

Hello everyone. We are beginning the study session on Saturday, February 7th.

First, we will conduct the Touitsu Meditation using the Prayer for the World Peace. It will take about 7 and a half minutes. This is the music we have been using frequently in our study sessions.

Prayer for the World Peace (approximately 7 minutes 30 seconds)

Yes, thank you very much. To describe this era that we are now in, I often use the expression &#x201C;brackish water zone era.&#x201D; This is where the fresh water flowing from a river and salt water from the ocean mix together. We call this the &#x201C;brackish water zone.&#x201D; We are currently living in a world where two value systems are mixed: the old values that had forgotten the sacred, and the new values that understand that humans are originally sacred beings and that this is the natural state of things.

And this &#x201C;brackish water zone era&#x201D; is also an era where &#x201C;the end&#x201D; and &#x201C;the beginning&#x201D; overlap.

If you look at only one side, the earth will end. It will end very soon. But if you look at the other side, a new era begins. Right now, both &#x201C;the end&#x201D; and &#x201C;the beginning&#x201D; exist in the same place.

As a matter of fact, Kazumasa Oda sang this too. He sang, &#x201C;Beginning and ending must surely be the same thing.&#x201D;

The end is the beginning. We are ending the earth with the old value system and transitioning to the earth with the new value system. For that reason, we chose to be born at this time in this era, selecting our country and our parents.

When we trace back our life through past lifetimes, past-past lifetimes, past-past-past lifetimes, it is not simply one single spirit lineage.

To explain this, I need to talk about &#x201C;composite spirits.&#x201D; The human soul is not simply one personality that a single spirit has gone through many rebirths. This is not simple linear reincarnation.

For those who have read &#x201C;God and Man&#x201D; thoroughly, you understand this well. Every person&#x2019;s soul contains either two or three spirit lineages when we trace back to the origin of their lives.

The central spirit lineage is the one that possesses the best qualities within us. Mixed with that are other spirit lineages that have many lessons and assignments to complete. We are born into our mother&#x2019;s womb as one person with one personality, formed by this mixture.

So I don&#x2019;t think there are many people who, when looking at one person, can say that everything about them is wonderful.

Particularly when it comes to human personality and character, there are many things that we think &#x201C;I only truly understood after becoming family with them.&#x201D;

For example, when people get married, before living together they feel &#x201C;I love

you; and ;I like you,; but once they share a life together, they see aspects of the person they didn;t expect before.

Whether it is with family members you live with, colleagues at work, or friends, I think we all come to realize that ;everyone has both strengths and weaknesses.;

When we examine the background of these strengths and weaknesses from the perspective of spirit lineages, it becomes a very understandable story.

The clearest example is: ;When sober, this person is very kind, but once they drink alcohol, a very problematic personality emerges.;

This is the most understandable way to explain it. So within the human heart exist several spirit lineages, and one person has various qualities.

We are born into this Physical Body, living with it for 60, 70, 80, 90, or even over 100 years. What we do in the physical world can be seen as ;the unification of the soul,; or in other words, ;the unification of spirit lineages.;

For example, if three spirit lineages from past lifetimes exist within our soul, and the central one has gone through many practices, experienced everything imaginable, and even achieved enlightenment;a very noble spirit lineage;while the other two are not yet at that level, then the humanity and personality that appear in this lifetime are not necessarily so good. We cannot be 100% like a saint.

We often hear people say ;they show a good face in public.;

They present themselves kindly and seem like good people when interacting with others, but when they get home, they speak roughly to their family.

There are also people who don;t show their inner darkness even to their family and instead spend their time in internal turmoil. These are the people we call ;good people.;

Society calls such people ;good.;

;That person is virtuous.;

;That person is nice.;

However, when we observe their inner heart, there can actually be quite a storm of criticism, blame, and judgment raging within.

I think it;s because we cannot see inside others. We don;t share our inner thoughts with others much. I believe few people have relationships where they share their inner life like this.

