

The Sacred Role of the Heart and the Breath of Peace

— Toward a New Age of Consciousness Resonating with Love and Gratitude

Until the 1990s, the medical community on Earth believed that “the functioning of consciousness in the body is centered in the brain.” However, since the 2000s, this view has become outdated, and in recent years it has been considered that the brain and each part of the body work together to generate and operate the energy of consciousness such as perception, thought, and emotion.

Among these, in recent times, several experimental results have been published showing that the heart plays an important role in the generation of emotions. Recent neurocardiology concludes that “the heart, as an organ, is a sensory organ, and plays a central role as an advanced information encoder (converter) and processor (command, calculation, processing, and program execution center) that enables learning, memory, and decision-making without the involvement of the cerebral cortex.”

(As evidence supporting this, there are cases in which people who have received heart transplants experience changes in food preferences, hobbies, or personality tendencies after surgery → although there is no scientific proof, since the nerves of the transplanted heart remain severed.)

Looking a little deeper, although the cerebral cortex governs higher functions such as perception, voluntary movement, thought, reasoning, and memory, regarding conscious activities that the cerebral cortex cannot engage in, the heart is increasingly thought to play the central role.

From our sacred perspective, the heart that can feel “gratitude,” “love,” and “truth, goodness, and beauty” surfaces not through the brain but through the heart (the mind/♡), and those energies of consciousness, manifested in bodily awareness, form an electromagnetic field that influences the surroundings.

Electromagnetic field refers to a space-time in which the electric field (a field created by electric charges, exerting force on charges) and the magnetic field (a field created by electric current as moving charges or by magnetic force, exerting force on magnetic substances or moving charges) are strongly interconnected and active dynamically.

Viewed in connection with modern medicine, the heart forms the largest electromagnetic field in the body, and the amplitude of electromagnetic waves measurable by an electrocardiogram is said to be up to 60 times greater than the amplitude of brain waves measurable by an electroencephalogram.

When observing the strength of the magnetic field component emitted by the heart, it is said to be 5,000 times greater than that emitted by the brain, and, without being obstructed by surrounding cellular tissues, it can be measured even at a distance of about one to two meters.

This is a scientific paper, so it does not go so far as to declare, “This is precisely the mechanism by which people are given or deprived of vitality.” However, it concludes that “the regular and relaxed rhythm of the heart’s electromagnetic waves can exert positive effects on both one’s own and others’ mind and body.”

From this, if we reflect on our true state of being—living in such a way that the Divine Energy is at work in conjunction with the vibrations of the physical body—we can say that it is important to continue breathing in a relaxed rhythm throughout all our waking hours.

This is because a constant relaxed breath stabilizes the heartbeat (activating the fourth chakra) and serves as the key to manifesting, in both mind and body, sincere states of consciousness such as “gratitude,” “love,” and “truth, goodness, and beauty”—states that could never be generated by the physical brain alone.

The reason why “gratitude” or “love” thought up merely by the physical brain feels somehow suspicious, tinged with calculation, and gives off a sense of falseness, is because one is operating without understanding this

mechanism, moving instead with shallow cleverness.

The consciousness that achieves the Divine Reawakening we seek arises from the state of “compassionate love” that embraces all, makes sincerity felt by everyone, and whose Divine vibrational energy, once radiated, inevitably exerts a positive influence on the surroundings.

In order for us to continue expressing such genuine Divinity, to let go of thoughts that deny the Divine, and to live as the very “Light of Gratitude” and “Light of Love” that are the Divine vibration from the depths of the heart, the most important thing—as I mentioned earlier—is to make the “Peacefulness Breath,” a relaxed rhythm of breathing while holding in the heart the words of Light, the words of Truth, and the words of Divinity, our breath throughout the entire day.

Up until now, it has been natural for us to say, “During meditation (Touitsu) I breathe slowly,” or “When performing the Divine Spark IN I breathe in a relaxed manner.” But as the time approaches to bring down and unfold the Divine Civilization upon the Earth, it has become all the more important to spend our daily lives practicing to make it natural for our consciousness to remain Divine all day long, with our breath always stable and relaxed in rhythm.

