

It's just after 1:00 PM, so let's begin the study session for Saturday, September 20.

Today's theme, as was mentioned earlier, is "Normalizing consciousness as a Divine Being (making it ordinary)."

Please wait a moment. (steps away from seat briefly)

Now, first we will perform the Divine Spark IN once.

The words are, "The Divinity of Humanity has reawakened. Dai-jouju." — repeat twice.

《Divine Spark IN once》

Thank you. First, I'll read today's blog text. (switches screen) The title is "To You Who Live as a Divine Being."

"To You Who Live as a Divine Being."

Close the "eye of the heart."

Breathe slowly.

If you continue that for one minute, two minutes, three minutes, your heart will expand as if dissolving into an ocean of silence.

Then open the eye of the heart.

You are now the space-time that spreads across the universe.

Everything is within you.

Look—you can see the Earth, can't you?

Using the variable focal-length function of the eye of the heart (a function like zooming in and out with a camera), try looking at the humans on the surface of the Earth.

The Divine Scope you possess is not a cheap eye that only sees the surface like the naked eye.

It is an eye that penetrates everything: the ways of life from past lives to the present of those "uncivilized beings called physical humans" who live clinging to the Earth, the lineage of their habitual thoughts, their way of being as composite spirits, the lineages of their direct spirits, and their present levels of consciousness.

That is the Divine Scope you will be able to use from now on.

Now, use that Divine Scope to look at how Earth's humanity lives.

Many people on Earth—those who live vaguely—live as if waiting for a rice cake to drop from a shelf: "If only that would happen" or "If only it would be like that," standing by idly.

Those people spout a "cocoon of thought" that makes them pessimistic about the future, leads them to give up, and closes off possibilities, thereby creating a life in which "nothing comes to pass."

That describes more than half of the people on Earth.

Those who struggle to change such situations live lives in which they work hard and obtain the things they want.

The issue then becomes what forms the motivation that underlies that drive to act.

It's still better if someone acts thinking of the harmony and happiness of the whole.

But it is unacceptable if one, by the force of egoic desire, tries to trample others to climb up and get what one wants.

There is a method that materializes such intent—you know, the so-called Law of Attraction.

To us, that's a narrow-consciousness trick from tens of thousands of years ago, but for people who have imprisoned themselves in the prison of dualistic oppositions, it becomes a method they grasp at like straws.

We call that a way of life that takes from others.

As long as many people on Earth live on the edge of such taking, the future is not bright—but it's okay because there are you who have revived the Divine on Earth.

The Divine eye first manifests in those of you who have remembered your own divinity.

Then, people around you who touch your way of life will be inspired and begin to aspire to Divine Reawakening.

Beyond that, thanks to the path you open, many people will come to express a divine way of life in their thoughts, words, and deeds.

When divinity revives in humans, dualistic values begin to feel outdated.

People revise a consciousness that wished only for the good fortune and peace of themselves and their close circle, and find that serving the whole becomes their greatest joy.

The vitality that is reborn on the foundation of such consciousness makes sense both from the perspective of the world of elementary particles and from the law of great harmony of the entire universe.

That vitality has been cultivated by the world-peace prayers that you have continued to offer for many years.

Therefore, what you think, what you speak, and what you do and manifest are all supported by the laws of the universe—enabling the unfolding of a reality-creation that continues forever.

"Rise and fall are the ways of the world"—that's an old story now.

Remember this: you are the descendants of the gods of the universe who, together, unfold infinite evolutionary creation.

Measuring self and others by self-serving standards was merely a single scene from long-past

lifetimes.

You who are Divine now have achieved rebirth while still alive.

Truly, congratulations—and thank you.

The Earth will be rescued from the brink of destruction and be reborn by future humanity like you who create destiny through Divinity.

Thank you very much.

When we look at the Earth right now, I think it appears the same to anyone who looks, but if one only sees the surface manifestations, the impression would be, “The world is at its end.” It is only the surface, however.

