

Everyone, hello. On Saturday, February 21st, we are beginning the study session. First, we will conduct Touitsu Meditation for approximately 10 minutes.

<Prayer for the World Peace (several minutes)>

I apologize. It seems the screen sharing was interrupted today. That concludes it for now. We will do this again later.

In our daily lives, the most important thing is to maintain a stable mind and heart without wavering, throughout our everyday experience.

For example, not fluctuating between good spirits and bad spirits. Always being in good spirits. Or can think "thank you" about everything, anytime and anywhere.

Rather than experiencing "it's fun," "it's wonderful," "I'm grateful" as a heightened emotion, what is truly essential is to remain in a state where these feelings arise naturally and continuously.

There are various ways to become such a person, but when we observe ourselves carefully, when emotions become disturbed, we notice that breathing becomes shallow. Underneath a state of mind without spaciousness or ease, there is a common condition—shallow breathing—that we can observe in every situation.

We have spoken of the importance of maintaining a relaxed state of breathing. Yet even so, when the mind lacks spaciousness and ease, people tend to become disagreeable.

For example, when receiving the same words from another person, whether we interpret them favorably or as accusations depends on our own internal state.

The other person is neither good nor bad. Depending on whether our own inner state is harmonized or not, the same casual words from another can either disturb our emotions or be received ordinarily without disturbance.

The quickest way for us to overcome a state of mind without ease is to practice living a life of gratitude toward all things.

I say "practice" because no one can do this immediately.

Even when we are told "try saying 'thank you,' 'thank you,' 'thank you' in all situations and to all people," very few people can do this right away.

So naturally, we begin with practice.

What Guardian Deities told me was, "No matter what you think in your heart, keep your face smiling and your voice gentle."

Looking back on why I, who was still stubborn at that time, accepted those words so straightforwardly and put them into practice, it was because I was told "you can think whatever you want in your heart, just do it on the surface," and I thought, "I can do that!"

So from that point in autumn 2010, I continued for about three years to live in a state of gratitude, so to speak foolishly saying "thank you," "thank you." Then, starting in 2013, I experienced that "there are no longer people I dislike" and "there are no longer people I'm

uncomfortable with." After that, I entered a stage of practice in gratitude toward not just people but all things.

As we continue practicing gratitude, our heart becomes wider and larger without us knowing it. The "breadth of heart" or "magnitude of heart" expands.

Some of you heard the talk at Kurea Hall in Ooimachi on February 11th, and some did not. What I shared at that time was, "It is good to make it our goal to expand our consciousness to the size of the Earth during our life in this Physical Body." At that venue, I did not say "expand the spiritual body" but rather "expand consciousness." However, when we continue a daily life of gratitude-mindedness, our spiritual body grows larger. (This is the truth.)

When the spiritual body grows larger—for example, if your spiritual body expands to the size of a town district, then all the people living in that district become inhabitants within yourself.

When you become a spiritual body large enough to encompass Japan, then all people living in Japan become inhabitants within yourself.

In this way, we start from "this body of several hundred centimeters in height and tens of kilograms in weight is myself," and gradually expand the range we think of as "this is myself."

For example, if you are in your living room right now, practice thinking "this entire living room is me." Your whole house is yourself. The entire town district is yourself. This entire prefecture is yourself. Japan is yourself. When you practice in this way, Asia becomes yourself, the Earth becomes yourself, the entire vibrational sphere of Earth including the Moon becomes yourself—the range that your consciousness reaches, in other words, the range encompassed by your spiritual body expands.

When that happens, we gradually become beings that cannot be violated by anything.

In this way, "expanding consciousness" and "enlarging the spiritual body" should not be thought of in terms of "expansion orientation" with the idea of expanding, expanding, and expanding.

As Akiko Moriya, who was with us on February 11th, said, "from micro to macro" and "from macro to micro." In daily life, it is effective to alternate between enlarging and contracting consciousness.