Because of this, people turn to religion or spirituality. When the ;unification of the soul; or ;unification of spirit lineages; progresses to a certain level;not completely, but 70% or 80% or beyond;humans naturally lose their inner worries.

Feelings like ;Life is painful,; ;I am suffering,; and ;I am sad; gradually fade.

Many of you have probably experienced this state. Some say, ;I spent my youth in

turmoil, but now past 70, I am amazed at how easy life has become. My heart is so light.&#x201D;

Not just at 70, but some reach this state at 60 or even past 50. This is when the strengths and weaknesses, the lessons from past lifetimes and the noble aspects of past lifetimes, have mixed perfectly within the soul and merged into one personality approaching completion.

As I mentioned earlier, what we do in this physical world is to achieve great harmony within the soul and to unify the spirit lineages.

We often hear, &#x201C;If you want to correct your faults, develop your strengths.&#x201D; The problematic spirit lineage dissolves within the magnificent spirit lineage, and the worries are transcended within the light of that magnificent spirit lineage.

For now, I am focusing on spirit lineages and have not discussed the work of Guardian Spirits and Guardian Deities. It is they, especially the Guardian Spirits, who do that work.

We humans, when living in this Physical Body, most of us cannot stay awake without sleeping. Among the nearly 8 billion people on this whole earth, there are perhaps only one or two people who can live without sleeping.

However, Guardian Spirits do not sleep. And neither do Guardian Deities. Divine spirits have no need to sleep.

In terms of time in the physical world, what are Guardian Spirits doing while being awake 24 hours every day?

They are continuously guiding the physical being they are protecting. They watch, guide, and purify continuously. As you know, a Guardian Spirit is a divine spirit exclusively dedicated to that person. For the sake of making that person noble, the Guardian Spirit works 24 hours to perfect the physical being&#x2019;s personality, unify the spirit lineages, and revive the Sacred.

This work of the Guardian Spirit continues year-round. From the day we are born until the day we leave the Physical Body, the Guardian Spirit watches us without sleeping and guides us continuously.

If a Guardian Spirit had a short temper like humans, being a Guardian Spirit would be impossible.

No matter how much they guide, humans go in the opposite direction. They give direct intuition and inspiration saying &#x201C;if you do this, it will work,&#x201D; but humans do completely different, selfish things instead. This is what humans are like.

So even now, when I focus my consciousness only on my Guardian Spirit, my eyes become hot. Both the heart of the physical human and the heart of the divine being become hot simultaneously.

The tears that flow from the Physical Body express gratitude: &#x201C;Thank you for never abandoning this stubborn person and guiding me all this time.&#x201D;

At the same time, within me there is the consciousness of the divine being speaking to my

surface consciousness. That consciousness says, "You have done well so far," "Just a little more," and "Let's do our best together just a little longer."

Receiving both feelings, I, being logical, naturally think again.

"What is this? Is it the heart of my Guardian Spirit? I understand my physical heart, but is the divine heart my divine body consciousness? Is it my Guardian Spirit? Is it my Guardian Deity?"

Really, I don't need to think about such things. I have a fading away characteristic where I tend to be too analytical, so I end up thinking this way.

Over the past 5 or 10 years, I have been very grateful to quickly receive answers.

"You can think of all those feelings as true."

Going even deeper, it is said: "We don't let you think about what is not true."

So I came to understand: "It is my divine body's heart, my Guardian Spirit's heart, and my Guardian Deity's heart."

I wish we could share these kinds of heart conversations in more situations and among more people... Ah, I just received an interjection. "You don't need to wish for that. Soon everyone's hearts will become transparent to each other anyway. Don't worry."

We mentioned before that things we could hide just by being silent will become transparent even in silence. That's the world we are heading toward.

People with noble hearts, people with no biased thoughts, people who are the embodiment of unwavering mind, people who are the embodiment of the Sacred; they can be observed from anywhere and anytime and can say, "I have nothing shameful. Please look." But when I honestly examine my own heart now, I have not yet reached that level.

