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## **Sunday, December 29, 2024 (night) "A Day to Awareness of the Divine Body" Email Preamble**

### **Theme: "To welcome 2025 with a Divine Mind and Body"**

**When we form the Divine Spark IN, it is said that we are receiving the [ultimate light energy of the universe that gives birth to and nurtures all life] that emanates from the source of life.**

**When we form this IN, it is said that the energy of our physical body and the Divine Energy of the Universal God fuse through the vessel of our mind and body and that super-special light energy that did not exist in the world of the past is being generated through our physical body, astral body, etheric body, and divine body, penetrating through dimensions.**

**The super-special light energy that is generated at that time revives our Divine Mind and Body. At the same time, this light is also radiated out to the entire world, so it is said that it is an energy that heals not only humanity as a whole, but also the workings of nature, animals and plants, the Earth, the weather, and so on.**

**The tremendous power of the Divine Spark IN and the fact that there were over 10,000 people in Japan who had been continuously performing this ultimate IN (Mudra) from July 2, 2017, onwards, makes the story that "in 2025, Japan will be recognized by the world as a country at the center of peace" seem more and more true.**

**In other words, it means that people who have brought the way of the divine world down to Earth and are living on this Earth exist in this world. In that sense, we can say that we have been practicing living with our Divine Mind and Body for the past seven years as our own.**

**From now on, we will enter a stage where we will manifest the words, actions, and deeds of divinity in both name and reality. This means that all of us, the members of the Prayer, will graduate from the insecure awareness of "we are actually the spirits of God..." and transform into "gods who live in physical bodies" that anyone can see.**

**This year, in 2024, I have seen with my own eyes and heard with my ears the experiences of the participants in the Zoom Prayer Meetings in various parts of the country who have already stepped into that world. That is why I have deepened my conviction and made my recognition that "it is only natural that this will happen" even firmer.**

**As long as we see and accept the physical body as imperfect, humanity on Earth cannot break free from this curse. On the contrary, by letting go of this old-fashioned view of the physical body and graduating from it, a path will open up for humanity as a whole to live with a Divine Mind and Body.**

**The people who can spread this new common sense throughout the world are those who pray for World Peace Day and night, are directly connected to the source of life, and continue to create the Divine Spark IN.**

**Until now, as we lived in the physical world covered in mud and dust, we forgot the fact that our minds and bodies were originally divine. However, this was a necessary process in reflecting the ideals of the Universal God in this coarse world of vibrations.**

**From the 2020s onwards, when the need to forget has disappeared, we will be able to raise our**

vibration sphere to a higher dimension of divine spiritual vibration and divine material vibration through our awareness and diligence and live with a Divine Mind and Body.

This world is where "impossible, no good, can't do" has become obsolete. People who have completely penetrated the sound of "everything is perfect, nothing is lacking, great accomplishment" into their minds and bodies and sublimated it into their natural awareness are now steadily entering a world where there is no such thing as the impossible.

We are all helping each other, supporting each other, and pushing each other up, and we are raising the range of our activities, such as our homes and workplaces, to the realm of the divine vibration sphere. By expanding our vessels and the sphere of that vibration, humanity around the world will remember the essence of divine life.

Put another way, we are sowing the seeds for humanity to remember divinity in this world. Not only that, but we are also the soil that nurtures those seeds, and we are the water and sunlight that nurture the seeds of divinity that we have sown in the world.

On Sunday night, to make the aforementioned divine work even greater for each of us in the year 2025 and beyond, we will guide ourselves to live our lives with divine self-awareness as a matter of course, recognizing all of our physical cells as divine physical bodies and divine cells, based on our awareness of our divine minds.

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## **Sunday, December 29, 2024 (night) "A Day to Awareness of the Divine Body" Opening Remarks**

Hello, everyone. We will now begin the program for "A Day to Awareness of the Divine Body" on Sunday evening. In the introductory email for this program, I wrote about the theme of "Welcoming 2025 with a Divine Mind and Body".

In that email, I wrote about how "the seven years since the Divine Spark IN was brought to Earth were also a time for us to deepen our awareness of our Divine Mind and Body."

However, when we reflect on our daily lives, we sometimes find our bodies are not feeling well. At times like this, we think, "I think I'm sick." Then we go to the hospital and are given a label called a "diagnosis." When we hear this, our hearts can sometimes be shaken.