So rather than "once it grows large, it stays large," even though you were the size of the Earth, you can suddenly return to being the size of your Physical Body and remain normal. Then suddenly you expand to encompass all of Japan and remain normal. When you practice in daily life alternately shifting the range of your consciousness from micro to macro and macro to micro, your heart will not waver or move in any situation.

This is entering a state of consciousness expressed as "immovable mind." When you reach that state, everything becomes yourself. All within the expanded range becomes yourself.

When that happens, in the world where you live, there are no superior and inferior people.

There is no distinction between wise and unwise people. Everything is yourself, so there is no need to divide things like that.

However, returning to our present consciousness, many of us experience having our emotions suddenly disturbed by words someone else speaks.

Only a very small minority among those here have already graduated from that kind of experience.

But most people, when someone says something unpleasant, have become disagreeable, felt annoyed, and spoken back in daily life.

That has been our way of living until now, but we are approaching the time to graduate from that way of living.

Very soon now, if we continue living as we have, we will reach a world where we can no longer survive, where we cannot sustain ourselves.

We sometimes hear hopeful stories like "brilliant futures are coming." But we do not jump directly to such a brilliant future.

There is an intermediate stage.

We call it "the age of brackish waters." For example, if we were salmon swimming down a river into the vast ocean, we are now living in an age where "fresh water and salt water," "old values and new values" coexist simultaneously.

But soon, the time will come when we enter the "salt-water-only world," the so-called greatly harmonized cosmic society, where there is no more lukewarm water.

Since cosmic society is a society of spiritual civilization, naturally we must attune ourselves to that same wavelength to be admitted into the community. However, you need not worry—it is already arranged so we can.

What is important is our own consciousness, we who live on this side.

There are many beings supporting us.

For example, looking at one human being, there are roughly 7 people in the background: a guiding spirit, a secondary Guardian Spirit, a primary Guardian Spirit, and Guardian Deities.

So from that perspective, even though there are hundreds of people here right now, that is not all. Beyond that, there are our ancestors and companions who went to heaven before us, now in the form of gods working within the Great Light Troop of World Salvation to save Earth.

Furthermore, Cosmic Beings from other planets are also coming to support us, saying "if Earth were destroyed, it would be terrible."

In this way, there are many watchful eyes surrounding us, but the most important thing is that we who live on Earth become independent in soul.

This is like the time when someone who has depended on their parents without working becomes a working adult and leaves home—we are now at that critical time of independence.

Also, from around the beginning of the 21st century, people have been saying that the 21st century is "the age of spiritual independence." (Having lived through two decades of the 21st century,) I truly believe this is so.

So now, think for a moment: "What does it mean to make the soul independent?"

(Time for contemplation)

You are all thinking of various answers. Until now, we have been like small babies cannot stand properly on our own two legs. We learned to waddle, then to walk firmly on two legs, to speak words. We progressed through kindergarten, elementary school, middle school, high school, and college, then became working adults in society. (And thus grew into adulthood.)

And we came to take responsibility for our words, deeds, and actions. We can make important decisions ourselves, even if we consult others. We don't blame others for things. We always live with hope. We can feel gratitude for all things.

I could go on endlessly, but I can express what it means for the soul to become independent in one phrase: becoming a state where we can manifest the divine.

You all understand well that just because you understand "Oh, I just need to manifest the divine" doesn't mean you can do it right away.

It's because of habitual thoughts. It's because of patterns in thinking. You know what should be done, but you cannot put it into action.

Sincere people trap themselves there. When you trap yourself, what happens? The strings of your heart break. So indeed, as the saying goes, "too much is as bad as too little." Overdoing it is not good.

But doing nothing is even worse. We should make effort, but in a balanced way, considering moderation.

This is a bit of a tangent, but in this morning's news, a story came out about a young mother in her early 30s who killed her newborn child.

If somehow she could have consulted with someone before that, or if she had known about things like baby boxes where one can leave a child, I thought "if only she could have done something, she wouldn't have had to kill her own child."

