

## **260314-Video Prayer Gathering\_Yuka-sensei, Maki-sensei, Rika-sensei**

[Yuka-sensei]

Thank you very much for joining the Video Prayer Gathering on March 14th. Thank you all for being here today.

The world situation is truly concerning every time, and I just saw in the news that there will be more attacks on Iran. At the same time, March 11th marked 15 years since the earthquake disaster in Japan, and I know you all always pray for that, and I was reflecting on that time.

There are words from Masami-sensei during that event that I truly can never forget and hold very dear. No matter how people lost their lives in the disaster, for the bereaved families, they think about their loved ones — whether they suffered, whether they endured such pain... the surviving family members think about all these things. Even now, there are still thousands of people who remain missing. In that situation, what Masami-sensei said was that from a worldly perspective, the surviving family members might think about how painful the end must have been, how they must have been hurting, how they must have been suffering, but that is absolutely not the case, Masami-sensei said.

At that moment, the Deities, the Guardian Deities and Spirits wrapped that soul in light, so the soul went to the other side without feeling any pain or sadness at all. No matter what physical situation you might imagine, the soul went to the other side completely without pain or suffering, wrapped in light.

Masami-sensei's words gave me such great relief and joy at that time — that's right, we are not our physical bodies. What Masami-sensei and Goi-sensei have always said is that our final moment is one where we return to the Deities while being wrapped in light. That deeply resonated with me at that time, and with that in mind, I offered prayers anew for 3.11.

Sorry for taking so long. What I wanted to say is that whether we know who we truly are or not makes a real difference in how we

perceive and feel about any given situation. While feeling that difference anew, and trusting that the lives and souls of all people are divinity itself... I myself was truly grateful, truly grateful. I'll pass it to the other two.

[Maki-sensei]

Everyone, good morning again today.

When you look around the world, painful phenomena are occurring in various places, and even without looking at the world, there are events in our daily lives that make our hearts ache. However, as Yuka-sensei said, trusting in divinity is important.

When suffering and sadness spread before our eyes, we might think "Why is this situation happening?", "Why is the world's division expanding even though we pray so much?", "Perhaps our prayers aren't enough?" — blaming ourselves like that, and the very feelings of pain about the current situation could contribute energy to sustaining that situation. Being careful about that and gazing at the world from divinity's perspective is what the practice of truth means to me.

What is important is that when any situation arises before us, we firmly recognize that situation as a fading away. That phenomenon is a fading away being dissolved, and at the same time, from there, new peace, seeds of a new dimension are trying to be born and grow. Which do we focus on, and to which do we direct our energy? (From which level of consciousness am I gazing at the world now?) Not losing sight of this is extremely important, I believe.

The reason phenomena appear and then fade away is that our essence is divinity, and by the strong light of that essential divinity, fading away appears and disappears. Knowing that these two exist simultaneously, the choice of where to direct our consciousness at this very moment, where to send our energy, from which standpoint to gaze at these events — that choice exists within each and every one of us.

In a state where one no longer wavers amidst the various choices that arise, large and small — standing firmly on the truth, that is,

the truth that human beings are originally spirits from God — daily prayer exists so that we can continue gazing at the world standing on that truth. Also, reading the books of Goi-sensei and Masami-sensei and constantly confirming these within ourselves. It is precisely because we do this that we can, even amidst various events around us and various events in the world, without losing sight of divinity as the axis of our consciousness, gaze at this world while connected to the firm part of our divinity, and with conviction that the Divine Spark is happening anew, pour consciousness energy through prayers and IN.

Events in this world will continue to bring various things. Why they come is because humanity is growing, and truly now is the time when various fading away of the past can be dissolved. That is precisely why we connect with each other through this Video Prayer Gathering, and as Yuka-sensei said, we continually ask ourselves “Who am I?” “What am I living for?” “What am I praying for?” — and stand without losing sight of our true nature. In this era especially, it is important to continue holding that strength (the consciousness of living divinity).

And today, being connected with all of you is a time that gives me the strength to continue connecting with the divinity within myself, so please, everyone, let’s have a wonderful hour together.

[Rika-sensei]

Listening to Maki-sensei’s talk sitting right next to her, the resonance was incredible. Just sitting next to her, everything... all phenomena were being purified — such incredible energy. Like Goi-sensei’s “Ohh” — that Koto-dama purifies everything, all the impure things and appearances — such an incredible resonance.

[Yuka-sensei]

I could feel it so much even through the screen. I’m looking forward to the next hour. Thank you.

[Maki-sensei]

Thank you. Let’s begin.

## 《English Translation by Yuka-sensei》

[Yuka-sensei]

Now, we will perform the Touitsu for Prayer for the World Peace.  
Thank you.

