

Hello everyone. Let us begin the study session for Saturday, September 6.

First, I would like to form the Divine Spark IN once. If anyone is having difficulty with their body, please feel free to remain seated. The words of prayer are, as always, “Divinity Reawakening of Humanity, Dai-Jouju.”

《**Divine Spark IN once**》

Thank you very much.

Today, in the opening title, I wrote: 【When Long-Held Thoughts Come to Fruition】 .

This refers to the fact that since we came to the Earth, has it been thousands or tens of thousands of years? Some say the history of the Earth as a whole is more than four billion years, some say 3.7 billion years. Within that span, the period during which humanity appeared on Earth is said to be just a little—tens of thousands or hundreds of thousands of years.

Before that, it began with an age where there were only microorganisms like amoebas, then with life in the water, then creatures that rose to live on land, then flying creatures, and then plants—various plants in water and on land. All these diverse plants and animals were created by the Deities.

Here, when I say “Deities,” this also includes Cosmic Beings. From the perspective of people on Earth, Cosmic Beings are Gods. They are beings that can only be called Gods. (Of course, since the Universe itself is in the midst of infinite evolution and creation, there are also planets inhabited by people of lower consciousness than Earth.)

During that time, there were several cycles of “creation and destruction.” There were glacial periods when living beings all died out, and then creation started again from zero.

After such ages passed, the time came when it was decided, “Now it is good to let humanity descend upon this planet.” Then, in a part of the Earth, indigenous humanity began to be created.

It is said that the beginning was in Africa. An undertaking began of “modifying the DNA of monkeys to make them human.” There are depictions showing monkeys gradually becoming closer to human beings. In this way, efforts were made to bring them closer to human form, and by the time these efforts had nearly produced human-shaped beings, there came people from other stars of the Universe to the Earth.

That is who we are. We are Cosmic Beings who came from Venus to Earth. Everyone here is such.

When we speak of this, it becomes like the question of “Which came first, the chicken or the egg?” But humanity that came from the Universe suddenly appeared in the physical realm.

Yet there is a story even before that. The world where the Venusians live now is, in terms of the level of consciousness on Earth, the world of the divine realm.

Thus, when Ninigi-no-Mikoto (The name of Professor Goi at that time) said to us on Venus, “We are going to pioneer Earth now; is there anyone who would like to go?”—we raised our hands and said, “Yes, we will go.”

At that time, we came from Venus to Earth on a disk (UFO). But we did not come directly into the physical world of Earth; we descended upon the land of the divine realm of Earth.

In this way, those who had been living as Venusians transferred their planetary registration to become Earthlings.

I spoke on June 7 as well about the story of descending from the divine realm into a coarser world of vibration to

pioneer planets, but today I will again explain about the development of planets.

It means descending all the way down to the coarsest world of vibrations, and from there restoring it back to more refined vibrations. That is planetary development. This process follows the same course on every star.

On Earth, the coarsest world of vibrations began with the world of amoebas. Afterwards came the age of dinosaurs, and thus the preparatory stages were advancing on one side until humanity could be created. Meanwhile, when the Earth's indigenous humanity was in the stage of evolving from apes into humans, we came from Venus into the divine realm of Earth.

In order to go from the divine realm of Earth into the physical world, it was necessary to create bodies that could live in a coarser vibrational world of Earth.

Therefore, at that time, we coarsened the vibrations of our divine bodies and created bodies of spiritual vibrations. In that moment, the spiritual world was formed.

Even if we say simply "the spiritual world," it is vast. If we speak in terms of upper, middle, and lower, there are higher realms, middle realms, and lower realms of the spiritual world.

In this way, we first created bodies able to live in the higher realms of the spiritual world, then further coarsened the vibrations to create bodies able to live in the middle realms, and then in the lower realms.

When we had come all the way down to the lowest part of the spiritual world, next we created bodies able to live in the astral world.

All of us can change the realm in which we live by changing the vibrations of our own consciousness. That is, while still in the physical body, we can transform the world.

To digress slightly, even now as we live in this body thinking "I live in the physical body," through meditation we can change the frequency of our consciousness vibrations.

When we change the consciousness vibrations, while still in the physical body we can become beings of the astral body, beings of the spiritual body, or even beings of the divine body.

I think some of you, within Oneness, may already have experienced this. The key is to change the vibrations.

Thus, gradually coarsening the vibrations from the deeper (higher) worlds, we came down to the astral world, and then to the stage where "now the vibrations can no longer become coarser"—the physical world.

At that moment, we suddenly appeared in this world.

Whether it was tens of thousands or hundreds of thousands of years ago, the time is uncertain.

However, at the time we first descended into this physical world, all of us remembered that we were emanations of the Light of God.

Although we had entered into the inconvenient bodies of flesh, we still had the awareness that we were emanations of God.

