

Let's begin. We will now start the study session for the afternoon of July 19. I couldn't manage to display the slide screen in time, but today's theme is: **"To Manifest Truth in the Way We Live."**

We will proceed with this theme.

What is the most important thing in order to embody truth within ourselves and live with that truth manifest in our lives?

That is: **"Self-Recognition."**

Who am I? What kind of being am I?

This recognition is fundamentally essential.

What I always share with those around me is this:

"Please ask yourself the question 'Who am I?' every day."

Do you know why this question must be asked every single day?

Normally, when you ask yourself "Who am I?", I think you'll be able to quickly come up with an answer like "I am a child of God" or "I am a ray of God's light."

But the reason we must ask this question every day is that, even if the **surface words** of the answer remain the same, the **content and quality of the consciousness** that recognizes and speaks those words is constantly changing day by day.

For example, if someone answers:

"Who am I?" "I am a Divine Spirit of God,"

then within the *resonance* of the voice expressing "Divine Spirit of God," there exists an **invisible vibration** that reflects to what extent the person truly acknowledges themselves as a Divine Spirit of God.

The important thing is not the words you say out loud.

What matters is the **actual state of consciousness** that is expressing those words.

How deeply do you actually recognize yourself as a Divine Spirit of God?

What is essential lies in the **part of the resonance that cannot be expressed in words.**

There is a vast difference between the resonance of someone who truly affirms their own divinity and says "I am a Divine Spirit of God" — and that of someone who says the same words but with doubt in their heart.

However, that is only when seen from the perspective of this earthly world.

Why do I say this?

Because if one were to observe humanity from the deepest, deepest, deepest level — from the ultra-high realms of Divine Spirits — then those who recognize themselves as Divine Spirits and those who do not may appear to be like acorns comparing their heights. In other words, the difference seems insignificant.

And yet, here in this world of vibration, while we are living within the realm of resonance, the **difference between truly recognizing oneself as a Divine Spirit of God and half-believing (or only 30% believing)** "I am a Divine Spirit" leads to a **dramatic difference in the speed of consciousness evolution.**

You may have heard somewhere that **the 21st century is the era of the soul's independence**. But have you ever truly thought about what that state of a fully independent soul actually looks like?

Here is the English translation of your text, in full accordance with the registered translation rules and established tone:

Normally... yes, even within religious organizations or spiritual groups, in most cases, they operate their organizations by fostering a sense of dependence among their followers. Why? Because if the followers become truly independent, the people running those organizations would no longer be able to sustain their livelihoods.

But within such a world, **Byakko is quite different**.

For 30 or 40 years, we have continuously received countless messages — through Masami-sensei — from Goi-sensei and the Divine Beings, telling us:

“Become independent.”

To become independent does not mean remaining in the mindset of “God, please help me” forever.

Of course, in *“How Man Should Reveal His Inner Self”* it says,

“If we always keep a heart of gratitude toward our Guardian Spirits and Guardian Deities, and continue to offer the Prayer for World Peace, both individuals and all humanity can truly attain salvation.”

But we must understand **what it truly means** to “offer gratitude to the Guardian Spirits and Guardian Deities.”

It is not a matter of pleading, “Guardian Spirits, Guardian Deities, please help me!” and then giving thanks only when our request is granted.

Even if your wish is not fulfilled — even if you feel like “nothing has been done for me” — it is important to continue saying “Thank you,” “Thank you,” **unconditionally**, and to go on living while constantly holding that gratitude in your heart.

What does this mean?

It means that when we call upon our Guardian Spirits and Guardian Deities, saying:

“Thank you. Thank you, Guardian Spirits. Thank you, Guardian Deities.”

—we are, in that moment, **practicing unification with the Divine Protectors**.

Why can I state so clearly that expressing gratitude through the vibration of “Thank you” is an act of practicing unification with the Divine Guardian Beings?

I’ve spoken about this many times in our study sessions, but it is because in the autumn of 2010, I received a direct message from my Guardian Deity, and through putting it into practice, I underwent a transformation.

At that time, I was extremely “unable to understand.”

So, in Byakko’s New Year’s Divine Guidance for 2007, I received this severe instruction:

“You are burdened with too many karmic thoughts. Reverse them over the course of your life.”

That message was given so that my Guardian Spirits and Guardian Deities could issue a wake-up call to me through that guidance.

But my physical self could not muster the resolve to rise up and say, “All right, let’s do it.”

So, for about three years, I remained stagnant — muddled in hesitation and darkness.

