

250705 – 1:00 PM Study Session

Once everyone has settled into the Zoom room, we will begin.

Alright, it looks like things have settled down, so let's begin.

This is the study session held on Saturday, July 5, the day before the July Grand Ceremony.

Today's theme is: "Living as 《間(AWAI)》 ."

The word "AWAI" is an expression from ancient Japanese that means "a vibrational existence that connects two separate things within the universe."

Today's talk relates to Rika-sensei's Dharma message published in the April 10 issue of Byakko Magazine.

When I read Rika-sensei's article back in April, I didn't quite grasp it.

However, yesterday the word 《間(AWAI)》 caught my attention, and when I took some time to deepen my understanding, I realized that it contained something truly wonderful, so I wanted to share it with all of you today.

So, first of all, let us perform the Divine Spark IN once.

But today, before that, we will regulate our breath by performing a breathing exercise—inhale, hold, and exhale—for seven rounds.

Then we will form the Divine Spark IN.

As I raise my arms, please inhale and recite "WARE-SOKU-KAMI-NARI" in your heart.

When I pause with my arms raised and my hands clenched, hold your breath and say "Jouju!" in your heart.

Then, as I lower my arms, please exhale while saying "JINRUI-SOKU-KAMI-NARI."

We will repeat this sequence seven times, and then form the Divine Spark IN once.

《Seven Breaths》

《Divine Spark IN once》

Thank you. Since there may be people who joined partway through, let me repeat once again.

Today's title is "Living as 《間(AWAI)》 ." It is written with the kanji 《間(AIDA)》 and read as "AWAI."

Today's talk is inspired by Rika-sensei's Dharma message titled "The AWAI of the World that Disappears and Is Born," which appeared in the April 10 issue of Byakko Magazine.

The first thing we need to understand is: "What exactly is 《間(AWAI)》 ?"

At first, I also thought, "Since it's written as 《間(AIDA)》 , maybe it just means 'space' or 'interval' (AIDA)?" But as I looked into it more deeply, I began to realize that it does not refer to the usual meaning of "space."

So then, I thought again, "Then what exactly is it?" and I tried to observe the vibration of the word more deeply. One of the wonderful things about our consciousness is that, at times like this, our Guardian Spirits and Guardian Deities provide us with answers. If it's something necessary, they'll

tell us right away—"This is what it is," or "This is what it means."

That's why we don't need to ask someone else who might know. If we interact with the light of our life and it's something we need to know, then the light of life will tell us everything.

So then, what is this 《AWAI》? Let me give you the ultimate answer right from the start: it is "everything of everything," "that which exists within the space of the universe."

In other words, it is the fundamental vibration that fills all of space and enables everything to exist. This is what we call 《AWAI》. (《AWAI》 is an expression from ancient Japanese.)

When we look with our physical eyes, it seems like I'm here and you're there—separate humans with our own bodies.

For example, there is a computer mouse here, and my hand is here. There is a coffee cup, and my body is sitting here. In this world, everything looks like it exists independently.

Let's say we have a right hand and a left hand. They look like separate hands. Now, let's focus on the fingers. Here is the middle finger, and next to it, the ring finger.

These two fingers appear separate, but if we broaden our view just a bit, we'll see that inside the palm, the bones connect them. In this way, 《AWAI》 is the vibrational existence that connects one thing to another.

《AWAI》 does not mean a gap or empty space. That's the ordinary meaning of "間 (ma)." In this case, the gap between the middle finger and the ring finger is "ma."

This idea applies to many things—vibrations that connect object to object, person to person, time to time.

For example, between the past and the future, there is the present moment. This is the 《AWAI》 of time.

I believe many of you are already living your lives with the intention of "living in the present sincerely." When you live the present moment sincerely, both the future and the past come alive in this very moment.

You might think, "I understand how the future comes alive, but how can the past?" It means that you become free from attachments—your heart no longer gets caught on anything.

When attachments disappear, negative feelings like regret or a sense of failure also disappear.

