

The Clear distinction Between True Self and Karmic Thoughts

© True Self and Karmic Thoughts

I believe that 'The Clear distinction Between True Self and Karmic Thoughts' is the very essence, the key point, and the foundation of the Path of Byakko. These words were written by the late Mr. SEKI, the former President who now works in the divine world, as a contribution to Byakko magazine in the 1990s. I recall that they have also remained in some books.

'True Self' refers to the consciousness of pure love, light, and gratitude as one — the very essence of the Divine Buddha — and points to the original form of perfectly harmonious life that holds within it infinite creative power.

On the other hand, 'Karmic Thoughts' refers to the layer of consciousness — the dualistic thoughts and emotions (anger, sadness, anxiety, desire, and so on) — that each individual on Earth has created from past lives up to the present, and that we recognize in a misunderstood state through attachment to our own body and environment.

Because these thoughts cover the surface of the mind, it can be said that the people of Earth find it difficult to manifest their True Self. Therefore, from the perspective of how to live as one's original True Self — as True Self itself — let us put into words the differences we should be mindful of, and the points to keep in mind, in order to clearly distinguish between 'True Self' and 'Karmic Thoughts' and to live standing on the side of True Self.

(Note: The following is merely an expression of 'True Self' and 'Karmic Thoughts' viewed from a few angles. In actuality, there are many more expressions from various other angles.)

《The Essential Difference》

True Self: The consciousness of absolute peace of mind, love, harmony, and gratitude itself. The energy that wells up from there is one with one's thoughts, words, and actions, and is always accompanied by pure deeds that wish for the happiness of others and the harmony of the whole, no matter what the circumstances may be.

Karmic Thoughts: Rooted in anxiety, fear, jealousy, attachment, the desire for self-display, and so on. No matter how justified it may appear, if at its root there is 'fear' or the self-centered desire that 'only I should be well,' then it is undoubtedly karmic thought.

《Discernment at the Level of Sensation》

True Self: Regardless of changes or fluctuations in circumstances, the mind always remains clear and transparent, light, and free of hesitation or stagnation. One's thoughts, words, and actions are always filled with deep fulfillment and

peace. And when gratitude and love continue to occupy the foundation of one's mind, that is True Self.

Karmic Thoughts: The mind feels heavy. It is restless. It cannot settle down. One is driven by complaints and dissatisfaction, a sense of lack, impatience, or obsessive thoughts. It is also characterized by recurring tendencies of criticism toward others, self-justification, and casting oneself as a tragic heroine. When one is in such a mental state, the karmic thoughts are surfacing and in the process of fading away.

© Self-Inquiry at the Level of Life

Although Goi-sensei himself did not use the phrase 'The Clear distinction Between True Self and Karmic Thoughts,' he gave similar Dharma talks on every possible occasion.

He said, in essence: 'The important thing is that the suffering that arises from the emotions we think of as "the self" is nothing more than the "habits of thought (karmic thoughts)" rooted in memories and habits from the past. Rather than mistaking these for the self and suffering from them, it is important to realize that "these are simply waves (vibrations) of karmic thoughts, not the original self," to surrender them, together with gratitude, to the Guardian Deities and Spirits as a fading-away form, and to view oneself objectively. For that purpose, it is essential to live always with the single-minded heart of the Prayer for the World Peace.' Such was the substance of his many talks.

I believe that the conscious state of karmic thoughts (the state of the fading-away form) is one in which we have surrendered our authority to 'memories stuck to the body,' and our 'main being as divinity (the original form of life)' has gone into hiding. That very state, I believe, is the picture of humanity in the era when 'The Clear distinction Between True Self and Karmic Thoughts' could not be made.

Then, in order to graduate from such a state and live in earnest with a consciousness in which divinity has been reawakened — what should we do? It is to resolve to spend our entire life unraveling the 'fundamental question of life' — 'What truly is the self (the essence of life)?' — and to engage in clarifying it with full determination.

Setting aside every fixed idea, every preconception, every clinging and attachment, and continually directing our thoughts toward our Guardian Spirits with gratitude — asking, 'What truly is my real self?' — the deeper we enter into the embrace of our Guardian Spirits, the more we can express our true self (True Self, the True Self of the Direct Spirit, the Divine Self) in various words.