That’s why I consider the period between drawing the 2007 guidance and the direct intervention of the Guardian Deity in 2010 to be **the darkest time in my life**.

But in 2010, while I was on an extended business trip in Hiroshima for about half a year, **my Guardian Deity directly intervened**.

I believe they thought, “If we leave this child alone any longer, there will be no saving him.”

And then I was told this:

“Say ‘Thank you’ to every single person. One more thing—slow down your breathing for the entire time you are awake.”

I’ve shared this story many times in our study sessions, but since there may be people hearing it for the first time, I’ll say it once again.

When I was told that, I actually talked back.

I said, **“I’m good at slow breathing, so I can do that.**

But saying ‘Thank you’ to every person?

To people I dislike—that person and that person, this one, that one, the ones I have trouble with—there’s no way I can say ‘Thank you’ to them, not even if my mouth were torn open. So I can’t do it.”

Then, like Sun Wukong’s headband tightening in *Journey to the West*, I was struck by an intense vibration as if thunderbolts hit me directly—

I was shouted at with overwhelming force:

“Stop whining and do it!”

It wasn’t in a gentle voice like this.

It was much fiercer—as if lightning pierced through my body.

Then, following that, I was gently and kindly guided with these words:

“It’s okay if in your heart you’re cursing and saying, ‘Why the hell should I have to say thank you to this guy?’

Even so, smile with your face, speak gently, and bow your head saying, ‘Thank you.’ Try doing just that.”

Now, I’m a stubborn person, but I also have a surprisingly honest side.

So I thought,

“I see. If what I feel inside and what I express on the outside don’t have to be the same, then maybe I can do this.”

And from that point on, I truly began a life of deliberately speaking the words **“Thank you, thank you”** to everyone—whether they were older, younger, or my own age.

About three months after starting that practice, I vaguely felt that something in me was starting to change. But it still didn't feel completely clear. So I kept doing it.

Then sometime after the beginning of 2013, I happened to look back on my life—and I suddenly realized: **All the people I used to dislike or feel uneasy around... they were just gone.**

And I thought,
"How incredibly easy it is to live like this."

That was when I realized:
The ten-syllable Japanese phrase,
"A-RI-GA-TO-U-GO-ZA-I-MA-SU,"
is a **magical phrase** that binds together *yourself* and the object of your gratitude as *one*.

In Goi-sensei's book *"The One Who Connects Heaven and Earth"*, there is also a passage that hints at this. Toward the end of Goi-sensei's spiritual training to become one with the Divine Self, there was a practice called "stilling all thoughts."

At that time—although it's not written in the book—in a later Dharma talk at Seigatake, he said:

"There was only one phrase that the Guardian Deity allowed me to think during that practice."

And what was that phrase?

It was:
"Thank you, God."

The Guardian Deity had said:
"You must not think anything—but that alone, you are allowed to think."

In that Dharma talk, Goi-sensei said that from that moment on, he took it as a blessing and lived each and every moment thinking only:

"Thank you, God. Thank you, God. Thank you, God. Thank you, God."

As a result, Goi-sensei went through a dialogue of truth with his Guardian Deity — what you might call a "promotion examination" — and during meditation the following day, his consciousness began rising upward, gently passing through clouds of many colors.

Eventually, he reached a place where **he saw himself** — in the majestic attire of a Shinto deity, clad in full ceremonial robes — standing before him.

And then, he smoothly entered into that divine form and became one with it.

After that, the Buddha appeared and offered him a sacred sakaki branch.

Then, Jesus Christ appeared on the cross, and upon merging with him, he received these words:

"Thou art one with Christ."

From that moment onward, Goi-sensei appeared — from the outside — to be just an ordinary person again,

without any strange behavior.

However, **his inner being had completely transformed.**

It is said that from then on, God was directly moving and acting through the physical body named Masaharu Goi.

What I want to convey through this story of Goi-sensei is that:

“Through the words ‘Thank you, God,’ Goi-sensei also attained oneness with the Divine Self.”

That’s why we, too, must wholeheartedly and thoroughly strive to become one with the **Guardian Spirits**, who are the most intimate divine beings to us.

We must walk in tandem — hand in hand — with our **True Guardian Spirit**, along with the **assistant Guardian Spirits** who support different aspects of our lives, and the **guiding spirits** who help us in specific missions or areas of strength.

It is essential that we live together in complete union with them.

The **Guardian Deity** is usually a being who dwells in the deepest part of our life-force, shining upon us like the sun from within.

