

Good afternoon everyone. We begin today's study session on December 21st, Sunday. As we did last time, we will begin with the Prayer for the World Peace. It will be about seven and a half minutes. Like last time, the closing words will be, "Guardian Spirits, Guardian Deities, Goi-sensei, thank you very much." Now let us begin.

< Prayer for the World Peace >

Yes, thank you very much.

2025 has only about 10 days left. As we enter 2026, since we entered December, my heart has been receiving various messages about next year such as "It will be like this next year" and "It would be good to do things this way." Among all this, those of you who have read the December 10th issue of Byakko Magazine have probably already noticed that SOPP (Symphony of Peace Prayers), which is the May Grand Event, will be held at the Fuji Sanctuary where members and the general public will gather. It was written in Byakko Magazine.

The moment I read it in Byakko Magazine, I thought to myself, "It has finally come. That time has finally arrived."

Some of you may remember Goi-sensei's two great prophecies. One is, "CWLP will definitely be completed." It will become usable on Earth. The other is, "The materialization of the gods or cosmic beings. This too will definitely happen." He said, "If these two things do not happen on Earth, the Earth will not be saved. It will perish."

The reason I thought "It has come" is because of the materialization of cosmic beings. I truly believe this will happen. Cosmic beings will appear at next year's SOPP. There is no reason to gather people without purpose. However, I believe there will be people who can see them and people who cannot.

If you calm down and think about this carefully, it is something anyone can understand. Everyone's level of consciousness is scattered everywhere. Of course there will be differences between those who have worked hard to lose their ego, to become empty, and to become one with the God-self, and those who have simply been doing things without such effort.

I believe that next year's endeavor will have an experimental nature. In 2026, we will attempt the first materialization and test, "How many people can see them?" "Will their wavelengths match?" I think it will become such a testing ground.

The important mindset at that time is to welcome them with the consciousness that "Their appearance is already a given, normal thing." When you see their form, greet them with a welcoming feeling: "Welcome to Earth. Welcome to this physical world."

What is most undesirable is to react as if you had just met a celebrity. You often see this at the Fuji Sanctuary. When Masami-sensei appears, people make a fuss like "Wow! Wow!" as if they had just met a celebrity. When there are many people in such a state of mind, cosmic beings cannot appear. Why can't they appear? Because when people are in such a state of mind, their wavelength is too coarse.

Eventually, it is natural that cosmic beings will appear. It is natural that they exist. It is natural that we have been working together with them until now. We just could not see their forms and shapes because we were in different wavelength zones.

We have always said that the Earth has been becoming spiritualized. As the spiritual and physical waves surrounding the entire Earth and the rotation speed of subatomic particles increase, the spiritual and physical waves of this world gradually transform into spiritual waves.

So we have always conveyed in study sessions that "We think this body is our physical body, but half of it is a spirit body."

The mind is progressing further. Our mind is now composed of a mix of the sacred mind and the mind of the body. Consciousness is always ahead. The mind is always ahead. If a person's mind has not evolved, their body will not evolve either. If a person's mind has evolved, their body gradually becomes more and more spiritualized.

When people hear the words spirit-body or spiritualization, they probably imagine something like a ghost passing through walls or glass. That happens when the physical world and the astral world, the spiritual world overlap; when one has the wave of the physical body and the other has the wave of the spirit body, they pass through each other. But if both have the spirit body wave, you can hold hands and shake hands in this physical world just like normal. When your wavelengths are the same.

The cosmic beings will gradually bring themselves closer to our wavelength and come down to the point where they can no longer make their waves any coarser.

So on our side, we polish and elevate our hearts, we place ourselves in a state with no self-interest whatsoever. We cultivate within ourselves the awareness that "My words, my thoughts, my actions are the words, thoughts, and actions of God." We guide ourselves to that consciousness.

You do this without wasting a single moment. If you are just going through the motions, it is no different from not doing it at all. You do it all day while you are awake. This is the most precious time right now.

When you are living in a physical body, you may have moments when you think "Can I really do such a thing?" "That's right. It's impossible. I can't do it."

But that thought is not your true self. Your true self is not thinking that way. You are only sensing the appearance of habitual thoughts arising and fading away.

Then why have you been thinking that something not-yourself is yourself? It is because you have surrendered your power to the memory of having forgotten the sacred, to having lost the sacred. Humans have the habit of thinking things in light of memory. They think things in light of the past.

When trying something new, when trying to do something for the first time in this lifetime, humans always try to judge based on memory. They try to think based on memory. In religious terms, this is called 'biased thoughts.' I break this down further and convey in study

sessions that it is 'opinionated, fixed ideas, fixations, and attachments.'

Thoughts like "It must be that way" or "It should be that way" are filters that distort the truth, "selfish and one-sided habitual patterns of thought." These kinds of thought tendencies are the way most Earth people think and see things.