As long as 'what True Self is' and 'who the essence of life is' remain vague within our minds, we cannot acquire a rich vocabulary to express and explain 'the True Self.' This is because, while we are in such a mental state, we remain unaware of the true self (the self as the existence of the light of life), just as before.

© The Work of Exchanging Karmic Thoughts with True Self

Therefore, we give up our life as physical beings as it has been until now (we clearly let it go) and carry out 'a thorough Touitsu Meditation with our Guardian Spirits — the most familiar of all divine spirits.' Simply put, this means continuing, throughout the entire time we are awake, to give thanks to our Guardian Spirits no matter what does or does not happen. By doing so, before our surface consciousness is aware of it, divinity takes its place, and the consciousness of True Self, of the original being, and of the Guardian Deities and Spirits begins to spread within our physical consciousness.

If carried out intensively, the period of performing the gratitude practice — as if one had lost one's mind — comes to an end in three weeks. This is because, when we continually give thanks to our Guardian Spirits at a pace that leaves no room to think of anything else, our habits of thought are completely replaced within twenty-one days.

Even if we do not concentrate to that extent, if we proceed with our daily thoughts, words, and actions centered on gratitude to our Guardian Spirits, the consciousness of being one with the Guardian Spirits will manifest in our surface consciousness within a few months.

Also, even without doing anything special, if we live performing 'Pray for World Peace, seeing it as a fading-away form' daily, hourly, every minute, every second, before we know it we will come to realize True Self itself. This is because performing 'Pray for World Peace, seeing it as a fading-away form' can be said to be performing 'the work of exchanging karmic thoughts with True Self.'

How long it takes for the True Self to come to the surface depends on the degree of progress of practice from past lives and the seriousness of our final sprint in this lifetime. But one thing that can be said clearly is that, sooner or later, the time will come when every human being, like it or not, must become one with the Divine Self.

So that the people of Earth may pass through that time of vibrational adjustment with as little suffering as possible, Goi-Sama, the Great God, descended to earth himself and sowed the seeds necessary for the completion of the Earth realm. We are part of the seeds that have grown. Embodying the heart of Goi-Sama, we are showing the world 'the back of those living the way of life of divine beings' in various places around the world.

On Saturday evenings, those who are living as divine beings in this way will gather together in one hall. We will perform 'Pray for World Peace, seeing it as a fading-away form, with a consciousness that clearly discerns True Self from Karmic Thoughts.' Let us make this a time to push the back of the people of Earth, so that they may take their place in the community of the universe.

Program for the Day

[Opening Remarks]

TOGUCHI: Hello, everyone. We will now begin the Saturday program, "A Day to Overlook the World with the Divine Eyes."

Today, we will perform 'Pray for World Peace, seeing it as a fading-away form' more deeply. We will make this a time to advance this practice ever further, and, with a consciousness in which 'The Clear distinction Between True Self and Karmic Thoughts' is possible in every moment; to prepare the path that the people of Earth are about to walk.

Since it is now time, we will first offer the Prayer for the World Peace in Japanese and English.

1. Prayer for the World Peace

TOGUCHI: Let's get started.

Sekai Jin-rui ga Heiwa de ari-masu you-ni.

Nippon ga Heiwa de ari masu you-ni.

Watakushi-tachi no Ten-meï ga mattou sare masu you-ni.

Shugo-Rei-sama, arigatou gozai-masu. Shugo-Jin-sama, arigatou gozai-masu.

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. Time to Anchor the Awareness of Divinity

TOGUCHI: Thank you very much. Now, we will enter the time to anchor the awareness of divinity. The awareness of divinity is the awareness of gazing upon the world with the Divine Eyes; it is the awareness of an awakened state; it is the awareness of Oneness with the Divine Self; it is the state of consciousness that may also be called the awareness of Rojintsu (the wisdom of the ending of all defilements). To recall this awareness anew, today I will read the poem 'True Self,' so please close your eyes and listen with the feeling that the True Self of yourself is speaking to the thoughts of your physical body.

