

260228_Video Prayer Gathering_Yuka Sensei-Maki Sensei-Rika Sensei

【All Three】

Hello, everyone.

【Maki Sensei】

Thank you very much for joining today's Video Prayer Gathering. Thank you.

【Yuka Sensei】

Good morning. It is February 28, and already February is coming to an end, isn't it?

I would like to suddenly share a bit about what has been going on with me recently. For the past few years, I have been hosting a gathering called the "Less Than Three Years Group."

During the first three years after joining, there are those who are completely new, and for those who have rejoined, it may have been a long time. Also, since the teachings of Byakko Shinko Kai continue to evolve, I began holding Zoom gatherings where we can talk together with such members.

Recently as well, I had the opportunity to connect on Zoom with members who have been enrolled for less than three years, and everyone was truly wonderful and inspiring.

Some first-time members said, "I've just joined, so I still don't understand very much," while others said, "I've known about the organization for a long time, but I joined for the first time on this occasion." There were also those who said, "I once withdrew for certain reasons, but I have rejoined at this timing."

Several people mentioned that "Until now there hadn't been opportunities like this, so as someone within the first three years, I still didn't understand," or that "It's good to be able to ask questions freely," or that "It's nice to have companions to learn with instead of doing it alone." Many expressed how happy they were.

That experience has remained in my heart, and if anyone watching this video feels, "I'm also within my first three years," or "I'd like to hear a bit more about the teachings," or perhaps feels lonely studying alone, I would really encourage you to check the Byakko magazine or the website and take advantage of this opportunity that is available only during the first three years. I wanted to share that message with you.

The atmosphere there was truly wonderful, and I was reminded how important it is to have time for 交流 and connection. Yes, that was my sharing.

【Rika Sensei】

I truly feel, just as Yuka Sensei said, that having a place where we can connect with one another is very meaningful. In this "Video Prayer Gathering," unfortunately we cannot see all your faces, so we connect while imagining each other.

However, through smaller gatherings like the "Less Than Three Years Group," being able to see members' faces, hear them express what they are thinking in their own words, and ask questions creates a very valuable exchange. I think that is truly wonderful.

So, if there are new members who feel, "I would like to join the Less Than Three Years Group," please do participate.

【Maki Sensei】

I truly feel that the presence of companions supports us.

There is a path like that of an ascetic monk, where one alone polishes and radiates the Divine Light, climbing mountains or practicing fasting, strictly disciplining oneself and aiming for the depths of that path. By stripping away unnecessary desires and worldly attachments, one can awaken to the inner being.

On the other hand, there is also a way in which, by supporting one another and climbing the mountain together, we find that we have all reached the destination together.

Even when we cannot believe in ourselves, we may regain faith by seeing the way another person lives. We become light that illuminates others, and we are illuminated in return. Being able to shine and be shone upon together with companions is a path of sharing the same purpose.

That path is a journey of constantly polishing ourselves toward higher heights, encouraging one another, and encountering our true selves. Each of us can choose how we wish to undertake that journey.

Personally, I would be happy if I could continue this journey of believing in myself and knowing the Divine through connections with many different people.

At Byakko Shinko Kai, we are also considering ways to provide such opportunities. By making use of the Sacred Grounds, the Video Prayer Gatherings, and online platforms, we hope to offer places where everyone can make their own choice.

If someone says, "No, I want to face myself alone," that is perfectly fine. And for those who wish to walk while connecting with many others, we would like to provide systems that support that path as well. We hope to create an environment where such choices are available, so if you are interested, please do join us.

《English Interpretation by Yuka Sensei》

【Maki Sensei】

Just now, Yuka Sensei translated into English like this, and I truly feel that conducting the program with interpretation included is something very beautiful.

At an event I attended recently, there were people who came from overseas, of course, and there were also people who understood English and people who did not. Some might think, "There's no need for interpretation." However, for me, when interpretation is provided, during the moments when a language I do not understand is being spoken, I use that time to quietly connect with my true self. I reflect, "What part of the previous talk remains in my heart?" or "What kind of realization am I receiving from it?" It becomes like a meditative time in which I savor each word I have received.

