

Yes, it's past 1 o'clock. December 7, Sunday study session has begun.

First, we will do a unification for about 7 and a half minutes. The last part of the prayer words, which were "Thank you, Guardian Spirits. Thank you, Guardian Deities," will now be in the version "Thank you, Guardian Spirits and Guardian Deities, Goi-sensei." Let us begin.

<Prayer for the World Peace>

Yes, thank you.

Very soon, very soon, the Earth will become a completely different star from what it has been. It is about to be reborn into a planet with entirely different circumstances.

Heading towards that, our souls, the gods of the divine world, and the Cosmic Beings who are coming to help save the Earth are becoming one body in a three-in-one unity, working with urgent effort to help the awakening of the divinity of humanity.

This is something that cannot be accomplished by us alone, nor can it be accomplished by the gods and Cosmic Beings alone.

I think everyone would agree that we cannot do this alone. But why can't it be done by just the gods, the Guardian Deities and Spirits, and the Cosmic Beings? The reason is that the wavelengths of the worlds they live in are too far apart (too different), so they cannot do the great work needed to change the hearts of humanity on Earth.

At the fundamental level, humanity has a connection with the gods and Cosmic Beings in the depths of life, but there is no connection that extends to changing the surface world.

Remember the composition of the human soul. Looking upward from the Physical Body, the lowest is the Physical Body. Above that is the Astral Body. Above that is the Spirit Body. Above that is the Divine Body.

On the sides of the Spirit Body and the Divine Body are the hearts of the Guardian Spirits and the Guardian Deities. Up to here, we have six hearts: the Physical Body, the Astral Body, the Spirit Body, the Divine Body, the Guardian Spirits, and the Guardian Deities. Above all of them is the heart of the Direct Spirit (Chokutsurei).

There are several ways to say this, and I hear there's also a way to call it Direct Spirit (Naohii, Naohii), but the Source of life, the Universal God, the source of the universe, when It divided and manifested Itself, the first seven lights became the Direct Spirit.

Each of us holds the light of the Direct Spirit that is the central color (function). Though we are also connected to the lights of other Direct Spirits, according to our roles and our missions, we are connected to the original Direct Spirit light that becomes our center, and we have come here now.

The light of the Universal God, the light emanating from that light source, the light of the Source of life—this light reaches to the Direct Spirit, the Divine Body, the Spirit Body, the Guardian Spirits, and the Guardian Deities.

However, when that light descends to the Astral Body level, it does not fully reach. Looking at the state of the astral world and gazing up at the sky, the hearts of most people on Earth are

covered with extremely thick storm clouds, unable to see the light of life, seeing only clouds.

The sky of many people's hearts is in a state where the light of the sun (the Spiritual Light Sun) does not come through directly. Therefore, the light of support from the gods and Cosmic Beings who want to "help and save," has not been able to reach all of humanity's hearts.

In the midst of this, why are we still remembering—or have already remembered—the source of our lives, even while the Earth is still in such a terrible state? It is because, as I have mentioned before, we are Cosmic Beings who came from another star.

When the Earth was first created, it was a ball of fire. After it popped out from the Sun, it was just a ball of fire, but then it was wrapped in atmosphere, and within that atmosphere the Dragon God worked, causing the circulation of air and the circulation of wind, and fire (ka) and water (mi) separated.

Water is said to exist in three states of matter—solid (ice), liquid (water), and gas (water vapor)—as the term "three states of water" suggests.

When water becomes a gas, it becomes clouds (water vapor that gathers and becomes materialized). Clouds accumulate in the sky, fall as rain, and cool the Earth, which was a ball of fire. The surface of the Earth became divided into places where water accumulated and places where bare land was exposed. In this process, with the gods and Universal God working, life forms were created, beginning with amoeba-like single-celled organisms, and biological life on this Earth was created.

Among these, apes were chosen as the animals that would become the ancestors of humanity, and by adjusting the DNA of those apes little by little, progressively more human-like creatures were created.

These are now called apes, Peking Man, and other old peoples. Then, when it finally became a time when it was decided that "We can now officially put souls into this as a human," we came to the divine world of Earth from Venus.

We did not come directly to the physical world of Earth. We relocated to the divine world of Earth.