That mother had three children, so she must have been psychologically trapped by childcare. It is not that she hated her child or anything like that. (Yet when you trap yourself psychologically, such things can happen.)

Humans generally understand, as long as they are not insane, what is good and what is bad.

Even people not interested in spirituality or religion understand what is right and wrong.

But understanding something and actually doing it or not doing it are separate matters.

Even though we understand, we stray from the path. Even though we understand, we act contrary to truth.

We have a phrase "fading away." So we do not condemn ourselves or trap ourselves, but we can give it to Guardian Spirits and Guardian Deities to fade away.

However, this "fading away in the Prayer for the World Peace" only becomes fading away if you yourself recognize "this is fading away."

Guardian Spirits and Guardian Deities handle the broad sweeping of fading away, the large cleansing. But fading away that hides in the folds of the heart, which one cannot see unless one looks carefully—that becomes fading away only if the person notices it.

It is the same as saying "if you don't think it's wrong, there is no way to correct it."

What we have consistently shared in this study session is, "it's good to redirect the feelings you have toward others back toward yourself."

There is a saying "other people are mirrors," but other people themselves are not mirrors.

It is the feelings you have toward the person before you that reflect the contents of yourself. So those feelings are the mirror.

In this way, when we observe the movements of our thoughts and the movements of our heart, we can think "this is fading away," and "thank you for revealing to me that this is fading away," and we can hand over to Guardian Spirits and Guardian Deities the habitual patterns of fading-away thoughts.

When you truly repeat this over and over, your heart becomes lighter.

We have also shared the idea "Guardian Spirit, thank you. Thank you." to practice all day and night, but by thinking only "thank you," "thank you" without overthinking and spending weeks doing this, your mental cells and Physical Body cells are greatly exchanged, and looking at each physical cell one by one, they become "gratitude," "gratitude," "gratitude," "gratitude," "gratitude," and looking at mental cells one by one, each becomes marked with gratitude without you knowing.

So in just a few weeks, the way of your heart will be fundamentally exchanged.

But this is only when you do it thoroughly without thinking of other things, being completely focused on "thank you."

In most cases, you mix in other thoughts in between, so it takes longer.

But if you continue, within months you will surely discover yourself changing. "Oh, before I would have reacted this way, but now my heart is not disturbed at all," and you will come to notice changes in your heart.

For those who have already reached this state, I suggest deepening that state even more. For those approaching this state soon, I suggest trying this approach.

As I always say, the motivation for doing such things cannot be dualistic desire.

Dualistic desire is a feeling that flips to the opposite side at the slightest thing.

The most understandable example of something that flips easily is someone saying "I like you, I like you, I love you so much," then when something displeases them, saying "I hate

you!" That is merely the stirring of dualistic thoughts.

"That is not the real us," we must understand clearly from our core, and while praying "Prayer for the World Peace," we should think "Ah, this is fading away. All is perfect, complete fulfillment" and continue.

It is now 1:39, so I would like to do Touitsu Meditation one more time. We did not manage 10 minutes before, so let's do the same again.

<Prayer for the World Peace (several minutes)>

Thank you. The player for the meditation seems to have some issues today. I will check it later.

Polishing and elevating the heart. Even if you think "I'm already good at this," just as we become covered in grime when we don't bathe, karma and habit-thoughts accumulate in our hearts.

Therefore, I believe we must not neglect the work of cleaning our hearts, cleansing them, just as we bathe, throughout our lives.

Yes, what I always think is "don't become arrogant," and I always remind myself to keep sharp.

When you do things this way, people around you only praise you. Everyone praises you, and if your heart had gaps, I think it would be natural to become arrogant. But I have a nature that prevents that, so I think "how fortunate."

"Constantly viewing yourself humbly and living" means that sometimes we think "I haven't changed much," but when that time is over, we are sometimes lifted up suddenly.

Having experienced this many times over, even though we think "I haven't grown much now," we have experienced that "if I keep working at it bit by bit, the time will come when I'm lifted up again," so we don't get caught up in worry about it.