In our case, we are seeing the world behind it.

That is why, even though at this very moment there are people hungry with no food to eat, people trembling with fear not knowing if their lives will last through the day, those who have revived the Divine cannot speak innocently of their joy to those around them—but in their hearts they surely spend each day with excitement.

Why is it that our hearts are overflowing with joy? Why is it that we live each day with such anticipation?

When we look deeply into the depths of our hearts, we realize that it is because this physical consciousness is connected to the Divine at the core of life.

The thoughts of the body cannot even know one second ahead. Yet, in the depths of life, we know: “Right now I hold this consciousness and this thought. Beyond this lies such a future.” We can see all the world-lines into which we are going to step forward.

If, at this moment, I were to hold the opposite thought, then a different world-line would arrive in the future.

World-lines are the worlds that have already been drawn in the spiritual realms—the astral world, the spirit world, the divine world—as the result of destiny-creation through human thoughts, words, and deeds, and that eventually manifest here in this world.

They appear in this world only after a delay.

That is why I believe every single moment of every day is a moment of choice, decision, and action—we are living at a branching point of destiny each instant.

For example, just now, I coughed. There are many possible futures: the future in which I thought I might cough and held it back; the future in which I didn’t hold it back and coughed; the future in which I drank something to moisten my throat.

If we truly place our hearts into silence and observe each moment, I believe you will understand well that every instant we are living at a crossroads of destiny.

Through the accumulation of these choices, decisions, and actions moment by moment, we are creating our destiny.

There is a concept called the Doctrine of Result-Cause. But apart from its proponent, Ms. Masami, (perhaps my

own scope of knowledge is limited), I feel there are very few people who actually embody it or can explain it.

That doctrine emerged, I believe, in the 1990s. Although quite some time has passed since then, I feel it has not really become common among us prayer members.

There was a way of explaining it like this: if you desire to be a certain way or to realize a certain future, at this very moment you cast that intention forward toward the future as if throwing a ball, and then something flows back from the future toward the present.

But back in those days—when the Doctrine of Result-Cause was published in a book, printed in the Byakko Magazine, and spoken of in talks—I did not understand it at all.

I felt as though I almost understood it, but I never had the sense that I myself could actually do it. Still, I did hold the desire to become able to master it.

So then, perhaps from last year or since the beginning of this year, I have come to understand: “This is how we should apply the Doctrine of Result-Cause.” When I speak of this to those around me, I explain it by saying, “We should work backwards from the future to the present.”

For example, let us say that right now we are at stage 1, and that the fulfilled state of the Doctrine of Result-Cause is stage 5. This “5” is the result.

If you count backwards from this result—5, 4, 3, 2, 1—then from the present stage of 1, you can imagine what should be done at stage 2, what should be at stage 3, and what should be at stage 4.

However, the only thing that should be drawn clearly is the result itself.

Using the example of 1 to 5, you only need to clearly and vividly envision the state of 5.

At stages 4, 3, and 2, if you decide, “At stage 4 I must do this, at stage 3 I must be this way, at stage 2 I must specifically do that,” it will take longer to reach 5.

When you decide the intermediate steps yourself, you end up wandering off the path.

Why is that? Because the steps of 2, 3, and 4 on the way from 1 to 5 have already been prepared by the Guardian Spirits, even without us thinking with our physical brains, “I must do this” or “I must do that.”

Therefore, it is essential that we always maintain a close connection with our Guardian Spirits, and live with the feeling that, although unseen, “they are always with me.”

For example—perhaps a vivid example is best for understanding this—let’s say you wish to have a large sum of money.

If you, in the 1-to-5 framework, fix in your mind what must happen at stages 2, 3, and 4, then the future prepared by the Guardian Spirits will not descend.

For instance, you might decide, “I’ll work part-time or take a side job to earn money,” and you act accordingly.

Indeed, you will save money. But it won’t go as you had hoped. It will feel like, “The goal is still so far away.”