In this 2026, I would like to work on that internally. Compared to 10 or 20 years ago, I have made significant progress, but there are still aspects where "the habits of human thoughts" have not been completely removed.

I want to polish that thoroughly this year. Now let me conduct a different Touitsu Meditation from before.

Prayer for the World Peace (approximately 14 minutes 30 seconds)

Yes, thank you very much. Now let's take a break. We will take a break until 2:05. Your screens should not be visible, I believe.

10-minute break

Now that it is past 5 minutes, we will begin the second half. I apologize. Before I took the break, I made a mistake and turned off everyone's video.

I think you can touch your video. Can you try touching it? Or from here... What should we do? Watokuchi, can you turn on your video...? Yes, you can. Yes, sorry. If your video was turned off by me by mistake, please press your video image yourself. I'm sorry.

So... the Touitsu Meditation before the break was about 14 and a half minutes.

I hadn't decided beforehand which Touitsu music to use today. I intuitively chose this one. At first I wondered, 'Why am I using such a long Touitsu?' But during the Touitsu, in the second half, I felt that 'this time was when the gods of salvation's great light and the cosmic angels were cleaning our self-limitations for us.'

This is because various kinds of 'the resonance of resignation' were passing through my head. 'Since it's this way anyway, what does it matter,' 'I will never change no matter what I do,' 'Others can do it, but I cannot,' 'these usual habit thoughts' were being cleaned and flowing away. I was witnessing the fading away of self-limiting thoughts.

'Self-limiting thoughts are not the real me,' 'all of you have probably read this in books, heard it in talks, or received it as an inspiration within yourself.' 'The Sacred is truly who I am, and self-limiting thoughts are not who I am.' I'm sure you understand this intellectually.

However, while being caught in the waves of daily life, those insights gradually recede, and old habits of self-limiting thoughts pass through our minds. I believe all of you, to greater or lesser degrees, experience this. So do I.

Even if there are differences in how strong or weak these thought habits are, I don't think there is anyone who has completely eliminated them. We need to face this until our last breath.

As long as we carry a Physical Body, there is always a fading away characteristic. So we must keep working on this. But during that Touitsu, I also felt waves of encouragement. I felt the resonance: 'It's fine,' 'Don't worry,' 'You can,' and 'Don't give up.'

This connects back to the beginning of what I said. We are having these experiences precisely because we are in the 'brackish water zone era.'

The end and beginning exist together 'here and now.' The flow of 'one is fading away while one is beginning' is happening simultaneously.

'What is my true self?' 'What truly is the real me?' 'Who am I?' I often say this self-questioning in study sessions recently.

'Who am I really?' 'What is the self?' 'What is my true being?'... If this is not firmly established, we will be caught in the waves of the ending.

Guardian Spirits, Guardian Deities, the gods of salvation's great light, and Cosmic Beings are all working hard to achieve a soft landing for the waves of this age; to land them gently.

But earthlings who don't know about this are constantly producing new karmic thoughts no matter how much we purify. We are in a kind of 'cat and mouse' situation here on earth.

At such times, what the Cosmic Beings say is: 'First, we will make you noble. First, we will elevate you. If you truly change, the earth's future will be bright.' Grasping our true self firmly; we simply call it 'the Sacred'; but more precisely it is 'consciousness directly connected to the source of life that created the universe.' This is the root of our true hearts.

Because people add 'sama' (honorific suffix) to Guardian Spirit, Guardian Deity, God, and Buddha, they tend to think they are separate personalities different from themselves. But Guardian Spirits and Guardian Deities are truly ourselves.

In this sense, as consciousness enters deeper and deeper into the inner world, we can say, 'We are one with the gods and one with the cosmic angels.'

Going deeper and deeper, deeper into the inner world of life, settling consciousness (settling in the sense of calm, not sinking), settling consciousness into the deepest inner core of life, we arrive at the Universal Life, the origin of life, and the source.

