

# To Live While Perceiving the Intention of Cosmic Creation Behind All Things

## ◎ The Source of Life and the World Farthest from It

When we quiet our thoughts, still our minds, release the five senses, and further calm our awareness, the range of time and space that our self-consciousness perceives begins to expand. As this happens, we gradually become able to observe within ourselves many phenomena and life forms that had previously seemed to exist outside of us.

Without falling into self-satisfaction at this stage, if we continue to trace our awareness further back to the source, to the origin, to the root, and observe while returning everything to the creative Subject itself, we come to sense that our life is nothing other than the very energy of life that takes the entire universe as itself.

However, what happens when we return our awareness to the physical body and look out upon this world? Although we live by clothing that primordial body of light with a divine body and a spiritual body, then further with an astral body, and finally with the extremely restrictive physical body, most people on Earth have forgotten the infinite nature inherent in their own life and live while limiting themselves.

At this stage, we human beings are living in a world farthest removed from the “freedom without constraint,” the “panoramic awareness,” the “unattached, actionless mind,” and the “self-recognition that takes the universe as one’s own mind” that the original consciousness possesses as a “being of the Light of Life.”

In this way, our 모습—having completely forgotten our true heart and true being—resembles groping in total darkness, as if in the deep sea or underground, or like a journey in which we continue walking without being able to escape the mist of confusion.

## ◎ Questions Arising in a World Far from Heaven

When one spends a long time in such a world, even while knowing that “if only” or “what might have been” can never actually occur, one cannot help but think as follows:

“If our conscious awareness had not lost the memories of the age of divine beings in this earthly realm, would we not have lost the Divine Eye—the panoramic perspective?” “If we, as beings of the cosmos who long ago descended upon this newly formed planet Earth to pioneer it, had been able to pass on our divine consciousness 그대로 to our descendants, would the world of Earth have fallen into such deep confusion?”

Why are we living in such a restrictive world? Why have we all forgotten our true heart and true being? If our true heart as “beings of the Light of Life” was originally free and unconstrained, why did such a world not continue from the very beginning?

Among those who believe in and revere gods and Buddhas, I believe there are many who have at

some point directed questions such as, “If God truly exists, why was a world filled with such confusion created?” toward the divine.

All of these questions are resolved by knowing “who we Earth humans truly are, and what we came to this planet to do,” and “what the program is for pioneering a newly formed planet.”

I speak about similar content in our study gatherings, and it is also scheduled to be addressed at the talk in Oimachi on February 11, so I will not go into detail here. In conclusion, however, the essence is this: “The current state of the Earth and the individual ways of life of humanity are, for a necessary reason, temporarily incomplete and disharmonious,” and “everything is one scene after another within a necessary, inevitable, and perfectly designed program.”

## ◎ The Use of Awareness That Determines the Future

As we live in an age like the present, in which the mind can easily incline toward apocalyptic thinking, what becomes ever more necessary and important is “the way we use our awareness.” To give a very simple analogy, it is like the difference between looking at a glass half full of water and thinking, “There is still half left,” or thinking, “There is only half remaining.”

As we go through life, we are constantly making choices, judgments, and decisions in every single moment. When we look at the way human beings live from a panoramic perspective, we see countless contrasts: “those who accept circumstances and those who reject them,” “those who can forgive another’s mistakes and those who cannot,” “those who remain in a good mood and those who become irritable in the same situation,” “those who view the same thing favorably and those who feel aversion,” “those who generously embrace events and those who nervously criticize them,” and “those who observe future developments optimistically and those who observe them pessimistically.” The list is endless. Within the very same circumstances, each person spends their time using awareness in a way that creates a completely opposite future.

Why do such differences arise, even though we are living in the same world? When we look deeply into the heart, the cause becomes very clear. Ultimately, it is because each person’s future becomes entirely different depending on “who they see themselves to be.”

Those who have decided that “this physical body is who I am” invariably assume that the swirling movements of emotions and thoughts are their own true thinking and heart. By contrast, those who think, “I am protected by the gods and Buddhas,” or “my true heart is a child of God, so divinity itself is my true self,” observe the emotions and thoughts that pass through their minds objectively, and then try to grasp the full picture of the situation calmly from a deeper level of the heart.