Also, sometimes our emotions become unstable in our relationships with other people, and we become worried. Even if we don't worry, old emotions such as anger and hatred can sometimes come to the surface.

Fortunately, we are taught that "all the suffering in this world is the result of mistaken thoughts from our past lives to the present, appearing and disappearing with our destiny." Therefore, we recognize that all emotions, including pain, suffering, anger, hatred, and good things, are just the fading away of emotions, and we surrender them to our Guardian Spirits so that they do not leave deep scars in our hearts.

However, these things are only on the surface. What is really important is whether or not we recognize our Divine Mind and Body from the bottom of our hearts. When this recognition deepens to a certain extent, we can live with the awareness of the truth that we are not to be violated by anything.

**In order to do this, it is effective to ask yourself the question "Who am I?" in English, or "What am I?" every day, and to continue to check the answer from the very depths of your being.**

**This is a divine answer that is conveyed to you by your Guardian Deities and Guardian Spirits, and by allowing this answer to permeate your surface consciousness, you can deepen your awareness of your divinity.**

**As we continue to ask ourselves these questions day after day, no matter how we turn things over and reconsider them, we come to realize that our human lives are directly connected to the source of life that created the universe and makes everything exist and that the fate of the Earth depends on the evolution of humanity's consciousness.**

**This means that our minds and bodies are made up of elements of the Universal God and that what we want to be or become can be achieved through the infinite creative power that lies within us.**

**I cannot only believe this but also assert that it is true. Because until about 10 years ago, I was a self-centered person who prayed for World Peace, pretending to be a lone wolf, and thinking that as long as I was connected to the Universal God, I didn't need to connect with other people.**

**Even someone like that, when they sincerely wish to "revive the sacred" and practice gratitude for everything, their character will change before their eyes, and that person will no longer exist within me.**

**In this state of consciousness, I am working on letting go of the perception that the physical body is dirty or imperfect, and instead practice seeing it as a divine body, with divine cells.**

**Even if we humans have a part of our body that is not in good condition or is currently experiencing a malfunction or illness, it is wrong to perceive that this means that our cells are imperfect or to judge that there is nothing we can do about it.**

**As I mentioned earlier, these phenomena are merely the result of mistaken thoughts from our past lives to the present, and they appear as all the suffering in this world and then disappear when they fade away.**

**Also, such fading away is because "no matter what kind of suffering it is, it will disappear if it appears, so it disappears. Therefore, it is said that" if you have a strong belief that it will disappear, and if you have good thoughts that it will get better from now on, and if you continue to forgive yourself and forgive others, and love yourself and love others, and continue to do things that show your love, truth and forgiveness as well as always thinking of our gratitude towards our Guardian Spirits and Guardian Deities, and continuing to pray for the Prayer for the World Peace, we can attain true salvation.**

**The important thing is to deepen your own awareness of your divinity, which is your true nature, above all else. Everything else is just a branch or a leaf. If you deepen your awareness of your divinity, you will be able to solve all the problems you think are worldly, and you will be able to live in a world without worries.**

**I can make such a bold statement because many other people, including my seniors, live with the**

same kind of feelings. I have been listening to their stories of experience from various angles.

From this year to next year, all those who pray for world peace will experience true salvation, and with the extra energy they gain, they will work even harder to save the human race on Earth.

It's time, so first, we will pray for 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 arimasu-youni

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 Raise the Level of Our Awareness of the Physical Body

Thank you. Next, we will take some time to raise our awareness of our physical bodies and reconfirm our self-awareness to become people who live from 2025 onwards with a Divine Mind and Body, whether seen from the front or the back.

Many decades ago, Masami-sensei once told us about the importance of perception, saying, "The role of a piece of cloth changes depending on how you look at it.

Whether you see it as a handkerchief, a dust cloth, a tablecloth, or a hand towel, the way you perceive it will determine how you use it."

It was a story that suggested how we should handle the 'infinite creative power' that we all have within us when it comes to creating our destiny, a power that the Universal God equally distributed from the very beginning.

By recognizing ourselves as "rays of light emanating from the Universal God" and acting as God itself by embodying the principles of the consciousness of the original consciousness that created the universe in our mind and body... Physical Body Consciousness, the world as we perceive it, will change into a world of great harmony, where infinite gratitude resonates even now, and eternal happiness and peace are promised.