I don't know when true unity will happen, but in our daily lives, when we do something like Touitsu Meditation, we sometimes reach close to that level. Some of you might experience that.

At such times, when we view this earth from the deepest level of consciousness, even grandfathers, grandmothers, uncles, and aunts; everyone looks like babies. No matter how important someone sounds, they are a baby.

The human realm, viewed from another angle, can be compared to the world within a movie you watch at a cinema, the world on the screen. Essentially, 'the real us is not here.'

In other words, 'the thought that the Physical Body is the self is not the real self.'

Right now, the consciousness that 'the Physical Body is the self' is a character on the movie screen. The real us are the ones watching it, the observers.

People who think 'the Physical Body is the self' don't realize that they are the ones being watched.

But everyone will soon experience 'the time when we all become aware of both the self being watched and the self watching.'

We recently say 'it will happen while we still have our black eyes'; the time when this earth changes greatly will come while we are

alive.

The 'force that will greatly transform the earth' is precisely the 'Prayer for the World Peace' that we have been praying for 60, 70 years.

In recent years, the ultimate trump card called 'Divine Spark IN' has been given. But the foundation is the 'Prayer for the World Peace,' and the use of thought called 'Prayer for the World Peace through fading away' leads to the completion of individual character.

As I always say, 'fading away' is not about other people. It is not about the world or others. What truly needs to fade away is what exists within our own heart.

So we must observe ourselves. Someone might ask, 'If we observe ourselves, do we not need to work for world peace?' That is different too. Using tools like 'Prayer for the World Peace,' 'Divine Spark IN,' and many others, we spread light to the world. At the same time, through 'Prayer for the World Peace through fading away,' we continuously purify our own hearts. This is like the two wheels of a vehicle. One wheel is missing is not enough. We are doing both. We promote our own consciousness evolution while simultaneously playing the role of a hidden worker, lifting the consciousness level of all humanity's support from behind the scenes that gets no recognition. We prefer to remain unknown anyway, so it's fine.

When the heavenly side observes the situation of earthlings, what they truly want is people who have become unified with God.

There are not enough people unified with God. Some may think 'that's only for special saints.' But at least this much is clear: since 2020, unification with God is no longer an exclusive topic for a special few. It is not an elite path anymore.

Everyone can achieve it now. The gods and Cosmic Beings have supported us to this point, pushing us from behind.

Now it is up to us to walk with our own feet, to grasp the door to the divine world with our own hands, to open it, enter, and advance.

At that time, what crosses our hearts is self-limiting thoughts. 'I'm not worth it anyway,' 'I don't deserve to go further,' A way of thinking where we see ourselves as less; that is what we call it.

People called good or virtuous tend to be humble. But humility also has its pros and cons. 'To regret errors is good; to live only in regret is foolishness.' And there is another one related to this: 'Both self-belittlement and arrogance soil the life. It is only by bringing forth yourself with certainty.'

These are songs from 'the Way.' They are songs that Goi-sensei left for us, made in the Showa 30s or 40s I believe.

The first song says 'if you only self-belittle saying you were bad, that is

foolish.&#x201D; The second song says &#x201C;both self-belittlement and arrogance soil the life. Just bring forth your true self with certainty.&#x201D;

But here, another path appears for those who engage in self-inquiry versus those who don&#x2019;t.

&#x201C;What does the &#x2018;self&#x2019; in &#x2018;bringing forth the self with certainty&#x2019; mean?&#x201D; &#x201C;What is the true self?&#x201D; If we don&#x2019;t explore and find answers to these questions and don&#x2019;t understand what the self is, we cannot bring it forth.

&#x201C;I am a child of God.&#x201D; &#x201C;I am God.&#x201D; Even if we understand this intellectually, we cannot manifest it.

Knowledge tends to seem useful when gathered, but actually knowledge is not practical.

