

## 250817 – Study Session at 1:00 PM

Hello everyone. We will now begin the study session for Sunday, August 17.

Today is the day when Goi-sensei returned to the other world.

Counting from August 17, 1980, today marks the 45th year.

It has also been 75 years since *“Praying for World Peace while regarding all as a fading phenomenon”* and *“How Man Should Reveal His Inner Self”* were first shared with the world. That means Goi-sensei spent 75 years nurturing and guiding us.

Those who have been connected since 1955 must truly be very few by now. Here in 2025, there may be some who connected in the mid-1960s, others from the 1960s through the 1990s, and perhaps even some who joined in the 2000s.

However, when we look into the history of each of our souls, whether we connected early or late to the Prayer for World Peace in this lifetime has absolutely no bearing on the work we are doing now.

This is because all of you who are here today are those who, through countless reincarnations—hundreds or even thousands of times—have continued to seek and seek the truth of “What is the true nature of human beings?”

Today, with a renewed awareness of that very purpose for which we were born, let us begin with three and a half minutes of the Prayer for World Peace. Afterwards, I will continue with my talk. So, let us begin.

### 《Prayer for World Peace》

Thank you very much.

Last night, before going to sleep, I asked my wife a certain question.

And immediately afterwards, I conducted an experiment to demonstrate it.

Following a brief explanation, I will now present that same question and demonstration to all of you.

So please respond as though you were face-to-face with a Cosmic Angel, as if that being from the universe were directly asking you the question.

For those who may feel, “I tend to forget easily,” it is perfectly fine to write down the exchange we are about to have as notes.

When we keep our physical eyes open, the *habitual thoughts tied to the memories of the physical body* tend to activate, making it difficult to catch the *true vibrations of the formless world*. Therefore, I recommend that you close your eyes. Now then, let us begin.

***In our last study session, I talked about something like this:***

***“You know, the words themselves that come out when you vibrate your vocal cords, or the***

***letters you put down on a sheet of paper or on a screen—those by themselves don't really carry much of the true resonance of Truth.***

***What really matters is the actual vibration of consciousness of the person speaking those words or writing those letters in that very moment.***

***The key is to catch that resonance—which you can't touch with the five senses—and to connect with that living vibration of truth.***

***And for you who are going to live in the coming age, what you're really being asked by your True Self is: are you living with that ability developed, or not?"***

***So, building on that, let me throw you a question:***

***Are you living in a way that really catches the resonance behind the words and letters that you or others put out?***

***Or are you stuck relying on the five senses of the body, just grabbing onto the surface of what your ears happen to hear, or chasing after the printed letters your eyes happen to see?***

***Which type are you?***

I believe each of you now understands which type you are. Next, I will conduct an experiment that will allow everyone to clearly recognize the unseen resonance.

As we read last time, I will now recite twice the poem "True Self."

This poem is the very words left behind by the primordial Source of Life, the Universal Core of Consciousness, who directly expressed Its own mind into written form.

For the first recitation, I will place my consciousness in this physical body and simply read the letters of the poem "True Self" as they appear on the computer screen.

For the second recitation, I will close my eyes and, with my consciousness standing in the divine spiritual world where my eternal thoughts dwell—in the realm of my spiritual station—I will recite it again.

By listening to these two consecutive recitations, although it is the same person vibrating the same vocal cords in the same way, I believe you will clearly feel that the source from which the words arise is entirely different.

Let us begin.

**《Recite the poem "True Self" twice》**

\* First recitation: with my consciousness placed in the physical body.

\* Second recitation: with my consciousness placed in the inner world of life.