Yet the bodies of this physical world are extremely coarse in vibration compared to the divine bodies of spirit. Therefore, they die quickly.

The divine body of the spirit has no lifespan, but the physical body does. After living 50 or 100 years, everyone passes away.

And before dying, men and women unite and bear children.

The next generation of children likewise unites as men and women to produce a third generation, a fourth, and so on, as the ages proceed. On the surface of the world, this is how generations continue to change.

But when seen from the perspective of soul and spirit, we humans die, return to the other world, and are born again somewhere among our descendants—this is what we have repeated over and over.

Through these many repetitions, we who came from Venus to Earth eventually forgot the fact that “we are Divine Beings.”

There is a parable about tunnel digging work. It says that the development of the Earthly world is like the work of digging a tunnel.

To dig a tunnel, one must go into a dark hole and use tools such as shovels and pickaxes.

Those doing such work become covered with mud, drenched in sweat, and in a terrible state.

You cannot do tunnel digging dressed in fine, elegant clothes. Everyone ends up looking dirty.

In order to elevate the dimension from the coarsest vibration of the Earth to the Divine world, we needed to temporarily forget that we are Divine beings, to be covered in mud and sweat, to become foul-smelling, and to keep digging forward.

Therefore, there is no need to think, “Why did I forget that I was Divine?”

From another perspective, from the side of the Source of life of the Universe, it was like this: “Now that pioneering on Earth has begun, let us assign Guardian Spirits and Guardian Deities.” Thus, each person was given this inner Divinity.

A Guardian Spirit exists uniquely for each individual. A Guardian Deity, however, may take charge of several people.

For example, in human relationships, consider a great-grandfather on the father’s side. For his children he is their father. For his grandchildren he is their grandfather. For his great-grandchildren he is their great-grandfather. The name changes, but it refers to the same person.

In the same way, when seen from the perspective of the great-grandchildren, the Guardian Deity appears. If the great-grandchildren are three siblings—a son and two daughters—then each one sees the great-grandfather as theirs, yet it is the same being. That is how our Guardian Deity is.

In other words, the Guardian Deity is like the sun deep within our hearts—the ancestor of the light of life. This “sun within the depths of the heart” manifests outwardly as the Guardian Deity and inwardly as one’s own Divine Body and Direct Spirit.

As humanity engages in the “development work of Earth,” like digging tunnels, all being covered with the mud and sweat of the heart and forgetting our Divinity, the Universal God already knew this from the beginning and placed within our souls the Guardian Spirits and Guardian Deities as the saving aspect of Divinity.

If asked, “What is the structure of the soul?” you could answer: at the top is the heart of the Direct Spirit, then the heart of the Divine Body and the Guardian Deity, then the heart of the Spirit Body and the Guardian Spirit—five in

total. Beneath these is the heart of the Astral Body, and at the very bottom, the heart of the Physical Body. In all, there are seven hearts. These seven hearts together form a human being.

The Universal God, knowing that humanity would once forget the essence of life, nevertheless attached Guardian Spirits and Guardian Deities so that we could return to (be restored to) that Divine essence.

Some may think that because it is called “Guardian Spirit,” with the word “spirit” in it, it must not be a god. But the Guardian Spirit is truly a god—a Divine being. Both Guardian Spirits and Guardian Deities, seen from us human beings, are gods.

The Guardian Spirit is always with us, day and night.

All of you present here, even those not appearing on screen, are seen on this Zoom screen.

The fact that you are here means your Guardian Spirits are here with you.

So if Zoom shows 51 participants, with each person’s true Guardian Spirit, the number is actually 102.

Adding the sub-guardian spirits and guiding spirits, there may be 300 to 400 beings here now.

For one human life to exist takes this much tremendous effort.

Perhaps no one here asks, “What is a guiding spirit?” but I will explain for clarity.

A guiding spirit is a Divine being that helps from behind in a particular field of expertise, work, or necessary daily matters.

There are guiding spirits, and above them sub-guardian spirits who oversee them. The number of sub-guardian spirits varies—two or three for some people, one for others.

But there is always only one true Guardian Spirit.

Each night when we sleep, we train in meditation in the other world together with our Guardian Spirit.

At that time, as we close our eyes and meditate, the Guardian Spirit shows us visions of disappearing forms—the “vanishing figures”—drawn in our minds.

Some of these visions are made vague in sequence so that the physical brain cannot clearly remember them, and in this way they are manifested, erased, and purified. This is the work done for us every night when we sleep.

It is written in *God and Man* that this work—where the Guardian Spirit lets us dream and thus accomplish the “fading away” (the vanishing of appearances)—is “one of the great works performed by the Guardian Spirit.”

It is important to make the awareness, “I live together with my Guardian Spirit,” our natural, everyday consciousness.

In that sense—so that we become people who do not doubt it in the slightest—I have often spoken about “achieving unity with the Guardian Spirit.”

