

[The Path to a Realistic Oneness with the Divine Self]

© A Path Where Anyone Can Easily Attain Oneness with the Divine Self

This time, I would like to consider one aspect of what "a realistic Oneness with the Divine Self" means. A realistic Oneness with the Divine Self is one that is more than sufficiently achievable for many ordinary people, where even those without any special spiritual experiences or abilities find that, before they knew it, they were living in the realm of divinity. It can also be described as "a path of living as God while still having a physical body."

Deep within our souls, there is Direct Spirit (Divine Body) Consciousness. That is the highest consciousness of the individual soul. It is also called the True Self or the True Body. However, not everyone can achieve oneness with the Direct Spirit in one leap. This is because there is a gap between Direct Spirit Consciousness and Physical Body Consciousness that can be described as virtually infinite.

What bridges that gap as we strive for Oneness with the Divine Self is the "Guardian Spirit Consciousness and Guardian Deities Consciousness that are built into the human soul as inner divinity." Living while striving for oneness with this Guardian Spirit and Guardian Deities Consciousness is the path to a realistic Oneness with the Divine Self.

To repeat, the path to Oneness with the Divine Self that is achievable by anyone is different from the vivid experience of Oneness with the Divine Self as Goi-sensei experienced. It is a path where, without any spiritual experiences, when you look back, you find that you have already attained Oneness with the Divine Self. This is the way for ordinary people like us, who cannot see or hear spiritual things, to connect with and manifest our inner divinity.

© Gratitude to the Guardian Spirits Around the Clock

The first step on this concrete path begins with a life of single-minded gratitude to the Guardian Spirits. This is because Guardian Spirit Consciousness is the inner divinity closest to us, always beside our physical body and guiding us. Polishing our intuition and living faithfully according to the guidance of Guardian Spirit Consciousness is the first step toward Oneness with the Divine Self.

The concrete practice is this: if you are awake for 16 hours from when you wake up in the morning until you go to sleep at night, you should continually practice spending all 16 hours expressing only gratitude to God centered on the Guardian Spirits and Prayer for World Peace (only words of light, words of Universal Truth, words of divinity). You continue to spend time in single-minded gratitude, with no room for any stray thoughts to enter, saying "We thank you, Guardian Spirits. We thank you, Guardian Spirits."

To do this, you must resolve yourself, accepting that "as a physical human being, I can accomplish nothing on my own," and let go of (illuminate) your former way of living. Then, with your entire consciousness that you think of as yourself, you must immerse yourself completely into the embrace of the Guardian Spirits and resolve to live with a mind united as one with the Guardian Spirits.

Some may think, "That is not easy." However, that is merely habitual thoughts — thoughts that

have surrendered the authority of life to memories of the era when divinity was forgotten — emitting timid thoughts in a very shallow area. They are not the thoughts held by us who are the light of life itself.

We, as Direct Spirit, True Self, and True Body, actually know that both Guardian Spirit Consciousness and Guardian Deities Consciousness are part of our soul, but the habitual thought of believing for so long that "the physical body is who I am" had merely caused us to forget this truth of life.

© Successful Experiences to Hold Together with Faith in the Guardian Spirits

It goes without saying, but if you think "it is difficult," everything becomes difficult. If you think "I cannot do it," even things you can do become impossible. People often say, "Things don't go as I wish," but in reality, "even if things don't go as you wish, you are living according to your thoughts."

Therefore, in order to change your thought habits into bright, positive, and optimistic divine habits, you change "I cannot" to "I can," "it is difficult" to "it is easy," "I don't want to" to "let me try," and "it is troublesome" to "let me take action."

Many of you reading this will remember that about 15 years ago, there was a practice of "writing down small successful experiences in a notebook and reading them back" as a practice for changing thought habits. In order to hold the hopeful thought that "I can change," it is effective to build up confidence through the accumulation of such small efforts.

By placing thorough gratitude to the Guardian Spirits at the foundation of such use of divine consciousness, our Divine Spark accelerates further, and before we know it, the divine way of living steadily becomes part of us. This is because the Guardian Spirits are the closest God to us. Even though we cannot see them, the Guardian Spirits are always by our side, watching over and guiding us.

© How the Guardian Spirits Guide Us

Guardian Spirit Consciousness guides our Physical Body Consciousness at a distance so close that it is no exaggeration to say it "lives together with the physical human being it protects." While gradually dissolving and purifying the seeds of karmic existence (fading away) lurking in the person's subconscious realm, it continues to guide us through various methods so that divinity may manifest on the surface.

Representative ways in which the Guardian Spirits guide our surface consciousness include having someone whom the Guardian Spirits believe "will surely convey my intention" make a phone call, or conversely receiving a call from that person, giving direct advice through the mouths of those close to us, or conveying the content of their guidance as the person's inspiration or first intuition.

When it manifests as the person's inspiration or first intuition, the Guardian Spirits rarely guide by voice or by appearing in visible form. Instead, they pour in infinite wisdom, knowledge, and creativity in a form that feels like the person's own thoughts.