True Self

In order to brighten the future of the Earth

There is something that people must, without fail, come to know

It is that your truth — that your True Self —

Is covered by the dark wings
Of desire and fear, and
The sorrow and hatred, that cling to bodily life

What you must come to know even more deeply than that
Is that your True Self, that your truth,
Is grounded in the great Wisdom that moves the universe,
In the source of incomparable, absolute Energy
Your True Self is ever one with the Divine
Your truth is the Light that emanates from the Divine
And — you yourselves were once True Self itself

Desire, fear, sorrow, hatred,
Such thoughts of karma
Arose at the moment when you, from the world of the Light of the Divine,
Limited yourselves into this world of bodily form
They are foam upon the great sea, appearing and vanishing,
A one-night drama painted by dreams and illusions

It is not humanity that is in conflict
It is not human beings that are wandering

Those thoughts that are in conflict, those thoughts that are wandering,
Are now fading away, passing before humanity,
Passing before True Self

You need only remain silent
And contemplate that your True Self shares one seat with the Divine
Gaze continually upon the radiant Divine and upon True Self
Calm your heart, still your thoughts,
And simply feel the Light of the Divine
Such moments are when
The various thoughts of karma fade most easily

O you —
Do not hold onto karma as it fades away
Do not recall the pain of dreams and illusions
As long as you do not hold them
As long as you do not recall them

Karma will never return to you again

You are now True Self itself

Completely one with the Great Light of the Divine

And you are the very ones who will paint the future of the Earth all in light

Thank you very much. At the opening of this poem, Goi-sensei says, 'In order to brighten the future of the Earth, there is something that people must, without fail, come to know,' and tells us that 'the people of Earth, who in their truth are True Self, must first come to know that they are covered by the dark wings of desire, fear, sorrow, and hatred that cling to bodily life.'

And then, as 'what we must come to know even more deeply,' he says, 'Your True Self, your truth, has its base in the great Wisdom that moves the universe, in the source of incomparable absolute Energy.' He clearly states this — as an awareness even more important than the surface-consciousness recognition that 'we have been covered by karmic thoughts' — namely, that 'all of humanity is an existence sharing the power of the great Original Divine, the Source of Life that creates and operates the universe.'

The same is true in 'How Man Should Reveal His Inner Self.' In its opening section, he clearly explains the essence of human beings: 'Man is originally a spirit from God, and not a karmic existence. He lives under the constant guidance and protection provided by his Guardian Deities and Guardian Spirits.' He then continues, regarding all the suffering that arises in the hearts of human beings in this world, with a clear discernment of True Self from Karmic Thoughts: 'It is the form that appears when the mistaken thoughts of human beings, from past lives up to the present, manifest as their destiny and fade away.'

What in 'How Man Should Reveal His Inner Self' is summed up in the single word 'suffering' is, in the poem 'True Self,' the portion expressed as 'dark wings.' The 'desire, fear, sorrow, hatred' that appear and fade in the hearts of humanity — those various negative thoughts — are what he calls 'suffering.'

And after this passage in 'How Man Should Reveal His Inner Self,' he teaches us in plain words about the true way of life: 'Since whatever kind of suffering appears, it must surely fade away, awaken the strong faith that it is fading away, and the kindly conviction that things are about to get better from now on. No matter what difficulties you may face, forgive yourself and forgive others, love yourself and love others — continue the words and deeds of love, truth, and forgiveness. While constantly directing your heart in gratitude toward the Guardian Spirits and Guardian Deities, continue offering the Prayer for the World Peace. By doing this, both the individual and humanity can attain true salvation.' He teaches this saying, 'You should live in this way.'

In the poem 'True Self,' from the standpoint of the Divine — the Source of Life that

created the universe — speaking to all the people of Earth, regarding every situation that humanity has created with a heart far removed from the truth of life, he clearly declares, 'All suffering, unless you grasp it or recall it, will not return to you again.'

That is why, at the end of the poem 'True Self,' the Divine — the very Source of Life — acknowledges, for those who could see 'the foam of the great sea that appears and vanishes' and 'the one-night drama painted by dreams and illusions' as separate from the essence of life: 'You are now True Self itself. You are completely one with the Great Light of the Divine. You are ones who paint the future of the Earth in one color — the Light.'

As we proceed with the talk this far, alongside the 'one important guiding principle' of 'The Clear distinction Between True Self and Karmic Thoughts,' 'the way of life we should all share in common' rises to the surface of our hearts. That is: [The way of life of advancing in 'Pray for World Peace, seeing it as a fading-away form' while practicing 'The Clear distinction Between True Self and Karmic Thoughts.']

Why is it that, no matter how much we prayed, suffering did not fade away? Even though we were told 'if you make the IN, you can extinguish suffering even before the fading-away form appears,' why has suffering continued up to this day? The answer lies in the fact that we have left 'The Clear distinction Between True Self and Karmic Thoughts' vague, and have left ambiguous what is True Self and what is karmic thoughts / karma.