I have said, “All year round, day and night, let us live while thinking, ‘Guardian Spirit, thank you. Guardian Spirit, thank you.’”

Since quite some time has passed since we began speaking about this, there are now many who have in fact come to feel it is only natural to live together with their Guardian Spirit.

Why are the words “Guardian Spirit, thank you” so good? In a sense, it connects with the Principle of Effect and Cause.

We have spoken before that thinking, “Thank you because someone did something for me,” is not true gratitude.

True gratitude is the state of consciousness that continues to give thanks even when we feel nothing to be grateful for.

Even when, in the head of the physical body, it seems “No one has done anything for me,” we still give thanks.

If we can do this, anyone can become happy. Human beings have been thinking upside down until now.

“Isn’t gratitude something you say when someone does something for you?”—that is how many people on Earth have thought and lived. But in truth, the Divine consciousness is to give thanks whether something happens or not.

The easiest way to explain this is gratitude for the functions of the body.

Even if we do not plead, “Heart, please beat,” the heart beats—sending blood throughout the body with each pulsation.

Even if we do not command, “Lungs, breathe,” the lungs breathe. This breathing is the most fundamental matter that connects the source of life with the human body.

Therefore, breathing is truly the most important. If we only master breathing, anyone can change their vibrational consciousness without struggle.

Yet, as I said before, when visiting a shrine with a thousand steps to climb, it is natural—since we live with a body—to think, “Can’t I shortcut it in a single bound?” But if we do that, our soul gains no strength.

If we are to climb a thousand steps to attain unity with the Divine Self, the meaning lies in experiencing each step with firm footing.

By steadily climbing step by step—firmly treading each one—abandoning the idea of skipping two or three steps or taking shortcuts, we climb one step at a time.

Then our consciousness unites with the innermost True Heart of life, our field of awareness expands, and it becomes natural to see everything within ourselves. That becomes the standard state.

When people suffer, most are viewing things, others, and themselves subjectively.

When we look at ourselves and others with the awareness “the physical body is who I am,” the human being is set up to feel suffering.

In developmental psychology there is said to be a state of consciousness called “meta-cognition.”

It is a state in which one can see things objectively, think about the self that is thinking, sense the self that is sensing, and observe the self that is thinking.

This meta-cognitive state is the gateway to the Divine perspective that can overlook everything at once, including

the depth of dimensions.

A person who is still at the stage of subjectivity cannot suddenly reach the Divine perspective, no matter how they struggle.

One must pass through this intermediate stage called meta-cognition. This is the mid-course learning represented by the earlier example of the thousand steps.

If you proceed steadily step by step, you will pass through meta-cognition and stand at the Divine perspective that can simultaneously grasp a world beyond dimensions.

In July I also spoke about “the heart of AWAI,” and it is the same.

Subatomic particles are currently known as the smallest units, but when you look more closely at atoms, they are made up of electrons and atomic nuclei.

When you look further into the atomic nucleus, it is composed of protons and neutrons.

Protons and neutrons are made of quarks and gluons.

In this way, there are finer classifications even in the micro world, but in fact, these particles are said in quantum physics to be both particles and waves.

It is the same with human beings.

We all think of humans as solid physical bodies, but as GOI-sensei said, “This body is actually full of empty space.”

When you look into the micro world of the body, between each atom there are countless gaps.

Depending on how you see it, it is a particle; depending on how you see it, it is a wave.

The power that allows both wave and particle to exist is the state of “AWAI.”

You may regard it as space, or as seawater in the ocean.

But the primordial resonance that allows everything to exist and live there is the very way of our Source.

So when we say “AWAI” or “the heart of the Universal God,” it means “the all of all.”

The awareness that “the world is within me” is the heart of God.

Therefore, to think “you are outside of me” or “that person is different from me” is not yet the heart of God.

For us to live aiming at oneness with God means cultivating the heart that can see without separating self and others, but instead encompassing them within.

Yet to reach that point, there are preliminary stages.

In order not to separate yourself from others, you must do the following: do not mistreat yourself, forgive yourself, love yourself, embrace yourself, and recognize your own Divinity.

Unless we pass through this stage, we cannot recognize the Divinity of others.

It is wishful thinking to want to suddenly recognize others’ Divinity without first going through it.

That is why my talks are always inwardly directed.

In truth, if the vibrations of thought when we send forth “May Peace Prevail on Earth” connect straight and true to

the center of the Universal God, everything I just mentioned will naturally and easily be transcended.

However, when in thinking “May Peace Prevail on Earth” we also mix in personal desires or ego thoughts, then the direction of the arrow of prayer shifts slightly.

As a result, the lessons in the stages along the way become detours, and it takes longer.

Understand this: every person can attain oneness with God.

Some may attain it this very moment.

Some may attain it tomorrow.

Some may attain it a week later.