In order to move towards an increasingly harmonious and brilliant future, by living in the present with a bright, innocent, optimistic, and gratitude-filled heart, we will bring the divine to life more concretely within our own hearts, and by living in a way that radiates this divine vibration, we will illuminate our surroundings.

In addition, our divine consciousness also affects the workings of the cells in our Physical Body, raising the level of their functioning.

More specifically, this means that we are promoting the metabolism of the cells. When we promote the metabolism of the cells to the limit while putting our hearts into the Divine Spark IN, what happens is that the physical body vibration becomes more refined.

The refinement of the physical body's vibrations means that the vibration frequency of the atoms and molecules that make up the cells increases. This causes an increase in the dimension of the elementary particles, and our bodies transform into luminous bodies that emit divine vibrations as the vibration frequency of the elementary particles that make up our bodies increases from three dimensions to four dimensions and from four dimensions to five dimensions.

In religious terms, this dimensional increase in the physical body's vibration can be described as the physical body becoming the jacket, the astral body becoming the underwear, and the spiritual body becoming the naked body. The physical body becomes a garment combining the functions of the underwear and the jacket, and the spiritual body directly envelops this.

We are living in a world that is on the way to becoming like that. When the dimensions of the spiritual and material vibrations surrounding the Earth reach a certain stage, our minds become equal to the mind of the spirit body, and our bodies become equal to the spirit body. There are already people living in that state.

To become aware that our own physical bodies are "divine bodies," we will now perform the "Prayer of Gratitude to the Divine Body," followed by the "Gratitude to the 49 Types of Divine Physical Body Cells" in the form of gratitude.

Let's get started with the "Prayer of Gratitude to the Divine Body."

[Prayer of Gratitude to the Divine Body]

Thank you, Divine Physical Body. Thanks to you, we are able to work as the Universal Deities in the physical world, reflecting the ideals of the Universal God in this world. Now that we have been divinely reawakened, we have recognized that our physical bodies have also been spiritualized and that each of our cells is working as a Divine Cell. With infinite gratitude, I would like to express my gratitude to all the divine physical body cells. Thank you to all the divine functions and organs that work within the divine body.

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3. Gratitude for the Divine Body

Hai, thank you. Next, while renewing our awareness that "our physical bodies are made up of divine cells", we will acknowledge all physical cells as Divine Beings and offer our heartfelt gratitude.

[49 Items of Gratitude to the Divine Physical Body Cells]

(1) Divine Body Hair (2) Divine Skin (3) Divine Mucous Membranes (4) Divine Head (5) Divine Eyes (6) Divine Nose (7) Divine Mouth (8) Divine Ears (9) Divine

Neck (10) Divine Shoulders (11) Divine Chest ( 12) Divine back (13) Divine belly  
(14) Divine waist (15) Divine arm (16) Divine fingers (17) Divine elbow (18) Divine  
leg (19) Divine knee (20) Divine toes (21) Divine nails ( 22) Divine Muscle (23)  
Divine Fat (24) Divine Resident Bacteria (25) Divine Bone (26) Divine Brain (27)  
Divine Throat (28) Divine Lungs (29) Divine Heart (30) Divine Esophagus (31)  
Divine Stomach (32) Divine Duodenum (33) Divine Small Intestine (34) Divine  
Large Intestine (35) Divine Bladder (36) Divine Liver (37) Divine Gallbladder (38)  
Divine Pancreas (39) Divine Kidney (40) Divine Spleen (41 ) Divine Adrenal  
Glands (42) Divine Solar Plexus (43) Divine Endocrine Glands (44) Divine Blood  
Vessels and Blood (45) Divine Lymph (46) Divine Body Fluids (47) Divine Nerves  
(48) Divine Reproductive Organs (49) Divine All Other Cells

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#### 4. Divine Spark IN

Thank you. Lastly, we will form the Divine Spark IN seven times. At the "Hai" signal, please join in and form the declaration together. Let's get started.

**We send the Universal God's light to the Divine Physical Body of humanity.**  
**We send the Universal God's light to the Divine Physical Body of humanity.**

[Divine Spark IN 7 times in a row]

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That's all.