Return this 'self-thinking,' this 'self-thinking' to your guardian spirits. Now is truly the time to return all of it. When you return it, the thoughts, words, and actions you think are your own become the thoughts, words, and actions of your guardian spirits and guardian deities.

You and your guardian spirit become perfectly aligned and overlaid. Like this, completely overlaid with no gaps. (Demonstrates by overlaying two fists together and then separating them.)

Then the words you speak are the guardian spirit's words, the thoughts you emit are the guardian spirit's thoughts, and the actions you express are the guardian spirit's actions. This is what you cultivate and refine. You are originally sacred. That is the truth.

If you stand in the place of being originally sacred and think about things, effort would not be necessary. But since we are in a place where we cannot think of it as a given fact, effort becomes necessary. This is how the conversation goes.

So how much effort do we actually need to become one with God, to attain enlightenment, to unify with guardian spirits and guardian deities? We always say this in study sessions.

For three weeks, act foolishly and say "Thank you very much. Thank you very much. Guardian Spirit, thank you very much. May Peace Prevail on Earth" in a state where no other thoughts can intrude.

From the outside, you'd look crazy, right? But since you're doing it in your heart, no one can hear so they won't know.

When you have to talk to someone, you talk. But there are many times in the day that are not like that.

From morning when you wake up to night when you sleep, you are not constantly talking to people, I think. You have plenty of alone time. During that time, you stake your life on thanking your guardian spirit and unifying with them.

This corresponds for each one of us to Goi-sensei's "practice of thought cessation."

"Guardian Spirit, thank you very much" or "May Peace Prevail on Earth," thinking only of your guardian spirit, thinking only of world peace, creating a state where no other thoughts intrude, you do this for at least three weeks.

Quick people change completely in three weeks. Some might change even faster. Those who are already on the verge of Divine Spark might change in just a day or two without taking several days. That is how far we have all come.

Some people might need three months, four months, or half a year, but three weeks or several months is not that different. Even if attaining God-self union were delayed by five or ten years, it would not be a major issue.

As I always say, if you look down at Earth's people from the deepest realm of the gods' world and compare the most noble person with the least noble person side by side, the same goes for cosmic beings, they say, "What is the difference between these people?" "There is no difference. They are the same, right?"

The closer you approach Universal God, the more Earth people saying "That person is great" or "That person is not great" seems like "There is no difference at all, right? It's no big deal, is it? It's like comparing the heights of acorns," this is what it becomes.

Unless you eliminate the self (individual ego), discrimination will not disappear from this Earth. Why are wars occurring on Earth? Why are conflicts occurring? Why do disharmony in the family, bullying in school or workplace never end?

It is all because everyone is discriminating against themselves. It is a matter of discrimination in the heart. As more people stop discrimination in their hearts, disharmony decreases from this Earth.

In yesterday's 'Video Prayer Gathering,' Maki-sensei repeated many times, "There is no cause outside." Everything is your problem.

The fundamental error of Earth people was cannot see this as their own problem.

I used the word 'error' just now, but it couldn't be helped until now. The time was not yet ripe.

We have talked several times in study sessions about 'The Formation of the Earth.' Or we have spoken about 'The process of planetary development,' how various planets in the universe are developed. When we dig down to where the waves are most coarse, and when we have dug to that point, we make a U-turn and travel back toward the source of the universe. That journey is 'planetary development.'

Right now, we have already made the U-turn and we are all walking on a path heading back to the bosom of Universal God. Although the progress varies from person to person, we are walking on very similar paths.

But at that time, the remnants of the thoughts from an age when we had forgotten the sacred still remain in our heads. We just need to return all of this to our guardian spirits.

Stake your life on saying "Guardian Spirit, thank you very much," "May Peace Prevail on Earth" all day long. If most people do this for at least three weeks, they will change.

Do not produce other thoughts. Think only of this. When put this way, some people say, "But I am working so I can't do this," or "I have a large family so I can't do this."

When you are talking to people, you talk. When at work you need to calculate something, you concentrate on the calculation. It is obvious. You do it during other times.

If you truly get serious about it, you will change. Everyone will easily become 'one with God.' Everyone will easily become 'one with their guardian spirit.' We have all come quite far already.

But there is still some indulgence remaining in our hearts. "This much is okay," we think.

Honestly looking at your own heart, everyone has a resident Ego living in their heart.

These Egos are very troubled if we in the physical body become great. Why are they troubled? They have the delusion that "My dwelling place will disappear."

The Egos do not have a wide perspective looking across the universe; they only think of their own convenience. So we need to deal gently with these Egos. But the physical self does not face them. We face them with the eye of the heart (divine eye) that has become one with the guardian spirit and guardian deity.