People who continue to live sincerely in the present will surely feel, "Everything was just as it needed to be," or "I experienced exactly what I needed to."

That feeling may vary from person to person.

However, when people live in the present with sincerity, they not only shine in the future, but they also grow into a shared awareness that every experience in the past has served as nourishment to support who they are now.

As this awareness deepens, the past no longer becomes something to be ashamed of or something they wish to forget.

No matter what kind of failure or setback they experienced, or how embarrassing something in the past may have felt, their perspective changes to see those experiences as necessary for shaping who they are now.

And this doesn't only apply to the past and future. The same can be said about 《AWAI》 that connects people to one another. It's the same for 《AWAI》 that connects the physical body and the heart.

To say the conclusion first: the closest 《AWAI》 to us is our Guardian Spirits and Guardian Deities. For us human beings, it is the guardian divine beings who are the 《AWAI》 that connects everything.

For example, in our practice and way of life called "See it as disappearing, and pray for world peace," the ones who connect "the disappearing phenomenon" and "the Prayer for World Peace" are our Guardian Spirits and Guardian Deities.

That's why the final words in the Prayer for World Peace—"We thank you, Guardian Spirits. We thank you, Guardian Deities."—carry such deep meaning.

Because without our Guardian Spirits and Guardian Deities, the "disappearing phenomenon" would not be complete.

When we pray, saying, "This is a disappearing phenomenon. Thank you, Guardian Spirits, for making me realize it. May peace prevail on Earth," then, through the work of our Guardian Spirits and Guardian Deities, "the disappearing phenomenon" and "the Prayer for World Peace" are united, and within the great light of the Prayer for World Peace, our karmic thoughts are purified as disappearing phenomena.

And as a result, we as physical human beings no longer get caught on disappearing phenomena. They stop bothering us. We stop thinking, "I hate this," or "This is embarrassing."

As we continue living that way, we gradually come to be able to say, "Everything was a necessary experience."

The ones who make that possible for us are the Guardian Spirits and Guardian Deities. That's why we can say that the Guardian Divine Beings are the 《AWAI》 for us.

In Rika-sensei's talk, there is a line that says: "We human beings, as well as the gods, can be said to be creating an unseen future world within 《AWAI》, which contains both the astral world where disappearing phenomena accumulate and the archetypes of fulfillment in the divine world." This is also an important part we should remember.

Up to this point, I've already explained what 《AWAI》 is. So now, I'd like to go a bit further to deepen our understanding of 《AWAI》. For that purpose, I would like to read a blog post I finished writing early this morning.

『The Key to Reaching a Bird's-Eye Perspective』

Saturday, July 5, 2025

Hey, today I want to talk about something kinda deep—what happens when you start living each moment with real focus, using the life you've been given to the fullest.

You get what it means to “live the present seriously,” right? It’s not about the past or future, but about pouring your energy into the awareness of “right here, right now.” That’s the true meaning behind it—the energy behind those words.

That energy—the soul of the words—is actually the vibration, the power that exists before the words even form.

So when you start living like that, your awareness begins to transform. It becomes this vast kind of consciousness that embraces everything—even what seems separate or in conflict.

Why? Because your awareness expands. It grows and stretches far beyond what you thought possible.

Now, what happens when your awareness expands? Before we go there, let’s review something important: Who are we really?

Humans—well, at our core, we’re beings made of the light of life itself.

And as that awareness evolves, the space our consciousness covers just keeps getting bigger.

So as your awareness grows, you naturally start becoming part of the harmonious activity of your planet, your galaxy, and even the whole parent galaxy!

Now try picturing this: imagine your body—not your physical body, but your body of light—growing bigger.

Like, first it's 2 meters wide… then 5… then 10… 50… 100… 500… 1,000… 10,000 kilometers!

Step by step, just picture that expansion.

Because the real “you” isn’t this physical body. You’re a wave of the light of life.

So even as you grow, you won’t bump into people or buildings or anything. Your true body can expand endlessly.