It is like saying "I wish I could go to the highest grade all at once," yet in reality we truly climb stairs one step at a time. (This is spiral-staircase-like,) circling as we climb.

When you live each day polishing and elevating yourself in this way, without thinking "I want to become this" or "I want to be like that," somehow "is this much happiness allowed?" happens one after another.

I think many people are having similar experiences.

I wish we could expand such experiences more and more.

So then, we will form the Divine Spark IN once and take a break. Yes. Thank you.

<10-minute break>

Yes, thank you. Now I will share the screen. We will break until 2:11. I think only I am showing now, but if you are concerned, please turn off your video and take a break.

<10-minute break>

Yes. Then we begin the second half. I would like to talk about breathing technique and the use of consciousness during Touitsu Meditation. First, let me speak specifically about breathing.

When I focus on breathing, what I find effective from my own practice is this: I imagine that the bottom of my lungs is not here (at the solar plexus) but reaches down to here, to the solar plexus area—the image is that most of the torso becomes lungs. I continually breathe down to below the navel, to the lower Dantian, and then slowly exhale. This way, breathing lasts longer.

So there is inhalation and exhalation. What to pay attention to is: exhale slowly, gradually and at length. When we do this, it is said that much spiritual essence enters us.

When exhaling, spiritual energy flows abundantly into us.

When we inhale, the situation is this: when we truly exhale completely, without needing to "inhale," it naturally flows in.

Then, letting the natural inflow occur, and only at the very end of the inhalation directing consciousness toward the inhaled breath, distributing oxygen throughout the entire lungs—this is a good approach.

When doing alone, there can be a pause in the middle or there doesn't need to be. If you want to do "inhale, hold, exhale," that approach is fine (no problem).

What I always think is that "daily breathing" becoming slower is more important than "breathing techniques" performed as a specific practice.

For example, a person who sets specific times—5, 10, or 15 minutes—and says "I am doing breathing techniques" is less likely to have their consciousness centered in the lower Dantian during daily life than someone whose regular breathing is slow.

More than occasionally doing breathing techniques, the person who consciously maintains slow breathing throughout the day is more likely to have their consciousness centered in the lower Dantian and maintains a stable heart.

So while occasionally doing special breathing techniques is fine, consciously and intentionally engaging in relaxed breathing throughout your waking hours is best.

Regarding closing the eyes, when you close your eyes, here is the upper Dantian, the point between the eyebrows. With closed eyes, focus a single point here, the space between your eyebrows.

Stare intently with closed eyes. It is okay if you see nothing. Concentrate intently here. Keep your eyes focused here. With your eyes closed, the eyeballs are directed as if looking at this space between the eyebrows.

Very occasionally, you might see light—emerald green, purple, pink—appear at the point between your eyebrows where you are concentrating, but it is best not to worry much about it.

As you practice this way, doing slow breathing, not only are the metabolic processes of your

Physical Body cells promoted, but your mental cells, the cells of your heart also undergo much metabolism.

So slow breathing is nothing but good.

Some people sit in chairs with eyes closed to meditate, some sit in seiza position, others in full lotus or half lotus, or some special seated position, but whatever way you meditate, fully utilize your lungs.

For that, before beginning slow breathing, it helps to fully exhaust the air remaining in your lungs, and then begin relaxed breathing. After that, this eased breathing becomes easier.

People whose regular breathing tends to be shallow have air trapped in the depths of their lungs that does not go out. When you first exhale that completely and then begin relaxed breathing, you can utilize your full lung capacity, so please try this approach.

So for example, sometimes you meditate or do meditation without using Touitsu Meditation CD. In such cases, you use "the power of words" to enter a deep state.

Of course, this is based on relaxed breathing, but there is a method of using the power of words to guide yourself to deep consciousness.

The words used then can be words spoken in Byakkou Nyorai, or you can adapt them yourself. For example, one way is to inhale with "May Peace Prevail on Earth," hold with "complete fulfillment," and exhale with "all humanity are gods." But any way is fine.