Even in the Video Prayer Gathering, when a language you do not know is being spoken, instead of thinking, "I don't understand what they are saying," I would be grateful if you could reflect on the fact that there are people overseas participating together who need this interpretation.

The reason is that it means there are people abroad who are interested and truly wish to learn. I believe it is also proof that the Truth of Byakko is spreading.

Therefore, during the time when the English interpretation is being given, as just now, I hope you will use that time to face your own Divinity. I believe that in doing so, your awareness and growth will be further accelerated. Thank you.

[Yuka Sensei]

I truly believe it depends on how we perceive it.

Now, we would like to enter into the “Prayer for World Peace.” Everyone, thank you in advance.

《Prayer for World Peace》

Thank you very much. Now, Maki Sensei, please lead us into the main program.

《English Interpretation by Yuka Sensei》

Now then, everyone, today’s theme is: 【A Heart of Gratitude Is a Heart of Prayer】 .

From page 116 of GOI Sensei’s book *To the Sacred World*, I would like to read the section titled “A Heart of Gratitude Is a Heart of Prayer,” and then we will enter the main program.

Please now listen quietly to the words of GOI Sensei.

《Reading from GOI Sensei’s Book》

From To the Sacred World by Masahisa GOI

★A Heart of Gratitude Is a Heart of Prayer

In order not to lead humanity toward destruction, we must absolutely adopt an attitude of life in which we humbly receive anew—indeed, not merely humbly, but naturally and rightfully.

All authority rests within the Will of God, and humanity has been granted a portion of this divine authority to manifest God’s ideal in this earthly world. Such is the heavenly mission bestowed upon us.

Humanity exists because God exists, and humanity separated from God becomes an existence that can do nothing but move toward destruction.

Therefore, humanity must, as soon as possible, seek unity with God and maintain an attitude through which God’s authority can work directly and straightforwardly upon humanity.

For that purpose, an unceasing spirit of prayer is necessary. The heart that says, “Thank you, God,” in gratitude to God is also a prayerful heart.

The heart that prays, “May all humanity be at peace,” is also a prayerful heart. The heart that prays, “May Japan be at peace; may our divine missions be fulfilled,” is likewise a prayerful heart.

And if, prior to all such prayers, we are able to live with the awareness that everything we receive in life comes from God, and live a life of complete gratitude toward God, then nothing more could be required.

GOI Sensei explains very clearly in this passage what “a prayerful heart” truly is.

Today, I would like once again to reflect together with all of you on how we, as lives that are divine sparks of God, are being sustained on this Earth while supporting and being supported by the many other divine sparks of life around us.

Today, I am deeply grateful to be able to participate in this “Video Prayer Gathering,” and I am truly, truly grateful that all of you are participating as well.

This morning, as I was praying, I allowed my thoughts to dwell on the question, “What kind of support exists behind the fact that I am able to participate in this Video Prayer Gathering?”

In our daily lives, we usually carry out what we decide to do as if it were natural. We go where we

decide to go. We feel as though we are acting entirely by our own will.

However, in truth, we are not here alone, nor are we doing what we wish entirely by ourselves. We are being sustained here and now by countless lives—both visible and invisible beings—lives beyond human beings, such as animals and plants, as well as Guardian Spirits and Guardian Deities and other unseen existences.

When this realization truly settles into us as lived experience, I believe that what GOI Sensei calls the “unceasing prayerful heart” in this passage becomes something we can tangibly feel during our daily lives.

For example, as I participate in the Video Prayer Gathering and pray together with all of you, I wondered what kinds of beings exist behind this moment. When I began counting, I realized that the existence of “me, here and now” is supported by one million lives—indeed, more than one million lives.

So please look at the slides for a moment. How does the number reach one million? For example, to hold this Video Prayer Gathering, a computer is necessary. Before that computer reaches me, there are people who mine the minerals, people who manufacture the semiconductors, people who transport them, and people who sell them.

(To be continued below the list.)

