

[To live by melting and expanding “the self” into “the Self that exists from the Origin”]

1. Evolution of human consciousness in connection with the Source of Life and planetary development

The primal origin of life that created the universe is called the Great Life, while all other living beings are called small lives.

We human beings, as representatives of these small lives on Earth, were created and designed from the beginning to eventually return to the Source of Life.

The secret of this lies in the “Program for the Evolution of Human Consciousness,” which is embedded together with “Planetary Development.” The flow of this program unfolds as follows:

(1) A new planet is born within the galaxy (in a fireball state).

(2) **[The Dimension of the Coarsest Vibrations]**

2-A) The planet is coated with an atmosphere to stabilize its surface temperature.

3-A) The evolution and creation of life forms begin from microorganisms.

4-A) Modifications are made to the DNA of apes to evolve them into humankind.

[The Dimension of Divine-Spirit Vibrations]

2-B) High divine spirits from other stars transfer to the divine realm of the planet.

3-B) While creating bodies suitable for each level, they descend into worlds of denser vibrations.

4-B) Humans from other stars, unable to make their vibrations any coarser, suddenly appear in the physical material world (this world) wearing vibration bodies (physical bodies).

(3) Spiritual and physical interbreeding occurs between the transplanted humankind and the indigenous humankind. (At this stage, the transplanted humankind, as part of the planetary development program of the Universal God, completely forgets the memories of the era of Universal Divine Spirits.)

(4) The pioneering of the coarse-vibration world is completed.

(5) Humanity’s consciousness revives its Divinity (the memory of the era of Universal Divine Spirits), promoting ascension of the mental and material vibrations.

(6) Humanity passes through a phase of true deadlock, where old values can no longer sustain civilization.

(7) Assistance is received from high divine spirits materialized from evolved stars.

(8) All humankind on the planet moves toward unification with the ultimate Source of Life.

2. The Seven Kalpas and the Plan of the Soul — Humanity’s Mission in This Lifetime

Although the detailed process varies from star to star, a planet as a whole goes through stages such as

those described above as it develops and evolves.

The point that must not be overlooked here is the fact that “planetary development” is directly linked to “the evolution and elevation of human consciousness.”

For Earth to transcend its current state and shift into a world of great harmony filled with Truth, Goodness, and Beauty, it is essential that all humankind come to know “what the life that moves us truly is” and move toward unification with the Source of Life.

Looking at this from another angle, when we observe the deeper meaning hidden within “planetary development,” we see that it is in fact “the journey of the cosmic beings—divisions of the Universal Creative Consciousness (the creative energy of the Life Source)—who take residence on newly created planets, descend into the most primitive vibrational realms, work together to overcome every hardship, construct a world of great harmony upon that land, and then return their hearts and bodies to the Source of the Universe.” This very process is the story of “the evolutionary creation of humankind.”

Furthermore, every planet evolves through stages called the Seven Kalpas. From that perspective, according to the earlier program, we are now in the fifth stage.

In terms of Earth’s history, the current era is said to be at the end of the seventh and final Kalpa—a time of ultimate trial, where there is no “next,” and everything depends on whether we rise or fall.

Knowing from the Divine-Spirit era that “a planet cannot reach completion without passing through such a period,” we have, since ancient times when we transferred from Venus to Earth, spent an unfathomably long time refining and elevating ourselves in preparation for this final stage of evolution.

Before we were born as babies in this lifetime, in the vibrational realm prior to physical birth, we once again made a firm vow to contribute to the completion of the Earthly world, choosing to be born in this era as the final lifetime on this planet.

Even if, as physical humans, we have forgotten such truth of life and lived amidst the suffering of birth, aging, sickness, and death—spreading waves of karmic thoughts—in this present time, all comrades will remember the program of returning to the Great Life, their true essence, and will awaken their Divinity once more.

3. Living in Oneness with the Great Whole — The State of Divine-Self Unity

From now on, in family life, in work, in literature, study, art, politics, and even in hobbies and preferences, the way we engage with everything in our daily lives will begin to change.

We will enter a stage where, seeking unity with all that we are involved with, we become one with it, naturally manifesting infinite wisdom and creativity.