Therefore, it is crucial that we always keep in mind the intention to live as one with our **Guardian Spirit**, the closest among the divine beings.

Day and night, throughout all waking hours, we must continuously express our heartfelt gratitude, saying:

“Thank you, Guardian Spirit.”

“Thank you, Guardian Spirit.”

“Thank you, Guardian Spirit.”

“Thank you, Guardian Spirit.”

Now, this is not something that must be done for all eternity.

Once you gain the **awareness that you are truly one with your Guardian Spirit**, there is no longer a need to continue the practice.

Because once you are truly one, there is no separation.

This is a practice for the journey until you reach that state.

When you continue this practice, you will naturally become a person who can **declare without hesitation, without embarrassment, without the slightest self-consciousness:**

“The words I speak are the words of my Guardian Spirit.

The thoughts I emit are the thoughts of my Guardian Spirit.

The actions I perform are the actions of my Guardian Spirit.”

A time will come when you no longer need to call upon your Guardian Spirit explicitly.

When we speak, it is the Guardian Spirit who speaks.

When we think, the Guardian Spirit is thinking with us.

When we act, the Guardian Spirit acts alongside us.

And when that happens, the very thing I spoke of at the beginning —

“To manifest Truth in the way we live” —

will naturally become a reality.

When I share this story about “Thank you, Guardian Spirit,” I always say to people:

“Try doing it desperately for at least three weeks.”

Of course, depending on the person, some may need three months or even a year.

But compared to one year ago, five years ago, or ten years ago, the **mental and material vibrations of the Earth have already entered a spiritual dimension**, which makes it far easier now to achieve union with God.

In other words, the current age makes it **much easier to become one with our Guardian Spirits** than it was when I began doing this fifteen years ago.

It is said that the Fuji Sanctuary is constantly in the fourth dimension, but now even our own homes have at least entered the fourth-dimensional realm.

However, **the fourth dimension alone is not enough.**

Unless every place on Earth enters into the **fifth dimension**, we will not be able to access the wisdom of the **Divine-Spiritual Civilization**—the way of life and science used by the beings of the Universe on advanced planetary systems.

To put it another way, **once the entire Earth reaches the fifth-dimensional average**, the laws of this world will undergo a dramatic shift.

The laws of the higher spirit worlds and even the Divine World will become the natural laws of this physical world.

At that time, **money, power, fame—none of these will be of any use.**

Even if someone says, “I received this medal,” or “I hold this title,” or “I’ve accumulated this much money,” the Divine Beings would simply respond:

“And what of it?”

During the recent rice shortages in Japan over the past few months, there were people who contacted rice farmers directly, visiting their homes or calling them to ask:

“Would you be willing to sell us some of the rice you’ve harvested?”

I’ve heard stories both from the people making those requests and from the farmers who received them.

From the farmers’ perspective, while they *wanted* to share their rice, they responded,

“We truly want to help, but we also want to prioritize the customers who have been consistently buying from us over the years.”

As the times continue to advance, a day will come when even **money will be completely useless.**

Even if you stack up bundles of cash and say, “Please sell me your goods with this,” people will respond:

“I can’t give it to you in exchange for that kind of paper.”

No matter how great a past someone may have, if **their heart in that moment does not reflect the Divine**, they will no longer be received or accepted.

This is not about thinking,

“It’s okay because I’m praying for world peace.”

That's not the point.

Saying,

"I'm praying for world peace," or

"I'm performing the Divine Spark IN,"

does not guarantee that you will become a resident of the Divine Realm.

Why?

Because to become a true resident of the Divine Realm, what is required is **virtue of the heart**.

It is **not** the Prayer for World Peace or the Divine Spark IN that determines your level of consciousness each day.

What truly matters is this:

In the moments of your daily life—each and every second—**what are you thinking, what are you speaking, and what are you doing?**

That is the heart of it all.

Even if you're offering prayers for world peace and performing the Divine Spark IN, if outside of that, in your ordinary life, you're expressing selfish or self-centered thoughts, then it becomes a case of **"three steps forward, three steps back."**

What people in Byakko need to be most cautious of are:

the desire for self-assertion,

the desire for recognition,

and one more thing: **self-recognition**.

There are people who **don't recognize themselves enough**.

Some people frequently say as a habit, **"I'm just someone like this..."**

But as Goi-sensei wrote in one of his spiritual poems:

"Whether self-deprecation or arrogance, both stain the sacredness of life.

Proclaim your true self with strength."