At that time, Goi-sensei's name was "Heavenly Grandson Ninigi-no-Mikoto," but I am not very knowledgeable about mythology. However, when I read what was written carefully, there are descriptions that make me think "This is talking about flying saucers."

So Ninigi-no-Mikoto called out on Venus saying, "A newly created planet (Earth) is waiting to be developed. Is there anyone who wants to go?" and those of us who raised our hands are here today.

So first, we came to the divine world of Earth, and then began the work of developing the coarser worlds from there.

This involved extremely fine, detailed stages, but if I were to explain all of that, there would be no end, so I'll speak in broad terms here.

First, we clothed ourselves in Spirit Bodies and developed the spiritual world. After that, we

clothed ourselves in Astral Bodies and descended to the astral world, where we developed it. Beyond that was the Physical Body world, the densest wavelength possible—this is the world where we now live.

We then changed our Astral Bodies into even coarser wavelengths and suddenly manifested as Physical Bodies. We were the first generation of Divine Spirits with Physical Bodies.

For the first several generations—the second, third, fourth, fifth, sixth, and seventh generations—the memory of being Divine Spirits was inherited and remained. But as generations went on—the tenth, twentieth, thirtieth generations—Earth people forgot that they had been Divine Spirits.

However, as I have said many times in study sessions, there is no need to think "Why did we forget?" or "That was bad of us."

The reason is that forgetting our Divine nature was necessary in the process of developing the planet. Our forgetting our divinity was built into the program of planetary development. Until now, we had reason to forget.

But now a time has come when we can remember again, and we are now at a stage where we are beginning to remember the memories of when we were Divine Spirits.

Speaking at an even more fundamental level, before the time we lived on Venus, we were involved in the development of many other different planets.

In other words, people like us who pray the Prayer for the World Peace are professionals in planetary development, including those not present here.

You might think "But I don't remember it now," but that is unimportant. When we go deeply into the question "What am I really?" our souls come to the fact that we were "professionals in planetary development."

So we came to newly created, empty planets, and what did we come to do on these planets? The Original Consciousness that created the universe—here we call it the Universal God (though there are other names such as Creator)—the Great Harmonious World unfolded in the heart of the Universal God that created the universe, we, with all of humanity to whom life has been given, came together with our combined strength and cooperation to try to create here.

This is what each planetary development looks like. The details differ depending on the uniqueness and characteristics of each planet, but we are now on this planet called Earth. For a while, we synchronized with the rough waves of the Earth, completely forgot everything we had done before, and built everything from scratch.

However, the Universal God, the Source of our life, understood that "If this were left to them alone, it would be difficult," so It placed Guardian Spirits and Guardian Deities in each person's soul.

Therefore, the Guardian Spirits are always with us. They are here now, but Guardian Spirits are always with everyone. In contrast, Guardian Deities are beings that shine like the sun in the depths of our lives, watching over us.

When we say "Guardian Spirits," we are speaking in general terms, but there are many. Starting from below, there are several Guiding Spirits attached to us. These are attached in roles to help that person's life, such as that person's interests, work, studies, and various other aspects.

For example, if someone is swimming, there is a specialist Guiding Spirit who helps them swim. If someone is cooking hard, there is a cooking specialist Guiding Spirit. If someone plays piano, there is a specialist Guiding Spirit in piano.

We have several Guiding Spirits like this attached to us. Guiding Spirits can be replaced when a person's interests change or what they do changes.

Above them is the Assistant Guardian Spirit. The number varies by person, but there is an Assistant Guardian Spirit, and above that is the Chief Guardian Spirit. In general, when we speak of Guardian Spirits, we mean this Chief Guardian Spirit.

The Chief Guardian Spirit, from the moment you enter your mother's womb when you are born in the physical world, until the moment you become grandparents and return to heaven, remains the same person taking charge without ever changing.

And when you return to the other world, the Guardian Spirit does not leave you. If you look at it from another angle, there are cases where you and your Guardian Spirit become one, and there are cases where your Guardian Spirit leaves that person and becomes the Guardian Deity of someone else. So it's not a simple matter, but when we return to the other world, we enter a stage of direct communication between ourselves and our Guardian Deity.

This kind of thing becomes clear when you go to the other world, so I don't think you need to know it here. But in any case, we needed to forget our memories as Divine Spirits once, and that's why we forgot. Now we are at a stage where we are truly trying to remember our divinity and restore it. And there are those who have already remembered.