And that’s the coolest thing about the light of life—it just keeps going.

And the bigger your heart gets, the more you can include everything inside it.

Eventually, you’ll start recognizing everything as part of you—existing inside your own being.

Like, imagine if your awareness expanded to the size of the entire Earth. Then, everything happening on the planet—every event, every situation—would be taking place inside your heart, right?

That's exactly how the divine beings up in the spirit world see things—they've got that bird's-eye view, that divine vision.

Same goes for folks like us who are already working spiritually on other planets. Same deal.

Honestly? You'll become one of those beings before you know it—a being who watches over yourself and others with the light of life.

So don't think of this as someone else's story. This is yours.

Now, as you grow those divine eyes that let you see from above, there's one big realization everyone hits:

Between every pair of opposites—things that look separate—there's always something connecting them. A space. A vibe. That's what we call 《AWAI》.

Between things, between people, between moments in time, between inside and outside, between groups, hearts, words, love and hate, victim and perpetrator, male and female—everything has 《AWAI》 in between.

Being aware of that space? That's the key to evolving your consciousness.

And for each of us, the ones who manage that space… are our own Guardian Spirits and Guardian Deities.

So, how much are you willing to hand over your fixed identity—this idea of “this is who I am”—to your guardian beings?

How much can you unite your awareness with theirs?

That's the real measure of your spiritual growth.

And when your awareness expands even more, you'll start realizing something profound:

That what lies between all those dualities is the very consciousness of the life force that created the universe itself.

Eventually, you'll understand that 《AWAI》 —that space in between—is the source force behind everything.

It's cosmic consciousness itself.

Now, maybe you won't get there all at once.

But if you spend your days in constant gratitude and prayer to your Guardian Spirits

and Guardian Deities—really aiming for oneness—

Then one day, not too far from now, that all-embracing awareness will be yours.

I promise.

Because every human being is a cosmic being, holding the life of the universe within.

You don't need to memorize complicated theories or gather knowledge.

Just keep thinking “Thank you, Guardian Spirits,” every day, all day.

And soon, your whole soul—your whole being—will experience all of this for real.

Alright. That's all for now. It's 1:35 p.m. I'd like to continue after the break.

Just like at the beginning, we will do the breathing exercise seven times, and then perform the Divine Spark IN once. After that, we'll take a break. The prayer words are: “Jinrui no Shinsei-Fukkatsu, Dai-Jouju.” Let's begin with the breathing exercise.

《Breathing exercise seven times》

《Divine Spark IN once》

Thank you very much. We'll now take a break. Since I can't see everyone's faces on the screen, let's break until 1:51. Please spend the next ten minutes however you like. We'll begin again after 1:51.

《10-minute break》

Alright, it's now past 1:51, so let's resume.

During the break, I asked KOGA-san, “Did you understand what ‘《間(AWAI)》’ means?” and she replied, “Kind of,” and “Vaguely.”

So I said, “Then how about this—does this help?” I explained, “Try imagining that we are sea creatures living in the ocean. It could be dolphins, whales, or any kind of fish—it doesn't matter. Just imagine that we are beings living in the ocean. Then, you'll understand that what connects all the fish and marine mammals, everything in the sea, is the seawater, right? That is what ‘《間(AWAI)》’ is.” She responded, “Now I understand it clearly.”

If we use outer space as an example, there are many stars in the universe—some are planets, others are shining stars, and so on. Between each of those stars, there is space. What connects those stars, what links them, is the cosmic space (the consciousness of the Universal God), and that too is ‘《間(AWAI)》’.

However, when we use examples like the ocean or outer space, people tend to think of only the visible world. So I want you to remember this: for us human beings on Earth, the most relatable and familiar form of ‘《間(AWAI)》’ is our Guardian Spirits and Guardian Deities.

They are the ones who connect us with everything. That's why they are the ‘《間(AWAI)》’ known

as Guardian Spirits and Guardian Deities.