Some may attain it ten days later, two weeks later, or a month later.

Some may attain it three months later, six months later, a year later, or two years later.

In this way, although there are differences in time, every person will eventually remember the path of returning to the source of their life and begin to walk upon it.

Even from those who have not attended my study session, I have heard stories such as: “Recently, I’ve lost interest in superficial things, and I have deeply felt that I must live truly united with my True Self.”

Such a state of being is a sign of the guidance of the Guardian Spirit.

Behind every person, the Guardian Spirit works earnestly to protect and guide them back to the stage of oneness with God.

Even if we cannot hear the voice of the Guardian Spirit or see its form, all we need to do is to keep living while constantly praying, “Thank you, Guardian Spirit. Thank you, Guardian Spirit. Thank you, Guardian Spirit. Thank you, Guardian Spirit.”

As we continue, the vibrations of our consciousness and the vibrations of the Guardian Spirit will harmonize, overlapping more and more until they eventually become one.

Then, our awareness will be such that our living here means the Guardian Spirit is living here.

This cannot be understood by thinking with the head, so simply practice in this way.

Say “Thank you, Guardian Spirit” all the time.

If you do that, your character will truly be transformed.

It is now 1:46 p.m., so we will take a break. I will put the screen into break mode. We will rest until 2:00 p.m.

Once 2:00 has passed, we will begin again. I believe your images are hidden, so please go ahead and take a break.

### 《10-minute break》

Now, since it is past 2:00, let us resume.

In exchanges with people from Hokkaido to Okinawa, as well as overseas, I often hear words like “I want to change” or “I really want to change.”

Many people say, “I truly want to achieve Divine Reawakening.”

However, I explain that the very thought of “I want to do such and such” is in fact the reason one cannot achieve it.

The thought “I want to achieve Divine Reawakening” arises from self-admission that “I have not achieved Divine Reawakening.”

Our Guardian Spirits and Guardian Deities have never taught humanity to wish in that way.

What they say is: “I am you, and you are me.”

They tell us: “There is no gap between you and me.”

This can be understood when we look back at the history of Byakko.

Until 1980, we worked solely with “Prayer for World Peace with the Visualization of Disappearance.”

After that, “Prayers for Each Country” were added.

Then came “Reading from the Book of Truth,” the “Practice of Gratitude to Nature without IN,” and the “Practice of Positive Thinking without IN.”

In 1994 came the “IN of Ware-Soku-Kami-Nari,” in 1996 the “IN of Humanity-Soku-Kami-Nari,” in 1999 the “Training Program for Divine Humans,” and after 2000, around 2002 or 2003, the “Chanting of Breathing Method” began.

The “IN of Ware-Soku-Kami-Nari Breathing Method” ended quickly, but in 2006 the “IN of Humanity-Soku-Kami-Nari Breathing Method” began.

Alongside that, starting around 2005, for about ten years, we had annual “Yearly Divine Ceremonies,” and on July 2, 2017, the ultimate IN, called the “Divine Spark IN,” was finally bestowed.

Considering this flow, when “Ware-Soku-Kami-Nari” appeared, many of you must have been surprised.

Even Masami-sensei, who announced it, said that she began by being struck silent: “To think that I am God...”

We have continued chanting “Ware-Soku-Kami-Nari, Ware-Soku-Kami-Nari...” so many times that we cannot even remember how many.

Yet within this vibration of “Ware-Soku-Kami-Nari,” there is absolutely no thought of “I want to become God.”

It is the declaration: “I am God. I am God itself.”

When the Guardian Spirit and the Guardian Deity say, “I am you, and you are me,” it is equal to saying, “Everyone is God.”

Therefore, if chanting “Ware-Soku-Kami-Nari” alone does not allow you to enter your divine world, it is good to break down these words, find expressions that fit your heart, and continue telling them to yourself.

For example, “I am a divine being,” “I am a divine being,” or “A drop of God’s Light is me.” There are many ways to say it or think of it, but the key is to merge yourself into the vibration of “so it is.”

But this is not something you can easily become just by doing it once.

Why? Because there is a history of habitual thoughts, of reincarnations spanning thousands or even tens of thousands of years since forgetting the divine. It requires endless repetition, countless times, truly beyond number.



When thinking about reincarnation from past lives, one perspective that must not be forgotten—something I have spoken of many times in these study sessions—is that every human being exists as a composite spirit.

The consciousness you think of as yourself right now is not a single line continuing unbroken from the distant past.

The fact that one human exists here now means, as written in God and Man, that there are two or three spiritual lineages within. These two or three lineages are mixed within one soul, forming the personality of this present life.

Therefore, within each of us—this is absolutely certain—there is at least one noble lineage from a past life that attained enlightenment. Everyone has this.

Another lineage from the opposite extreme—a past life full of unfinished lessons and challenges—is also present.