## 《Prayer for the World Peace / Touitsu》

Thank you.

## 《Main Program》

[Maki-sensei]

Thank you, everyone. Now, let us move into today's special program.

As I mentioned in the opening talk, in this world, fading away is appearing everywhere, and at the same time, in the depths lies the eternal soul — no matter how the outer world may shift and change, in the depths, the divine self simultaneously exists, steadily gazing at the changes of the manifest world. It is the consciousness that is eternal life, the very existence of a spirit from God.

These two exist simultaneously in this present moment.

Therefore, it is important for us to observe in which world we are placing ourselves (our consciousness) at this very moment. Then we find that both exist — we are gazing at this seemingly shifting world from the depths of our heart, and at the same time, as the one being seen, we are experiencing it.

There is value in experiencing pain, experiencing joy, and various experiences. And while gazing at them, it is important to keep our consciousness steady without wavering. When we observe in this way, we find that it is not ourselves who are tossed about by the shifting world. Our true self stands unwavering, sending light to all. In doing so, we come to recognize that our divine self is our true self, regardless of the situation. It is precisely because there is a world that shifts and moves that we can recognize the True Self — endlessly quiet, endlessly deep and peaceful.

Today, in this special program with all of you, I would like us to feel

this anew. By observing whether our consciousness is on the side that sees or the side that is seen, we can objectively gaze at ourselves in both worlds. Regaining that ability is something very valuable and important for accomplishing our mission, so today I would like to deepen our learning about this.

First, I would like to read a poem by Goi-sensei.

What Goi-sensei constantly tells us is about this stillness. The tranquility, the stillness, the peace, the harmony that Goi-sensei speaks of — these are not some ideal worlds far away, but are always, always the source within the depths of each and every one of our hearts, the source of life.

And this tranquility transcends differences in religion, culture, country, and ethnicity — it is something inherently present in everyone. However, when various anxieties and fears of daily life come, that source gets covered over — and that may be called fading away, or karma, or various other ways — the original source becomes hidden, and we may lose sight of our own and others' true divine nature.

At such times, human beings put various labels on things. Rich people, poor people, people belonging to this or that country, men, women, what kind of work one does... such labels can cover over the ability to connect with one's own source and the ability to connect with others' source.

With that understanding in mind, I would like you to listen to this poem by Goi-sensei. It is from page 71 of the book "Prayer" — the poem titled "Stillness."

### **《Reading of Goi-sensei's Poem》**

From "Prayer" by Masahisa Goi

Stillness

What on earth will be born from now?

This stillness that no one can know

This stillness that may break at any moment, at the depths of the

noisy world

From the past of the past to the future of the future

The origin of the power that gives birth to and nurtures all

Where the Great Life Emanates

From the void of the void of yet another void

This resonance that comes from infinite depth

Oh, what a still heart this is

The worlds that turned away from this stillness and destroyed themselves

Have been unfolding one after another on this earthly plane

But the world that is about to appear

Is the world of the Great Light itself, born from stillness

The orbit of karma has already decayed

And it is about to vanish from this world now

In what form will the next world be born?

The resonance born from the stillness

The world that God's heart gives birth to

We who offer our prayers for that world day after day

The eternal undelaying harmony of the Great Life

Is born from this deep, deep stillness

Any person has this stillness within. Speaking of the sea — the deep, deep, deep ocean depths... This world is like the surface waves of the sea. Waves that crash against rocks and scatter, or the sea surface that rages or calms depending on the weather — that is the world that appears and fades away. In the deep places beneath that surface, the world of stillness exists.

So if we gaze at the universe as a whole, it is not that only the world of stillness exists, nor is it only the world of fading away.

Rather than wishing for a world were fading away no longer exists, both exist simultaneously, and there is value in their simultaneous existence. Please try seeing it this way.

The world of stillness is not in some special place, but in the deep, deep depths of the sea — that is, deep, deep within our hearts. Just as there is a core when you peel an onion, when the layers of fading away are peeled away, there is the world of stillness.

Prayer brings us back to our original tranquility. I believe it is what makes it possible to connect with the stillness within. And I believe that bringing forth the next world from this stillness is the act of bringing forth the Divine Spark.

So now, no matter how busy you are, whether you are in a happy situation or an unhappy or painful situation, for example, if you click on the YouTube video right now, you can immediately step into this world of prayer. No matter where in the world you live, no matter how noisy your surroundings, whether you're in a restaurant or a café, wherever you are, if you click on the YouTube link of the Video Prayer Gathering, you connect to this world of prayer through video.

In this way, connecting to the stillness within — when you have the will to connect, you can connect right away. Your own inner tranquility, too, when you have the will to connect, you can certainly connect. So it is not a special place. You are always connected.