[One Million Lives Supporting This Present Moment] (Slide Content)

© YouTube Distribution

- YouTube engineers
- Server management
- Content delivery networks
- App development
- Security

© Support Present in My Daily Life

- Family
- The places and people who support my family
- Those who cultivate our food
- Circulation
- Gas, electricity, and water services
- Greenhouse facilities
- Those who built our homes and furniture
- Great Nature (sun, water, air, soil, plants, etc.)
- Guardian Spirits and Guardian Deities, etc.

© OS and Software

- OS managers
- Security engineers
- Designers

Server management

◎ **The Field Called Byakko**

GOI Sensei

Masami Sensei

All those throughout the generations who have conveyed the Teachings (including Hōyūshin)

The Board of Directors

Those involved in organizational management

All members

Those who created the website and those who created the system called a website

Those who protect the field of Byakko, etc.

◎ **Raw Materials**

Mining in the mountains

Manufacturing mining machinery

Mine safety management

Those who process materials

Quality control, etc.

◎ **Assembly and Transportation**

Assembly factory workers

Factory cafeteria, cleaning, and facility staff

Port workers

Ship crew members

Customs officers

Truck drivers

Warehouse management

Retail store staff, etc.

◎ **Semiconductors and Component Manufacturing**

Technicians at semiconductor factories

Cleanroom management

Circuit designers

Board of manufacturing

LCD and battery manufacturing

Camera and microphone components, etc.

◎ **Internet and Electricity**

Power plant operators

Fuel procurement

Design of transmission lines

Installation of utility poles

Maintenance and inspection
Disaster recovery teams
Line maintenance
Router manufacturing, etc.

【Maki Sensei】

And of course, electricity is necessary to turn on a computer. But in order for electricity and the internet to function properly, there are people working at power plants, people protecting transmission lines, people maintaining them behind the scenes, people building utility poles, and people manufacturing the routers that enable us to connect to the internet.

For the internet to function, there are engineers all over the world. There are YouTube engineers who make this broadcast possible, those who manage the servers, and those who oversee security. All these people are involved.

Furthermore, when we consider that there exists this sacred place called Byakko Shinko Kai, and that this “Video Prayer Gathering” can be broadcast, it is because GOI Sensei brought this prayer down to Earth, Masami Sensei carried it forward, and members have deeply practiced these Teachings. There are also the Board members, organizational staff, volunteers, those who make donations, those who continually pray, those who created the system for distributing the website, those who built this website—truly, so many people are involved.

At the same time, the fact that I can be here now means that I have a family, and there are people who support my family. Every day, there are people who cultivate the food we eat. There is distribution, gas, electricity, water, and heating systems—when I began counting in this way, I realized how much support exists.

For example, when I tried to calculate how many people stand behind a single YouTube broadcast like this—tracing it with the help of ChatGPT—I found that within each element, such as raw materials, semiconductors, assembly, and the internet, there are tens of thousands to tens of millions of people involved.

Even if we look only at Byakko Shinko Kai, including the Hōyūshin, the number reaches hundreds of thousands. When we add everything together, behind the fact that I am sitting here at this moment and holding this Video Prayer Gathering with all of you, there are one million lives—and beyond that, Great Nature itself.

We always practice gratitude to nature, but our existence depends upon the sun, water, air, animals, and plants. It is thanks to the Guardian Spirits, the Guardian Deities, and GOI Sensei who truly watch over each one of us. And there are our ancestors as well.

When we realize this, we see that we stand at the very intersection where one million lives cross, and at that center we can do what we wish to do now—participate in this Video Prayer Gathering.

I believe this is a conservative estimate of the number, and because of them, we can sit here and pray.

When we allow our thoughts to dwell upon this vast number of lives, we naturally become

deeply humble. There is no existence of ourselves apart from what GOI Sensei has taught. The moment we forget this and think, “I am doing something by my own power,” at that very moment we become separated from the Will of God—we become a self-driven by karmic thoughts.

If we sit here constantly aware that we are being sustained by these countless beings, what overflows in our hearts is nothing but gratitude.

No matter what painful events may occur in our lives, when we remember the beings who support us and believe in us as we experience those things, I believe nothing arises except the feeling of “Thank you.”