## ◎ The Clear Distinction Between the True Heart and Karmic Thoughts

One thing can be stated with certainty: in the hearts of present-day humanity on Earth, “emotional thoughts” and “divine consciousness” coexist in a mingled state. When viewed through the Divine Eye that we are innately equipped with, the emotional thoughts that agitate the mind are not our true selves. They are, for example, like clouds that pass fleetingly across the sky.

From this perspective, our true heart is the blue sky, the earth, and time and space themselves. Tracing that source still further, it is the working of the sun that gives life to all things, and going back yet further, it can be said to be the cosmic creative consciousness—the source power that brings space itself into being and allows everything to exist.

When we “live as the blue sky and the earth,” “live as the sun,” or “live as the universe itself,” we transcend emotional thoughts such as anxiety, sorrow, and anger, and are able to discover, beyond phenomena and events that may appear negative at first glance, a bright hope for the future as a “certain reality.”

Seen through the eye of truth, all phenomena are nothing more than the results of the settling of the past—forms that are fading away. And what is even more important than that is this: the awareness we hold in this very moment is the true “now” that weaves a radiant future.

On Saturday night, by making such awareness—aligned with universal law—our own, and by clearly discerning between the true heart and karmic thoughts within ourselves, we will calmly gaze upon the Earth with the Divine Eye, focus on the great nature and all living beings, and make it a time to radiate the light of the very source of life.

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## Program for the Day

### [Opening Remarks]

**NAGANO** : Hello, everyone. We will now begin the Saturday night program, “*A Day to Look Upon the World with the Divine Eye.*”

Today’s “*Day to Cultivate the Divine Eye*” will be a time to reflect on the thoughts that arise and fade away within our hearts, to discern which are emotional thoughts that have departed from our true heart and which are the awareness of the true heart itself. Through this process, we will renew our understanding by regarding the blue sky and the earth as ourselves, and spend this time gazing upon the divinity inherent in all things as a certain and living reality.

### 1. Prayer for World Peace

**NAGANO** : 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 Establish Divine Consciousness

**NAGANO** : Thank you very much. We will now enter a time to establish divine consciousness. Divine consciousness is the awareness with which we gaze upon the world through the Divine Eye; it is the awareness of an enlightened state, the awareness of unity between the divine and the self, and it may also be described as the awareness of *Rojintsū*—the complete exhaustion of delusive passions. Please listen to what I am about to share in a calm and relaxed state.

### Let Us Return Our Awareness to the Source of Life

First, let us sit.

The chair is fine,

or sitting formally on the floor.

If it is difficult to keep the body upright,

it is all right to lie down on a bed.

Now straighten your posture.

If you are lying down, lie on your back

and gently extend your body in a straight line.

Quietly close your eyes.

Next, let us exhale.

Gently purse your lips,

place your awareness in the lower abdomen, below the navel,

and breathe out slowly and finely,

as if you intend to keep exhaling forever.

In reality, it may be ten seconds,

it may be twenty,

it may be thirty,

and for some, it may be even longer.

When you have truly exhaled completely,

without trying to inhale,

the air will naturally fill your lungs.

Feel that natural breath with your whole body,

and only at the very end of the inhalation

consciously breathe in fully.

Then exhale again.  
And repeat...

Time is not the issue.  
So relax your mind.  
Leave behind your habitual shallow breathing,  
and become familiar with a slow, gentle rhythm of breath.

One minute... two... three... five... seven... ten...  
The sensation of the physical body, bound by gravity,  
begins to grow lighter.  
Through the dimensional portal called the Tanden (10 cm below the navel),  
surface consciousness enters a deeper dimension within the body.

There is no need to see anything,  
no need to hear anything spiritually.  
If one were to see or hear without having attained an unmoving mind,  
it would only be like a mummy hunter becoming a mummy.

Gaze at a single point behind your closed eyelids,  
and offer the Prayer for World Peace,  
or chant words of Light,  
or continue to hold the thought:  
“Everything is perfect. Nothing is lacking. Great fulfillment.”  
Ride the outbreath and in-breath  
on words of light, words of truth, words of the sacred,  
and return yourself to the body of light,  
not the physical body.

The gentle rhythm of breath is the breath of the universe.  
If, along the way, you feel like shifting  
to a vibrational breathing method, that is fine.  
What matters is to continue breathing  
slowly and steadily, at an even pace.  
Which breathing method you use is not important.  
Do not confuse the means with the purpose.

At this very moment,  
deep within us, our Guardian Spirits and Guardian Deities

are working powerfully.

We need only entrust everything to their working.