And for some people, a third lineage is also included, perhaps of an average past life, or even a past life as an extraterrestrial.

Those who have an extraterrestrial lineage as a third stream likely struggled to fit into this world since childhood.

Even among those here now, some may think, “Yes, I recall I could hardly fit in with friends.”

My wife told me of a childhood memory from kindergarten: she thought, “Why must I be thrown into a troop of monkeys like this?”

I myself could not think in such a mature way, but I dropped out of nursery school.

No matter how many times they took me, it was hopeless. I simply could not manage communal life with other children.

So I vaguely remember entering elementary school after about a year of not attending nursery school.

Returning to the point: since many spiritual lineages are within each of us, it means that from life after life after life we have been earnestly seeking truth. Thus, our present consciousness is the noble spiritual lineage surfacing, now recognizing, “I am God itself.”

Life—this applies to all people, even those without any connection to religion or spirituality—what every human being on Earth must do is to integrate these spiritual lineages into a harmonized personality.

The “Divine Mission common to all humanity” in this life is to bring unharmonized lineages into harmony by integrating them with the harmonized ones.

Guardian Spirits and Guardian Deities guide everyone to harmonize the many aspects of their humanity and personality.

Please recall in your mind the people you have interacted with in this world.

You may have seen someone and thought, “That person used to be so sharp when they were young, but after turning seventy, they’ve become so much gentler.”

This is the work of the Guardian Spirit, who strives to integrate our spiritual lineages by showing us various dreams during sleep, allowing us to suffer small injuries, minor illnesses, or difficulties in relationships, letting us experience many fading forms, and thus bringing our personality into integration.

It is not yet the finished form. However, when someone who was sharp in youth appears softened in old age, it is

the sign of a personality in the process of integration.

For us to fully enter and live in such a world of truth, to live within the divine world, we cannot remain only in the state of wishing “I want to be that way.”

The key is for our present consciousness to keep affirming “I am divine,” making that awareness natural.

That is why in recent study sessions I have always said: “Let us continue to recite the words of truth, the words of divinity, the words of light.”

We must, against all obstacles, keep chanting those radiant vibrations that express the resonances of the divine world, using our voices and vibrating our vocal cords.

It is fine to only think them, but that is somewhat weak.

As we keep chanting, the vibrations of spirit and body that compose us will gradually be tuned to the vibrations of the divine world.

When people say, “I have not yet achieved Divine Reawakening,” or “I cannot yet believe I am God,” these are only habitual thoughts carried over from past lives.

It is like wearing pitch-black sunglasses: the visible world appears dark.

Often we say, “I am distorting what I see through my own filter”—that is nothing but fixed beliefs.

Fixed beliefs, attachments, assumptions, obsessions—in short, grasping thoughts.

To release them is the practice of the fading form.

All that is required is to let go.

To let go, one must realize deeply, from the belly and from the heart: “That was never my true self.”

Without such realization, one keeps mistaking the ego for oneself and cannot escape that state.

When practicing meditation or unification, many thoughts will arise—inside the head, in the mind’s eye, behind closed eyelids.

From one perspective, these are manifestations of the Guardian Spirit attempting to erase them as fading forms.

Yet for someone who believes “I am thinking this,” they appear as their own thoughts.

But if viewed more objectively, one sees that the Guardian Spirit, while allowing the person to believe “I am thinking this,” is actually bringing up unnecessary thoughts in order to erase them.

This is something many people are now grasping, or have already grasped, through continuous meditation and unification.

Many already clearly see it, recognizing: “Ah, another thought is arising, another thought is passing,” as they observe the ideas crossing their mind.

It is like looking up at the sky and seeing: “A cloud has come, it is above my head, and now it has passed away.”

If you simply watch, clouds will keep flowing one after another, passing over your head and then drifting away.

There are times when clouds do not flow, but the key is not to grasp them.

In order to achieve Divine Reawakening, it is essential not to hold on to the thought “the physical body is myself,”

but instead to cultivate the natural awareness that “my true self is a body of light.”

Only you can change yourself.

Although the Guardian Spirit guides us, the final decision and execution must be made by the individual.

That is why, as I said earlier, you must integrate within yourself both the “past lives filled with tasks as a composite spirit” and the “distinguished past lives that already attained enlightenment.”

It is often said in this world that “if you develop your strengths, your weaknesses will disappear,” or “if you focus on the good, your faults will diminish.” It is the same kind of principle.

When spiritual lineages are integrated, those that did not attain enlightenment in past lives are merged into those that did, becoming one.

When that happens, you transform into a self that no longer clings to fixations, assumptions, preconceptions, or attachments.

This is something anyone can achieve. There is no one who cannot.