As we deepen our understanding this way and our awareness continues to expand, we'll eventually come to realize that '《間(AWAI)》' is the universe itself.

But when you're just starting to wonder, "What exactly is '《間(AWAI)》'?" it's good to think, "For us, it means our Guardian Spirits and Guardian Deities," and, "If I live in unity with them, I too can become the '《間(AWAI)》' that connects all things."

Now, the long-awaited July Grand Ceremony will finally begin tomorrow at 11:00 a.m.

In the world of the divine, it has already been determined that this July Grand Ceremony will be a great success—a great fulfillment. But what actually determines the extent of that fulfillment is us—those of us living in the physical world with limited physical bodies.

We are, after all, the main players. The divine beings and the cosmic beings are supporting us behind the scenes—they are there to help and guide us, but they are not the ones acting at the forefront.

When it comes to Earth, we humans must take the lead.

However, trying to do everything just by our physical efforts, without uniting with our Guardian Spirits and Guardian Deities—that's also missing the point. I'm sure all of you are already thinking, "Yes, we know that."

But the most important thing is this: we must work in oneness with our Guardian Spirits and Guardian Deities.

In this study session, I sometimes talk about the structure of the human soul.

It's the diagram you can find in the book *God and Man*.

At the top is the heart of the direct Spirit.

Beneath that, functioning outwardly as divine expressions, are the hearts of the Guardian Deities and Guardian Spirits.

Then, functioning inwardly as divine expressions, are the hearts of the Divine Body and the Spirit Body.

That makes five hearts so far.

Then, below the Spirit Body and the Guardian Spirits—where their hearts are united—is the heart of the Astral Body. Most of the causes of our destiny—whether they show up in experiences we enjoy or don't enjoy—are accumulated in this astral realm. And at the very bottom is the heart of the physical body—the level of consciousness that we usually think of as "ourselves."

If we were to express the consciousness of the physical body as a percentage, it's really less than 5%. It's just 1% or 2%—a tiny fraction. The remaining 98% or 99% lies in the invisible realm.

Earlier, in Rika-sensei's talk, she said: "We human beings, as well as the gods, can be said to be creating an unseen future world within 《間(AWAI)》, which contains both the astral world where disappearing phenomena accumulate and the archetypes of fulfillment in the divine world."

I believe you all already understand deeply that it's not just the visible self, the physical self, struggling to live in this world.

There are Guardian Spirits, there are Guardian Deities, and there is the original vibrational essence of life—and as a result of all that, we are now manifesting here as ourselves.

Looking at this more specifically, I personally think of the work of the Guardian Spirits as a "Guardian Spirits team." When we say, "Thank you, Guardian Spirits," it might sound like there's only one, but actually, it's not just one.

Of course, there is only one True Guardian Spirit. When we usually say, "Thank you, Guardian Spirits," we are referring to that True Guardian Spirit.

However, in reality, beneath the True Guardian Spirit, there are two or three Assistant Guardian Spirits. And beneath them, there are Guiding Spirits—divine beings who support and protect us day and night, 24 hours a day.

As for the Guardian Deities, they rarely intervene directly with us in our physical bodies.

You could say that the Guardian Deity is like the sun in the sky—radiating the light of life from above.

At night, we go to bed and lie down to sleep. Some people fall asleep right away, while others stay awake for 10, 20, or 30 minutes—but eventually, we all drift off.

When we sleep like that, our consciousness always travels to the other world. How does that happen? It happens through a spiritual cord connected to the back of the neck. Our soul temporarily separates from the physical body and, under the guidance of our Guardian Spirit, is led to the realm of Spirits or the divine world—to the place the Guardian Spirit deems best for that night and moment.

That place becomes a training ground for the soul. While our physical body is asleep, we undergo TOUITSU (Oneness) training.

During that TOUITSU training, the Guardian Spirit works to purify our karmic negativity before it appears in our worldly destiny—by presenting images and symbolic forms of various karmic patterns during the TOUITSU training to cleanse them.