Those devoted to agriculture will cultivate crops in harmony with Great Nature, pouring the light of love as radiant as the sun, and be able to provide sacred harvests.

Those who enjoy music will melt into the source of melody and rhythm, singing, performing, and composing as incarnations of music itself.

Those engaged in writing will immerse their hearts and bodies in the vibrational realm of “Kotoba”—the

original world of words—and, in a semi-automatic flow, create magnificent writings.

Those working in factories or workshops, dedicating their life to their craft, will receive inspirations unattainable by machines, and their artisan spirit will ascend to higher dimensions, allowing them to accomplish truly unique work.

Those who prepare meals will manifest infinite creativity, uniting with the life of the ingredients, and create delicious and original dishes one after another.

In relationships with others, one can engage from a state of unity with one's own Guardian Spirit, and thereby with the Guardian Spirit of the other person.

As a result, misunderstandings in emotions, words, and actions will disappear, and everyone will be able to create harmonious destinies with anyone.

All of this arises from the state of heart that is one with the Great Whole.

If you, who are reading this, aspire to Divine Reawakening, what you must do is simply dissolve yourself—your droplet of Divinity—into the great ocean of Life that exists from the Origin.

The self that thinks with the physical brain should be handed over completely to your Guardian Spirit. Slip into the bosom of your Guardian Spirit like an infant. When we live with the consciousness of our Guardian Spirit as our own, that is the state of enlightenment, the state of Oneness with the Divine Self.

As you have now understood, the state of Divine–Self unity means to melt oneself into the Self that exists naturally from the Origin, to live as a part of the Great Life that has existed since the beginning.

On Saturday, we will take time to rebuild the relationship between “the self” and “the Self that exists from the Origin,” to pray and perform IN as beings of Divinity.

【Opening Remarks】

TOGUCHI : Hello everyone. We will now begin Saturday's program of “A Day Interconnected by Divinity.”

As mentioned in the guidance email, today will be “a time to melt and expand the self into the Self that exists from the Origin, so that we may resonate with a greater and higher vibration.”

When we use the word “mizukara” (oneself) to refer to ourselves, the word “onozukara” means that which already exists—the essence that has been in the universe since before our birth.

If we replace “that which originally exists” with “that which has existed from the beginning” or “Divinity itself,” the image of “onozukara” becomes even clearer.

Next, let us look at some people and elements of nature in this world that naturally express “onozukara.”

Babies and young children, in their natural state, express the pure innocence of Divinity itself.

That is why, by interacting with babies and little children, we adults unconsciously recharge our life energy and cultivate hearts of kindness and compassion.

Animals, too, though influenced by humankind, live naturally in the infinite light of life.

Plants and trees express the infinite sincerity of life simply by being as they are.

The earth and the sky, the air that embraces everything, and the stars scattered throughout the universe—all point to “onozukara” by their very being, giving life to all living things.

We adult human beings, when we recall the state of Divine–Self Unity, can become one with “onozukara,” the Source of Life—our Guardian Spirits, Guardian Deities, True Self, Divine Spirit, and the Universal God—and live manifesting “the Light of Life that has melted into the Great Existence.”

Moreover, we have been given a path by which we can live in unity with the Divine Self even in our daily lives, without special ascetic practices such as retreating into the mountains or standing under waterfalls.

This is the path of “the Prayer for World Peace through the Appearance of Disappearing Forms.”

If we feel gratitude and say, “Thank you for letting this be dissolved,” and continue praying for world peace with appreciation to the Guardian Divine Spirits, then, as follows, we can live as the very embodiment of Divinity no matter what we are doing.

We can become one with the Divine Self through cleaning.

We can become one with the Divine Self through doing laundry.

We can become one with the Divine Self simply by walking.

We can become one with the Divine Self through diligent study.

Even, if we dedicate our life energy to it, through playing we can become one with the Divine Self.

As written in the email, those devoted to agriculture, in a state of unity with Great Nature, can pour the light of love as radiant as the sun upon their crops and offer sacred harvests.

Those who love music can melt into the source of melody and rhythm, and sing, perform, or compose as embodiments of music itself.