In many cases, we used to act not according to that first intuition but according to thoughts that came later. However, by repeating the Prayer for World Peace while seeing it as a fading away

countless times and continuing to form the Divine Spark IN, before we knew it, we have become people who can respond naturally to our first intuition and act accordingly.

© **Strengthening Intuition and Synchronicity**

When we spend each day carefully and ceaselessly practicing gratitude to the Guardian Deities and Spirits — especially gratitude to the Guardian Spirits — around the clock, the power to live according to our first intuition grows stronger. At the same time, synchronicity (meaningful coincidences) increases. This can only be felt in a mental state where one intuitively understands the intention of the Guardian Spirits, and it also serves as a barometer for measuring the degree of oneness between Guardian Spirit Consciousness and Physical Body Consciousness.

Furthermore, as we continue ceaseless gratitude to the Guardian Spirits, without realizing it, we come to manifest on the surface of our physical consciousness an awareness that is unified with Guardian Deities Consciousness and our own Spirit Body Consciousness and Divine Body Consciousness. This refers to a state where infinite wisdom and knowledge spring forth one after another, and we are living by wielding infinite creativity. In other words, it is a state where self-limitation is fading, and it is a path that everyone experiences on the journey of Divine Spark.

Beyond that lies oneness with Universal God Consciousness, which means that when the six consciousnesses — Physical Body, Astral Body, Spirit Body, Direct Spirit (Divine Body) Consciousness, Guardian Spirit, and Guardian Deities Consciousness — become perfectly unified, we naturally and spontaneously become such beings.

On Saturday evenings, we will embody the first step on the path to unification with our inner divinity — "a state of oneness with Guardian Spirit Consciousness" — remember the reserve of energy that our souls originally had, and make it a time to recall the self that can share life energy with those around us.

[Opening Remarks]

SAITO: Hello, everyone. We will now begin the program for Saturday evening's "A Day Interconnected by Divinity."

As described in the PDF announcement, in order to integrate the seven minds — Physical Body Consciousness, Astral Body Consciousness, Spirit Body Consciousness, Direct Spirit Consciousness, Guardian Spirit Consciousness, Guardian Deities Consciousness, and Universal God Consciousness — we will first manifest divine consciousness unified with Guardian Spirit Consciousness in our Physical Body Consciousness. As beings of a vast, vast vessel with our Spirit Body greatly expanded, here and now, we will recall the abundant reserve of energy that our souls originally possessed, and with that reserve, we will make this a time to share our divine life energy with the world of the Earth. Thank you for your participation.

Now, let us begin with the Prayer for World Peace in Japanese and English.

1. Prayer for World Peace

SAITO: Let's get started.

May Peace Prevail on Earth.
May peace be in our homes and countries.
May our missions be accomplished.
We thank you, Guardian Deities and Guardian Spirits.

May peace prevail on Earth.
May peace be in our homes and countries.
May our missions be accomplished.
We thank you, Guardian Deities and Guardian Spirits.

2. Preparation for Unification with the Guardian Spirits

SAITO: Thank you very much. Next, before we perform the "Touitsu Meditation in Oneness with Guardian Spirits" in the upcoming 3rd program, we will take time to reconfirm the state of living in oneness with Guardian Spirits and how to reach that state.

First, I would like to review the structure of the human soul. In "God and Man," it is written that the human soul is made up of seven minds.

As you all know, vertically there are Physical Body Consciousness, Astral Body Consciousness, Spirit Body Consciousness, and Direct Spirit Consciousness. Alongside Spirit Body Consciousness and Direct Spirit Consciousness are Guardian Spirit Consciousness and Guardian Deities Consciousness, and at the very deepest level lies the consciousness of the Universal God. Our souls are composed of these seven minds that I have just described.

However, for those who live having completely forgotten this truth of the soul, what manifests in them is mostly only Physical Body Consciousness and Astral Body Consciousness, and the consciousness as the light of life that lies deeper within hardly manifests on the surface at all.

To explain why this happens, if we compare the mind to the sky, it becomes easy to understand. The sky of Astral Body Consciousness is covered with thick rain clouds, and the light of life from deeper within hardly reaches the subconscious or conscious mind, that is, the mind of the Astral Body or Physical Body.

In this way, the shallow part of the human mind is, in most cases, made up of the conscious and subconscious mind, and until now there was no room for divinity to enter.

I believe that the first step in bringing that state to the state of Divine Spark is that oneness with the Guardian Spirits is the easiest shortcut. This is because the Guardian Spirits are "the closest God to us," always by our side, watching over and guiding us.

By repeating "We thank you, Guardian Spirits," "We thank you, Guardian Spirits," "We thank you, Guardian Spirits," "We thank you, Guardian Spirits," "We thank you, Guardian Spirits," our minds can completely immerse themselves in the vibrational field of the Guardian Spirits and become one.