Calculations like &#x201C;1 plus 1 equals 2&#x201D; might be practical, but good things written in someone&#x2019;s book or good talks someone shares&#x2014;just remembering them is not useful.

You must manifest the good things you read or hear within yourself&#x2014;in your thoughts, words, and actions. When you manifest, you always change to the extent you manifest.

Many of you have probably felt this as you have kept changing, growing, and evolving this way.

Some may feel &#x201C;effort goes unrewarded,&#x201D; but the effort toward truth is always rewarded. It is rewarded in the form of transformation of self. And when the self transforms, the world transforms.

As one, two, three, five, seven, ten, fifteen, twenty, thirty, fifty, seventy, one hundred, three hundred, five hundred, seven hundred, one thousand, five thousand, ten thousand, one hundred thousand such transformed people increase, the world changes in a good direction that much faster.

Currently, 99.9999&#x2014; I don&#x2019;t know how many 9s there are&#x2014;almost all earthlings don&#x2019;t even think about the Sacred. But the 0.000001% of people who try to manifest the Sacred in themselves or are manifesting it are somehow, through co-creation with gods and Cosmic Beings, supporting the earth.

For example, let&#x2019;s say&#x2014;hypothetically, this would never happen in reality&#x2014;if this earth exploded into pieces, and between Mars and Jupiter there is an asteroid belt, the remnants of a shattered star, if that happened, it would be a tremendous problem for other stars.

So the people of the universe are working hard to prevent the earth from meeting such a fate. Especially the beings of the solar galaxy, and the parent star of earth, which exists outside the solar system in a place that cannot be detected from earth&#x2014;those parent star beings are working earnestly to make the people who pray for world peace into truly

unified people with God, and they are pouring amazing light of support every single day.

In daily life, we may not feel this much, but they say "we are doing this every day";

It is incredible light of support. It is energy that helps the earth immensely, energy we would never receive in normal living. We are receiving it continuously.

Some of you may sense this in your waking consciousness, and some of you may think "is that so?"; But at least, those of you here right now are not ordinary people.

When you hear "you are not an ordinary person"; how many of you nod inwardly? "Yeah, that's right. We are certainly not ordinary";

Five, ten, twenty years ago, if someone said "you are not ordinary"; we would have thought "that's ridiculous. That's not true."; But each of you might respond differently now, some might smile and say "thank you"; some might say "yeah, you're right. We are certainly not ordinary."; What I am saying now is not just "empty talk"; and when the time comes when people around the world can witness the appearance of Cosmic Beings, it will become absolutely clear to everyone that the people here right now are not ordinary.

We all came to earth from other stars in the universe to perfect the earth.

You might look up in awe when you hear "Cosmic Beings!"; But there is nothing special about it. We ourselves are Cosmic Beings.

We are Cosmic Beings too. Our existence, our heart that wants to work for world peace in this lifetime, is the central spirit lineage among multiple spirit lineages. It is the spirit lineage that has experienced noble lives repeatedly throughout the cycle of rebirths on earth. Tracing back that spirit lineage further, earth's previous and nearest star is Venus. We are Cosmic Beings who transferred to earth from Venus.

But from the perspective of the physical world, it is more accurate to say "Cosmic Divine Spirits"; rather than "Cosmic Beings";

We moved to earth's divine world without a Physical Body. From there, we explored and descended through the spiritual world, the astral world, and the physical world, through increasingly coarse wave dimensions. In each coarse world, we clothed ourselves with a coarse body to live there;

So I think I mentioned this in a previous study session: which came first, the chicken or the egg? We appeared in this world as the chicken. That was the very beginning. Our very first existence on earth was like this.

Not everyone will do this in the future, but what we will do is "shijie immortals"; dying without leaving a body. We could appear in this world suddenly out of nowhere, so in the future, we can break down the wave rate of this

Physical Body into smaller and smaller pieces, changing it into a state where the form and shape of this body are no longer visible in this world.