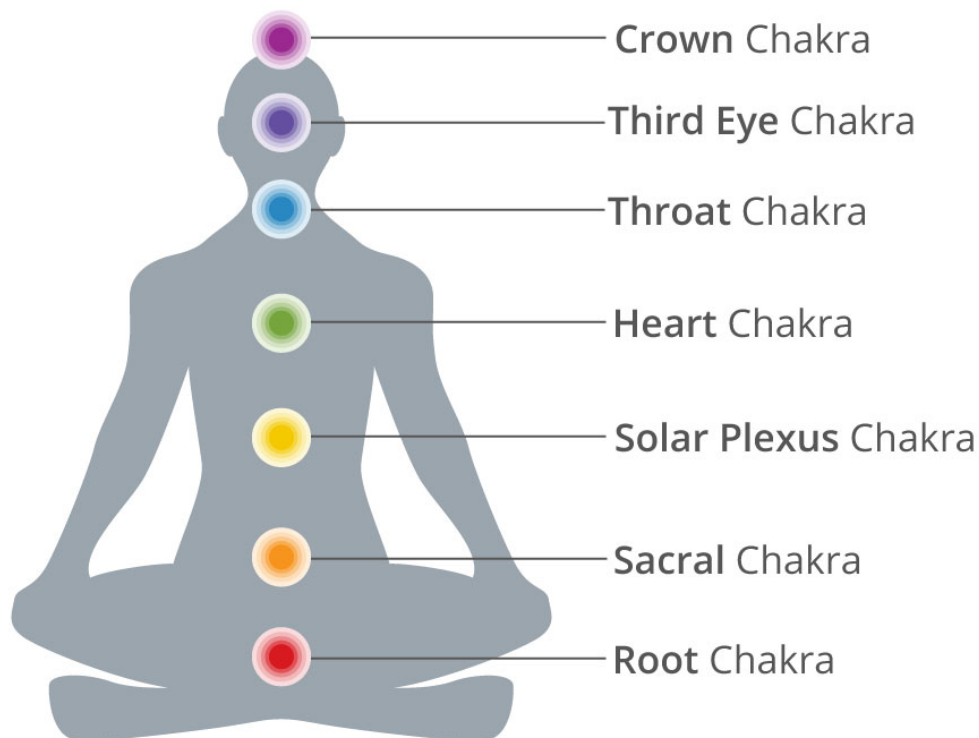
Although there are differences in timing, anyone who lives with the thought “I am God, a divine spark of God” will inevitably experience this.

The important thing is that while we are alive in this world, everyone can achieve oneness with God.

Every second, every moment of each day is an opportunity to realize divine-human oneness.

Please wait a moment. I will share my screen.

This is a diagram of the chakras within the human body.



The lowest is called the 1st chakra. From there, moving upward, we have the 2nd chakra, the 3rd chakra, the 4th chakra, the 5th chakra, the 6th chakra, and the topmost is called the 7th chakra.

The 2nd chakra overlaps in position with the Lower Dantian.

Although I could not prepare a diagram of the Dantian this time, it is said that there are three Dantians.

Until now, I had not been very conscious of the upper Dantian, but there are three: the Lower Dantian beneath the navel, which I always mention; the Dantian at the heart in the chest; and the Dantian located at the 6th chakra above the eyebrows.

Chakras are not physical organs within the body. They are spiritual in nature.

Yet, although spiritual, they serve as relay centers for expressing the light of life from the spiritual world into this material world.

This does not mean that developing only one chakra is sufficient.

In the process of our Divine Reawakening, all the relay centers interconnect so that the entire body, or the whole heart, may enter into the field of divine vibrations, as the Guardian Spirits and Guardian Deities carefully adjust them.

What I especially want you to remember are the chakras at the position of the Lower Dantian, the chest chakra—sometimes called the heart chakra—and the chakra between the eyebrows.

When meditating or unifying, the chakra between the eyebrows becomes the center and activates the others.

However, this does not mean that only this chakra is important.

When meditating, it is important to slow down the breath. (In truth, it is important to make all of daily life into a state of meditative breathing.)

If you truly continue with slow breathing, the center of consciousness settles firmly into the Lower Dantian.

You may have heard the expression “lower your consciousness into the Dantian,” and when consciousness descends into the Dantian, your surface awareness—or body—begins to interact more deeply and closely with the spiritual world, the psychic world, and the divine world.

The Dantian is often described as “the portal between this world and the other world.” It is the gateway between life and afterlife.

When your consciousness enters here, it naturally becomes so.

Also, from the perspective of activating physical metabolism, by energizing the lowest chakra at the groin, vitality and life force manifest abundantly in the body.

The abdominal chakra is the center of human awareness, thoughts, and emotions. It corresponds exactly to the solar plexus, which we emphasize on the “Day of Gratitude to the Divine Physical Body.”

The chest chakra is the connection to the heart.

Further upward, the chakras become connected with higher-dimensional consciousness.

As I have said many times, it is not about activating only one chakra, but about activating them all evenly.