So it's not just arrogance that defiles the divine—**self-deprecation also goes against divinity**.

That's why Masami-sensei kept telling us, over and over, for decades:

"You are amazing beings. So have confidence."

"Hold confidence."

"You must have confidence."

When people receive those words and take them to heart with sincerity — "Alright, I'm going to develop confidence in myself" — I'm sure many of you have had that thought.

And then you probably began a process of trial and error, wondering:

"But how can I become someone who truly has confidence in myself?"

Perhaps you experienced moments of inspiration or intuition guided by your Guardian Spirit, acted on those impulses, failed, reflected, and then tried again.

Each of you has likely walked that path in your own way.

And yet, in the course of daily life, without even realizing it, we may continue to carry the **habit of viewing ourselves negatively or with self-deprecation**.

In fact, most people are **too humble**.

That's because, in Japanese culture, there is a common idea that "humility is a virtue."

To add a side note:

There are, on very rare occasions, people who lean toward arrogance — but such people are **extremely few**.

Please take a moment to reflect on yourself.

There is the fact that **you have become connected to the Prayer for World Peace**.

There is the fact that **you have been offering the Prayer for World Peace for many years, even decades**.

Those who are now connected to the Prayer for World Peace and who are alive here and now — they are **gathered souls of such nobility** that we cannot even fathom how many hundreds, thousands, or even tens of thousands of years they have continuously performed good deeds throughout their past lives.

So please begin to turn your attention just a little more toward that **greatness within yourself**, the **sublimity of your soul**, the **sacredness of your life**.

And when each of you makes the effort to praise yourselves, to acknowledge yourselves, to love yourselves, and to forgive yourselves —
that alone will result in **a tremendous increase in the power of your soul**.

There is a phrase:

"There is absolutely nothing that can violate the me who is united with the Universal God."

Have you ever wondered why, when we are one with the Universal God, it can be declared with certainty that **"nothing can harm me"**?

As written in the detailed program of tonight's event *A Day Interconnected by Divinity*, which I sent shortly after noon today,

in the second item of the program — **"Declaration to Live with the Heart of AWAI"** — the fifth statement says:

**"There is nothing that exists outside the AWAI heart, which lives as the Universe itself.
Therefore, I can declare: Nothing can violate me."**

When you truly internalize the meaning of the word **AWAI**, digest it, and make it your own, you will come to understand the deeper meaning of these truths.

When you bring the awareness of AWAI into the depths of your heart and nourish your soul with it, your consciousness shifts from being someone who is **"lived"** by life to someone who **"gives life"**.

At that point, the being called "yourself" becomes one who **connects, unites, enlivens, and harmonizes** all things.

More precisely put, as a physical body, you remain someone who is “being kept alive.”

But as **consciousness**, you exist as one who **gives life** to all.

When you see things in this way, you come to understand that “**The Vibration of AWAI**” is, in a single phrase,

“the workings of the Universal God.”

When you place your point of view — your seat of awareness — on the side of the Universal God’s activity, your consciousness naturally transforms into the realization that:

“There is nothing that can violate me.”

“There is nothing that can do me harm.”

For example, even in a real-life situation where you are being bullied or harassed by people at your workplace,

once you embody **this consciousness of AWAI**, no matter what those around you say or do to you, it will no longer hurt you,
no longer cause you pain,
no longer bring about unpleasant feelings.

Why does that happen?

It’s because, from the perspective of **AWAI**, one comes to clearly realize that the vast variety of human beings — what we perceive as “self and others” — do not actually exist as separate entities, but rather as **phenomena within the universe of one’s own heart**.

Let’s set this concept of AWAI aside for a moment and look at things from a slightly different angle.

Recall the story I shared earlier about saying “**Thank you**.”

When you continue to say and think “**Thank you**” toward someone else — even someone you may not like —

the **barrier** that separates you from that person, which is really just your own subjective assumptions, begins to dissolve.

Those walls gradually thin and eventually **disappear completely**.

And when that happens, that person who was once “difficult” or “unpleasant” no longer feels that way. They simply become “**just a person**.”

Now, calling someone “just a person” may sound a bit odd, but what I mean is: they become someone **you no longer hold any negative emotions toward**. On the contrary, you begin to transform into someone who sees them as “**a person to be loved**.”

God — or the Universal God — **cherishes all human beings**.

So when you stand in the consciousness of the Universal God, you begin to see **everything and everyone as precious and dear**.

You no longer think, “They didn’t do what I wanted, so I’ll harass them or be mean to them.”