The small portion of that training which remains in the brain of the physical body is what we recall as dreams—like, "That was a nice dream," or "That was a nightmare."

Dreams often contain strange and nonsensical changes in situation. For instance, you may have been with people from 30 years ago, but suddenly they change to people from 50 years ago. You might have been inside a house, and the next moment you're in a field. Most dreams are chaotic and disconnected.

Special dreams are different, of course. For example, when Masami-sensei appears in a dream and gives guidance, those dreams may remain clearly in the memory of the physical body.

Even if something doesn't remain in the memory of the physical body, please don't judge it by thinking, "It's no good because I don't remember," or "It's good because I do remember."

Everything is carried out according to the heart of the Guardian Spirit. If you remember it, it's because of your Guardian Spirit's will; if you don't remember it, that too is according to your Guardian Spirit's will.

So there's no need for your physical mind to wonder, "Why can't I remember my dreams?"

There are some people here who say, "I don't remember any of my dreams at all." Whenever I hear that, I always say, "That's because your Guardian Spirit is especially skilled. A highly capable Guardian Spirit can draw out and purify karmic energy without leaving it in the physical body's memory."

So if that's the case for you, just think, "My Guardian Spirit must be especially skillful."

Also, while we sleep at night, leave the physical body, and go to the other world to undergo TOUITSU training in a spiritual training ground, it is not the True Guardian Spirit, but the other Guardian Spirits who protect our physical body.

In other words, it's the Assistant Guardian Spirits and Guiding Spirits who work together to make sure that nothing strange enters our physical body while we sleep. They protect our body throughout the night. That's why we can sleep peacefully.

And as I said earlier, sleeping is really like being dead. The only difference is whether the spiritual cord is still connected or not.

When the time of one's destined lifespan arrives and a person returns to Heaven, it means that the spiritual cord is cut, and they go to the other side permanently.

When we go to the other world in our dreams, the spiritual cord is still connected—so when morning comes, we can return to life again.

Without the work of our Guardian Spirits and Guardian Deities—or more precisely, without the work of the Assistant Guardian Spirits and Guiding Spirits—we wouldn't be able to live our daily lives at all.

But people who don't know about this say things like, "I make my money by my own power," or "I live by my own strength," or "It's me, myself, doing it for myself."

What we must do is entrust that very consciousness we think of as "ourselves" to our Guardian Spirit.

I talked about this in the last study session as well, but truly—just like a fish or a vegetable laid out on a cutting board—if you imagine yourself spread out on that board, arms wide open, and say, "Guardian Spirit, please prepare me as you wish. Please use my heart and body according to the heart of the Guardian Spirits and Guardian Deities," and if you truly continue praying that way, then the Guardian Spiritual Beings will say, "Alright, understood," and they will begin to use you.

When that happens, the words we speak become the words of the Guardian Spirits and Guardian Deities. The thoughts that pass through our minds become the thoughts of the Guardian Spirits and Guardian Deities. Our daily actions and behaviors are transformed into actions aligned with the heart of the Guardian Spirits and Guardian Deities.

I think some of you can probably picture someone when you look around and think, “This person really lives that way.”

Right now, we are at a point just before becoming fully one with our Divine Self. That’s why we can now live in a state of consciousness where we recognize and affirm each other’s divinity.

The more we polish and elevate our hearts in that way, the less we see or feel anything negative—either within ourselves or in the world around us. In other words, our eyes start to see only the good. We begin to see everything as an expression of divinity, and the truth of life starts to come into view.

Deepening this awareness of the divine is, in itself, the process of expanding our consciousness into the wide vibrational realm called “AWAI.” It is the transformation by which we ourselves begin to live as the ones who connect everything. Listen closely: each one of us becomes the universe.

If thinking of yourself as “the universe” feels too big to imagine, then at the very least, think of yourself as the Earth. Then you’ll see—everything happening in the world becomes something that is happening within you. Everything on Earth becomes your own issue, your own responsibility. For us, as human beings who are divine in essence, what happens on this planet is never someone else’s problem.