The future destiny changes depending on whether we wish for this or not. Those who wish for it will have no need to enter the Fuji Sanctuary. Those who don't wish for it will have a future entering the Fuji Sanctuary.

At the beginning of this second half, I spoke of 'self-limitation waves being cleansed during the meditation before the break.' When we observe deeply, very deeply the thought 'impossible, no good, can't do it,' what underlies that thought is 'fundamental self-denial,' and deeper than self-limitation is self-denial.

What are we denying about ourselves? We are denying life. To deny life is to deny the Sacred.

So even if we chant 'I am God' with our mouth, if we don't truly believe it in the depths of our heart 100%, it is meaningless.

For example, if you sincerely examine your heart and find 'I believe 99% but I doubt 1%,' that is not authentic yet.

Since we are originally Sacred, we need to return to recognizing ourselves as 100% Sacred beings.

The consciousness level of earthlings in the era when we can exchange with Cosmic Beings is a world where 'the Sacred is ordinary.'

Someone might ask, 'If not all earthlings think the Sacred is ordinary, can we exchange with the cosmic stars?' That is not the case either.

If we have a certain number of people like us who have become truly unified with God, then even though most earthlings have forgotten the essential nature of human life, the gods and Cosmic Beings can just barely reveal themselves.

But repeatedly, for that to happen, we all need to enter the true realm of unification with God.

You may think 'it's impossible now,' but it is possible. It is definitely possible. That is why we have been praying for decades. Those who cannot make it will deviate from the path and go another way.

I remember a talk by Goi-sensei where he spoke of 'creating many saints like Jesus and Buddha.' That is us.

We still may have human shortcomings that concern us, but in the near future, we are the people who will become saints.

For that future, those of you whose minds are not floating are very close to that future.

If you are in a mental state thinking 'if I become a saint, I wonder what might happen,' or 'I wonder what could occur,' then it will take a bit

longer.

Not attached to anything. Not clinging. Not grasping. Not holding on. Not fixated. Not opinionated. Not decisive. Peaceful and safe in any circumstance. Unwavering mind. These qualities are reviving within us.

They are built-in standard equipment in life itself. We forgot. We forgot that we had it.

Some people sometimes compare infinite life energy to money, and we have a savings account with an amount we can never spend, no matter how much we use. But to withdraw that, we need a card or PIN code. That is &#x201C;our consciousness.&#x201D;

The consciousness that &#x201C;the Physical Body is my true self&#x201D; needs to shift to &#x201C;the Physical Body is a container to live in this world, a vehicle, a vessel, and my true self is the light of life.&#x201D; With that consciousness, we can use infinite life energy.

Everyone equally has a savings account of infinite life energy characteristics, but what is needed to access and use it is that &#x201C;consciousness.&#x201D; (Many people have even forgotten they have such a savings account.)

So asking yourself &#x201C;who am I really?&#x201D; and answering that question, asking deeper questions about that answer, answering again, asking even deeper questions, answering again, and repeating this process, your self-understanding becomes polished to the point of &#x201C;the Sacred is ordinary, isn&#x2019;t it?&#x201D;

Through such daily effort repeated, people &#x201C;become noble without knowing,&#x201D; &#x201C;become unified with God without knowing,&#x201D; and &#x201C;attain enlightenment without knowing.&#x201D; Please try it.

Finally, I want to let you know later via email too. Since the beginning of this year, we have been using Chinese and Korean as the words of prayer and words of declaration for prayers for the peace of seven countries. However, there was one place where I had difficulty hearing, and I had misunderstood one place. It was Chinese.

Finally this morning, the mystery was solved. It would be clearer to show it on the website. Let me do that here, screen sharing, yes.

Chinese, the whole thing. Here it is: after &#x201C;renren jiehe,&#x201D; I wrote &#x201C;shepin xin dan (da).&#x201D;

Why I wrote it this way was that this is how it sounded to my ears. But the word &#x201C;xin&#x201D; doesn&#x2019;t exist in Pinyin phonetic notation.