Some may hear the truth about life many times and still not understand it. Please do not think that "Because I can't understand no matter how many times I hear it, there's something wrong with me."

The reason is that when the beings in the worlds of the gods and Cosmic Beings look at even the best person on Earth and the worst person on Earth standing side by side, they say, "What's the difference between these people? They're the same."

There's a phrase "Comparing dwarves," meaning people of similar small stature. Even though in this physical life we say things like "That person is amazing," or "What's that person doing, they're no good," and we criticize, denounce, and judge who is above and who is below, the difference is not that great.

There's a saying that says, "No matter how amazing a person seems, no matter how insignificant a person seems, from the eyes of the gods, they are much the same, so don't criticize, denounce, or judge."

When you have a Physical Body and are living in this world, this is hard to understand. That's why even if we are told "Forgive yourself and forgive others, love yourself and love others," we can't actually carry it out or do it.

Of course, there are also people who manifest these in thoughts, words, and actions and are living that way. There are also those who have already mastered it and are putting it into practice. But when we look at the whole, we can observe in our hearts aspects that find it hard to become separate from the movements of the heart that say "I can't forgive," "I can't love," "I can't accept," "I hate," "I dislike."

When the physical self thinks with shallow thoughts "I have gotten rid of bad thoughts now," the Guardian Spirit removes thoughts that have departed from divinity in a bang. By causing events that disturb your emotions, they try to make you aware.

So after understanding that, I always think "Let me not be falsely happy." Be cautious when things are going well. The more people lift you up, the more humble you become.

When humans are lifted up by people, they feel happy and tend to get on the palanquin that people are carrying. But when you do that, your feet become disconnected from the ground.

We are going to become more and more noble. At that time, I want us to be people who are falsely happy and not puffed up.

When we do become falsely happy at times like that, we float in the air with our feet off the ground, and if something happens, our feet are swept out from under us.

So the more noble you become, keep your feet on the ground while your head reaches high into the divine world. Imagine that state.

Your head is in the divine world, and your feet are in the physical world. We are beings who connect heaven and earth in this way.

Those who think "I am this body that is this height and weighs so many kilograms" have forgotten that their head is in heaven, so both their head and feet are in the physical world.

When a human's head is in the physical world, what do they think? It's only criticism, denunciation, and judgment.

In my experience, I was constantly spouting thoughts of discontent, dissatisfaction, and lack. In such a world, humans compare themselves with others, become delighted or disappointed.

Some people call such a world the "world of duality," and others call it the "world of dualism," where things are divided into good and bad, right and wrong, love and hate, near and far, white and black, and we become fixated on things that seem divided.

In the movement of the human heart, we might say things out loud like "I like you," but if that person does something that displeases our emotions, we suddenly flip-flop and say "I hate you like that."

That flip-flop in the heart occurs because the thoughts are in the world of dualism. I'm sure many of you have experienced this. I certainly have.

From such a place, humans begin to remember that "we are originally sacred, that we actually have the power to bring great harmony to the universe."

We are now at that stage, but at that time, memory is really getting in the way.

When we say "Let me be reborn," "Let me restore my true self," "Let me reveal the true greatness and wonder of life here," memory gets in the way.

"No matter what I do, it won't change anyway," "It's impossible," memories whisper from the past of what couldn't be done.

Some people easily lose to this whisper and think, "You're right, let me give up," "Let me stop trying." Others have a strange bias, thinking "I must do it, I must do it," and the opposite whisper of "Let's slack off, let's slack off," "You don't have to do it" ends up winning, and their feeling of "Let's do it," "Let's do my best" deflates.

Watching the various movements of the human heart, I think it's interesting. And how can we observe such various movements of the human heart? The easiest way is to become one with the Guardian Spirit. There's no other way.

If you live united with your Guardian Spirit, the Guardian Spirit's way of looking becomes your eyes. "How do I do that?" As I've said many times in study sessions, it's to continue thanking the Guardian Spirit relentlessly and thoroughly.

It's not a matter of "I said it 100 times today, so that's enough." You do it constantly while awake. For a period (a certain amount of time), foolishly practice complete gratitude.

Not just the Guardian Spirit, but be grateful for everything. For anything, for any person, practice living in a way where you do nothing but say thank you, do nothing but think how grateful you are.