The reason is that the words "arigatou gozaimasu" (thank you), the Koto-dama of "a-ri-ga-to-u-go-za-i-ma-su," are magical words, like a spell of unification, that dissolve the barrier that has separated us from the object of our gratitude and connect us as one with the object of our gratitude.

Just as Goi-sensei attained Oneness with the Divine Self by continuously thinking only "Thank you, God," "Thank you, God," "Thank you, God," we too can live perfectly united as one with the Guardian Spirits by continuously holding the thought of gratitude, "We thank you, Guardian Spirits."

Our life, as shown in the diagram we are looking at, is connected through the Physical Body and Astral Body to the divided spirit, Direct Spirit, and Universal God. Ideally, we would simply follow that line straight through to connect with the source of life. However, the people of Earth have a thick layer of karmic thoughts between the Astral Body and Spirit Body, making it difficult to achieve Divine Spark on their own.

Therefore, we should pass through the "Guardian Spirit and Guardian Deities Consciousness," which the Universal God has prepared as "a bypass (an alternative path) for connecting directly to the source of life," and return to the source of life.

Since such a "shortcut to connect to the source of life" has been prepared for us, we should simply take that accessible path, connect as one with the Universal God, and develop the main path of life — which runs through Direct Spirit, divided spirit, Astral Body, and Physical Body — from the deeper side and come back.

When we connect as one with the Guardian Spirits, our self-limitation as human beings begins to fade. Rather than forcing ourselves to think "there is nothing I cannot do," we naturally change into people who genuinely feel that way. This is because, as we spend time ceaselessly giving thanks to the Guardian Spirits, the thoughts of self-denial and denial of divinity that were crouching even deeper than self-limitation are purified and disappear.

In this way, the mind changes to a state of thinking only bright, positive, and optimistic thoughts. We stop depending on others or shifting blame, infinite creativity and wisdom begin to spring forth, and we enter the stage of perfecting the state of living life vibrantly and fully.

As you can see, living as one with the Guardian Spirits is filled with nothing but good things. So now, let us move on to the "Touitsu Meditation performed in true oneness with the Guardian Spirits."

3. Touitsu Meditation in Oneness with the Guardian Spirits

SAITO: From here, while playing the 8-minute and 44-second Touitsu CD, we will make this a time of Touitsu Meditation, continuously thinking only, "May Peace Prevail on Earth. We thank you, Guardian Spirits. We thank you, Guardian Spirits. We thank you, Guardian Spirits."

At that time, please wholeheartedly believe that the resonance of the words "arigatou gozaimasu" (thank you) is a magical word that dissolves the barrier between your surface consciousness and Guardian Spirit Consciousness. With the attitude of "trusting in your mission and doing your best," without expecting any result from your prayer, feel as if you are a baby held in the embrace of the Guardian Spirits. Like "a baby looking up at its mother's face," simply continue thinking, "We thank you, Guardian Spirits. May Peace Prevail on Earth." The key to keeping stray thoughts from arising is to continuously think the words of prayer without any gaps, so please relax your mind as if it were practice, and continue thinking of gratitude to the Guardian Spirits. Let's get started.

May Peace Prevail on Earth.

May peace be in our homes and countries.

May our missions be accomplished.

We thank you, Guardian Spirits.

We thank you, Guardian Deities.

May peace prevail on Earth.

May peace be in our homes and countries.

May our missions be accomplished.

We thank you, Guardian Deities and Guardian Spirits.

4. Divine Spark IN

SAITO: Thank you. Finally, we will form the Divine Spark IN seven times in a row and send the light of the Universal God to all of nature, all living things, and all of humanity, with a consciousness united as one with the Guardian Spirits.

Having connected as one with the Guardian Spirits, our Spirit Body has expanded greatly. To use a car analogy, it is like someone who had been driving a light car with a 660cc engine has now switched to a high-displacement car like a Jaguar or Mercedes with a 4-liter, 5-liter, or 6-liter engine.

Some of you may think, "Is that really true?" but that is because you have only sat in the driver's seat and have not yet started driving. We will now form the Divine Spark IN seven times in a row, and that will be the start of driving in the vehicle of a new, larger vessel.

Having become such a large vessel, after we begin to form the Divine Spark IN, we can become aware that there is ample room and reserve within our hearts.

Even thinking "I wonder if that is so" is a form of awareness, so with that in mind, please see all of humanity, nature and all living things, and the planet Earth itself within your own heart, and with a consciousness that embraces and enfolds all, let us make this a time to send the divine light filled with the warmth of life to the entire Earth.

Let's get started.

We send the Universal God's light to nature, all living things, and all humanity.

We send the Universal God's light to nature, all living things, and all humanity.

<Form the Divine Spark IN seven times>

<Close eyes for fourteen seconds of meditation after each formation>

GYOUTEN: Hai. Arigatou gozai-masu.

SAITO: Thank you very much.

That's all.