As an aid in clearly discerning True Self from karmic thoughts, there is the 'Practice Positive Thinking.' On the page about the 'Practice Positive Thinking' on the official website of Byakko Shinkou Kai, the following words are written:

Through the words we ourselves speak; we can lead our own selves toward a bright, positive life.

When dark, negative thoughts cross our minds, we speak bright words such as 'Infinite Light.' When we encounter something unpleasant, we say to ourselves, 'It's all right. This is a fading-away form, so I will not pay attention to it any more. Infinite Peace. Infinite Forgiveness.' When the heart sinks, we utter words such as 'Infinite Joy' or 'Infinite Happiness,' and we transform ourselves back into our original bright awareness.

By constantly using such words of Light, the negative thoughts hidden within our hearts gradually fade away, and the divinity that lies deeper within manifests itself.

There is also the practice of reciting in sets of seven the words of Light: 'May Peace Prevail on Earth, Infinite Love, Infinite Harmony, Infinite Peace, Infinite Light, Infinite Power, Infinite Wisdom, Infinite Life,' filling the heart with the awareness of Light.

As we deepen this Practice Positive Thinking, and the inside of our hearts becomes

filled with the awareness of Light, we notice that, at some point, the suffering that had been there before has faded within our hearts.

From here on, in order that the words of this Light vibration may reach all of humanity, we will utter the sound-spirits of the words of Light. We will make this a time when the vibration of Light resonates throughout this entire planet, wrapping the Earth in the words of Light. NAGANO-san, thank you for taking it from here.

3. Practice Positive Thinking

NAGANO: Thank you, TOGUCHI-san. From here on, let us recite together the words of Positive Thinking, and make this a time to wrap the Earth in the vibration of Light.

After this, the words to recite will appear on the screen, so please voice them together in call-and-response. Those who are in places where they cannot speak aloud, please recite together in your hearts. Let's get started.

May Peace Prevail on Earth,
Infinite Love · Infinite Harmony · Infinite Peace · Infinite Light · Infinite Power ·
Infinite Wisdom · Infinite Life

(*Pray for 14 seconds)

May Peace Prevail on Earth,
Infinite Happiness · Infinite Prosperity · Infinite Abundance · Infinite Supply ·
Infinite Success · Infinite Capability · Infinite Possibility

(*Pray for 14 seconds)

May Peace Prevail on Earth,
Infinite Health · Infinite Vitality · Infinite Healing · Infinite Freshness · Infinite
Refreshment · Infinite Energy of Life · Infinite Hope

(*Pray for 14 seconds)

May Peace Prevail on Earth,
Infinite Freedom · Infinite Creation · Infinite Expanse · Infinite Greatness ·
Infinite Development · Infinite Energy · Infinite Gratitude

(*Pray for 14 seconds)

May Peace Prevail on Earth,
Infinite Joy · Infinite Beauty · Infinite Youth · Infinite Goodness · Infinite
Sincerity · Infinite Purity · Infinite Righteousness

(*Pray for 14 seconds)

May Peace Prevail on Earth,
Infinite Victory · Infinite Courage · Infinite Progress · Infinite Improvement ·

Infinite Strength · Infinite Intuition · Infinite Innocence

(*Pray for 14 seconds)

May Peace Prevail on Earth,

Infinite Forgiveness · Infinite Glory · Infinite Nobility · Infinite Dignity · Infinite Grace · Infinite Radiance · Infinite Embrace

(*Pray for 14 seconds)

4. Divine Spark IN

TOGUCHI: Thank you very much. Finally, we will perform the Divine Spark IN seven times in succession. To all of nature, all living beings, and all of humanity, becoming one with the Deities and the Cosmic Angels, we will send the Light of the Universal God. Also, today, we will set a 14-second prayer time between each IN, so please pray while imagining the Light of the IN wrapping the entire Earth, healing everything, and bringing it back to life.

NAGANO: Let's get started.

We send the Universal God's Light to all of nature, all living beings, and all of humanity.

We send the Universal God's Light to all of nature, all living beings, and all of humanity.

<Divine Spark IN seven times in succession. A prayer time is set between each IN>

<After the IN is finished, close your eyes for 14 seconds and meditate>

TOGUCHI: Thank you very much.

NAGANO: Thank you so much.

That's all.