To do this, stake your life on continuing to say "Guardian Spirit, thank you very much. Thank you very much. Thank you very much" and become one with your guardian spirit.

As I always state, the resonance of the words "Thank you very much" is a magic word that unites the object of gratitude and yourself as one. It is like a spell. It is the same as when you kept chanting "Namu Amida Butsu, Namu Amida Butsu" and became one with Amitabha Buddha.

If you always go "Thank you very much. Thank you very much," the barriers that separated the object of your gratitude from yourself disappear. When the barriers disappear, the object of your gratitude and yourself become one. That is when you must do this with true seriousness. That time is now.

Some of you might remember the words: "You are the salt of the Earth, the light, the children of God. Without you taking action, what is the completion of world peace? The time is now." This is written in the 'Sermon on the Mount' section of 'Biblical Lectures.' It is words written when Jesus Christ and Goi-sensei merged together.

The time has truly come. The time of awakening the sacred, the time of awakening the eyes of the soul has come. Some of you might have noticed that the alarm clock calling your soul is ringing in your hearts.

The unusual people who would think of attending a study session like this are people seeking the path, so naturally you are making such efforts, but among those not attending study sessions, I hear many stories of people thinking "I can't stay like this" or "I really need to change now," or "I am working on this now," and many are truly getting serious about changing themselves.

So several months ago, we opened the study session. Until then, when strict information didn't reach people who weren't interested, there was a possibility it could make them anxious, angry, or stir up their emotions, so we had shut out people who didn't respond to study session announcements.

But by the second half of 2025, those barriers have become unnecessary. In 2025, this year alone, many people have attained enlightenment and become one with God.

Among those involved with this study session, there are such people. Right now they appear with calm faces, but next year, even more people will attain enlightenment, and even more people will become one with God.

At that time, what I was told from within is, "Whether you have attained enlightenment or not, whether you have become one with God or not, cultivate the heart to bless them naturally and sincerely."

"Congratulations. I'm so glad." Embrace them, become one with them, celebrate and bless them (kotohog). "Cultivate such a heart." That was what I was told. It was also said that this would ultimately lead to "blessing the awakening of the sacred in all of humanity."

Moreover, we do things like 'Great achievement in the Divine Spark resurrection of the people of such-and-such place' or 'Great achievement in the Divine Spark resurrection of humanity,' and this too is a 'word of blessing,' a 'word of kotohog,' I was told.

When I received that message, I thought "I was not doing this thinking of it as a blessing." But this wave of blessing spreads, accelerating the Divine Spark resurrection of humanity.

Everyone truly carries various thoughts, various situations and lives within them. I think the challenges before each person are different.

Some people suffer in relationships with family members, with friction. Others have various patterns with neighbors or workplace relationships. Or some are sick, or injured with physical problems. Everyone lives within various situations.

When viewed from the perspective of guardian spirits and guardian deities, it is this: "Everyone is walking the best possible process to perfect themselves."

Until now, humans have had the way of thinking: the person who makes me happy is a good person, and the person who disturbs my emotions is a bad person.

But the truth is... when viewed from the divine realm, from the guardian spirit and guardian deity's perspective, there are the words: "Necessary, inevitable, perfect." It is the appearance of what needs to happen occurring at the perfect moment.

And simultaneously, all of it is fading away. Regarding the explanation of fading away, various people have explained it, but put simply, it is 'like clouds flowing through the sky.'

Some of you may have experienced this: when you sit in one place and look at the sky for a long time from the same spot, if the wind is blowing like this, clouds drift in from this side, pass in front of you, and go away to that side.

At that moment, you might have thought "The clouds never stay in the same shape" and "They change shape as they move," and if you have watched them, you have observed something very similar to the way human fate appears and fades away.

Something appears because it needs to pass through. You pass through. You simply observe "It passed through." You thank your guardian spirit and guardian deity and pray for world peace.

Just with that, the decisiveness, fixation, opinionatedness, and attachment to that matter thin out. The guardian spirit and guardian deity clean it up, so it thins out.

The other day, it was 'A Day Interconnected by Divinity,' in the announcement email for Saturday night's special program, I wrote the story of a disciple of Buddha named Churi. In

Sanskrit-like pronunciation, he would be called "Chudapantaka."

I heard opinions from several people after they read that anecdote, and what was interesting was that they were looking at different things. The point of focus was different for different people.

To give an extreme example of difference, one person said "Saito-san, you can attain enlightenment just by cleaning," right? Another person said "The way Churi achieved enlightenment through cleaning and became aware of the importance of cleaning his heart is wonderful," and that was how they understood it.

I really hoped the latter understanding would be received by everyone, but that is everyone's freedom, so I don't force how you receive it, but "What is really important?" That is the question.