# **True Self**

**Masahisa GOI**

***There is something that people must know to make the future of the Earth shine.***

***It is your substantial hearts or true selves that are covered with black wings called desire, fear, sorrow, and hatred related to physical life.***

***Furthermore, you need to know more deeply that your true selves or substantial hearts are great wisdom that moves the universe.***

***And it emanates from a source of absolute energy that is unparalleled.***

***Your true selves are always one with God.***

***Your substantial hearts are the light that emanates from God.***

***You were originally the true selves of God himself.***

***Desire, fear, sorrow, hatred... these karmic thoughts originated when you limited yourselves from the world of God's light to the world of physical form.***

***They naturally appear and disappear like bubbles in the ocean.***

***They can also be called a drama of a night, depicted in a dreamlike illusion.***

***Humanity is not in conflict.***

***Humans are not lost.***

***The conflicting thoughts, the lost thoughts, are only now passing in front of the true selves of humanity and are about to disappear.***

***You may be silent and think your true selves are uniting with God.***

***And keep your eyes fixed on the shining God and your true selves.***

***And keep closing your eyes and remembering and watch eagerly that your true heart is one with God's shining light.***

***In other words, calm your thoughts and see only the divine light within you.***

***As long as you do so, karma will not return to you again.***

***Beloved ones, do not stop karmic thoughts from vanishing.***

***Don't think back to the pain of dreamlike illusion.***

***If you stop doing it and don't recollect it, karma will not return to you.***

***You are now the true self itself.***

***You are totally one with the Divine Great Light.***

***You are originally the one who will draw the future of the Earth with only light.***

How was it for you?

Surely you could hear the clear difference between the resonance when reading the words while following the letters with your eyes, and the resonance when reciting from the world of the light of life deep within the heart, vibrating the vocal cords.

By applying in daily life the very sensitivity you just caught in perceiving this difference, we can refine our affinity with the resonance of Truth, Light, and the Divine, and cultivate the consciousness that allows us to live in that very world itself.

In most cases, human beings living on Earth with physical bodies do not know how to catch the resonance of the unseen world, so naturally they live depending on the five physical senses.

That is to say, they take at face value only what they see with their eyes, or try to understand only the surface of the sounds they hear with their ears.

However, as long as their level of consciousness remains there, physical human beings will find it difficult to directly commune with the resonance of the Divine, which cannot be seen yet truly exists and permeates the universe.

This means that it will also be difficult for them to commune with those resonances, make them their own, and then express them through thought, word, and action.

To not yet have become the Divine itself in this way also means that one cannot recognize the resonance of the Divine that dwells within all beings—the nature and living creatures that appear to exist outside one's own physical body, and humanity at large.

The Gods and the Cosmic Beings behold this reality of Earth's humanity and continue even now to discuss: "How can we enable each person on this planet to embody the truth of life?"

As a result of those discussions, they have been using various Earthlings whose consciousness has evolved a little earlier in order to permeate the heaven-and-earth vibration zone of duality with the resonances of the Truth that governs the universe, streaming them into the earthly world.

The age we are entering—or rather, the age that has already come—is one in which deception is no longer possible, because the Earth has entered a vibration zone where everything is revealed. It is an age where, no matter how much one tries to hide it, the level of one's consciousness is written plainly on one's face.

As a metaphor, in a past study session I once said, "A time will come when words such as 'flesh,' 'god,'

‘animal,’ or ‘divine’ will appear on people’s foreheads, visible for all to confirm.”

In this way, as all the atoms that compose the Earth world become refined into ever more subtle vibrations, what is most important for us to master is the ability to distinguish between what is genuine and what is false.

That also means cultivating the discernment to identify within ourselves the qualities to be released and the qualities to be nurtured.

As we strengthen the power to discern clearly what is the resonance of the Divine and what is the resonance of attachment, the vibrations that compose our spirit and body will become increasingly refined.

To accomplish this, it is essential to entrust completely to the Guardian Deities and Guardian Spirits the habitual patterns of thought that we had believed to be “ourselves,” and to practice living with the heart of the Guardian Spirits as our very own consciousness.

This is what I always speak about: continually offering gratitude to the Guardian Spirits at all times. Through that practice, we can live enveloped entirely within the vibration zone of the Guardian Spirits.

When we live in this way, the words we speak become the very words of the Guardian Spirits, the thoughts we send forth become the very consciousness of the Guardian Spirits, and the actions we manifest are transformed into the very actions of the Guardian Spirits.