For example, there are people in conflict—Israel, Palestine, Hezbollah, the Houthis, Iran, and so on. No matter how often you tell them, “Stop fighting,” unless their karmic thoughts disappear and their past causes are cleared, they will not stop fighting.

So, what should we, who are standing nearby, do?

All we can do is continue to pray:

“May their True Heart be revealed.”

“May their Divine Mission be accomplished.”

“May peace prevail on Earth.”

“Thank you, Guardian Spirits and Guardian Deities of those people.”

That’s all we can do. That is the only way.

To go even further—the ones we must change are not them.

It is ourselves that we must transform.

It is important to cultivate a consciousness that does not see anything as bad—even if you see something negative, don’t consider it bad. What matters is to develop the awareness that can clearly perceive the divinity behind what appears to be negative.

What we are meant to do is simply to refine and elevate ourselves. That alone is enough.

I've just spoken about a big concept, but let's now bring it down to the level of daily personal life.

For instance, if there's someone at work whom you see every day and just can't stand, or if you really can't stand your husband, and you keep thinking, "I dislike this person because they're bad," then you won't grow at all.

If you don't grow, the relationship won't improve. Ultimately, everything comes down to a matter of the heart, of inner awareness, and it is your own responsibility. Put differently, it's all about the relationship between yourself and your own heart.

When it comes to marital issues, there are many types of relationships, so we can't make blanket statements. But whether you married through an arranged meeting or through romantic love, once you start living together under the same roof, at first you'll only notice surface-level aspects of the other person.

As you live together, there may be times when you begin to notice good qualities in your partner that you hadn't seen before. Other times, you may realize, "This person has such unpleasant sides." There are all kinds of situations. But if you continue to think that everything you feel toward your spouse—your other half—is the other person's fault, then as I said earlier, you won't grow at all.

Wishing for the other person to change without first growing yourself is nothing but ego. When we aim to achieve the true Divine spark, this is the final, unavoidable gate we must pass through.

And this doesn't apply only to married couples. It's the same in your relationships with parents, children, friends, and coworkers.

If you truly wish for someone else to change, you need to firmly resolve and accept that "I must be the one to change first." This is not about compromising or yielding to the other person. It means harmonizing the conflicting parts of yourself within your own heart. Because within each of us resides the entire humanity.

Of course, there are people here who already feel, "I am already filled with happiness." For those of you, please take this message as something from the past.

Why is it that human beings who are alive in physical bodies suffer so much over interpersonal relationships? If you look deeply into that, you'll find that the root cause lies in the habitual way of thinking negatively. You could even say it is the state of having handed over your inner power to your memories.

I often describe it this way: "There are both a victim and a perpetrator inside your heart, rubbing against and clashing with each other. That inner conflict gets projected outward, and you perceive someone else as an unpleasant person. That's why all you need to do is honestly acknowledge it."

Why can I state this so confidently? It's because I've practiced this way of thinking for a long time and have had countless successful experiences of letting go of my assumptions.

I've had many experiences where, when I found the cause of the unpleasant feeling I had toward

someone within myself, and I thought, "So this was the cause. Thank you, Guardian Spirits and Guardian Deities. May peace prevail on Earth," the negative emotion I had toward that person disappeared instantly—together with its cause.

Actually, all you need to do is discover it. Simply finding the disharmony in your heart is enough—for it will disappear even without thinking anything about it. But when you clearly realize, "Ah, this was the cause," the habitual clinging of the mind is even more thoroughly dissolved.

As I've said many times, all you have to do is look at the parts of your heart you didn't want to acknowledge.

The more you observe the parts within yourself like, "So I had this part I didn't want to admit," or "There was a version of me like this," or "You've been crouching in the darkness deep in my heart, haven't you?"—in other words, the "various versions of me that hadn't yet found peace"—the more your heart will become aligned and balanced.

Everyone truly harbors within the dark corners of their heart many such selves that are the source of these disappearing patterns.