So here you see: renren jiehe shepin ding dan (da). Here, after &#x201C;pin,&#x201D; there is no &#x201C;xin.&#x201D; It is &#x201C;pin ding dan (da).&#x201D; I was puzzled why I heard &#x201C;shepi xin dan (da).&#x201D; This morning, that puzzle was solved.

Look at this: &#x201C;pin.&#x201D; It has an upward mark on top. This means &#x201C;pin&#x201D; is the second tone. The second tone is this blue line. It goes

&#x201C;Ahhhh!&#x201D; upward. So: renren jiehe shepin ding dan (da). Shepin dan (da). Shepin dan (da). That upward &#x201C;shepin&#x201D; sounded like &#x201C;xin&#x201D; to my ears. Shepin dan (da).

Going back to Pinyin: here these letters like alphabet are made by Chinese people so that foreigners can understand Chinese. It is a kind of phonetic notation called &#x201C;Pinyin&#x201D; in English pronunciation notation. Looking at this: renren jiehe shepin ding dan da. &#x201C;Pin&#x201D; is written as p&#xED;ng. This &#x201C;g&#x201D; at the end is the same as the &#x201C;g&#x201D; in English &#x201C;king.&#x201D; (Says &#x201C;King&#x201D;) It sounds almost like &#x201C;kin,&#x201D; just a little something at the end whether you hear it or not.

So we don&#x2019;t pronounce the &#x201C;g,&#x201D; but we do make that mouth shape. Dang, ping, dang. &#x201C;Sheping-g ding-g da.&#x201D; Shiping dan da. Shiping dan da. So &#x201C;ping&#x201D;&#x2014;after &#x201C;pin&#x201D; there is no &#x201C;xin&#x201D; sound. &#x201C;Pin&#x201D; is p&#xED;ng, p&#xED;ng, p&#xED;ng, p&#xED;ng, p&#xED;ng&#x2014;the upward part sounded like &#x201C;xin&#x201D; to my ears. That is what I understood this morning, so I wanted to give you a heads-up before the study session people. Yes, it is past 3 o&#x2019;clock, so I want to form the Divine Spark IN once and end the session. Yes, is that okay? You may be stiff from sitting, so please loosen up a bit. If you are standing, stand with your feet pressing the ground, grasping the floor with your toes. Press the ground as if it were earth and hold it firmly. If you are sitting, your bottom is on the chair and from there extend your back straight. If your back is curved, keep it that way, and extend your back straight in a sitting position. Now we will form the IN. We will begin. &#x201C;For humanity.&#x201D;

Divine Spark IN once

Thank you. During the last Touitsu, I want to share a realization I had. Have you ever imagined your own face as you sit with your eyes closed doing the Touitsu?

What kind of face are you making with your eyes closed? What face are you making while doing Touitsu? I was doing this unconsciously. Then from deep within, I kept hearing &#x201C;eyebrows, eyebrows.&#x201D;

I thought, &#x201C;What does that mean?&#x201D; Then I realized: my eyebrows were lowered and I had wrinkles between my eyebrows. Like this maybe. My eyebrows had dropped so much that my brow had wrinkles. &#x201C;Raise your eyebrows,&#x201D; it said. With your eyes closed, raise your eyebrows. When you do, your heart becomes bright.

This is the same when awake. If you live unconsciously, you sometimes furrow your brow. Especially those of you with difficult thoughts or worries should be careful. Not only can consciousness change appearance, appearance can change consciousness. When awake too, extend your eyebrows.

When you are doing Touitsu, please keep &#x201C;extending the eyebrows&#x201D; in a corner of your heart. I discovered at that time that I was making a remarkable crease between my eyebrows during Touitsu.

Yes, so, sorry. We have passed 3:10. Let's end today's study session here. I will turn on everyone's microphone. Thank you very much.

Bye Bye Time

Thank you very much. Today's study session ends here. Thank you all for participating.