However, if you let go of the thought that “it must be this way at stages 2, 3, and 4” and instead pray, “Guardian

Spirits, Guardian Deities, please grant me the optimal future,” then sometimes an inspiration will descend: “This is what you should do.” It may be something connected to your hobby or talent, something recognized by others, bringing in money as a kind of side business. Or an unexpected job offer may arrive, resulting in a large sum of money.

When you entrust it to your Guardian Spirits, such futures come—futures that your physical brain could not have imagined.

But if you decide all of stages 1 through 5 yourself and try to move according to that, you will not be able to receive the guidance of your Guardian Spirits. That is why such a path brings hardship and detours.

I always say, “It is good to keep saying, ‘Thank you, Guardian Spirits.’”

When your connection with the Guardian Spirits becomes truly close, you no longer even need to think, “Thank you, Guardian Spirits,” each time.

Why? Because the very fact of your living here becomes the fact that the Guardian Spirits are here with you.

Until you reach that point, however, it is important to keep earnestly repeating, “Thank you, Guardian Spirits. Thank you, Guardian Spirits. Thank you, Guardian Spirits.”

By doing so, you are walking the path of unification with your Guardian Spirits, and you will naturally change into someone who knows as a matter of course that you and your Guardian Spirits are one.

Trying to change by your own will may appear to others as “This person is working hard, this person is making an effort,” but if that is cut off from the guidance of your Guardian Spirits, you will inevitably experience the suffering of “Things are not going as I had wished.”

Of course, that too is an individual experience, so it has value. But if we avoid such detours and each of us creates destiny through Divinity, not only can we shine in our own lives, but with our surplus energy we can also support and help those around us.

It is now 1:36 PM, so let’s take a break here.

(after operating the screen) I believe your images are now hidden. Let’s take a break until 1:47. We’ll begin again after 1:47.

《10-minute break》

It’s now past 1:47 PM, so we will resume.

I can’t remember if I told you all this, but recently I’ve been getting up early — very early.

Originally I was a night person, and in the first few years after the Zoom Prayer Gatherings began I had so much to do that it was common for me to stay up until three or four in the morning.

Then helpers appeared and we began to share the workload, so I no longer had to do everything alone as before.

After that, I forget what prompted it, but I changed my thinking: when I can, go to bed early and get up early.

My alarm is always set for 4:30, but sometimes I wake when it rings, sometimes I wake before it rings, and sometimes I'm too tired and can't get up until around seven.

Rising early like that, when the sky is clear during the still-dark hours before dawn, I go up to the apartment roof and look to the eastern sky to see the light of Venus.

At that hour Tokyo is completely quiet, so while watching Venus I perform the Divine Spark IN, and having repeated that for months, I noticed that in the time before dawn the eastern sky gradually brightens from a reddish-purple or purple tone into daytime colors, and in that moment my consciousness becomes very calm and peaceful — and I think, “Is this the zero-dimensional state that Yuka-sensei talked about?”

Some people in the world call it the “zero-point field,” but it is a very quiet realm. It gives the feeling that you can envision any future.

When I wondered what that state was, I recalled hearing people say “Alpha waves are good” to describe brainwave states; normally the human brain is in Beta waves.

The stream of “this way, that way, who cares” thinking corresponds to Beta brainwaves.

When you do unification or meditation, if you measured brainwaves you would see Beta move into Alpha, and Alpha move into Theta.

Once you reach the Theta stage you enter an awareness of pure silence; you don't reach that in every meditation, but in the pre-dawn hours you can enter that state with no effort at all.

Speaking as someone who used to be a night person, even if I stayed up until 2:00, 3:00, 4:00, or 5:00 in the morning, I never reached that state.

But when I go to bed early and rise early, I can enter that state effortlessly.

I imagine many of you also get up early, so try making early rising a habit — that's how I first understood it.

I always talk about consciousness because when consciousness enters the Divine realm, we can live as Divine Beings.