Short people can change completely in about 3 weeks. Even long people can now change in about 3 months. Once you go through that stage, you no longer have to keep doing the same thing after that.

When daily gratitude reaches a critical point, what you're always thinking in your head gets completely replaced by "I'm grateful." Your personality becomes purely divine.

Once you get to that point, you no longer have to say "Thank you, thank you" as if you've lost your mind.

The reason we are now at a stage where this kind of final polishing of the heart is necessary is because we are now just before entering the divine world.

But even in this stage, it seems that many people have not let go of the thoughts of self-limitation.

This is a state where the self that is thinking "I must do it," "I must do my best" is in conflict with the self that is thinking "Let's slack off, let's slack off," as I mentioned earlier. But when we observe from a birds-eye view that "There is such a self," we can rise to a level above that. But because we get caught up in one of those emotions at that stage, we can't rise to the level above.

The quickest way to observe the entire human heart comprehensively and to see the whole of your own heart is, as I say many times, to become one with your Guardian Spirit. To live with the Guardian Spirit's consciousness as your own consciousness. That is the gateway to the

oneness of self and divine self for us.

I'm sure you all understand that because you've become one with your Guardian Spirit doesn't mean you don't have to do anything anymore. After becoming one with the Guardian Spirit, there is more advanced learning.

But those who have already reached the level where they can become one with their Guardian Spirits are enjoying polishing and elevating themselves, finding joy in becoming noble, being delighted and grateful, so I don't think anyone would lose focus there.

Before that, emotions and thoughts were immediately swayed. Like a roller coaster, enthusiasm would spike up sharply, then drop sharply and enthusiasm would disappear. We change such an unstable state of mind into 'A state where the light of life is constantly burning brightly.'

Constantly the energy of life is pouring in from heaven and does not stop, overflowing from yourself and does not stop. We need to guide and nurture ourselves into such a state.

As I often say, if you sleep 8 hours in 24 hours, the time you're awake is 16 hours. In those 16 hours, to make the time when the light of life is shining brilliantly from within yourself, you ask the Guardian Spirit, "What should I do right now in this moment?"

Then the Guardian Spirit tells you immediately. Before your question ends, without a moment's delay, they tell you.

The Guardian Spirit is also you, so they already know what you're about to say. So they immediately give you the answer. Then you honestly accept that and take action.

I hear from several people that "I first thought 'It should be like this,' but then I thought 'Wouldn't this be better?' and I did that instead." I often hear stories where they're overthinking it.

Those of you who are reading "God and Man" well would understand what's wrong with the words just now. It's that they didn't move with the first intuition, but moved with subsequent thoughts.

The first intuition is the answer from the Guardian Spirits, Guardian Deities, and Divine Spirits, but the second intuition and third intuition, which are thoughts that flip the first response, are all answers from karma and retribution.

Even if someone says "Well, but I didn't like the first thing that came up," even if you don't like it, that is exactly the answer your Guardian Spirit is giving you.

Even if you don't like it, if you do it honestly, it turns out well in the end. The Guardian Spirits and Guardian Deities give you answers like that.

So it's important not to judge with your emotions whether something is good or bad, whether you like it or not.

Being honest with truth, being honest with Guardian Spirits and Guardian Deities, I think that is the greatest secret for our souls to truly grasp eternal happiness.

So we are now going to take a break. We will do the Divine Spark IN once. Please say the prayer

words "The Great Success of the Awakening of Humanity's Divinity" and repeat them twice while doing it.

Those sitting, please keep good posture. Those standing, please grasp the ground beneath your feet with the soles and toes of both feet, imagining the floor in your home as the Earth's ground.

Then close your buttocks tightly, draw in your abdomen, straighten your back, relax your shoulder strength, and gently pull your chin back. Now we begin.

<Divine Spark IN once>

Yes, thank you. Well then, we will take a break until 2:06. Your faces are not visible, so please relax and take your break without worry.

<10-minute break>

Now we begin the second half. In the program called 'Becoming Connected in Divinity' last night, I talked about the true principles: "There is only one me in the universe," and "Because I exist, everything exists."

In my original plan, I was going to touch on this story after entering 2026.