Those who write can immerse body and mind in the vibrational realm of “Kotoba,” the origin of words, and in a semi-automatic state of writing, create wonderful compositions.

Those who work in factories or workshops, devoting themselves wholeheartedly to their craft, will receive inspirations beyond the reach of machines, and their artisan spirit will rise in dimension to accomplish truly unique work.

Those who prepare meals will manifest infinite creativity, uniting with the life of the ingredients, and create delicious and original dishes one after another.

In our relationships with others as well, through a consciousness unified with our own Guardian Spirit, we can relate from a state of unity with the Guardian Spirit of the other.

Then, misunderstandings in emotion, speech, and action will disappear, and everyone will be able to create harmonious destinies with all people.

All of this arises from the state of heart that is one with the Great Whole.

Those of us who aspire to Divine Reawakening, while we have not yet united “mizukara” with “onozukara (the Self that exists from the Origin),” live as physical beings holding only a single droplet of Divinity.

However, once that sacred droplet falls and spreads into the Great Ocean of Divinity—once “mizukara” melts and expands into “onozukara”—from that moment our subject ceases to be “I” and becomes “We.”

The small bundle of thoughts that calls itself “me” dissolves into the Great Ocean of Life, and we live as a member of the Great Existence—as a part of that which has existed from the Origin.

To do so, we must, like a baby climbing into its mother’s arms, slip into the bosom of our Guardian Spirit and live seeing the world through the eyes of that Guardian Spirit.

That is the state of enlightenment—the heart of Divine–Self Unity.

Today, each of us will reflect once again upon the true nature of our own life, and let this be a day when we embody and begin to practice in daily life the ultimate secret of becoming one with the Divine Self—the way of “Total Entrustment” and “Complete Surrender,” which has been spoken of since ancient times.

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

1. Prayer for World Peace

GYOUTEN : Let us begin.

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.

2. A Time to Prepare the Foundation for Living Divinity

TOGUCHI : Thank you very much. Next, through the words of Goi-sensei, let us reaffirm what is most essential for human beings to live their original Divinity.

To begin, I will read from page 32 of his book “To Master the Self” (section titled “Unity with the Divine Self in the Spiritual World”), where Goi-sensei explains what he considers the most important point.

What is the purpose of religion? It is to lead human beings from the world of thoughts into the world of God. All religions teach various paths so that the Divine Heart and the human heart may become one.

Therefore, what I consider the most important is the state of one’s thoughts. What one continually thinks day by day manifests as one’s destiny. And this is not only in this lifetime but from previous lives, from the very beginning when human beings first came into this physical world. Humanity did not begin with the physical body.

That is all for this section.

Goi-sensei teaches that “the ultimate point of convergence among all religions is to elevate and return the dualistic thoughts and the consciousness that has forgotten Divinity into the world of God.”

He also says, “All religions teach various paths so that the Divine Heart and the human heart may become one.”

And further, he explains, “What I consider the most important is the state of one’s thoughts, because what one continually thinks day after day manifests as one’s destiny.”

Here, please pay special attention to this part: “What one continually thinks day by day manifests as one’s destiny.”

In other words, Goi-sensei does not say that it is enough to be in a sacred state of consciousness only when praying or performing IN.

Therefore, we should always refine the way we use our thoughts throughout the day, striving to express words, thoughts, and actions that manifest the vibration of Divinity at all times.

To do this, we must consider how to spend each moment of daily life with the proper awareness—and continue to practice it.

By doing so, we will naturally come to live each day with the consciousness of Divine Reawakening as our “natural and ordinary awareness.”

Next, I will read from the latter part of page 43 of “To Master the Self.”

No matter what happens—whether something unfavorable occurs or unpleasant thoughts arise—strengthen your conviction: “Everything is the appearance of disappearing forms. I am one with God. I am one with my Guardian Deities and Guardian Spirits.”

See everything as “the appearance of disappearing forms” and think, “I am one with God.” That alone is enough. Continue living within the single awareness of “I am within God, I am one with God.”

I repeat: It is important to always place your thoughts within the Divine Heart.

Specifically, it means this:

If you are a carpenter, when you plane wood, think, “Ah, it is God who is doing this work.”