Today, I would like to spend time with all of you returning to that place. So now, I would like you, just as I did, to imagine a situation in which you are able to do what you wish to do at this moment.

Perhaps you were able to eat breakfast this morning. Perhaps you will go to work after this. Perhaps you will meet someone you wish to see. Whether or not you have plans, please direct your thoughts now toward the fact that you have been given life and are being sustained by many different beings.

No matter how small it may seem, choose one thing and write down all the beings—visible and invisible—who support you in being able to do that. If you do not have paper and pen, you may do this in your mind. Let the words flow freely, one after another.

Consider how deeply you are being sustained by various beings. As GOI Sensei has said, this life is not ours alone.

Our existence is connected to the very source of life. In one sense, it is one because it is connected to God; in another sense, it is one because it is connected to all beings in this world.

In both the vertical and horizontal dimensions of the world of life, our life is not something that belongs to one person alone, nor is it separate.

We will now take two or three minutes to quietly contemplate this together.

This task cannot truly be completed in three minutes. I spent ten or twenty minutes reflecting and writing. I understand that it cannot be finished in two or three minutes, but for now, please begin.

If you have time later—perhaps tonight or after this Video Prayer Gathering—I encourage you to reflect more deeply on how your existence is sustained by various beings in many different situations. We will now take three or four minutes.

《English Interpretation by Yuka Sensei》

【Maki Sensei】

Yes. I believe three minutes was not nearly enough time, but within that short time, I think you were able to look again at the many beings you listed.

For the next ten minutes, I would like us to turn our hearts toward each one of them together.

《A Time of Gratitude to All That Sustains Us》

Where did it come from? How many hands has it passed before reaching us now? Within how many countless workings of life does my existence stand here at this very moment? Please simply and quietly feel this.

People working in distant countries, people whose names we do not know, the workings of nature, and the wisdom that has been passed down through generations—all of these are supporting my existence right now.

To each and every one, let us say in our hearts, “Thank you. Thank you. Thank you.”

And at the very end of these ten minutes of sending gratitude, we will together offer the prayer, “May all humanity be at peace.”

Within that prayer, we will send our heartfelt gratitude to the unseen beings, the Hōyūshin, our Guardian Spirits, our Guardian Deities, GOI Sensei, and all the great senior pioneers of prayer who have sustained this world and continuously conveyed this Truth to us. We will conclude with the “Prayer for World Peace.”

Whether you close your eyes or keep them open and look at your notes, let us now spend ten quiet minutes sending gratitude to the visible and invisible beings who sustain our lives at this very moment.

Please continue in gratitude, even as you listen.

When we forget gratitude, we become arrogant. This is true whether something good happens or something difficult happens.

When something good occurs—when our life feels smooth and blessed, when everything seems to be going well and we feel thankful for such experiences—if we simply feel “I am grateful” without turning our eyes toward the beings behind this happiness, we might begin to think that we reached this place solely by our own power, that we climbed here alone.

Of course, our own efforts may be part of it. But we did not come this far by our own strength alone.

When we turn our attention to the many beings behind us, we do not fall into arrogance. Instead, with gratitude in our hearts, we can fully live this present moment on the sacred path.

And when our life is not as we wish it to be—when work is not going well, when our body is unwell, when relationships are strained—we may think, “Why must I experience this?”

At that moment, we begin to move away from gratitude and lean toward arrogance. (Extreme self-deprecation is, in the end, another form of arrogance.)

Our daily life may not be as we desire. We may not be achieving the results we want through our work. We may not feel healthy in our body. We may not feel happiness in our relationships.

At such times, we think, “I do not have it. It is not there.” But we must look at why we think it is not there.

When we try to change our surroundings, change our path, or alter what is outside us in order to obtain what we lack, it means we are trying to manage everything by ourselves.

When we fail to turn our eyes toward the beings who have supported us up to this point, our awareness becomes fixed on what is “not there.” We become captured by a world of “lack,” “absence,” and “not having.”

Little by little, our consciousness merges with karmic thoughts and enters a loop like an endless hell.

It is precisely at such times that we must remember: Because of whom my life here now is? Because of what am I able to experience even this? Even within painful experiences, what kind of support exists?