If they are words of light, words of truth, words of the divine, then even if you say "infinite something or other," as long as the words are words of light, truth, and the divine, when you yourself speak those words, your consciousness enters the original world from which those words emerged.

So "May Peace Prevail on Earth" is a word that emerges from the very source of life, so I think it is the most powerful. But what to do with it is completely up to each person's freedom. If something comes to you about doing it this way, you can do it with those words.

At such times, varying the rhythm is quite effective rather than using a monotone.

For example, if you are going to inhale with "May Peace Prevail on Earth," you could slow that rhythm down so that the inhalation takes longer. Or if using that same phrase while exhaling, instead of saying it once, you could say it three times: "May Peace Prevail on Earth, May Peace Prevail on Earth, May Peace Prevail on Earth," or you could extend each syllable: "M-a-y-P-e-a-c-e-P-r-e-v-a-i-l-o-n-E-a-r-t-h." I think this approach also shows good effect.

This is not just something for when you have your eyes closed. It is a method you can use even while walking.

While walking slowly, within the inhale and exhale, you don't have to say the words only during inhalation or only during exhalation. You can, for instance, exhale the first half of the phrase while inhaling and complete the rest while exhaling, continuing with the same words—this is also fine.

When you slowly speak the words in your heart while coordinating with the rhythm of

relaxed breathing, your consciousness enters within the resonance of the spiritual power of those words.

So if while inhaling you say "M-a-y-P-e-a-c-e" and you have already inhaled by there, then "P-r-e-v-a-i-l-o-n-E-a-r-t-h-C-o-m-p-l-e-t-e-F-u-l-f-i-l-l-m-e-n-t," if you haven't reached the end, you can carry it over into the next inhalation. Don't be too rigid about "it must be done this way," and try something more freely. Then you will vividly feel the power of words.

For instance, "All is perfect, complete fulfillment," or you could take out "lacking nothing" and say "All is perfect" while inhaling and "complete fulfillment" while exhaling. Or you can create various patterns yourself and practice them while walking, sleeping, or sitting, remembering them.

When you incorporate such approaches into your daily life, consciousness truly stabilizes.

For those already stabilized, you don't need to hear this talk.

But before we discussed chakras, didn't we?

(Share screen)

This is it. These katakana names don't matter whether you remember them or not. I usually just call them "first chakra," "sixth chakra," etc.

However, as you all know, there is no organ called a chakra in the body. Rather, there are spiritual energy relay centers that correspond to such parts of the body.

For example, someone recently said, "as I kept saying 'thank you,' I felt my heart chakra opening." But since some people say "I don't feel it," it is difficult to discuss this invisible world.

However, it is not a loss to remember that such energy relay centers exist. At this stage, you don't need to know details.

A time will come when everyone understands this through direct experience, so when that time comes, you will know. Trying to know about it in advance is a desire for personal gain, so I suggest not clinging to such things and just thinking "there is such a thing" lightly.

This year, 2026, on the surface is a time when Japan must truly lead the world. But when you look at it in connection with political movements and such, some might think "Japan is not even the central country of the world at all." But Japan being the center of the world is not in the material sense.

The *raison d'être* of Japan as a nation, its value of existence, is revealed in the very name of the country. The character for sun, the character for origin—this country's name reveals it: Japanese people hold the role of connecting the great source of life with this world.

This is revealed in the Japanese language.

I think I spoke about this before at a study session some time ago: the world has some 4000 to 5000 languages.

4000 or 5000 types—my memory might be off. It might be tens of thousands. But among all

these languages, Japanese is an extremely special language.

Conversely, all languages except Japanese are "languages created for humans to communicate with each other."

"So what is Japanese?" Japanese is the language closest to that spoken by the life source that created the universe—the so-called "language of creation."

Japanese is a language for creating. Most people now think of it like foreign languages, as "a tool for communication," but the Japanese language we use is truly a language for creation.