This present era is the time in the history of the Earth when the greatest metamorphosis can take place.

Metamorphosis is a word that means transformation. Therefore, we can say, “This is an age in which transformation is easier than ever.”

In this age of metamorphosis, what should be the very first thing we transform?

Human beings?

The natural environment?

The way of survival among living creatures, the struggle of the strong against the weak?

Or perhaps the entire Earth world itself?

Human beings?

Well then, if it is human beings that must first be transformed, should it begin with changing others?

Or should it begin with changing oneself?

I believe you already know the answer.

It is an urgent matter, before anything else, that each and every human being devote themselves to living in a way that transforms their own selves.

Unless each of us changes, “world peace” will remain nothing more than a dream.

I myself once lived in such a way that, on the one hand, I prayed for world peace, while on the other, I was releasing the poison of self-centered thoughts.

In my case, because my condition was particularly bad, I received direct guidance from my Guardian Deity, and it felt as though the seat of my heart had caught fire. I simply could not remain still.

I was driven to move, no matter what, to the point of feeling as though I had to cling to anything, to do anything and everything.

That is why I earnestly began repeating, “Thank you, thank you.” But if everyone were to wait until they were pushed into a corner, as I was at the time, before beginning to move, the Earth world would be in serious trouble.

That is why, with the wish that we might correct the orbit of our hearts before the fire of crisis burns so intensely within, I am conducting these study sessions.

It is now 1:44 PM, so we will take a short break here.

I will set the screen to break mode now. Let’s take a break until 1:56.

We will resume at 1:56. Although I believe your video will not be visible to others during the break, please turn it off as you wish, and take your rest.

### 《10-minute break》

All right, it is now past 1:56, so let us continue.

First, let us form the Divine Spark IN once. The prayer words, as always, are: “The Divinity of Humanity has reawakened. Dai-jouju.”

### 《Form the Divine Spark IN once》

Thank you very much.

A little while ago, when we recited twice the poem “True Self,” were you able to feel the difference in resonance?

When I read it the first time, I placed my consciousness in this physical body and voiced the words by reading the letters of the poem as they appeared on the screen with my physical eyes.

The second time, you may not have noticed it because it wasn’t shown on the screen, but before I began reading I formed the Nyorai-IN and entered into the state of oneness.

Specifically, I dropped my awareness straight into the lower abdomen, placed my consciousness in the inner world, and from there expressed the resonance of the words—the kotodama—that permeate and exist within that inner world.

Being able to sense the difference between these two ways of reading, as I said earlier, “is not some kind of psychic ability.” It is something anyone can recognize.

Even in worldly situations, for example when interacting with others, you sometimes catch the unseen resonance through what we call “atmosphere.”

You may feel things like, “Ah, this person is in a bad mood right now,” or “Did my words just now offend them?” or “Maybe something wonderful happened to them, they seem so joyful.” We all sense things like this in many different situations.

In the same way, being able to feel the difference between the two readings just now can also be applied to what I often call “the key to walking the path of Byakko”: the clear distinction between the True Self and karmic thoughts.

For those of you who have been participating regularly, I think many of you already, without even realizing it, are living in a state where you have let go of your attachments.

But among our companions who are not here today, there are still people who place themselves in the world of emotional thoughts, who suffer within their human relationships and in the circumstances they find themselves in.

I hear stories from people all over—from Hokkaido to Okinawa, and even from overseas.

Among them, some say, “I live only in gratitude,” or “I live only in happiness,” while others share, “This and that makes life hard,” or “Such and such makes me suffer.”

Even among you here today, perhaps a small part of that still remains for some of you. But at the very least, those of you who are present here now, through your connection with your Guardian Spirits and Guardian Deities, are overcoming the sufferings of body and mind—the various hardships you feel while living in this physical body—through the light of your own life and the light of your own prayer.

Here are some examples of the situations of those who are still struggling.