However, even when trying to always connect, when you are in rough waters, you may not connect deeply, or you may wonder where the tranquility is. But placing yourself near people who are in that stillness — that is what it means to come to a place of prayer.

When your own place is too noisy, you can click on the YouTube video of the Video Prayer Gathering and place yourself where stillness is being created or go to the Fuji Sanctuary regardless of whether there is an event, and by going there, place yourself in the stillness. By always seeking the tranquility within yourself, you can change your environment and connect.

Also, even without going to such places, you can create a place of tranquility within yourself. I want you to know this. You can connect

with the place of stillness by changing your environment. Ultimately, no matter where you are, even if the place you are in right now is like being in the middle of a storm, even in the middle of a conflict, if you know the way to connect with that tranquility, and if you know that tranquility always exists within you, you can connect.

But just knowing is not enough to connect. That is why we need to practice.

In order to connect immediately during difficult times, we need to practice connecting during non-difficult times. Just as a pearl diver needs to learn from seniors that she can reach the deep ocean floor, and practice swimming — by continuing that, she can dive deep even in rough waters.

That is why I connect with all of you every two weeks, regardless of my situation, whether busy, suffering, calm, or stable — regardless of the external circumstances, every two weeks. And for those who can, every single day, I hope you will practice connecting with the stillness that Goi-sensei speaks of, the source of life, the source of your own divinity. Confirm how quiet, how peaceful and tranquil and light-filled it is. And acquiring the method of how to connect there is very, very important, I believe.

So, for the next 5 minutes, I would like to create a time to connect with the tranquility within each and every one of you. Since this is a Video Prayer Gathering, we are not in the same physical place. However, by sinking our consciousness deep within the stillness, I would like to share that resonance with everyone in various places.

For those who feel “I’m suffering too much right now to go there,” we will go there, so please be aware of connecting with us and go there. By generating the aspiration to “enter the place of stillness” and connecting with us, I hope you can confirm that it exists within you.

From now on, I will set 5 minutes of still time. After sharing about a minute of stillness, I will quietly read Goi-sensei’s “Stillness” once more. Through that, I invite you to immerse yourselves in the resonance overflowing with stillness that Goi-sensei emanates, and

at the same time, we will attune our frequency to the resonance of the Universal God's will that says "May Peace Prevail on Earth."

Just as adjusting a radio frequency immediately takes you to a different station, by skillfully adjusting your inner radio frequency, you can tune perfectly with Goi-sensei's resonance, the resonance of World Peace. This act of tuning itself takes us back to the deep, deep sea — through prayer, connecting to the stillness that exists deep, deep within, and placing ourselves there.

With that awareness, let us create a quiet time.

Now, please close your eyes quietly. First, let us chant together the Koto-dama of "May Peace Prevail on Earth." And practice placing yourself where your inner prayer's vibration and wavelength are the same. At the same time, practice placing yourself in the same vibration as the Koto-dama resonance of Goi-sensei's "Stillness."

Now, please close your eyes.

### **《5 Minutes of Stillness / Prayer for the World Peace / Second Reading of Goi-sensei's "Stillness"》**

[Maki-sensei]

Thank you. What kind of stillness is spreading within each of your hearts?

As Goi-sensei says, what is born from this stillness is the next world, and that is the world of our divinity itself. Now, various conflicts and confrontations are occurring in the world. Many innocent people are losing their lives, losing their homes, in deep sorrow. While we continue to gaze at that reality, at the same time, from this stillness felt within the depths of our hearts — the stillness that originally exists within everyone's heart — from this world of stillness, we would like to bring forth the next world.

Now, together with all of you, I would like to form the Divine Spark IN 7 times. This Divine Spark IN is not formed to try to change the world that appears and fades away. It is the Divine Spark IN that connects with this world of stillness that you are now feeling within you — that exists within everyone — and that scatters light to

create the next world born from this world of stillness. Please form it with that feeling.

[Rika-sensei]

Now, we will form the Divine Spark IN 7 times. We will hold a moment of stillness after each time, so please deeply direct your consciousness to that still time — the stillness between each IN — as we continue through all 7 times.

### **《Divine Spark IN 7 Times》**

Thank you. It was pure stillness.

[Maki-sensei]

Thank you, everyone.

Today, I have been sharing with you that the world is being born from stillness. Also, through the Divine Spark IN, I hope you can feel that gifts that draw forth the infinite divinity inherently within human beings come simultaneously. A girl in Ukraine, a young friend of mine, put her experience of war into words for us.

What I know you all constantly feel is — “War should not exist,” “Fading away should not happen” — that is absolutely a fact. But precisely because it has happened, within ourselves... Mr. Jeremy Gilley, who received the Goi Peace Award last year, also said that it is precisely because of such difficult experiences that we can realize what is truly important. And we can direct our energy to protect those important things.