So it is said that the sounds A-O-U-E-I have power. Not just these five vowels, but each consonant—Ka-Ki-Ku-Ke-Ko, Sa-Si-Su-Se-So, Ta-Ti-Tu-Te-To—each single character, each sound has energy.

I haven't read it in a while so my memory is a bit fuzzy, but I have a very thick book here. Though the text is hard to see, it says "The Secret of Word Spirit." Written by Yamaguchi Shimoji, decades ago, possibly before the war, quite long ago, the book explains that each sound of Japanese has respective energy.

So truly, Japanese language is not a language to speak according to emotion. It is a language to use thoughtfully.

It is language you should use while considering what destiny your uttered sound creates. That is Japanese language.

Each sound has meaning, but we don't need to know the meaning of each sound. Through experience, we know words that bring joy to people, words that don't displease people, words that bring happiness to everyone.

Such ways of speaking are already acquired through experience.

When you make it a practice to use words that entertain people's hearts, bring joy, evoke gentleness, and remind of expansive spirit, Guardian Spirits and Guardian Deities within us utilize "the energy of each sound of Japanese" to create for us a bright destiny.

Using Japanese is truly not an ordinary thing.

But most Japanese people today have forgotten this profundity of Japanese.

However, there remain people in Japan who understand well the power of Japanese and speak it correctly, including the Emperor. Through the existence of such people, we are entering an age when the true power of Japanese will be exercised.

What will stand in the way at that time is emotional thought. When we neglect to cleanse emotions, we can no longer participate in "cosmic creation through Japanese."

So I recommend that from now on, with your life as the stake, you return all emotional thoughts to Guardian Spirits and Guardian Deities.

Now is the time. Of course, you can do it even after this time, but it becomes quite difficult. Hardship comes with it.

Now is still a soft, gentle wave world. Soon it will change into a world where deception and

falsehood no longer work.

Even if you try to do well after that, progress comes slowly. No matter what you think, everyone will see through it, so gradually you will have nowhere to belong.

If you cleanse your heart now, that era will be very easy. Because if you live with a heart you are not ashamed for others to see, you don't need to worry about others' eyes.

Also, now is a time that makes this easy. There is no easier time than this, really.

If you think what I am saying is false, go die right now and go to the other world.

If you go to the other world, you will understand that what I am saying is true.

This world is so easy for developing a noble heart that nothing could be easier.

For instance, even if someone says something and you think "damn it," you don't attack them. You merely think it. That's all, in this world.

In the other world, when you think something, you attack instantly at that moment. So the saying is that this world is precious.

But that precious this world will become a world like the other world.

That is the new future world where we exchange with Cosmic Beings, learn by visiting various star worlds, and apply them to Earth.

But the us in that future world will be the spiritually-conscious us.

The question is how to get there—how to lower that spiritual world into this world—that is why we are born.

Whether you are near the time of returning to heaven or still far away, if you do what you should do in this world, you will not suffer when you go to that world afterward.

Japan now seems to be becoming a difficult world to live in, with rising prices and hardship. But that is temporary, and this kind of world will not continue forever.

We are living in "a world that is ending soon." Our work is to end the old world cleanly and lower the new age of spiritual civilization into this world and manifest it.

That is what we do now. Truly, everyone was born for this purpose.

Those who have already noticed and are working hard, those who have "forgotten all about it"—everyone will earnestly engage with this.

Even as we speak these words right now, the frequency of the material wave and the spiritual wave of all Earth is becoming more refined. On a micro level, the rotation speed of elementary particles is increasing.

When the rotation speed of atoms and elementary particles increases, that is spiritualization.

Then, just as Cosmic Wave Life Physics describes, elementary particles more subtle than those not yet discovered by current Earth science will subsequently be discovered by physicists.

We have not discovered them, but we have heard and know that such things exist, and we know that there is a wave of the cosmic child—the true smallest unit composing this universe.

Also, there are those who say people who don't eat can live by "eating mist." We can live by replenishing cosmic essence.