In one case, their level of self-recognition is extremely low—in other words, they are bullying themselves deep within their own heart. Yet they are unaware of this, and say things like, “I’m worthless anyway.”

And then, when they place themselves in human relationships—whether at work, or among friends—that habitual thought of “I’m no good” lies at the root. So they assume, “I’m not being acknowledged by anyone,” or “I’m not being treated equally.”

Even though in reality that is not the case, they trap their own hearts with such fixed ideas and suffer pain in their relationships.

Another example is a bit different. In their workplace or among friends, for some reason they are treated poorly by others, bullied, or excluded, and they suffer in such a situation.

That person doesn't often say to me, "I'm worthless," but even so, they are troubled by not being able to relate well with those around them.

I have given two examples, but in both cases, the cause is the same.

They are not treasuring themselves. They are in a state of not loving, not forgiving, and not accepting themselves.

I often say this, but it is because I myself did those very things in the past.

Back then—more than ten years ago—I didn't understand why it was happening. Because I didn't understand, I suffered in my relationships.

I've said it again and again in these study sessions: Everything you feel about others has its cause within yourself.

The cause of the feelings you hold toward others lies entirely within you.

If you think of it in the opposite way, it may be easier to understand. Once your own heart is filled only with Truth, Light, and Divinity, you no longer feel anything negative around you.

No matter whom you encounter, you can catch their good side and bring it forth.

Even with people others may warn you about—"You'd better be careful around that person," or "It's best to stay away from that one"—you may still be able to see their strengths and good points with an embracing, loving heart.

But what I first described is the exact opposite of that.

When you bully yourself, then within yourself there also exists the self that is being bullied.

When you do not trust yourself, within you also exists the self who is not trusted.

When you do not forgive yourself, within you also exists the self who is not forgiven.

This world is one of duality—like light and shadow, like yin and yang. There is never only one side.

So when someone says, "I love myself," or "I forgive myself," then within them also exists the self who is loved and forgiven by themselves. And in that state, the heart is balanced.

But when you do the opposite, then within you simultaneously exist the self who does not forgive and the self who is not forgiven, the self who does not love and the self who is not loved, creating a consciousness where both extremes are present in conflict.

I often describe this state as "the perpetrator and the victim within the heart."

It is important to stand upon the perspective of overview and see both of these selves—the perpetrator-self and the victim-self—at the same time.



For example, you might say, “Ah, there’s the self who doesn’t love me, hiding here in my heart,” or “There’s the self who is not loved, crouching deep in a cave-like place within me.”

The key is to find them and see them together, at the same moment.

Think of it like looking down from the sky upon the land. When you rise tens of thousands of meters up, you can view the whole Japanese archipelago at once.

“There is Kyoto, there is Aomori, here is Naha in Okinawa, here is Tokyo, and Osaka is over there.” From above, you can see all of Japan spread out before you.

In the same way, if you can see both the victim-self and the perpetrator-self together, simultaneously, then in that very instant the heart can be at peace. It harmonizes.

That is because the conflicting selves become pacified, as though laid to rest.

All it takes is to see them, to recognize them, to find them. That alone is enough.

And yet, even when told, “It’s enough just to find them, just to recognize them,” sometimes stubborn habits of thought remain, and it is not easy to do. These are the beliefs that are hard to let go of—the clinging thoughts that don’t want to be released.

At such times, embrace yourself with the unconditional love of a mother, with the Divine Consciousness that expects nothing in return.

Don’t scold yourself—embrace yourself.

Then, like the sun in the fable of The North Wind and the Sun, you will be able to make the traveler take off (melt away) their cloak—the cloak of fixed ideas, attachments, and rigid assumptions.

What I often say in our recent study sessions is this: letting go of bad qualities is something everyone can easily agree with—“Well of course, that makes sense.” But I also emphasize that it is equally necessary to let go of even those things we believe to be good.

You can understand this more clearly if you study the Spiritual World Communications Series.

The tasks we fail to accomplish in this world become our assignments in the next.