Earlier, I mentioned the need to transcend things like **the desire for self-assertion** and **the desire for**

recognition.

Those habitual thought patterns tend to slip unnoticed into our hearts and **try to control our behavior.**

But ultimately, this discussion circles back to the very first question I asked today:

“Who am I?”

The point is that **the true answer** to that question —
whether you say, “I am Divine,” or “I am a Divine Spirit of God” —
must become a recognition that is **utterly free of falsehood or pretense.**

And as you ask yourself this question **day after day**,
you’ll begin to notice — even if only slightly, little by little —
that your awareness is being updated with each passing day.

(Now I will share my screen.)

This is the beginning portion of the email I sent on Thursday.
Here, you’ll see the phrase: **“Furyū Monji”** (不立文字).

When you ask yourself, “Who am I?”
and you begin to realize:

“I am one with the Divine.”

“I am a Divine Spirit of God.”

“I am a single droplet of Divine Light.”

—these realizations exist in the realm of **Furyū Monji.**

Now you may wonder, “What does *Furyū Monji* mean?”

It’s a term from the world of **Zen** —
a branch of Buddhism centered on meditation.
And within that world, there’s a saying:

**“True realization cannot be expressed in words.
It must be transmitted from teacher to disciple, heart to heart.”**

That’s the spiritual background from which this phrase arises.

So, when we try to answer the question **“Who am I?”** with words like

“I am a Divine Spark,” or

“I am a ray of God’s Light,”

there may be many ways to express or feel it.

But the actual substance of that realization —
its **true essence** —
can never fully be captured in words.

The words we speak by vibrating our vocal cords cannot fully express it,
and even words written out in characters — whether hiragana or kanji —

can never completely capture it either.

That is precisely why we must ask ourselves every day:

“Who am I?”

We need to practice sensing the essence behind that question.

As I’ve said many times:

Why do we repeat this question again and again?

Because **self-recognition is something that updates daily**.

(Just as yesterday’s “me” is different from today’s, and today’s “me” is different from tomorrow’s.)

That’s why we ask the question each and every day.

There’s no need to change the surface-level words.

If you want to, you can — but whether written down or spoken aloud,

those words only express **a tiny fragment** of the true resonance.

Therefore, what matters is **not** the external words themselves.

What matters is:

**How deeply do you truly recognize yourself as a Divine Spirit of God,
and how fully are you living and expressing that recognition?**

The part that cannot be captured in words — the **invisible part** —

is where we must place our focus.

It is precisely this subtle inner movement of consciousness

that we are now being asked about —

by our **Guardian Spirits**,

our **Guardian Deities**,

the Divine Beings of the **Great Radiant Light for the Salvation of the World**,

and even the **cosmic beings**, especially those from Venus.

Though we cannot see them,

the hearts of each and every one of us

are constantly and continuously being observed and evaluated —

from deep within.

When it is recognized,

“This person has potential,”

or

“This person is about to take a leap in consciousness,”

then **tremendous rays of divine support** are poured into us.

And there comes a time when our inner state — our level of consciousness — is dramatically elevated.

This, too, is an expression of the **co-creation between us and the Divine Beings**.

Forgive me — that became a rather long talk.

It's now 1:48 PM, so I'd like to take a break until 2:00.

We'll begin again shortly after 2:00.

Until then, please feel free to spend the time as you wish.

《10-Minute Break》

Now that it's past 2:00, let's resume.

It seems I was speaking so intently that I forgot to lead us in the **Divine Spark IN**.

So, I would like to begin now with one performance of the **Divine Spark IN**.

The prayer phrase is:

“The Divinity of Humanity has reawakened. Dai-jouju.”

We will repeat this phrase **twice**.

Shall we begin?

《One Performance of the Divine Spark IN》

Thank you very much.

During the break, a certain song came to mind.

Let me show it on the screen now.

This is a song called **“We Have One Drop.”**

There are people, much like those in Byakko, who are working toward the Divine Reawakening of Humanity,

and this is a song created by one of those groups.

They perform it together in a choral style.

The lyrics are as follows:

***A single drop of light, deep within my chest
Gently, I place both hands over it
And quietly, I begin to listen***

***Guided by a life that flows on eternally—
Why was I born into this era, right now?***

***When I think of you, I feel the heartbeat
It is life — so deeply fulfilled***

***The joy of painting your love
I chose this moment, and was born into it***

***A radiant life that enlivens all things
The Light that I am — now, in the Era of Promise***

A single drop of light, deep within my chest

I tune the ear of my heart, and listen to life

Embraced by the distant universe, by the galaxies—

Why did I journey here, setting my sights on this star — Earth?