At that time our consciousness has entered the Divine World — that is, our consciousness level is within the Divine World.

Viewed from the body, the Theta wave state is one example of that. But humans cannot live only in a Theta-wave state.

Theta is a very low frequency — around 7 Hz or so.

At the opposite end of the spectrum, beyond Beta waves, there is a higher frequency band called Gamma waves.

Gamma tends to activate when you are concentrating intently on something.

When Gamma and Theta waves are simultaneously active, you maintain Divine consciousness while having the accompanying capacity for action.

Here, I will once again read a blog article. (switches screen) The title is “Let Us Live at the Frequency of Meditation.”

“Let Us Live at the Frequency of Meditation”

When you spend every moment in the same frequency of consciousness as during meditation, your heart becomes more calm and settled, and life becomes a succession of more creative moments.

This is because the body and the mind shift to function in the Divine realm. Today, let us look at this together with concepts from quantum mechanics.

The proposition in quantum mechanics, “Everything is both particle and wave,” reflects the very way of human life.

Particles and waves, corpuscles and vibrations—these two qualities are directly projected onto body and mind.

The body, at first glance, appears like a collection of solid particles. Yet, when you look into its reality at the microscopic level, the inside of the atom is full of vast spaces, with particles existing here and there in the midst of emptiness.

Thus, while the body appears to be particle, at the same time it exists supported by space and vibration.

The mind, conversely, appears at first to be nothing but wave. Emotions and thoughts are invisible, and to the physical head they are felt merely as waves.

But when these mental vibrations, which seem not to be solid, harden with attachments, fixations, assumptions, or obsessions—with such “captured thoughts”—the circulation of vibration becomes blocked, as if flowing water were dammed.

This blockage eventually forms into lumps of energy that may even materialize as physical disorders or illness in the body.

In other words, the mind too can sometimes become fixed like a particle.

Yet this state is never something to despair about. By slightly changing how you use consciousness, hardened thoughts are loosened, the vibration regains its natural circulation like smoothly flowing water, and the body then experiences “regeneration” and “revival.”

The liberation of the mind extends into the body, allowing us to live physically as well in health and harmony.

What is crucial here is the “frequency of meditation.”

The ideal brainwave state revealed in meditation is when Theta waves and Gamma waves exist simultaneously.

Theta waves open the doors of deep relaxation and the subconscious, calming the heart and connecting humanity as wave to the greater harmony.

Gamma waves, on the other hand, play an indispensable role in higher cognition, insight, and above all as “the energy that creates reality.”

When tranquility and creativity unite, humanity can live as “the very embodiment of creative activity”—rooted in the silence of the Source of life while, at the same time, powerfully weaving new realities outward into the world.

That is the Divine way of life.

If you live daily life in the vibration of meditation, when seized by anger or anxiety you can dissolve the turbulence with the silence of Theta waves and transform it into the desired future with the focus of Gamma waves.

When you feel joy or love, you can deepen those waves with the embrace of Theta and expand them with the creativity of Gamma.

In this way, while moving each action of the body as “particle,” you simultaneously let it resound as “wave.”

That is the way of “living at the frequency of meditation.”

Humans are both particles and waves.

The body possesses both vibrational and particulate qualities.

The mind is the same—wave, yet when hardened it becomes particle.

Therefore, by making the “frequency of meditation,” in which Theta and Gamma waves appear together, the foundation of everyday life, everyone can maintain a healthy body and mind, enhance the power to create reality, and spread a “wave of harmony and transformation” into the whole of society.

So decide: “Let us live each action of daily life at the frequency of meditation.”

Then your life will be lived with the silence of Theta—the Source from which all is born—while at the same time activating the creative dynamism of Gamma for the creation of reality.

A way of life grounded in the self-recognition that “I am both particle and wave” will become a practical and spiritual guide for manifesting the truth of humanity.

Thank you very much.

The word “frequency” has come up several times, and while we often hear the term, I think there are few people who can explain it clearly.