When Goi-sensei comes to welcome us, for a moment we may be allowed to go to a good place.

But then the Guardian Deity appears and says: “You came here without letting go of this particular habitual pattern of thought from the physical world. So now, I will take you to the most suitable place of training so that you can let it go and purify it.”

And they add, “When you finish that training there and succeed in releasing those thought-habits, you can return here again.”

Thus, what we did not finish in the physical world becomes something we must do in the other world.

I always say this, but the training in the other world is extremely difficult.

You cannot say, “Wait a minute,” and expect to be heard.

The moment you think something, or speak something, the result—the consequence—appears instantly.

The moment you think, “Damn it,” you may already be striking someone.

You might even be kicking another person away.

In that way, in the other world, destiny unfolds the instant you think it.

In contrast, in this world, even if you think something, as long as you do not express it through action, it will not be conveyed to others. At least, that has been the case up until now...

Even now, this world is barely still like that. But as the Earth ascends into higher dimensions, it is becoming ever closer to the resonance of the other world.

From now on, what happens in the other world will also happen here.

Many of you have probably already felt it—that destiny is unfolding at a faster pace than before.

As has been said for a long time, the Earth is now spiritualizing at tremendous speed.

The time is coming when the resonance of the spiritual world will become the resonance of this world.

And that time is near.

For those who have continually polished and elevated their hearts, that world is nothing less than what they have wished for.

But for those who have postponed such self-cultivation, and have instead pursued only the satisfaction of their emotions, that world will be like hell.

Thus, the coming world will be heaven for those who have refined and elevated themselves.

After all, we think only of good, so only good can manifest—it is self-evident.

What kind of life you choose to live is the choice of each individual.

It is self-responsibility.

It is no one else's fault.

It is not thanks to anyone else.

It is you yourself who make the choice, in full responsibility.

That is why, as I have said in previous study sessions, it is essential to thoroughly pursue the question: “Who am I?”—the very truth of life.

If you firmly grasp your true self now—the true self connected to the Source of Life—then when the time comes that both the spiritual and physical vibrations of the Earth are more than fifty percent merged with the waves of the spiritual world, and when the laws and conventions of this world change and overturn completely, for you it will be paradise.

A world is coming in which what once worked will no longer work.

And as I have said many times, for us this will be the very world we have long desired.

But for some, it will not be what they hoped for.

That is why we ourselves must first change, so that even those people may come to say, “This is truly a joyful world.”

We must live thoroughly and wholeheartedly in the way of God.

We must establish ourselves so that, no matter how we are looked at—from behind, from the front, from above, from below, even if we are sliced open and examined—all that can be seen is Truth, Light, and Divinity.

When I speak of this, there are always some who hold onto the past and say, “No, I am still far from that.”

But you need not worry too much about how you are now.

Why? Because what you think of as the “present” results in this world are nothing more than the past.

In the language of Byakko, they are “fading phenomena.”

Why cling to fading phenomena?

And if you still do cling to them, then to hope for “Divine Reawakening” is a contradiction, isn’t it?

Look honestly at those contradictory movements in your own heart.

When you do, the Guardian Spirits will pour directly into you, through intuition, what you must do right now.

They will give you an inspiration: “This is the way to go.”

If we follow that very first intuition and act upon it, then without fail we will become “gods living in physical bodies” who have accomplished the evolution of consciousness.

In fact, many of you here today are already about halfway there.

Perhaps you still hold on to certain strong attachments or habits of thought that you cannot yet release—maybe 40 percent, 30 percent, 20 percent, or 10 percent of them remain.

But at the very least, everyone here is already living more than half of their lives in the vibration of the

divine spirits.

As for the rest—whatever attachments, assumptions, fixations, or stubborn thoughts still remain—they are different for each of us.

But if you look honestly into your own heart and recognize, “This is something I should let go of,” or, “This is something I should return to the Guardian Spirits,” and act accordingly, your heart will become ever more free and radiant, and you will be able to live as an example for all humanity.