When I think of you, my heartbeat quickens

It is life — so profoundly loved

The joy of painting your love

I journeyed here, setting my sights on this star — Earth

A far and distant journey, transcending time and space

The Light that I am — now, on the Promised Star — Earth

This is the kind of song it is, but the main message I'd most like to share through it is this:

“Why were we born into *this* time — this era?”

Some may say, “I have no idea.”

Others may immediately respond, “It's for such-and-such reason.”

But one thing I can say with absolute certainty is this:

Each and every one of you was born with the answer to the question, “Why did I choose to be born into this era?”

Please, remember it clearly.

Try writing it down in words, or speaking it aloud.

When you do, you will come to know what is **most important for you to do right now**.

Life already knows everything.

Or more precisely, our true Self — our true essence — *is* the very **power that generates and moves all things**.

When I was a child, back in the Showa era, there used to be a commercial for Yanmar Diesel — perhaps it's no longer around today —

The jingle went something like,

“From the large to the small, it powers them all — Yanmar Diesel!”

But the only force that can truly move all things while remaining completely harmless — is the **power of the Universal God**.

Only the **vibration of the Source that created the universe**.

All of us human beings are connected to that Source —
to the power of the Universe itself.

That power, which moves all things,

created the universe, formed the stars,

and within those stars, gave rise to water, rocks, soil, air, nature —

and from there, plants, animals, birds in the sky, animals on the ground, creatures of the soil, of the waters

—

all forms of life.

This very power that formed all living beings and sustains the movement of the stars
is the power of the Universal God.

And we human beings — each one of us —
have been granted a portion of that Universal God's power to live by.
But as for how many Earth humans have remembered this...
very few.

In such an age, the greatness of those who have continued to offer the prayer:

“May Peace Prevail on Earth”

—this greatness will become widely known in a future era,
after the Divine Reawakening has spread across the Earth,
and after the time has come when we can **see the Divine Beings and extraterrestrial beings with our physical eyes.**

In that future world, the Divine Beings or cosmic beings will introduce to humanity:

“There were people who worked quietly behind the scenes in such a way.”

And that truth will be passed down through generations.

Most of you probably think,

“I'm not doing anything that amazing.”

But in reality, we **all** are.

It's not about going out into the city with a megaphone yelling,

“Humanity, transform!”

There's no need to force people to change their hearts.

What we've been doing is simply living this way:

“Ah, this too is a fading phenomenon. Yes, this too is fading away.

May Peace Prevail on Earth.

Thank you, Guardian Spirit. Thank you, Guardian Deity.”

That is the **Way of Living the Prayer for World Peace with the Awareness of Fading Phenomena.**

Humanity tends to love showy, dramatic things.

To those people, this path of praying for world peace while seeing all things as fading phenomena may appear dull or unimpressive.

But from the perspective of the spiritual world —

what we are doing is of tremendous significance.

From now on, many of us will begin returning to Heaven, one after another.

Those who didn't realize this during their time on Earth...

will surely be astonished once they reach the other side.

“What we've been doing... it was this magnificent, this extraordinary.”

One day, we will come to that realization —
with such unspeakable emotion, our tears will flow with gratitude.

But rather than realizing it *after* returning to the other world,
it's much better to recognize **the greatness of what we are doing now, here in this life,**
and to take **pride in our existence and the way we are living.**

Now, I just used the word *pride* — but words can be tricky.
Because pride can also become *dust and dirt* of the ego.
When someone starts to say,
“I’m doing something truly amazing,”
then that’s no longer **divine pride,**
but rather the dusty pride of self-importance.

So I’m always reminded of how **limiting language can be.**
Still, I want to live with **confidence** in myself.

On New Year’s Day of 2020,
I received a message — I believe it was from my **Guardian Spirit and Guardian Deity.**

The message said:

“There are three stages: **Confidence → Conviction → Natural Awareness.**
Advancing through them, like a hop, a step, and a jump —
this is what you are meant to do from now on.”

We’ve often been told, **“Have confidence,”** or **“You must believe in yourself.”**
But from this perspective, having confidence is only **the first step.**

Once you fully embody confidence, you enter the stage of **conviction.**
And when you fully deepen conviction, you reach the stage of **natural, unquestioned awareness** —
where it becomes so natural, you don’t even think to question it anymore.