For this, it is important to breathe slowly, bring the center of consciousness down to the Dantian, cultivate a heart of compassion, embracing and holding love so that your chest feels warm, and then place your awareness at the higher chakras in the divine, panoramic perspective. In this way, both heart and body will function harmoniously.

This is an image of the human skeleton, and the Dantian is located in this area—the sacrum, beneath the navel.

The solar plexus is here, and the 1st chakra is at the very bottom. Normally, when humans are alive, thoughts drift loosely between above the navel and around the head.

By continuing with relaxed breathing, the center of consciousness drops firmly into the Lower Dantian.

In terms of the skeleton, this settled state is like a tiny self seated upon the sacrum.

Imagine yourself as a small being. Think of it as “the cockpit where the tiny self drives the body.” That is the Lower Dantian.

You may also picture it as “a lotus seat above the sacrum” or “your true eyes located in the lower abdomen.” It is the sense of seeing the world from your belly. Through deepening meditation and unification, you will come to experience this descent of awareness into the Dantian—many of you already have.

In truth, breathing is the most important thing.

And not the “temporary breathing” taught as “breathing methods,” but rather the “ordinary breathing” throughout daily life is the most important.

I sometimes mention in these study sessions: there are those who say, “I practice one hour of World Peace Prayer unification,” or “I form the Divine Spark IN one hundred times a day.” But often, when you expect their hearts to be noble, it is not necessarily so.

So I wondered, “Why is this? Why does it turn out that way? If we form the Divine Spark IN, shouldn’t things get better? If we pray for World Peace, shouldn’t we be saved?” In the beginning, I went through a period of struggling with these questions.

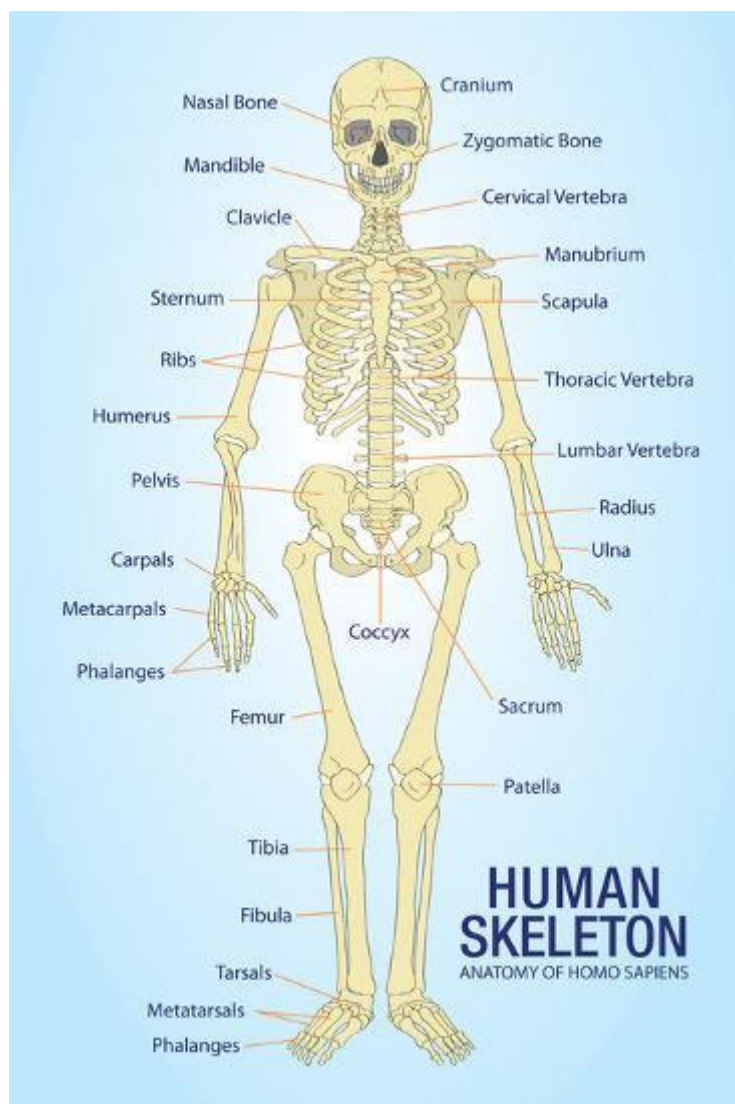
But as I gradually connected with my inner self, I was taught from the depths of life, and I came to understand the mechanism behind it.

“If, for example, a person forms the Divine Spark IN 100 times, and each one takes one minute, that’s 100 minutes. That’s an hour and 40 minutes, right? Even if during that 1 hour and 40 minutes the person remains in a state of radiant consciousness, humans sleep about 8 hours a day, leaving 16 waking hours. So if, out of those 16 hours, 1 hour and 40 minutes are devoted earnestly to divine work, but the remaining 14 hours and 10 minutes are spent in a state of pouring out karmic thoughts, what do you think will happen?” I was told.