In the text, Buddha asked disciples who had complained to him, "Why do these guys attain enlightenment?" "Doesn't that seem strange?" He asked them, "Are you happy living right now?" At that time, the disciples who thought it was not fun or interesting fell silent.

After that, Buddha said, "I will teach you something important," and told them, "If you value even one single word and deepen it, humans can attain enlightenment with that alone."

What we can read from this anecdote is that Buddha was a person who guided people in ways suited to each individual. He did not treat everyone uniformly like robots, saying "Learn all of this," or "Master this." That was not his way of guiding.

Some people are good at learning theories. Others are not good at such things but can put serious effort into one single thing. I think this doesn't change even in modern society.

When each of you places your hand on your own heart and thinks "What type am I?" your guardian spirit will teach you, I think. "You are this type." Then you can pursue the truth in your own type.

If you are the type like Churi, you can put serious effort into just one thing. During that time, Churi obtained the 'Arhat Fruit,' but that referred to 'enlightenment of becoming one with God,' which was a tremendous thing.

Churi did not memorize teachings, nor did he practice zazen. He swept the monastery twenty-some years straight, nothing else. Yet through sweeping, he realized "I thought I was sweeping the outside world, but what I really need to sweep is my heart."

He entered the state of enlightened heart. So we too... if you like logic, you can pursue it logically. But I don't think you need to be overly logical about it.

In Goi-sensei's words of huche received from guardian deity, there are the words "A hundred kinds of knowledge cannot compare to one true practice" and "Sincere, true practice surpasses understanding a thousand principles." You don't need to spread your hands wide and say "I have to do this, and I have to do that too, and everything."

When you think "This is it," put serious effort and pour your life into one thing. Then your soul will grow.

Growing the soul means the spirit body grows larger. When the spirit body grows larger, people you thought were others become not others. Because people you thought were not yourself have entered your spirit body's wavelength zone, so they are residents of your own heart.

And during the time we live with a physical body, I hope that everyone can remember themselves as being so large that "the entire Earth is myself." With such a large wavelength zone for yourself.

If we all embrace the Earth like that, things that would have been considered "difficult" by old standards no longer seem difficult at all.

Yes, then let's move into break time. Before that, this time we will assemble the Divine Spark IN three times in succession. The words are the same as always: "Great achievement in the Divine Spark resurrection of humanity." Settle your breathing, and if your shoulders or back are stiff, loosen them. Breathe slowly. Now let us begin.

< Divine Spark IN three times >

Thank you very much. Then we will take a break until 2:07. It seems only I will appear. Yes. Everyone please take a break now. Your figures should not be showing, I think.

< 10-minute break >

Yes. Then it's past 2:07, so let's move into the second half. Before assembling the Divine Spark IN, I said "Settle your breathing slowly." Settling breathing is a very important thing. It is not only during the IN. Throughout your waking hours, the breathing you do should be calm and rhythmic, well-adjusted. That is important.

What does this mean? The relationship between the movements of the heart and emotions and breathing—if you have observed the breathing of yourself and those around you well and paid close attention, you would nod at this. When a person's normal, default state is shallow breathing, the person becomes emotionally unstable, in a non-stable state. They get angry and then cry, going up and down like a roller coaster. That's when breathing is shallow.

When breathing becomes calm and rhythmic, the person's heart regains peace. For example, even if someone speaks ill of you, you don't get upset. Even during a big earthquake when things shake, you don't feel anxious. Even when you go to the hospital and are told "You have cancer here," fear doesn't arise. You reach a state like that.

There are many scenes where this can be applied, and when breathing becomes calm, only good things happen. That's not all from the mental side, but from the physical body side too, when breathing becomes calm, it's nothing but beneficial.

This is because the breathing approaches the breathing of the source of life... when we use the words Universal God, the breathing of Universal God becomes closer. Universal God's breathing is tremendously grand. Beyond the counting comprehension of human years, tremendously long breathing, they breathe.

By bringing our physical body's breathing closer to that, the infinite power that life originally

possesses is demonstrated. It becomes something like this: for example, the metabolic power is enhanced, it becomes a preventive against disease, and the so-called immunity increases. The stiffened parts of the body straighten up, and there are all kinds of good things.

But most people do not try to make their breathing slow all day long. Why does that happen? It's because of the memory we talked about in the first half. The memory that this body is myself. Since you have surrendered your power to memory, the desire to slow breathing doesn't arise.

Of course, behind that, Ego is producing negative thoughts like "If this person becomes great, it will be a problem for me," but we must not let ourselves be swayed by the memories and the thoughts of Ego. We cannot remain in that state forever.

In the first part of the talk, I said "The time has come now." The time for true change has come. If we miss this timing, we will end up going back to a primitive like planet and starting over.