How is that support sustaining me? Especially in painful times, when we turn our attention to the support that exists, that very pain can become a great catalyst for transforming into gratitude.

Therefore, whether our life is going well or not, when our hearts are filled with gratitude—gratitude that our life exists here now, gratitude that our divine mission is being fulfilled—we enter into the humble, or rather natural, attitude of life that GOI Sensei described as “receiving anew.”

And it is precisely such a way of living that becomes the power to guide humanity away from destruction and toward peace.

Today, I hope that together we have been able to feel this deeply. With that wish, I have shared this time of gratitude with all of you.

Now, together, let us offer the “Prayer for World Peace.”

GOI Sensei wrote of the “unceasing prayerful heart.” The heart that says, “Thank you, God,” is a prayerful heart. The heart that prays, “May all humanity be at peace,” is a prayerful heart. The heart that prays, “May Japan be at peace,” and “May our divine missions be fulfilled,” is also a prayerful heart.

Through such a prayerful heart, we realize that everything is received from God, and that our lives are sustained within the abundant support of those around us.

With that realization fully felt, let us now conclude this time together.

《Prayer for World Peace》

Now, finally, we would like to form the Sign of Sacred Reawakening together once.

《Divine Spark IN once》

Thank you very much. Before our closing greetings, we will first make a few announcements.

《Announcement: “Web Prayer Gathering”》

《Announcement: “The Prayer Method That Illuminates Me and the World”》

《Announcement: “Inori Card” Online Information Session》

[Rika Sensei]

This time, I truly felt grateful that Maki Sensei created such a deep time of gratitude for us.

When we go about our daily lives, immersed in this ordinary, coarse-vibration material world, we interact with people and the world through desires such as “What do I want?” “I want to obtain this,” “I want to become this,” or through strong, worldly bodily thoughts. Even though prayer is resonating within us, we can be unconsciously pulled along by those waves.

But when we are given time like this, it feels as though the place where we are standing rises sharply upward.

From that place of “me, me, me,” when we create just a little space between ourselves and the

world, something changes. For example, when I am walking my dog, if I am busy or pressed for time—when I am centered only on myself—I may pass by the cleaning staff without greeting them.

However, when I am given time like this, if someone cleaning is standing in front of me, I can gently touch their presence and softly enter their life, into their resonance.

Then, even though we are strangers, we can become connected as one.

Because my heart is open, the world gradually becomes more beautiful.

If I close my heart, I am still protected, guided, and sustained, so I can continue living. But if I wish to create a world that is richer—a world of beautiful exchanges and resonances with others, who are another aspect of myself—then I realize that by stepping away from “me, me, me” and choosing to engage richly with others and the world, life becomes fuller.

As gratitude deepens, the world appears increasingly beautiful. I feel that with just a little effort and a small shift in perspective, our awareness can truly change.

Through this time today, I once again felt how the world truly is.

Even with self-centered awareness, we can continue living. But for the world to become richer, happier, and one in which we can evolve and create together comfortably, it changes when we ourselves create a little space—a little openness—within. Thank you very much.

【Yuka Sensei】

Yes, similarly, there was the phrase, “Taking things for granted gives rise to arrogance.” In other words, I did not consciously think things were “only natural,” but I had not been directing my thoughts there. Through today’s exercise, by turning our attention to the miracle of being sustained and to the gratitude overflowing in each moment, we can feel deeply enriched.

And as Rika Sensei mentioned, when our hearts become filled with self-centered thoughts, we may not think, “Of course this is natural,” but we forget to direct our gratitude there.

So today, through this time, being filled with gratitude and realizing the miracle that we are here now—connected like this thanks to more than one million people—I felt that we were shown a wonderful way to instantly feel “How grateful I am.”

Regarding the Inori Card, I also participated last time and truly enjoyed it. I do not think it is something you attend only once and then never again; I believe you can participate many times. Including that, I look forward to seeing you again in fifteen minutes.

【All Three】

Yes. Thank you again for today. We look forward to seeing you again in two weeks. Thank you very much. We hope to see you again at 12:15 shortly. Goodbye.

That’s all.