I myself realized that if someone asked me, “Please explain what frequency is,” I wouldn’t have been able to explain it.

So I studied frequency, and it turned out not to be such a difficult subject.

For example, all matter and mind emit vibrations. The unit used to measure those vibrations is Hz. A capital H

with a lowercase z.

It's pronounced "Hertz," and what it means is how many times something oscillates in one second.

For instance, there are situations where brainwaves are measured or an electrocardiogram is taken. If you've been to a hospital, I'm sure you've seen the wave-like movements on the monitor. That state—how many times it moves in one second—is what is referred to as "how many Hz."

Objects have frequencies, human mental vibrations have frequencies, brainwaves as I mentioned earlier have frequencies, and music as well. For example, C3 and C4. C3 is the middle C, the "Do" of "Do-Re-Mi-Fa-So-La-Ti-Do."

(plays C3 on keyboard) This sound is about 130 Hz.

Now, one octave higher, the next C (plays C4), this sound is about 260 Hz.

The lower C vibrates 130 times per second, the higher C vibrates 260 times per second.

Earlier we talked about Theta and Gamma waves. When people hear those are "good," they tend to think, "Let's develop only those, let's heighten only those." But pause for a moment and return to the depth of life.

Then your awareness will turn toward the Source that sustains all frequencies.

The Source of our life embraces everything. It encompasses all.

It does not discriminate, saying "This may exist" and "This must not exist."

Therefore, even in talking about brainwaves, there is no need to insist, "We must eliminate Beta waves and live only in Theta waves."

When Theta waves are active, that is good—but Beta waves also have their role.

Because if we were to suppress all Beta waves from our brains, we could no longer interact with people in this world.

So let us graduate from the thinking that sharply divides "This is good" and "This is bad," and instead hold the consciousness that "Everything is acceptable."

As MAKI-sensei said, "Everything is all OK." By placing your consciousness at the position of the cosmic Source, the root of life where "All is allowed, all is OK," the lumps of mental vibrations—obsessions, fixations, prejudgments, attachments—will gradually diminish within us.

And then we will change into beings able to respond flexibly to many different situations in life.

In the earlier text there was mention that "Everything is both particle and wave." Those of you who long ago heard the talks of GOI-sensei may have thought, "Yes, I remember hearing this before," as you listened.

GOI-sensei explained this in terms of the human body.

Do any of you remember? Even vaguely is fine. It seems not many of you do.

He said something like this: "You see this body. Everyone may see it as something solid, but if you look closely at

the physical body through a microscope, it is full of gaps.”

And that is not just the human body. For example, a desk. A desk seems solid, but if you examine it under a microscope, it too is full of gaps. In fact, everything is the same.

It is said that the hardest substance in this world is diamond, but even diamond, when looked at closely, although it appears densely packed without gaps, still has space within.

That everything has gaps means that everything is both wave and particle.

(Displays a diagram of atomic structure) This is the structure of an atom. The large circle is an atom, the medium circle is the nucleus, inside which are the small circles of protons and neutrons, and electrons orbit around this nucleus.

If you look into the human body down to the truly microscopic level, it is like looking into the volume of the Tokyo Dome and seeing only a few scattered dots here and there—it is that full of empty space.

But the point of this talk is not to say that the human body is full of holes.

Quantum mechanics tells us that “by observing, humans can alter the state of a quantum.”

The results of the “double-slit experiment” were taken to mean, “Human consciousness influences the state of quantum,” and people in the spiritual community eagerly seized on that idea.

Being skeptical, I investigated whether that was really true. I found that people in the spiritual circles were twisting and fabricating the story to suit their own purposes.

It was not that “because a human looked, the state of the quantum changed.”

Rather, it was that “because the method of the experiment was changed, the way it appeared changed.”

In other words, what could not be seen by one method was visible when a different method was used—nothing more than that.

Yet this can still be applied on the level of consciousness. From the Divine perspective, we can recognize that the world is in perfect harmony and peace in this very moment.