And then I understood what we should do and where we had been off track.

Of course, it varies by individual, so you can’t make a blanket statement.

However, if, outside of the time spent praying or forming the Divine Spark IN, we live unconsciously letting habitual thoughts spill out, then our savings of light return to around plus-minus zero.



Even if we save up light during the times of prayer or forming IN, in those other 14 hours or more we end up releasing that stored light.

I sometimes share my experience from 2010. Back in those days, I was filled with complaints, dissatisfaction, and a sense of lack, and I truly disliked people. At that time, my Guardian Deity told me two things: “Say thank you to everyone” and “Keep your breathing relaxed throughout your waking hours.” Until then, I had never consciously practiced such things.

But from that time in 2010 onward, as I kept practicing, I often share how continuing to say “Thank you” transformed me, but I have rarely talked about the results of slowing my breathing.

So today I will talk about breathing. I don’t remember how many years passed, but one day, some years later, while I was in a relaxed, inattentive moment, I suddenly realized:

“Huh? Even in such a careless moment, I am breathing in a relaxed way.”

Being analytical, I asked myself, “Why is this?”

Then I realized: when I was chanting words of light, words of truth, words of divinity—like “All is perfect and complete, nothing is lacking, perfectly accomplished, Dai-Jouju,” or “Ware-Soku-Kami-Nari, Ware-Soku-Kami-Nari,” or “May Peace Prevail on Earth,” or “Infinite Love, Infinite Light”—I was doing so with slow, relaxed breathing.

I further pursued, “Why did I come to be like this?” And I was taught:

“It is because the innermost heart within you (the heart of the Divine Body) set the initial program that when you chant words of light, words of truth, words of divinity, your breathing should slow down.”

For example, when we perform the gesture of spreading our arms wide, as in deep breathing, we naturally take a deep breath, don’t we?

When forming the Divine Spark IN, I don’t think anyone takes shallow breaths many times within a single movement.

This is because the movement and the breath are united.

It is formed under the principle that “one movement equals one breath.”

Thus, with one movement, you breathe for about four or five seconds while forming the IN.

In the same way, when you silently think in your heart, “All is perfect and complete, nothing is lacking, perfectly accomplished, Dai-Jouju,” or “May Peace Prevail on Earth,” you firmly decide that your breathing should slow down.

Of course, this requires practice, but once you pass through the practice period, you will naturally find that when you recite words of light, words of truth, words of divinity in your heart, your breathing becomes slow.

When done this way, you no longer have to chase after both “I must breathe properly” and “I must also think words of light.”

By doing this, it becomes: “Through the practice of always thinking divine words, slow breathing naturally accompanies it.” Please try it.

Those within me are saying, “There is more we wish to convey,” but as time has come, I would like to end here

for today.

Let us close by forming the Divine Spark IN. We will do it with “The Divinity of Humanity has reawakened. Dai-jouju.”

### 《Divine Spark IN once》

Thank you very much.

I would like to conclude here, but the hot days are still continuing.

Perhaps today is a little cooler. They said Tokyo is probably around 30 degrees, and Fukuoka also around 30, so perhaps it is not much different across Japan. In the heat, of course, we sweat.

We usually don't think of sweating in a positive way. At least, I didn't.

I used to think, “I don't like sweating.” But in the middle of August, I was given an intuitive insight:

“Perspiration is not a bad thing. Through sweating, not only the body's metabolism improves, but also the mind's metabolism improves.”

When I heard this, I recalled times, for example, after doing sports, when I sweated and felt refreshed.

So it depends on perspective—things can appear good or bad depending on how you look at them.

Some people talk about this in connection with the world of quantum physics, but truly the world changes according to human consciousness.

What viewpoint are you seeing the world from? From the astral world, from the physical world, from the spiritual world, or from the divine world? Observe this.

Recently, when I watch TV and see Trump, Putin, Xi Jinping of China, or the leader of North Korea, I feel as if I am watching a recording from many years ago.

It doesn't seem like something happening now.

For example, this morning's news said, “The U.S. Department of Defense has been renamed the Department of War,” and I thought, “That's something from long ago.”

Everything in this world disappears. Whatever appears, disappears.

Also, I may not have said this recently, but as I often mention in these study sessions: the “real now” is “your consciousness.”

Events are not the present. They are results of past causes appearing and disappearing.

What your consciousness is thinking in this very moment is the true now.

If you live within this “true now,” both the past and the future come alive.

So, I hope we can all truly live the words in the Seven Declarations: “Live earnestly in the now.”

Let us conclude here. I will unmute your microphones. Thank you very much.

### 《Bye-bye Time》

This concludes today's study session. Thank you very much for your participation.

End