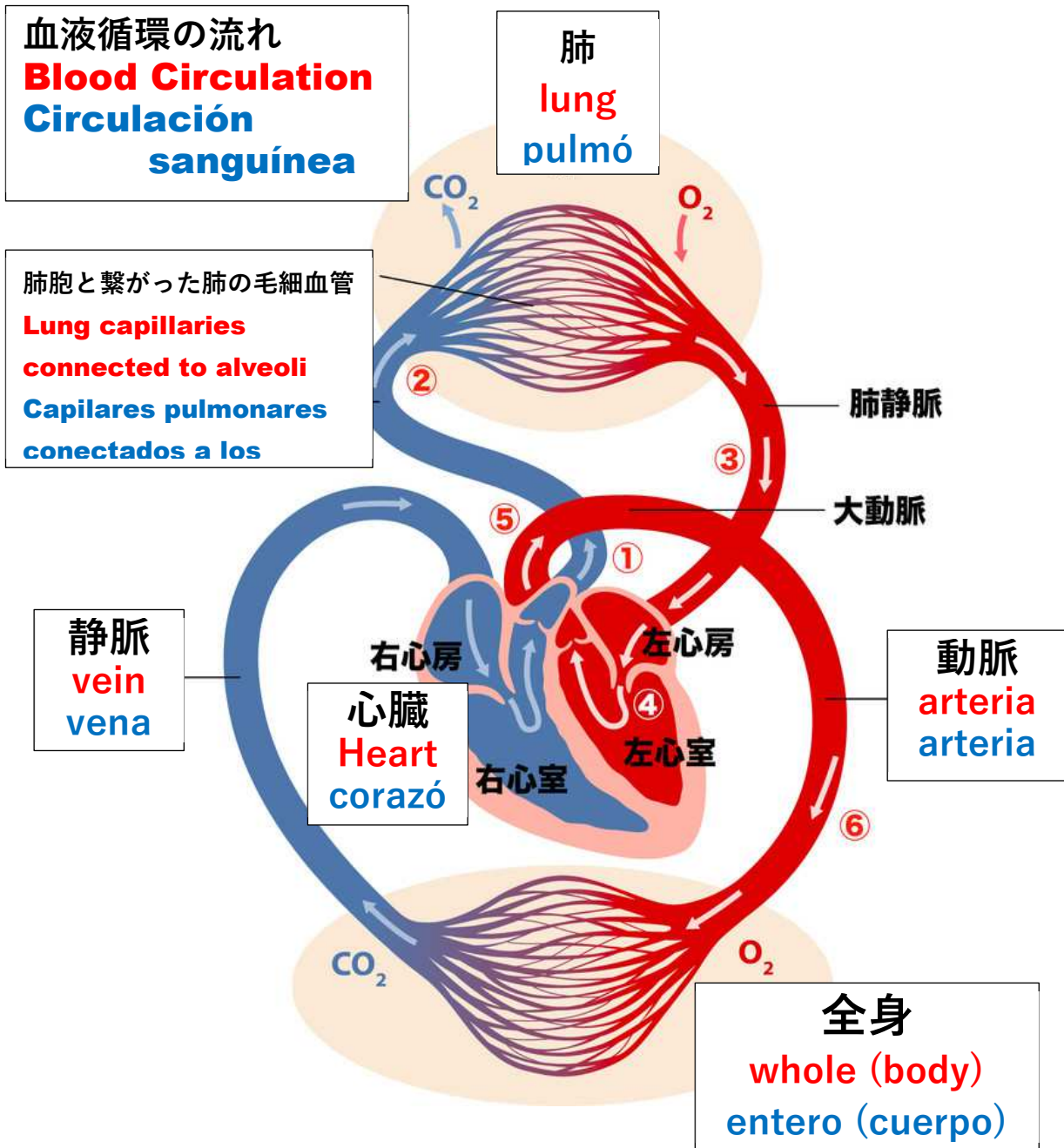
When we eat food, our airways are blocked, and when we are not eating, our esophagus is blocked.

This part of the lungs is located in the back (lower) part of the body. And this part is the bronchi. At the end of the bronchi, the bronchi branch off and become narrower parts, which are the bronchioles. At the end of the bronchioles, there is an area that looks like a bunch of grapes called the alveoli. The alveoli are connected to both arteries and veins, and the alveoli pass the inhaled oxygen to the arteries. The carbon dioxide contained in the blood returned by the veins leaves the blood vessels and is carried by the exhaled breath out of the body.



It is important to remember that if you repeatedly breathe shallowly, your heart beats and pumps less and less each time, making it difficult for blood to reach the capillaries at the end of the blood vessels. On the other hand, if we take a lot of breath in to take in plenty of oxygen and exhale at a leisurely pace, the pace of the heartbeat slows down, the heartbeat and pumping power becomes stronger, and blood can reach every capillary, thereby offering sufficient oxygen to the body and releasing plenty of carbon dioxide into the alveoli. That means the heart can supply enough oxygen to the body, and much carbon dioxide can be taken out of the alveoli and discharged.

In this way, the body's metabolism is enhanced, cellular renewal is promoted, and health is improved. The spiritual aspect also goes without saying. At the same time, the light of life emanating from Universal God's light can be fully taken in, and unneeded spiritual elements can be burned in the incinerator of life and returned to the heavens deep within the heart. Therefore, by continuing to breathe softly, the body becomes healthy, and the mind promotes Divine Spark.



So far, we have seen how oxygen taken into the body through breathing is circulated by the lungs and how carbon dioxide collected from the body is taken out by the lungs and discharged out of the body on the out-breath. With this breathing mechanism in mind, we will now do some breathing exercises that can be done while sitting down.

<10 minutes of breathing exercises>

### 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]

★★

That's all.