Although I have not mentioned it until now, it goes without saying that disharmonious emotions and thoughts, linked to the solar plexus (third chakra), also disturb the heartbeat and become factors that negatively affect mind and body. Emotional disturbances, connected with shallow unconscious breathing, disrupt the rhythm of the heart; therefore, the importance of peaceful breathing that stabilizes the heartbeat is felt all the more strongly.

Considering all of this comprehensively, it can be said that continuing to breathe in a stable and relaxed way at all times is the very point that allows us to keep our brain waves in the theta state (linked to “relaxation” and “introspection”), while at the same time generating gamma waves related to flashes of creativity and the power for action in the creation of reality—thus making possible the creation of life guided by infinite wisdom.

From the perspective of the “autonomic nervous system that governs the autonomous functions of the mind and body,” living with shallow, unconscious breathing places the mind and body, unknowingly and for long periods, in the dualistic mental state of “fight or flight” (sympathetic nervous dominance). On the other hand, “continuing relaxed breathing while radiating the energy of peaceful consciousness” awakens the three Dantian centers, grounds one in warm compassionate love and total gratitude, activates both theta and gamma waves in the brain, and places one’s mind and body in an integrated, stable spiritual state of love and harmony (parasympathetic nervous dominance).

That state is one in which, while relaxing the mind and body, one lives spiritually awakened, with heart and body active and vibrant. By consciously transforming our daily breathing habit into the aforementioned “Peacefulness Breath,” we can make our own the mind and body that embody a fusion of deep inner stillness and higher-dimensional awakened consciousness.

By practicing such a way of life, we are able to live with awakened awareness in our conscious minds, in a state where body and spirit are integrated—something that in the past could only be attained through meditation or Touitsu.

Furthermore, “continuing relaxed breathing with peaceful consciousness” not only enables the heart to function as the center of mind (consciousness) but also transforms the entire physical body into “cells that resonate with heartfelt love and gratitude.”

On Saturday evenings, as members of the spiritual Earth-saving group guiding humanity into the Divine world, we will share a time of resonating continuously with the peaceful electromagnetic waves of love, harmony, and gratitude—based on the relaxed rhythm of the heartbeat—in both heart and body.

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Program of the Day

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【Opening Remarks】

NAGANO : Hello, everyone. We will now begin the Saturday evening program, A Day Interconnected by Divinity. As mentioned in the announcement email, today we will share “a time in which, based on the relaxed rhythm of the heartbeat, we continue to let the peaceful vibration of love, harmony, and gratitude resonate in both heart and body.”

We often use the word kokoro (“heart/mind”). As you may already know, if we look back for confirmation, the origin of this character (心) as a pictograph is said to have been formed by modeling the shape of the heart.

Furthermore, looking at the word kokoro in an international context, as in Japanese, in English and Spanish as well, the heart and mind are connected in thought. The Japanese kokoro corresponds to heart in English and corazón in Spanish, both of which also mean “heart” as an organ.

Even in actual expressions used in conversation, there are examples such as the English greeting “Thank you from the bottom of my heart,” which conveys strong gratitude. Likewise, in Spanish, there is a similar expression: “Gracias de corazón.”

As mentioned in the email, a great harmonious heart filled with love and gratitude is, from the physical perspective, manifested in connection with the heart and the heart chakra.

Therefore, as we continue to breathe in a relaxed rhythm with a peaceful mind and open our hearts, we can envelop everything in the earthly world with the Awai no Kokoro (Heart of Awai), and live in oneness with the heart of the Universal God that makes everything exist and gives it life.

Today, in this way, we will connect with the Divine Source at the depth of the heart and manifest together, in body and heart, our own “peace of the heart,” “harmony of the heart,” and “integration of the heart,” which are the origin that leads the world to peace. Thank you for your cooperation.

Now that the time has come, let us all together offer the Prayer for World Peace in Japanese and English.

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1. Prayer for World Peace

TOGUCHI : Let's get started.