Of course, even if that were to happen, from the world of gods far, far, far down the line, "Even if evolution is delayed like that by 200 or 300 million years, it's not a big problem," would be the talk. But from our perspective, "We don't want to be delayed that long," feelings arise. Still, the most important thing is truly becoming one with your guardian spirit. Gratitude for that. Continue that gratitude.

At that time, also pay attention to your breathing. If you think "My breathing has become shallow," make it slow, deliberately maintain calm, leisurely breathing.

This is not about special breathing methods or techniques or something. The message is "Make your normal, ordinary breathing slow."

In the world, there are many people who say "With this breathing method, this will happen to you. That will happen to you." But "Let your normal breathing during waking hours be slow," I don't recall hearing that talk much, from my memory.

But if you do that, you will change fundamentally at your roots. What does this mean? Language, thoughts, actions where you reveal the sacred, or using positive, enlightened words and thoughts, matching those with appropriate actions. That side is mainly the work of consciousness.

In contrast, settling breathing is 'settling from the body side,' adjusting from the heart and mind side. When you adjust from both the mind side and the body side, it becomes an unstoppable state for Divine Spark resurrection.

So, while awake, from the moment you open your eyes in the morning until you are taken to the other world by your guardian spirit when you get into bed at night, keep careful thought about calm, rhythmic breathing. Try this effort.

From such creative effort, wisdom from your guardian spirit flows in. "You should do it this way," through intuition they teach you. Follow that, and all good things follow.

By the way, this morning I sent an email about yesterday's "Video Prayer Gathering" and the

talk by Masami-sensei that was read at that time (the content that was in Byakko Magazine) from the 'Goi-sensei Birthday Gratitude Festival' of November 5, 2017.

Let me look at the screen for a moment. This is the homepage of the "Zoom Prayer Gathering." Let me enlarge a bit? This part here. From this word "Moreover." "Moreover, as another effect of the Divine Spark IN, as you assemble the IN, your back gradually straightens, and you make an effort to extend your hands as far as possible. Your posture and hands extend, breathing deepens, and just like that, the breathing method energy and the tanden energy and God's light energy mix, so you naturally become healthy, and naturally miracles are happening." This is what she said.

After that, the poem "Your Life Has Meaning" was explained with commentary.

"Why are you not on another planet, but on this Earth? Why not in a future time, but in this present time?" When you direct this question at yourself, your own sacred, your guardian spirit and guardian deity, they teach your own unique answer.

"No matter what situation you find yourself in, deep and profound and radiant meaning unique to you is hidden in that depth. Everyone has something that excels, something wonderful. Deep, deep within that, a radiant, unique meaning to your life exists. This is because all people are originally one with God. Each is a single line of the light of great brilliance. Within your eternal process of evolution, you carry the true mission of your own life and were born in this life. The true meaning of being born is hidden here. That is Divine Spark resurrection. You awaken to your own divinity and achieve Divine Spark resurrection. For you to experience that you and Universal God are completely one, you are being born now, and Divine Spark resurrection is finally beginning."

And look here. The reversed section. "The Shinjin does not become flustered no matter what happens. Even if information of conflict, with this country being bad, that country being bad, flies about, and they are not misled by it, with the five-finger sphere IN, they put a little force into their own tanden. We have been praying, Goi-sensei is being very active, Universal God shines brightly, so absolutely it's okay, confidence is assured. In that sense, everyone, you don't need to worry at all."

This 'five-finger sphere IN' is what is made in front of the belly, it's this. (Demonstrates.) When something happens and assembling the Divine Spark IN does not have time to happen in an emergency situation, you make this in front of your belly. You put force into your fingertips. Even though this hand shape is only half a sphere, in the invisible realm a sphere of light is being formed. A sphere of light is being made here.

It is a sphere of light invisible to the naked eye. Making this in front of your belly, assembling it—this hand shape is a half sphere, but it is the IN form where your tanden energy, God's sacred energy, and the energy of the gods mix and emit light.

There is the Nyorai IN (Tathagata IN). If that is an IN form focused on connecting with your guardian spirit and guardian deity, this sphere-alone IN is focused on your own sacredness, manifesting sacredness, and making sacredness radiate. This one only. No movement. This is for emergency moments. When something happens, put strong force into your fingertips and

assemble this five-finger sphere. With this, the light of life is emitted, and you can get through difficult situations.

The section 'How Man Should Reveal His Inner Self' is probably not all posted, I think, but "From here on, do not imitate excellent people, nor follow people with authority. You will live your own uniqueness just as it is. All people have differences from others naturally. There are differences naturally, so never decide your own value by comparing yourself with others. In that path, in that way, there is something only that person can do. Just as fingerprints are all different, ways of living, races, ethnicities, religions, occupations, and minds are all different naturally."