Whether or not the world becomes peaceful is a matter of “how we look at it”—a matter of “tuning consciousness.”

However, regarding the topic of “quantum entanglement,” I myself have not yet reached a satisfactory answer.

For example, they say that if you alter a quantum particle here in front of you, another quantum, thousands of kilometers away on the other side of the Earth, shows the same behavior. But I cannot yet say with clarity what that really means.

Still, I think the tendency in the spiritual community to use the language of quantum mechanics as if to say “This proves us right” is, in truth, “not quite correct.”

In our daily lives, various thoughts come and go through our minds.

Convenient and inconvenient things, things we love and things we don’t care much about—all kinds of thoughts

pass through. But in connection with becoming one with the Divine Self and attaining enlightenment, let us look at these thoughts that cross our minds.

In 1949, just before GOI-sensei experienced union with the Divine Self, he practiced something called “cessation of thought” for three or four months. And he did indeed experience oneness with the Divine Self. But to actually stop thoughts is no ordinary task.

For us, instead of attempting total cessation of thought, what we can do is, together with our breathing, bring to mind words of Light, words of Truth, words of Divinity.

If there is no one around, it is even better to say them aloud. But when combined with breathing, it is enough to simply think them.

There is a breathing method called “Invocation with Breathing.” For example: inhale while thinking “I am God (Ware-soku-Kami-nari),” hold the breath while thinking “Fulfillment (Jouju!),” and exhale while thinking “Humanity is God (Jinrui-soku-Kami-nari).” At Byakko this is called “Invocation with Breathing,” a special method.

Probably no one practices this “from the moment they wake until the moment they sleep.”

Resonating the sound at the back of the nasal cavity like the vibration of the universe, tightening the anus, pulling in the abdomen—I don’t think there are many who can keep this up all day long.

What I always feel is that such special breathing methods are fine from time to time, but the most important thing is the ordinary breathing of everyday life—each and every breath in the flow of daily living.

If our daily breathing, throughout our waking hours, follows a somewhat relaxed rhythm, then automatically the brainwaves settle, consciousness descends into the lower Tanden, and it brings benefits to both heart and body.

There are indeed a few very rare practitioners who can hold their breath for several minutes, or exhale for more than three minutes.

I myself tried it, but that is a special case. Normally, I think about four or five seconds is appropriate.

That is about the length of breath when performing the Divine Spark IN. If breathing continues at that length throughout the day, though there may be individual differences, the heart rate will settle around the 70s.

Heart rate is the number of beats the heart makes per minute.

If it is in the 80s or 90s, the breathing has become shallow. When it goes below about 75, you become much calmer. And calmness first means the heart becomes calm.

In the body, the heart then pumps out more blood with each beat. When the heartbeat is somewhat restrained, the heart as an organ sends out a stronger amount of blood with each beat.

As a result, the blood reaches even the peripheral capillaries, traveling through the arteries. Along the way, hemoglobin delivers oxygen: “to you, and you, and you, and you.”

This activity becomes vigorous when breathing is relaxed.

And so, I thought, why not do this not just temporarily—“I practiced for one minute,” “I practiced for five minutes,” “I practiced for ten minutes”—but continuously all day long? So I used my own body as an experiment. And

indeed, I felt wonderful results.

I didn't use any measuring device, but I reached a state in which there was nothing but benefit for both heart and body.

Breathing in four or five seconds is really not so difficult, is it?

If someone told you, "Inhale and exhale for 30 seconds each," most people would shrink back and say, "Impossible." But with four or five seconds, anyone can do it.

What is needed to sustain it? Of course motivation and determination are important, but the key is to build a habit.

For example, "While I'm in the restroom, I'll slow my breathing." Or, "While I'm cooking in the kitchen, I'll slow my breathing."

If from the beginning you try to do "this and that and everything," it won't work well. So start with something small, make a rule, and form it into a habit. Once it has become a habit, then expand it further.