So as was mentioned before at the Fuji Sanctuary, there is the saying "humans can live for weeks without eating." When I heard that, I did not find it strange at all. I thought "of course" listening.

If such a world were to come, Guardian Spirits and Guardian Deities would exert protecting power much more intensely than now, protecting our Physical Bodies. So "living by replenishing cosmic essence" would not be strange at all but would realistically come to pass.

And when that happens, what becomes useful is the practice we do now, in such normal times, of maintaining slow breathing.

People practicing this now will not be flustered when the critical moment comes. What you have done protects you.

"The self you think you are" has spaciousness, so you can help those around you.

I think the truly difficult time, the truly serious difficulty, will likely be only several weeks to months in actual duration.

Longer than that humans could not endure, so probably at that point the gods would spare us, and everyone would see the forms of the Cosmic rescue teams. I think such a future is coming.

Toward that, probably it has already started, I think there is experimentation being done on the side to materialize Cosmic Beings.

Whether you meet Cosmic Beings depends on whether your vibration matches theirs. If you keep thinking "I, I" about yourself, your vibration will not match that of Cosmic Beings.

So no matter how much you want to see them, they won't show themselves. But when you think "the 'I' I keep thinking about is not the real me. The real me is a child of the Universal God. The power that created the universe exists within me," and you put the thought of "I, I" on the words "fading away," entrust it to "Prayer for the World Peace," and return it to your protective divine spirits, gradually you will become a person who no longer thinks "I, I."

I think you all have become much like that. You must be feeling it already—"I have changed," "I am changing."

But you can change even more.

There is no end to our progress and elevation, our evolution and development. If there is an end, it is when we completely unify with the Great Universal God who created this universe, but that is still far off.

For example, even the illustrious gods among the Great Light Troops have not yet reached complete unification with the Great Universal God. So it would be even further for us.

But as you focus on consciousness evolution and grow in elevation and development, the "I-centered thinking" gradually thins.

The subject changes from "I," "me," to "we," "us."

If you continue working on developing yourself without giving up, results appear in the form of "surely you will change."

You might think "I haven't changed yet," "hasn't it changed yet?" But don't rush it; change will come in its time.

Only Guardian Spirits and Guardian Deities know when. So you need not try to know.

Entrusting to Guardian Spirits and Guardian Deities, this side does its part, and without knowing it, your heart becomes increasingly noble.

As your heart becomes increasingly noble, this body we thought of as a physical form becomes spiritualized.

It is not that the body is spiritualized first and the heart follows after. Rather, the heart, spirit, and consciousness are spiritualized first, and the body follows.

So you need not rush. Some people with a habit of comparing themselves to others around them, seeing how much more noble others are becoming, feel rushed, thinking they must do more, must change more, yet things don't go as wished. Such people sometimes worry.

But I think you don't need to compare like that. As I always say, if you compare, compare like this: "yesterday's me and today's me, today's me and tomorrow's me, tomorrow's me and the day after tomorrow's me,"—living with hope this way is much better for mental health.

Everyone already knows what must be done, what is right. But some can express it in action, and others cannot yet. That is where we are now.

Also, we become ladders for each other's climbing. We say "please, climb up on my back to reach heaven," lifting those around us up, then "next you lift me up," and we mutually offer ourselves as stairways to heaven, developing together into nobility.

Also, like the handkerchief-pinching story, if everyone becomes the pincher, more people get lifted. So many more Earth people will come to be interested in the world of consciousness evolution.

In anything, the key is to start with small things, not try big things from the beginning.

There is a phrase "small success experience." Those who accumulate small successes can achieve big successes. Those without accumulating small successes will never meet big success.

So I think it is important not to look only ahead and lose sight of what is underfoot.

Finally, I would like to form the Divine Spark IN seven times and close.

<Divine Spark IN seven times>

Thank you. Yes, then we will close today's study session. I will turn on everyone's microphones.

<Bye-bye time>

Today's study session is now closed. Everyone, thank you for participating.

That concludes the session.