And here. "I will say something a bit severe here. Before blaming and judging people, the true cause of one's own misfortune, suffering, and tragedy is not caused by others outside. All causes that unfold in the outside world are never external. They exist in the hearts of each and every human. Though I have been writing about this for forty years, it is severe and people have not reached understanding. However, with the arrival of the age of the sacred, many people will come to realize that this is the truth."

This is the age right now. That time has arrived. "There is no such thing as someone else's fault," Goi-sensei said. "It's all your responsibility," he said in 1962. Sixty-three years later, we have finally reached a stage where we "understand that, don't we?" and share that insight with each other.

"Because each person has divinity and all humanity has divinity, each person awakens. Everything blamed on others, 'Why am I suffering so much, why do I not have money, why even with serious effort am I not recognized by people'—thinking that way, you still compare yourself with others and blame and judge others. But when you find the divinity within yourself, others don't matter. You can change yourself—you realize that."

This is what Maki-sensei repeated many times yesterday in the 'Video Prayer Gathering.' "There is no cause outside." "It is within yourself." This study session started in September 2023, but from the beginning, we have been talking about this. In my own personal experience, "There is no such thing as someone else's fault." Through occurrences that forced me to understand this from the depths of my belly, again and again and again—these many years, twenty-some years, the whole time I have been alive, I have repeated this.

In my personal story. I held a grudge against my parents until I was over forty, you know. I was a genius at blaming others. That genius at blaming others became a genius at not blaming. A dramatic change.

Since I have actually experienced such a dramatic change in my own body, when I receive various worries and concerns from you all, everyone is a more decent person than I was. So I can say "It will be okay."

You are all more decent than I was back then. Back then I was such a mess. You couldn't even look at it. I was truly awful. If I have said about myself, "I was human garbage," then Koga-san said to me, "That's what you call 'useless,' Saito-san." But truly I was useless.

I have talked in past study sessions about the process of someone who was useless becoming not-useless. I won't do it today, but if you have time, please look at it. From around spring of the year 24, it has become available in text form, so you can read it.

In any case, what is important here now is "There is no cause outside." "All causes were within myself." Going deeper into this will be our common task in 2026.

This is already a very high truth. Ordinary people around here can't understand it. "No way, isn't that guy the problem?" they say. "Isn't the government bad because the world is bad?" they say without hesitation.

As long as people are saying "Who is bad," world peace is a dream within a dream. Universal God's heart as your own heart, the awareness that all of it happened because of yourself, the feeling in your own heart that you are responsible—share it, and with the infinite love of our entire selves, we embrace all humanity. Already we hold them tight.

"I don't like that person so I won't embrace them," that kind of thing doesn't apply. That's not the point. Whether you like or dislike them—who cares about that now. All we desire is world peace of humanity.

Emotions and thoughts appear. Feelings of liking and disliking will appear. But it is important not to think that is yourself. When such feelings appear, they disappear. You calmly observe. Like clouds passing through the sky, you can observe feelings and thoughts fading away.

Doing it once is not enough. Two or three times are not nearly enough. By repeating this countless times, you will realize at some point, "Wow, I had changed," and that moment will come. That is how guardian spirits and guardian deities guide us.

If humans had their way, we would want something more understandable, dramatic, and striking. But not knowing when you are changing—that is the most grateful way of changing. You realize you had changed.

It's like climbing a mountain. You are climbing the mountain path carefully, looking down at your feet so you don't trip on rocks, confirming each step as you go. Before you know it, you have reached the peak. That's something like that.

If you keep thinking "When will I change?" "Still not changed?" "When will I change?" you will never change. That is just like with the mountain climbing example—you stay in the same place and don't move forward.

So, no matter what happens, do not blame others. "That person is bad," "The country is bad," "Society is bad," "The company is bad," when such a feeling comes out, hold yourself back and think "Wait a minute."

"That's thinking that there is a cause outside, right?" "That's not right, is there?" "The true cause is within myself, right?" Create a version of yourself in your heart that changes direction.

Then, for example, when there is some misinterpretation in a relationship between spouses

and it becomes like a quarrel, "Wait a minute" appears in your heart. It can be spouses, but it doesn't have to be. It can be a fight between siblings, a dispute with a friend, any conflict, when "Wait a minute" comes out in your heart, go home and sit alone and close your eyes and do Touitsu Meditation and remember "Wait a minute." "Guardian Spirit, Guardian Deity, thank you. May Peace Prevail on Earth," riding on the resonance of the prayer for peace, shine a sunlight-like brightness into your heart.

Your heart becomes dark if you don't pay attention. When you shine the light of life into it, you see the darkness of your heart as if you can touch it.

Then you realize "Oh? There is a version of myself that isn't forgiven by myself, that is lonely and huddled over there," "Oh! There is a version of me that doesn't forgive myself and is sitting high and mighty!" When I experienced that kind of thing.

Applying this way of doing things, you find a victim version of yourself and a perpetrator version of yourself—that set. And you discover a version of you that is not loved by you and a version of you that doesn't love you—that set.