If you work in a restaurant, think, “Thank you, it is God who is doing this.”

If you are a banker, think, “Counting or giving money is also God’s work.”

When we recognize that everything is an exchange between God and God—that giving and receiving are transactions among God-beings—then that awareness is best of all.

This is precisely the way that makes this world into God’s world—the true realization of heaven on earth.

When everyone lives within God, there is no God who would drop an atomic bomb. There is no God who would strike another in anger, saying, “You fool!” Nor would the Divine ever think, “Let that person die.” The Divine Heart is a vast and boundless love that wishes for the good of all. “May all people be happy” is the very essence of God’s loving heart.

To put it simply, that is what is meant by, “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.”

If we continue to hold the thought, “May all be happy,” and say, “We thank you, Guardian Deities and Guardian Spirits,” we are already living within God.

It is not enough to say it once or twice. Say it constantly—while awake or asleep. Even in the restroom, in the bath, while walking or sitting—pray, “May Peace Prevail on Earth.”

When something unpleasant happens, think, “Ah, this too is the appearance of disappearing forms,” and simply keep praying for peace, thinking only of good things.

That is all for this passage.

Let us summarize what Goi-sensei taught as necessary for living in accordance with the Divine Will:

- **It is good to continue “the Prayer for World Peace through the Appearance of Disappearing Forms” whether awake or asleep.**
- **Remain within the heart of God’s love and always dwell in such thoughts.**
- **Simply continue praying for world peace and fill your mind only with good thoughts.**

Listening to this, we can reaffirm that “what we think, speak, and do during the times when we are

not praying or forming the Divine Spark IN is even more important than the moments of prayer or practice themselves.”

Now, with that realization, let us move on to the next part of the program. GYOUTEN-san, please.

3. Practice of “How to Use Our Thoughts” in Daily Life

GYOUTEN : Thank you, TOGUCHI-san. From here, I will speak continuously for about five minutes, giving concrete examples of how we can actually use our awareness in each moment of daily life—during housework, childcare, nursing, work, study, while taking a bath, in the restroom, or lying in bed—moment by moment, second by second.

Everyone, you may repeat the same words I say, or you may recite the words that arise naturally from the depths of your own heart. Please think of this as a time to practice how to use your consciousness in everyday life, keeping in mind, “Ah, this is what I should continue to think in each moment.” For about five minutes, together with me, with an awareness connected to the Divine—especially with the feeling of resting in the heart of your Guardian Spirit who is always closest and protecting you—please recite together the words of Light, the words of Truth, the words of Divinity. Those who can, please speak them aloud. Now, let us begin.

We thank you, Guardian Deities and Guardian Spirits.

May Peace Prevail on Earth.

May all humankind awaken to their Divinity. May everyone remember the Truth of Life.

Air, Water, and Earth, all of Nature and all living beings, thank you very much.

May I be a being of deep love. May my heart be filled with love. Let me become one with the Source of Love.

May the guidance of the Guardian Divine Spirits of all humanity be fulfilled.

The Divinity of Humanity has reawakened. Dai-jouju. × 3

All is perfect; nothing is lacking. Dai-Jouju. × 3

Ware Soku Kami Nari. Hito Soku Kami Nari. Jinrui Soku Kami Nari. × 3

We are beings of Divinity, and nothing other than that.

The wisdom of God, who created the universe, flows like blood within all humankind.

The time will come when everyone remembers their Divinity and, helping one another, builds a world of great harmony on Earth.

That time is not so far in the future, and it is precisely for that reason that we are

now striving to become humans who are one with God.

I'm truly grateful to have been born with such a magnificent divine mission.

May Peace Prevail on Earth.

We thank you, Guardian Deities and Guardian Spirits.

4. Divine Spark IN

GYOUTEN : Thank you very much. Finally, we will perform the Divine Spark IN seven times. We will send the Light of Divinity to Nature, to all living beings, and to all humankind, and thus conclude today's Prayer Meeting. Now, let us begin.

We send the Universal God's Light to Great Nature, to all living beings, and to humanity. (× 2 times)

<Perform the Divine Spark IN seven times continuously>

<Then, keep your eyes closed and meditate for 14 seconds>

The End