However, on November 22 at the 'Video Prayer Gathering,' three young women touched on this, so I thought it was a good opportunity and created a program with deeper content.

What those who served as readers yesterday—Anaten-san and Toguchi-san—communicated to me afterward, separately from each other, was the same kind of comment: "For the first time, I became aware that there are two 'me's—the self that is speaking and the self that is listening to (watching) it."

That was written in the beginning of yesterday's talk. Let me read that part. We'll share it on screen so you can see it.

"In our consciousness, which is formed and manifested as a reflection of the existence principle of the Universal God, just as it is with the Universal God, a Seer and a Seen coexist simultaneously in our hearts, and we are currently becoming able to freely move between and master both consciousnesses of 'us.'

The two can be called Inner Divinity and Surface Consciousness; they can be called Higher Dimensional Consciousness and Three-World Consciousness; they can be observed by dividing them into the aspects of Guardian Spirits, Guardian Deities, Divine Body, and Direct Spirit on one side, and Physical Body, Astral Body, and Spirit Body on the other side.

As we advance our consciousness spiritualization in this way, we will go through a stage where higher consciousness and surface consciousness coexist in our hearts."

This state can be explained in various ways, but in yesterday's case, I told the two readers in advance: "You don't have to try to speak."

"If you don't try to speak, but instead pray well saying 'Guardian Spirits and Guardian Deities, please help me. Thank you,' and face the event, the Guardian Spirits, Guardian Deities, gods, and Cosmic Beings will automatically speak using our hearts and bodies," I told them something

like this, and that's the kind of experience they had.

So today, I'd like to touch on some aspects that weren't covered in yesterday's program.

"Because I exist, everything exists." "There is only one me in the universe."

As we go deeper into the very roots of our lives, we feel "This is really true." This way of viewing and thinking "There is only one me" has two interpretations.

One is that when your consciousness enters completely into the Source of life, the Root, the Origin—what exists there is "Only one consciousness of the Universal God itself. There is nothing else." This is the talk about the root.

The other is, "While living in the Physical Body, ultimately you are only projecting what is inside you onto the world outside your body and perceiving it," meaning "There is only one me in the universe."

We live like this in the Physical Body, having relationships with family, relatives, neighbors, friends, acquaintances, people at work, and all sorts of people. At such times, until now, we sometimes thought "This was my fault," but we also transferred responsibility through other-directed thinking, blaming others.

"It has nothing to do with me," or "That's that person's problem," or "Something's wrong with that person," or "That person is the one with the problem," we made critical, denunciatory, evaluative views and thoughts. But as mentioned in the 'Video Prayer Gatherings' on November 22 and December 6, "The cause of feelings about people comes from within yourself." This is something this study session has been saying since it began in September 2023. But now the Hakko Shinkōkai itself is finally touching on it, which means the time has really come for everyone to enter this stage.

In the words "There is no blame on others," as conveyed by the Old Man (Rōshi) who possessed Goi-sensei in 1962, "Everything is self-responsibility!" he declared. At that time, through Goi-sensei's mouth, "All is self-responsibility" was first expressed. But after that, it wasn't touched on much.

As you all can probably imagine, this truth was too high a barrier for people at that time. So seeing the state of those physical humans, the gods withdrew it. They stopped talking much about it.

When I listen to the recordings from the Showa 37-38 period, that talk comes up several times. It comes up, but it doesn't appear in the talks that come after that.

The same thing happened around 2007 or 2008. At an event at the Fuji Sanctuary, when Masami-sensei said from her mouth, "From now on, people on Earth will come to live 150 years, 200 years old," those who attended that day would remember. The people at the venue laughed with glee. They laughed out loud. Almost no one took it as something applying to themselves.

When that talk came out, I was doing a fist pump in my heart, thinking "Finally, Hakko has come to say this talk," but looking around, people were laughing, and hardly anyone was taking it seriously as something that applied to them.

Masami-sensei pressed the point 2 or 3 times. "It's about you all!" she said, but hardly anyone took it seriously. They were just laughing like "What silly thing is she saying?"

After that, that talk never came up again. Maybe even Masami-sensei herself forgot. The gods and Cosmic Beings decided "The timing was too early," and withdrew.

I remember it clearly. Living 150, 200 years is not strange at all. When this Physical Body becomes spiritualized, it's inevitable that people live longer.