At the time I did this, it was when my thoughts were leaning toward blame, non-recognition, and evaluation of "That person." When I found that, immediately directed those emotions toward myself, and experienced that. "Oh, there are these victim and perpetrator like extremes, set as pairs within me, and those reflected as 'that person' in the mirror, and that's why a bad feeling appeared." In the moment I realized that, the bad feeling, the dark feeling toward those people disappeared without a trace.

In the world's time, it didn't take a minute. That happened in around 2020 from March to April. Since then, I have become a person who doesn't think bad about people. I don't want to think bad. I can't think bad.

This way of thinking can be applied to many things. Many people praise me. Many try to lift me up. If I were a person saying "Me," "My," "Me too," "For me," "About me," like "Me, me, me," then you know when flattery is laid on, the person easily gets carried away. But it's not possible to get carried away.

I wonder if I've told you this on the phone before. Around February 2019. The first time I made my debut as a leader of the IN in front of you all, the first several times, my knees were shaking like "Is this possible?" as I assembled the IN.

Can I show it? (Stands up.) It was like this, like this. Like this. It might be extreme, but I was shaking like this while assembling the IN.

Those participating at that time must have clearly noticed, I think. Emails of encouragement and support came from sister practitioners across the country, mothers across the country. With those, I somehow got back on my feet. The third or fourth time, maybe later, I could assemble the IN without shaking knees.

Originally I wasn't thinking about being in front of people at all, so being nervous might have been part of it. But now, no matter how many people praise me, how hard they try to lift me, I don't get lifted.

"I was raised by everyone," this is always in my heart. "I was raised by everyone, and yet why should I act superior?" that's the thing.

I originally don't have any thought to dominate or control. So supported by many people, volunteers among them have offered many ideas, offered many kinds of strength, and this Zoom prayer gathering continues.

And what I always communicate at the beginning or end of the year is: "It continues because there are people who come to participate." The prayer gathering that started on September 6, 2018, has surpassed seven years.

Along the way, we considered social conditions and the physical capability of participants and volunteers, and started taking summer breaks and year-end/New Year's breaks. Still, day after day, morning and evening, repeated and continued.

Some participants always attend both morning and evening, some can only come in the morning, some can only come at night. Some can only come a few times a month. There are various ways of participating. Because of those people who participate in such various ways, this prayer gathering continues.

From next year onward, the seventh country among the prayers for seven countries will change from 'Russia and Ukraine,' 'Israel and Palestine,' to 'China and Taiwan,' 'Republic of Korea and North Korea.'

I have told the IN leaders: "When doing China and Taiwan, please do the prayer words in Standard Mandarin Chinese and Japanese." "When doing Republic of Korea and North Korea, please do it in Korean and Japanese." Various forms of communications. If there are any of you who want to learn them, it is possible to see them in detail on the homepage. (Screen share the homepage.) Let me go back to the top and press Home. Here, seven countries, this. It shows up like this. If you want to read a PDF, press this blue button, and you can read it as a PDF. This audio replay place is a one-play, one-stop feature.

"Tehan Minguk wa Choson Sarandeul Shin Son Buphali Deson chi."

When you listen to this and compare it with the text here, you hear "Sarandreh." This is a mid-vowel sound between I and E. English also has a sound that seems like either an A or an O—similar to that. There are mid-vowel sounds in Korean and Chinese like this. "Tehan Minguk wa Choson Sarandeul Shin Son Buphali Deson chi."

If you all learn and do this, we Japanese people can transmit Japanese sincerity to Korean and North Korean people, Chinese and Taiwanese people. If you want to learn, please give it a try.

You can click the play button here and repeat listen dozens, hundreds of times, and while looking at this katakana, say it together, and you will definitely can do it.

If you think it is too fast to understand, press the "... " image here, and there is "playback speed." From here, you can change the speed from 0.25 times, 0.5 times, 0.75 times to 2 times speed. If you replay with a slower speed, you think "Oh, that's how they say it," and you can understand it in katakana like Japanese. (At the time of this talk, speed change and

download were not available on mobile devices, but currently they are possible.)

Here is the meaning. The grammar is exactly the same as Japanese. The word order is exactly the same. "Tehan Minguk, Republic of Korea. Wa, and. Choson, North Korea. Sarandeul, peoples of. Shin Son Buphali, Divine Spark resurrection. Deson chi, great achievement." The same way. When it becomes "Great achievement was achieved," something attaches after "Deson chi," but we purposely made it end with "Great achievement" like Japanese, the finishing form.

Going down a little further, there is Standard Mandarin Chinese. "Zhongguo Fei Taiwan Renmin Da Shen Shen Yi Jin Chong Xin Jue Shi." If you listen to this repeatedly, you can say it the same way.