The Gods and the Cosmic Beings are seeking such people—people who can live as models.

They are looking for many, many examples—of every kind of nature and temperament.

Men and women, the young and the elderly, the stout and the slender, those with quick tempers, those with easygoing temperaments, those with learning and knowledge, those without it, those gifted in mental work, those gifted in physical labor, people of the sciences, people of the humanities, those who live near the sea, those who dwell in the mountains, those who live in the cities—they are seeking all kinds of models.

From above, in the heavens, we are being observed.

As I said the other day, when it is recognized, “This person’s heart will soon rise to a higher state,” then tremendous rays of encouragement are sent, and one’s state of mind is lifted at once.

The next morning, upon awakening, you may feel like an entirely different person. Some may experience a state that, in the spiritual world, is called a “walk-in.”

But in most cases, the change happens without one even realizing it.

“You just find that you’ve changed”—this is the way Goi-sensei guides, and it is also the skill of the Guardian Spirits and Guardian Deities.

It is truly rare for someone to have a miraculous spiritual experience while still in the physical body—perhaps not even one in a hundred, maybe one in a thousand.

But the time will come when you realize, “It was actually better that I never had such a dramatic experience.”

Without noticing, the “ordinary consciousness” that you take for granted begins to change.

It becomes divine.

And once it becomes divine, there is no badness anywhere.

There is nothing bad in the world you see.

Those who cannot find anything bad in the world they behold—such people are regarded by the heavenly Gods and the Cosmic Beings as “exemplary humanity” on Earth.

No matter whom they see, they discover that person's true essence of life, the working of their divinity, and their divine mission, and they bring it forth.

First, let us practice doing this with our close family. With those connected by blood, or with your husband or wife.

Even though spouses are not connected by blood, if we consider the ties carried over from past lives, the bond is often deeper than blood itself. So there is no need to be bound by blood relations.

What matters is that we begin by recognizing the divinity in our family, and then gradually expand that practice to those around us.

It is all about practice.

And practice means “acting”—behaving as if.

I have shared my own experience with you before.

When I once said, “I can't possibly say thank you to someone I dislike,” my Guardian Deity told me:

“Even if, inside your heart, you are still grumbling, on the outside keep a smile on your face, soften your voice, and say, ‘Thank you.’ Try it.”

So I thought, “Ah, if it's okay for the outside and inside not to match, then I can do it,” and I started. But at the time, I didn't realize that what I was doing was acting.

Yet as a result, I found myself continuing the act. Repeating that “false acting”—that is, speaking words of gratitude even though I didn't yet feel them inside—became the very practice of manifesting divinity.

And before long, true gratitude began to well up from within.

At first, it only seeped out in small ways.

But as I continued, it turned into a steady stream, overflowing.

There always comes a moment when false gratitude changes into true gratitude.

Many of you here have already experienced that moment.

But for the 99.99999999% of people on Earth who have not yet experienced it, in order for them too to taste that “heavenly way of living,” let us first be the ones to embody it.

With that foundation, let each of us live with our heads in Heaven and our feet firmly on the earth of the physical world, becoming “those who connect Heaven and Earth,” “the ladders between Heaven and Earth.”

By doing so, we can help countless beings—not only the more than eight billion living in this world, but also the multitudes in the other world—to ascend to Heaven, through our hearts and bodies united with

the Divine.

It is my wish that we may all do this together.

Now then, it is 36 minutes past the hour.

To conclude, let us once again form the Divine Spark IN.

《**Form the Divine Spark IN once**》

Thank you very much.

And now, I would like to bring today's study session to a close. Our next session is scheduled for Saturday, September 6.

During the Obon period, Tokyo had a few cooler days, but from now it seems the heat will continue. Please take good care of your health.

Some of you may think, "I don't really like air conditioning," but until the age of Divine Reawakening truly manifests on Earth, let us make use of such tools of civilization as needed, so as not to burden our bodies, and get through this difficult season.

I will now unmute your microphones. Thank you very much.

The End.