I believe I’ve shared this many times during study sessions:
It is essential that we continually observe and understand **our inner thought patterns** —
particularly, what we unconsciously consider to be “normal” in our daily lives.
This becomes an extremely valuable tool for **guiding our own conscious evolution.**

So ask yourself:
“What do I take for granted?”
Observe your heart and become aware of it.

For example, let’s say someone looks at their spouse’s shortcomings and thinks,
“This is just the kind of person he is.”
That may seem like they’re looking down on their spouse,
but in truth, **they are looking down on themselves.**

To put it another way:

It's because we look down on ourselves that others appear to fall short.

Every person — no matter how flawed they may seem — contains **divinity**.

Whether or not you can see that divinity in others

depends entirely on **how deeply you recognize yourself as a Divine Being**.

Earlier, I mentioned *furyū monji* (不立文字).

Human beings — on the surface — can easily deceive others.

Through gestures, facial expressions, behaviors, and spoken words,

we can disguise anything.

If someone *intends* to deceive, it is quite easy to deceive another human being.

When the person on the receiving end has developed their **spirituality and divinity**,

they become much harder to deceive —

but in ordinary human life, **lying is easy**.

You can pretend to be doing something you're not,

or act as though you're capable of something you aren't —

and it's easy to pull it off.

The materials for refining and elevating oneself as a human being —

they aren't hidden in some rare or extraordinary moments.

They're **scattered all throughout our daily lives**, everywhere we look.

And this doesn't apply just to marital relationships —

but also to relationships with parents, with our own children,

with neighbors, with relatives, with coworkers,

with people connected through Byakko, and so on.

In all these relationships, we might find ourselves thinking:

"I like this person,"

"I don't like that person,"

"I feel close to this one,"

"I don't really feel warmth from that one."

Even though we may not *want* to think such things,

most of us do.

This is what we call **criticism, judgment, and evaluation**.

In the *Declaration of Humanity as Divine*, there is a line that says:

"No criticism, no judgment, no evaluation. No involvement whatsoever."

And yet, we often end up **unconsciously releasing karmic thought-forms of criticism, judgment, and evaluation** as we live.

What's important is:

How much of that can we recognize within ourselves and offer up to our Guardian Spirit?

Human beings tend to compare.

“Am I better?” “Are they worse?”

“He’s amazing,” “I’m better,” and so on.

This is simply the expression — and eventual fading away — of thought-forms steeped in **the dualistic world of opposites**.

So when you notice yourself thinking,

“This is good, this is bad,”

“I like this, I don’t like that,”

based on surface appearances,

take a moment to say:

“Ah, this is a fading phenomenon,”

and then ask:

“Guardian Spirit, please take this from me.”

Follow it with a **Prayer for World Peace**, and little by little,
you will begin to let go.

What you do **instead** is this:

Fill your thoughts, your words, and your actions with **words of Light, words of Truth, words of Divinity**.

There are the 49 Words of Light —

but I don’t think we need to limit ourselves only to those.

You can create your own Words of Light, too.

That kind of **creativity — the power of creation — lives within each of us.**

At first, we begin by walking along a path that someone else laid out.

But as we continue along that path,

inspiration and wisdom arise from within,

and we start to feel,

“Maybe it would be better if I did it this way.”

Through that process of creativity and innovation,

our own originality begins to emerge.

Why does originality arise?

Because **each and every one of us is connected to the One Source of the Universe.**

I don’t think there’s anyone here who prays just because someone told them to,

or who performs the **Divine Spark IN** because someone instructed them to.

What truly matters is that you **draw forth your own divinity through your own voluntary will.**

And the reason you *can* draw it forth...

is because it **has always been there within you.**

We often say, **“Human beings are Divine Spirits of God,”**

but it's important to remember that **this is not something we are becoming — it is something we have always been.**

This is a crucial part of our **initial awareness setting.**

The key point is that we were **originally** Divine Spirits of God.

And so, rather than saying “we are becoming Divine,”

it's more accurate to say that **we are remembering what we already are.**

When we first came to Earth from other stars, **we were all Divine Spirits.**

In those earliest moments of our journey to Earth,

we still retained the consciousness of Divine Spirit.

And so, in this newly-born planet called Earth,

we knew every part of our soul's journey:

the first lifetime, the next one, and the next reincarnation after that —

all of the hundreds or thousands of incarnations we've lived in this Earthly realm.

Of course, we also understood **this current life** — our final incarnation on Earth.