Sekai Jin-rui ga Heiwa de ari-masu you-ni.

Nippon ga Heiwa de ari masu you-ni.

Watakushi-tachi no Ten-meï ga mattou sare masu you-ni.

Shugo-Rei-sama, arigatou gozai-masu. Shugo-Jin-sama, arigatou gozai-masu.

May peace prevail on Earth.

May peace be in our homes and countries.

May our missions be accomplished.

We thank you, Guardian Deities and Guardian Spirits.

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2. Time for Relaxed Breathing that Connects the Body and the Divine

NAGANO : Thank you very much. Next, I will talk about the way of relaxed breathing that connects the body and the Divine, while playing some music. Please listen while sitting in a comfortable posture and breathing in a relaxed rhythm.

(Music begins)

At this moment, we are living in a state where the soul is housed within the vessel of the body. We are not living in a state of pure life energy alone, nor are we living in a state of matter alone, as a mere physical body. Therefore, it can be said that it is desirable to live in such a way that Divinity is also manifested in the body.

If we look back at the process by which we came into this world, when we began our preparation for birth in our mother's womb as a fertilized egg, we gathered the invisible elementary particles that constitute the physical body existing in the space of this world. Over the course of about ten months, we prepared the body that would be born into this world, and once fully ready, we came into life.

While we were in our mother's womb, we were not breathing with our lungs; rather, we depended on the oxygen that our mother inhaled, receiving it through the placenta and umbilical cord, and discharged carbon dioxide through our mother's body.

This changed to lung respiration at the moment of our birth. At the instant we were born as babies, our lungs were filled with air, and the site of oxygen and carbon dioxide exchange shifted from the placenta to our own lungs, and the maintenance of life through our own breathing began.

Since then, up to the present day, in living in this world we have physically carried out the exchange of oxygen and carbon dioxide through the lungs. At the same time, as our hearts and bodies grew, we began to aspire toward a spiritual way of life, seeking connection with the source of our life through practices such as meditation and Touitsu.

Regarding breathing in such practices, every teacher instructs that "it is best to do so in a relaxed rhythm." Therefore, during meditation or Touitsu, we have always breathed at a slower pace than usual.

Here, I would like to speak about the "relationship between breathing and the body," regarding which many, myself included, have misunderstood when it comes to the way of deep breathing.

Until now, we believed that in order to make full use of lung function, it was best to exhale carbon dioxide completely from the lungs and then take in as much oxygen as possible.

However, when I examined this "gas exchange" carried out through lung respiration from a medical perspective, I learned that this way of thinking was greatly mistaken.

What this means is that if the amount of carbon dioxide in the body becomes excessively low, then in conjunction with the reduction of carbon dioxide, the function of delivering oxygen throughout the body stops. Finding this strange, I studied the matter further and learned the following.

When we inhale, due to the pressure difference between the air in the alveoli deep in the lungs and the pressure inside the blood vessels, oxygen enters the capillaries. However, if oxygen simply enters the blood, it will not be delivered to the places in the body that need oxygen; it will only circulate within the blood.

This is because oxygen taken into the blood is delivered to the necessary parts of the body only when it is absorbed and bound by hemoglobin in the red blood cells.

When one breathes too deeply and carbon dioxide decreases excessively, the reason oxygen also ceases to be delivered proportionally to each part of the body is that when the level of carbon dioxide in the body becomes too low, the blood shifts toward alkalinity, and hemoglobin no longer releases oxygen.

What this shows is that "until consciousness enters the Divine World that lies beyond the common sense of this world, the mind and body are subject to the conventions of this world; therefore, continuing excessive deep breathing may satisfy the self with the sense of 'I am breathing deeply,' but in reality it is not a kind act toward the body."

Because there are individual differences due to factors such as lung size and lung capacity, it is necessary to ask your Guardian Spirits about the number of seconds most suitable for yourself. However, as for average everyday breathing, it is sufficient if the time of each inhalation and exhalation is around five seconds, and there is no problem even if one does not consciously try to exhale completely.