Again, there is playback speed here. If you replay at a slower speed, it becomes easier to catch. Or if you want to listen to it on your mobile phone while carrying it, there is a download link, so you can download it to your smartphone and play it with a playback app.

Chinese pronunciation is a bit more difficult than Korean. There is something called 'tone.' First tone, second tone, third tone, fourth tone, light tone. Looking at this illustration image, you understand easier. First tone is high and level. Second tone goes from the middle up. Fourth tone goes down more sharply. Third tone you should think of as a short sigh.

(Makes a small sigh sound.) "Ah ah ah" lower and raised is the third tone. When speaking this lowest drop and raise motion, note that the raising part after the drop is often omitted from the sound. If you listen carefully, that's the case. Why does it sound that way? The raised part after the drop is actually omitted in the pronunciation. This is the same as linking in English pronunciation. When the ending of one word is a consonant, it joins with the vowel at the beginning of the next word and sounds like one sound. For example, "May peace prevail on earth," when you say it, the end of "on" is "n." The beginning of "earth" is "e." When they combine, you get "onners." (More precisely, "onnu aarsu") The same phenomenon happens in this Chinese tone—when the third tone is followed by the second tone or first tone, this happens. To understand this, going further back, there is a place where one character at a time has been labeled with katakana and symbols. Look at it there.

If you pronounce it this way, "Jon guo fei taiwan renmin da shen shin yijin chong shin jue shin," you get it. Here, one character at a time, broken down for learning. You can learn character by character. Here also the meaning is written. By repeating, repeating and listening, you will understand.

We will also do the Human Authenticity Declaration on Japan-central days in Japanese, Mandarin Chinese, and Korean. We will prepare explanatory pages like this later, so anyone interested in learning, please go through those pages, practice, and then declare together. I think it will be like pushing the back of Korean and North Korean people and Chinese and Taiwanese people's Divine Spark resurrection.

China and Taiwan also have tense situations. Japan is also said to be a central country for world peace yet holds conflict with Korea, North Korea, and China. In 2026, we will focus there and adjust Japan's foundation, and quietly through the prayer gathering, we will

support it.

Yes, it's already 3 o'clock. At the end, we assemble the Divine Spark IN once and close. Settle your breathing, and if any unnecessary strength is in your body, release it. With the soles of your feet thinking the Earth is the ground, grab it with your toes. Those sitting, think your first chakra and the Earth are connected. Your knees are not locked tight, just slightly relaxed. Your hips tighten at the same time as your abdomen tightens. Your back is straight, as straight as possible. If you are bending, that is fine. Straighten your back, release your shoulder strength, and lightly tuck your chin. Now let us begin.

< Divine Spark IN once >

Yes, thank you very much. Just now, before assembling the Divine Spark IN, I said to settle your breathing slowly. Settling breathing means practicing to break through self-limiting beliefs.

You gain successful experiences of "I couldn't do it, but I can do it." By repeating this, in the last several years, from my own experience, I have come to do prayers for Divine Spark resurrection and great achievement in 30 languages. I am not boasting.

"Before I knew it, I realized I had learned 30 languages too," that's how it feels. When it comes to that point, the feeling "I can do it if I try!" arises in your heart.

The first non-Japanese language, English, was unstable at first. As I learned the second, third language, gradually, a confidence arose in my own heart—"If you try, you can!"

There is a well-known saying: "If what you want to do aligns with your mission, you can definitely do it and make it happen."

So in reverse, "The reason we don't want to become the American President is because it's not our mission," we sometimes say in study sessions. In that way, "To fulfill our mission," breaking through self-limiting beliefs, we engage in efforts. So a different activity—it doesn't have to be languages. In your own life, you find a "This I've been bad at but let me try challenging it," and that becomes good practice for breaking through self-limiting beliefs. So everyone, find those things in your life and work on them.

And may 2026 be a year overflowing with love, gratitude, and blessing. These last 10 days are our accounting of 2025. Like Churi, let's spend time cleaning our hearts.

Just now, the image of "Retarded Old Man" from the manga "Genius Bakabon" popped into my head. Apparently, he was the model for Churi. That is useless trivia.

With the heart cleaning, let's make 2026 a brilliant year too.

Regarding the SOPP mentioned at the beginning, whether it succeeds or not depends on the consciousness of each one of us. It is not someone else's business. We were born this time for that moment. Finally, we can meet our cosmic companions in person. We have five months until then. I want to spend those months adjusting my heart.

So today's study session ends here. We will turn on your microphones.

< Bye-bye Time >

Everyone, have a good New Year. Today's study session ends here. Thank you very much.

End

*Regarding the talk about cosmic beings appearing, this is my own speculation, so please do not contact Byakko Shinju-kai (Byakko Circle) about this matter to avoid causing trouble.