Back when we first arrived on Earth, we already knew:

On what date, in what year, in what place,

to which parents we would be born,

what our name would be, and how we would live our lives.

We knew it all.

And the **consciousness that knew all of this —**

still exists within us, deep in our being.

We always pray, **“Divine Reawakening. Perfect Fulfillment.”**

But when true Divinity reawakens,

what was hidden within begins to surface.

Bit by bit, what we once assumed to be “normal” gets rewritten.

Old beliefs are **replaced with the consciousness of Divinity.**

Whether that truly happens depends entirely on this:

In each moment of daily life,

do we consciously stay connected to our Guardian Spirit and Guardian Deity,

and do we express Divine words, Divine thoughts, and Divine actions in our being?

If you're awake for 16 hours of the day and asleep for 8,

then those **16 hours** should be used effectively —

as time to manifest your Divine Nature.

Recently, I've been saying this often:

We have that declaration:

“I will live this moment with complete sincerity.”

But if we just recite it together as a formality, that would be such a waste.

It is **only when we truly apply that declaration to the way we live each moment**, that it begins to carry real meaning.

So when you ask yourself, **“Who am I?”**

if you can also take a moment, once or twice a day, to reflect:

“Am I truly living this moment with sincerity right now?”

—then even if you’ve slightly veered off course,

you can easily realign yourself.

I highly recommend trying that.

Today, I’ve been speaking under the theme:

“To Manifest Truth in the Way We Live.”

And tonight’s prayer gathering is titled:

“A Day Interconnected by Divinity.”

Ever since I encountered the deep resonance of the word **“AWAI”** at the beginning of July, the meaning of the phrase **“Interconnected by Divinity”** has completely changed within me.

It’s not about saying,

“We, who have been disconnected, will now begin to connect,”

but rather, from the awareness of the Divine — the **“AWAI” consciousness** — we realize:

“Everything has been connected from the very beginning.”

That awareness — that Divine perspective —

has completely changed how I understand the meaning behind the title

“A Day Interconnected by Divinity.”

So, I sent out an email on Thursday introducing tonight’s program.

And for those who read it,

you may have felt,

“This program feels a little different from the usual ones.”

Well, that’s the background story behind it.

This single, three-letter word — **AWAI** —

has the power to completely overturn what we unconsciously accept as “normal” in our awareness.

I truly believe that **this word “AWAI” is a power word** —

a word that carries such transformative force.

And I was once again deeply moved,

thinking:

**“How wonderful and profound is Rika-sensei’s devotion to Truth —
that she was able to sense this extraordinary vibration and introduce it to all of us.”**

Now, what time is it?

Yes, it’s 2:37 PM.

So, to close, I’d like to once again perform the **Divine Spark IN**,
together with the same declaration phrase we used earlier.

《One Performance of the Divine Spark IN》

Thank you very much.

With this, we will now conclude the study session for **Saturday, July 19**.

Thank you all for your participation.

I’ll go ahead and unmute everyone’s microphones.

Thank you very much. Thank you so much.

We’ll end here.

Thank you.

(Lyrics Introduced During the Study Session)

Symphony of Life – Song of the Soul’s Joy, 4th Movement

Premiered on December 24, 2017

https://www.youtube.com/watch?v=Y8Az0Xsl_tM

The portion of the song introduced in the study session begins at **13:48** and continues to the end.

Below are the lyrics.

(As a side note, my wife Yuko-san also sang in the choir for this piece.)

“We Have One Drop”

A single drop of light, deep within my chest

Gently, I place both hands over it

And quietly, I begin to listen

Guided by the life that flows on eternally—

Why was I born into this era?

When I think of you, I feel the heartbeat

It is life — deeply fulfilled

The joy of painting your love

I chose this moment and was born

A radiant life that enlivens all things

The Light that I am — now, in the Era of Promise

*A single drop of light, deep within my chest
I tune the ear of my heart, and listen to life
Embraced by the distant universe, by the galaxies—
Why did I journey here, setting my sights on this star — Earth?*

*When I think of you, my heartbeat quickens
It is life — deeply loved
The joy of painting your love
I journeyed here, drawn to this star — Earth*

*A far and distant journey, transcending time and space
The Light that I am — now, on the Promised Star — Earth*

*The joy of living, painting your love
Now I remember — the vow I once made*

*Upon this earth, where all life breathes
A single drop of radiant light
I feel it always within me*

*Now is the Promised Time — your love, my love
All love — overflowing
With one shared intention, we sing of love
Mother Earth is now entering a new world*

End