By simply seeing them and acknowledging them, the unpleasant emotions you once felt toward others will gradually fade away.

It is essential to clean house within your heart in this way. Keep cleaning and purifying the heart. Make it beautiful.

Now that we've entered a truly spiritual vibrational realm, you probably don't even need to do it for years. One month may be enough. If you do it earnestly for just a month, your heart will change completely.

Your heart will transform into one that feels, "I am just so grateful, so overwhelmingly grateful."

That mental state that used to constantly catch on things and spill out complaints, dissatisfaction, and a sense of lack—it will vanish. It will disappear.

When that happens, you'll start to feel more and more the value of refining and elevating yourself.

And so your heart becomes joyful, and you naturally feel, "I want to polish myself more, I want to elevate myself further, to deepen and expand"—and you begin to transform.

One way to support this process is the method practiced around 2010 for a year as a special SHINJI (Divine Message): "Recording small moments of success or accomplishment in a notebook."

That method really works. Don't forget even the smallest of accomplishments—write them down, and keep writing and storing them. Keep documenting those small successes to root them into your memory.

Nowadays, even the memo app on your phone is fine. Collect those little successes, which may seem trivial to others, and read them from time to time.

Then you'll recall, "Ah, I had this kind of success," or "I accomplished that"—and as you read them again and again, gradually you'll start to gain confidence in your own divinity.

The more your divinity manifests on the surface, the more distant you become from negative states like self-limitation and self-denial.

Among those of you participating here today, there are many who have shared joyfully, saying, "Honestly, SAITO-san, this very moment—I am just so incredibly happy."

But even if someone hears this kind of message and thinks, "No, that doesn't apply to me," please don't blame yourself. That person, through the experience of these disappearing patterns, is still able to polish and elevate themselves. So instead, recognize that "I still have room to grow," and let your heart be filled with hope.

Later on, you will come to realize, "It was because I went through that experience of something disappearing that I became a person with a broader heart." You will surely become someone who can think that way.

When you're in the midst of some kind of suffering, it may feel impossible to think like that, but once you've overcome the experience, your Guardian Spirit will reward you with a joyful gift.

And then, you'll feel even happier, and you'll naturally find yourself wanting to continue polishing and elevating yourself. Your way of using consciousness will shift into a positive divine cycle. That's what I'm sharing with you.

In the past, when you used to feel heavy and reluctant to act, now you'll become someone overflowing with motivation to better yourself, to refine and elevate your heart.

There are some people who take pride in saying, "I pray for world peace every day," or "I perform the Divine Spark IN dozens or even hundreds of times a day." However, when you look at their heart and ask, "Has their heart truly become noble?"—you'll find that, in many cases, the answer is no.

When you try to understand why that happens, you see that both the Prayer for World Peace and the Divine Spark IN do indeed radiate light—both to the person themselves and to the whole world.

But unless you also have another "wheel of the heart" alongside the "wheel of prayer and IN practice"—namely, the "wheel of refining and elevating oneself"—then the heart will not easily become noble.

Some say, "I've been taught the Truth," or "I'm studying such wonderful teachings," but if you look at whether that person's heart has actually become noble, the answer is often still no.

That's because they become satisfied just by gaining knowledge. And once someone becomes satisfied, the growth of the heart comes to a halt—this is how the mechanism works.

There is a poem by Goi-sensei that says, "It's okay to repent for your mistakes, but living a life full

of constant regret is a foolish way to live.”

Goi-sensei taught: “You don’t need to keep reflecting over and over forever. Reflection should only take a moment. If you realize something was wrong, then just start doing it differently—that’s all.”

Of course, people who don’t reflect at all are out of the question. But those who do have the heart to reflect, I believe, are the ones who still have room to grow.

That’s why, even now, there are still people who modestly say, “I’m still so inexperienced,” but such individuals should also accept another truth—that they are doing truly noble work—and there’s no need to look down on themselves so much.