For instance, when you go shopping at the supermarket, make a rule to slow your breathing while walking there and back. If you practice like that, eventually it becomes automatic.

Then you no longer need effort—it happens by itself. This initial setting of direction is how we consciously use consciousness.

For example, make a rule for yourself such as, "When I bring to mind the words 'May Peace Prevail on Earth,' I will breathe slowly." If you act according to that rule, continuing it over time, it becomes a habit.

Once it is a habit, you find that you are doing it without effort.

It is important to make such arrangements, to guide yourself, to nurture yourself.

The arrangements differ for each person. We are not robots. Each of us is endowed with spontaneous creativity.

That is why I hope we can all live in such a way that, moment by moment, day by day, with joy, with gratitude, with excitement, we guide and nurture ourselves.

That will be all for today's talk. To conclude, let us perform the Divine Spark IN three times consecutively. The prayer words are the same as earlier.

For those sitting, for example in a chair, imagine your sitting bones as the soles of your feet, and sit with the feeling that you are one with the Earth.

For those standing to perform the IN, the toes are the key point. Some may be standing on tatami, others on carpet, others on wooden floors—whatever the surface, imagine it is the earth of the outdoor field at the Fuji Sanctuary, and stand as if gripping the ground with your toes.

Then place the Nyorai mudra at your abdomen and move your body slightly right and left, forward and backward.

I am showing it with large movements for clarity, but you don't need to move that much.

In doing so you will find the most stable angle to stand—where you feel, "Thud!"—that Heaven and Earth are

aligned straight, and you are standing within one great pillar of Light.

When standing, do not lock your knees straight; keep them slightly relaxed, and tighten your buttocks.

This makes it easier to pull in your abdomen and maintain good posture.

Then, becoming one with the Earth, let us chant together three times, “The Divinity of Humanity has reawakened. Dai-jouju.” while performing the Divine Spark IN.

《**Divine Spark IN three times consecutively**》

Thank you very much.

Just now, as we stood within the pillar of Light connecting Heaven and Earth while forming the IN, it became vividly clear to each of us what we must accomplish in the future within this Earthly realm.

The time will come when the more than eight billion people will ascend into the Divine world. For that, it is not necessary for us to meet every single human being face to face.

Rather, each of us, within the scope of our own connections, will steadily convey and spread the essence of the Prayer for World Peace. And if there are those who wish to perform the IN, we will pass it on to them. In this way, step by step, we do what must be done.

Most of you here are from Byakko, so naturally I use Byakko terminology when I speak. But when speaking to people in the wider world, if we use Byakko’s special terms, they often don’t understand.

For example, if you say, “That is your disappearing form,” people will ask, “What is a disappearing form?” and you would have to explain it from the beginning.

What I always think is that it is best if we all practice conveying Truth without using Byakko terms.

To do that, unless we fully internalize the Truth, we cannot speak it in our own words.

Once you have absorbed the essence of Truth within yourself, and expressed it in your own words in a way that is understandable to anyone, I believe two kinds of “Hakkou (Fermentation and Luminescence)” are needed.

The first “Hakkou” is fermentation—like miso or natto. We take in Truth and let it ferment within ourselves.

Then, when it has fermented, in the moment of conveying it to others, it shines forth as Light.

That is the second “Hakkou”—to radiate Light.

I often say: “If it ferments (Hakkou), it will radiate (Hakkou).” And I believe it is important to keep doing this steadily, step by step.

When human beings become fixed in one ideology or one religion, they lose the ability to connect with people in the general world.

What may be understood within Byakko will not be understood by ordinary people.

Therefore, I think it would be wonderful if many more people could share Truth in words that are not “specialist terminology,” but plain words that anyone can understand.

It is already 2:48 PM. Let's bring this to a close.

Thank you very much for your participation today.

I will now unmute your microphones.

《**Bye-bye Time**》

With this, we will conclude today's study session. Thank you very much.

The End