As proof, on stars other than Earth, people don't say 150, 200 years; they live 500, 1000, 2000 years—so much longer.

Of course, the flow of time is different, but even so, as the world of a star advances, it is natural for humans to live longer.

I believe that we are the ones who will be the first to demonstrate this on this Earth.

Of course, among those listening now, there may be some who think "I'm good. I want to go to the other world early." That's completely fine. No problem at all.

We each have different roles. So if you feel you have done enough work on this Earth, please give yourself permission to do so.

Conversely, if you think "No, I want to see it with my own eyes before I die. I want to witness the time when humanity on Earth truly advances in consciousness and this star becomes okay," that's how it will be.

How much longer will that take? Will it be 5 years, 10 years, 20 years, or more? It's hard to say.

It all depends on the movement of consciousness in this moment of each of us, each one of us now living.

"Divinity is ordinary" is the state where you are 100% acknowledging and believing it. That is like graduating from the stage of believing.

As I often say, on New Year's Day 2020, words came down to me. Those words were "Humans pass through three stages of consciousness evolution like a hop-step-jump: Confidence, Conviction, and Obvious Recognition."

Having confidence is the very first step, the beginning. When you graduate from the stage of confidence, you enter the stage of conviction.

When you also master this stage of conviction, you enter the stage where you think "Divinity is ordinary, isn't it?" the Obvious Recognition stage. When you enter the Obvious Recognition stage, there's no need to strive saying "Let it be like this."

But as I said last time, before you get there, you really hit walls and experience hardship. But what those in the depths say is, "Suffer greatly. Experience great difficulty." And then "Because it is a precious experience."

When we live in this world, sometimes our hearts waver, and we think "I don't like it," "It's hard," "It's painful." All of it is a good memory.

For example, if there are people over 80 years old here, I think from a senior in life's journey

looking at people in their 60s, in their 70s, "That was a time I also had." From the gods' perspective looking at humans, it's like that.

"Humans don't want to do it because it's hard. I hate suffering." People make choices with such shallow emotional movements. But if you follow the first intuition and move according to the first intuition, even if in the middle of it you think "I don't like this" or "I don't want to do this," by the time you finish, all the emotions you've tasted become nutrition for your soul. Those experiences form the depth and dimension of your heart.

So if some people have had varied experiences and others haven't had varied experiences, the person with varied experiences is deeper and more flavorful as a human. I think you all understand this.

We are actually doing this at the level of the soul through daily living. The things of the soul are invisible and inaudible, so it may not seem that way. But the truth of our lives from the world of life is that "Through daily life, we are deepening, broadening, and elevating ourselves at the level of the soul."

I got a little off track, so let me go back to the topic I was going to discuss. "Because I exist, everything exists." "There is only one me in the universe." One is when thinking as the consciousness of the Universal God itself, the other is when living as a physical human, feeling various things about oneself and others, all such things are simply reflecting what is inside you, and "I am the only one." There are two patterns of "I am the only one."

We are projecting what is inside ourselves onto another person as a mirror and feeling it. The Founder of Tenrikyo said of that, "Mirror House." In modern terms, we are living in a "Mirror World." We're living in a world surrounded entirely by mirrors. What's reflected there is only yourself. That's that meaning of "I alone."

In this way, when you go deep into "I alone" from the most inner and outer sides, consciousness evolution is greatly promoted.

I myself was truly a person who only blamed others. But now, if I search my heart, I really can't find that me of back then. "That was certainly me," I think, but the memory of that time when I did such things seems like an event from a past lifetime.

Everyone, without exception, if you don't give up and keep doing anything, it will surely be accomplished, succeed, and if there's a self you want to become, you can become that self.

In that sense, persistence and a heart that doesn't give up are very important elements.

Today it looks like we might finish before 3 o'clock, which is rare. Since the message is "Okay, that's good," in the end I'd like to do the Divine Spark IN one more time and finish. We begin.

<Divine Spark IN once>

Thank you. Well then, I'd like to end it here.

It's getting cold all over Japan. Especially in Hokkaido and the Northeast, the conditions are really cold. Please take extra care of yourselves, avoid catching cold, don't slip on snow, and take care.

Then we end. We will turn on your microphones now.

<Bye-Bye time>

Well then, today's study session on December 7 ends here. Thank you very much.