This does not apply when performing a “specific breathing method,” such as the chanting words of breathing practice, within a set period of time. What I am talking about here is how to sustain a relaxed rhythm of breathing throughout daily life while awake; it is about using that relaxed rhythm of breathing to activate both body and spirit and to enhance the power of metabolism of mind and body.

At this point, we no longer need any new words. Whether it is the chanting words of the breathing practice, or “All is perfect and complete. Nothing is lacking. Perfectly accomplished. Dai-Jouju,” or the words of the Prayer for World Peace, or “The Divine Reawakening has been perfectly accomplished!” or the many Words of Light of Positive Thinking—as long as they are words of Light, Truth, and Divinity, any of them are fine.

Simply by visualizing such “words of peace” in the heart, and repeating inhalation and exhalation at a pace of around five seconds each, the heart sends blood to the farthest reaches of the capillaries. At that time, hemoglobin properly delivers oxygen, and the collected carbon dioxide is quietly expelled from the body.

At that moment, the heart beats in a stable, relaxed rhythm. As a result, the metabolism of both mind and body is activated, and in the brain, consciousness manifests as an awakened state in which theta and gamma waves coexist. The parasympathetic nervous system becomes dominant, creating in mind and body a relaxed state free from unnecessary tension. This state of the nerves produces a consciousness that is bright and positive, overflowing with love, brimming with creativity and aspiration, and able to accept everything with gratitude—this becomes our natural state of awareness.

This concludes my talk, but please entrust yourself a little longer to the music, continuing to breathe at a relaxed pace. The duration is fine if it is about the same as when performing the Divine Spark IN.

At that time, if you breathe while reciting words of Light, words of Truth, and words of Divinity, the heart chakra will open, and vibrations will be radiated from the heart that allow those around you to feel a sense of comfort. In this quiet time from now, even if you do nothing in particular, please try to feel how your own Divinity is being radiated to the surroundings.

(For about one minute, entrust yourself to the music and continue to breathe in a relaxed rhythm)

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3. Declaration of Love from the Heart

TOGUCHI : Thank you, NAGANO-san. From here, we will take time to put into words the relaxed breathing we just practiced and to declare love from the heart.

From 1955 to the 2010s, through prayers such as “May I be one filled with deep love,” “May my heart be filled with love,” and “Let me become one with the oneness of love,” we cultivated the heart as the very existence of love itself.

As a result, now in the 2020s, we have gradually begun to make real a way of life in which we are love itself, nothing other than love.

Today, in this way, we will put into words the “energy of love” that we have cultivated over the course of decades, and once again make our declaration. Let’s get started.

(From here, words appear on the slides)

All the elements that constitute us are made by the Light of the Universal God.

Therefore, we are beings of Love itself, and we gaze upon everything with eyes of compassion.

Air and wind, rain and snow, earth and sky, the sun and the moon, the stars shining in the night sky, and all living beings dwelling on the stars were born from the love of the Universal God.

We were born as manifestations of the Universal God, in order to unfold the Divine Will of the Universal God in the earthly world.

Now that we have remembered that truth, our hearts are overflowing with love and gratitude.

Until the moment when all humanity awakens to the Divine and, by their own will, revives the Divinity, we will continue to behold, to bless, to embrace, and to give thanks for the Divinity that dwells within all.

Just as I am a Divine Being, all humanity is also Divine Beings.

All humanity is the Divine Beings.

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4. 神聖復活の印

TOGUCHI : Thank you very much. Finally, we will perform the Divine Spark IN seven times, sending the Divine Light to Great Nature, to all living beings, and to all humanity, and then we will bring today’s Prayer Gathering to a close. Let’s get started.

Dai-Shizen to Ikitoshi-Ikeru-mono to Jinrui ni, Uchuu-Shin no Hikari o okuri-masu.
We send the Light of the Universal God to Great Nature, to all living beings, and to humanity.

<Perform the Divine Spark IN seven times in succession>
<Then, continue with 14 seconds of silent meditation with eyes closed>

The End