Through our physical bodies as vessels,  
they scatter cosmic energy throughout the earthly realm,  
they greatly purify our fading forms,  
they anchor the sacred worldline into the future.  
Even in this very moment,  
our Guardian Spirits and Guardian Deities  
are traveling through time and space,  
ceaselessly at work.

Our bodily, self-centered consciousness  
may think many things,  
but compared with the workings of the divine guardians,  
such thoughts are trivial and insignificant.

“Don’t think unnecessary thoughts.  
Entrust everything to your Guardian Spirits and Guardian Deities.  
When you do so, that is when  
various karmic thoughts fade away most easily.”

When the voice of Goi-sensei  
resounded within my mind,  
my awareness softly returned  
to the physical world.

Thank you very much.

### **3. Gratitude to Nature Around the World, Offered Through the Divine Eye**

**GYOUTEN** : Thank you very much, NAGANO-san. From here, we will enter a time to gaze upon the Earth through the Divine Eye and offer gratitude to the great nature and to all living beings. Now, in the year 2026, we have come to the point where, standing in a sacred perspective, we are able to send light of gratitude to all forms of existence and to every event that arises.

The path that has brought us to this point has not been an easy one, yet it was not achieved by our own strength alone.

It is thanks to the Earth, the air, the water, and all of great nature, as well as to the existence and devotion of countless plants and living creatures. It is also thanks to our ancestors, our Guardian Spirits, our Guardian Deities, the gods of the divine realms, and the cosmic angels, who have

nurtured and guided us to this day.

Today, with hearts filled with gratitude toward all such beings who have raised and supported us, we will offer our sincere thanks to the natural world and living beings across the globe, and send the Universal God's light.

Let us now begin.

### 3-1. Prayer for the Great Nature of North and Central America

**NAGANO** : First, we offer a prayer for the great nature of North and Central America. From here, we will read the words shown on the screen and form the *Sign of Sacred Reawakening* once each time.

**GYOUTEN** : We are united with the great nature of North and Central America through the Divine. To all of North and Central America's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-2. Prayer for the Great Nature of South America

**NAGANO** : Next, we offer a prayer for the great nature of South America.

**GYOUTEN** : We are united with the great nature of South America through the Divine. To all of South America's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-3. Prayer for the Great Nature of Europe

**NAGANO** : Next, we offer a prayer for the great nature of Europe.

**GYOUTEN** : We are united with the great nature of Europe through the Divine. To all of Europe's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-4. Prayer for the Great Nature of the Middle East

**NAGANO** : Next, we offer a prayer for the great nature of the Middle East.

**GYOUTEN** : We are united with the great nature of Middle East through the Divine. To all of Middle East's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-5. Prayer for the Great Nature of Africa

**NAGANO** : Next, we offer a prayer for the great nature of the Middle East.

**GYOUTEN** : We are united with the great nature of Africa through the Divine. To all of Africa's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-6. Prayer for the Great Nature of Asia

**NAGANO** : Next, we offer a prayer for the great nature of Asia.

**GYOUTEN** : We are united with the great nature of Asia through the Divine. To all of Asia's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-7. Prayer for the Great Nature of Oceania

**NAGANO** : Next, we offer a prayer for the great nature of Oceania.

**GYOUTEN** : We are united with the great nature of Oceania through the Divine. To all of Oceania's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 3-8. Prayer for the Great Nature of All Other Regions

**NAGANO** : Next, we offer a prayer for the great nature of all other regions.

**GYOUTEN** : We are united with the great nature of All the other regions of the world through the Divine. To all of All the other regions of the world's great nature—its water, air, wind, earth, mountains, and living beings—we offer our heartfelt gratitude and send the Light of the Universal God.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**NAGANO** : Thank you very much.

### 4. Prayer for the Divine Reawakening of Humanity

**GYOUTEN** : Finally, with heartfelt devotion, we will form the *Sign of Sacred Reawakening once* for the sacred reawakening of humanity.

After completing the sign, please keep your eyes closed and offer your prayer.

May Peace Prevail on Earth.

The Divinity of Humanity has reawakened. Dai-jouju.

May Peace Prevail on Earth.

The Divinity of Humanity has reawakened. Dai-jouju.

*<Form the Sign of Sacred Reawakening once>*

*(Pray for 14 seconds)*

**GYOUTEN** : Thank you very much.

**NAGANO** : GYOUTEN-san, thank you so much.

That's all.