Just by continuing to pray, “May peace prevail on Earth,” for six months, a year, two years, three years, five years, ten years, twenty years, thirty years, forty years, fifty years, sixty years, seventy years—that alone means you have accumulated an immense amount of virtue in the heaven of your innermost heart.

There is a phrase that says, “Lay up treasures in the heavenly storehouse,” and we truly are living in a way that accumulates tremendous virtue.

This very ‘virtue’ that we have steadily cultivated will be what replaces ‘money’ and ‘power’ in the future world.

No matter how much power one holds, no matter how much money one has, in the era of Divine Civilization, none of that will hold sway.

Goi-sensei explained this many times as well. What will be recognized is character, spiritual stature, divine stature, nobility of heart, and virtue—nothing else.

In the world to come, those with virtue will be able to live in abundance, both spiritually and materially. That is exactly the kind of peaceful world we have long prayed for.

Tomorrow, July 6, the program for the grand ceremony starting at 11:00 a.m. has been sent to you along with the Byakko magazine, and I’m sure you’ve seen it. There’s nothing particularly unusual written there. I think most of you received it with the thought, “It’s the same as what we do every year.”

But the work being done in the invisible world is tremendous.

No matter how much we say, “It’s amazing,” in the invisible world, when someone says, “Show us the proof,” we can’t provide it.

Still, tomorrow, a work will be done that will truly evolve the Earth world in a major way.

There have been rumors today, July 5, of meteorites falling, major earthquakes, tsunamis—but nothing has happened. The sky over Tokyo is cloudy, but it’s just a typical early July day.

Tomorrow, July 6, we will have the grand ceremony, and I’m sure the world will appear to continue on as a normal day.

However, behind the scenes, the reason the world is so calm is the accumulation of our prayers and IN practice.

There's no need for us to make a big deal and say things like, "It's because we've been praying," or "It's because we've been performing the IN"—as if we are trying to claim credit in front of others.

The role of making such announcements will be taken on by the Great Divine Beings of Salvation or by beings from other planets.

Once the day comes when we can clearly see, with our physical eyes, the forms of Goi-sensei, the Great Divine Beings of Salvation, and members of the cosmic human race, they will introduce our humble, behind-the-scenes efforts on behalf of Earth to humanity on our behalf.

After that, some of us may feel satisfied and decide to go on to other planets. Others may feel, "I'll stay on this planet just a little longer, until I can be sure everything is okay, and watch over humanity's path." In either case, we will eventually become elder-like figures for the entire Earth world.

I believe the answer to the question, "Why are there so many elderly people among the prayer members?" may also lie in this very point.

Of course, the active working force from now on will be those in their 40s to 60s. Those in their 70s, 80s, and 90s will continue, as before, to support from behind the scenes.

There are still some people in their 40s, 50s, and 60s who do not yet have confidence in their own divinity. I ask all of you who have continued praying for 40, 50, 60, even 70 years—please lend your strength so that these people can live with confidence. Please watch over them.

From here on, it will be the era of Yuka-sensei, Maki-sensei, and Rika-sensei. Maki-sensei is 50 years old. Yuka-sensei is about 45. They are still young, in their 40s and 50s.

Their generation will increasingly take the lead in guiding the world forward.

Everyone present here today is a person of true spiritual power—you are not in a position to be learning from others.

You all have souls so powerful that you could even start your own religious organizations and become spiritual leaders. That's why I ask you to generously share the light of your life energy so that the younger generation may awaken to the Truth, and so that those who have awakened may deepen their hearts even more. Thank you in advance.

It is now 2:37, so let's conclude by performing the Divine Spark IN once. We will not do the breathing practice. Let us chant "Jinrui no Shinsei-Fukkatsu, Dai-Jouju." twice and then perform the IN once.

<Divine Spark IN once>

Thank you very much. This concludes today's study session. According to the calendar, the next one will be on Saturday, August 2. Depending on circumstances, we may or may not hold one on the interim date, Saturday, July 19.

Now, I will turn on everyone's microphones. This brings today's study session to a close. Thank you very much for your participation today.

End