In other words, as we discussed earlier, rather than focusing on the fading away, we are given the power to direct our consciousness and energy to what it illuminates — what we truly want to protect, what is truly important, what we truly want to create. In this case, directing our consciousness toward wanting to create a world of stillness and divinity, generating power there, and offering prayer. I always convey this in words, but this girl delivered a very powerful piece of writing to me, so I would like to share it.

### **《Message from a Girl in Ukraine》**

War has come to me not as a distant event on a screen, but as the sound of sirens. After each sound, I always check my smartphone to see if everyone responds that they are safe.

Standing in the hallway at night, not fully understanding what is happening, yet knowing it is real, close, and frightening.

Experiencing such moments is truly scary. I cannot even cry, I just freeze, and I begin to think about my brother. Is he okay? Where is he right now? When was the last time I told him something important?

This is what war is. It suddenly makes you acutely aware of everything you have been overlooking.

Before, I lived my days almost automatically. School, phone, sleep, and the same thing all over again. The people around me were just there, and I never deeply thought about their significance. But now I think about it constantly.

How has my way of living actually changed? To be honest, it has changed enormously. Surprisingly so.

I now reply to people more quickly than before. When I leave messages read for too long, I somehow feel uneasy. Somewhere in my heart quietly says, "Answer now. You don't know what tomorrow will bring."

And when participating in events, knowing that the words "I'll do it next time" can rot away without you noticing, I now actively participate in things I used to not feel like doing or would decline.

I fight less over small things. When an argument is about to start over something trivial, something inside me quietly stops it. When I think about what is truly important, a mix-up in plans or a casual remark seems very small now that I know what real loss is like.

I now notice ordinary evening time. Everyone is home, the TV is on, someone is cooking, and in the corner a phone is charging. Just an ordinary evening. Before, I used to spend that time waiting for something more interesting to happen. But now I simply enjoy that time wholeheartedly.

I have no intention of saying that war has made me a better person. I still get anxious, and I still watch the news too much. Sounds that never scared me before now scare me. But beneath all of that is a self that truly knows what matters in this very moment.

The war is not over yet. It feels like every day brings new lessons that I can barely keep up with. So, I try to live each day — not perfectly, but as much as possible — truly cherishing what is important.

[Maki-sensei]

That is what she wrote. So, fading away does not happen to make us suffer. However, I am not justifying war. It should not exist. Absolutely should not exist. But precisely because such difficult situations are occurring, we can become aware of the divine heart within us that wants to create a new world, and we can pour our energy there.

And in this way, we can send energy to those who are pouring their energy there. And we can give hope to people who, even while in suffering, are trying to live peacefully.

The reason she sends me messages like this is because she feels she can continue to hold the strength to keep standing in her suffering through the power of us who keep watching, who keep trying to create peace. So, this 15-year-old girl is not a powerless being, but a being living with power.

And for those of us who are not in that difficult place, our sending relief supplies and energy for creating peace serves as energy that sustains their ability to keep connecting with the tranquility within them, to keep feeling divinity, and to keep living.

And by continuing to create the energy of “a peaceful world can be created” in the places where we find ourselves, we can expand that field — that magnetic field of stillness.

Please feel within yourselves that the power within stillness is not a power that can create nothing, but a power that creates. I wanted you to feel this, so I shared her message last, and with that, I would

like to end this special program. Thank you for participating today. I would like Rika-sensei and Yuka-sensei to each share a word to close this gathering. Thank you.

[Rika-sensei]

Truly, Maki-sensei's powerful Koto-dama, stories, and prayers. When her words come forth, they manifest as tremendous Koto-dama, but in the gaps between them, you can feel that the stillness is truly there. Today's talk is the same — the blank spaces, the intervals between words, those are what are creating the future, I think.

We don't want fading away to appear, that feeling exists too, but even that is the working of God. Suffering and various appearances — war too — but even in what looks like chaos, stillness exists, which I reconfirmed today.

And in the gaps of a moment, when we pray for World Peace or form the Divine Spark IN, from infinite possibilities, one more possibility that we became conscious of in that blank space descends. Even while always in chaos, we are placed in the interval between stillness and infinite possibilities, and in the midst of phenomena that naturally appear and naturally fade away, in that one moment, in that blank space, we choose one possibility from infinite possibilities and connect it to the future.

Without this stillness, we cannot appreciate the meaning of "phenomena that appear and fade away." Because there is stillness, we can appreciate that taste. By using consciousness consciously, rather than being automatically swept along, from the stillness, from the divinity, from the infinite possibilities within, we can choose one each time and connect it forward. Therefore, this "fading away" is indeed the working of God. In the midst of it, we emanate the energy of infinite possibilities, connecting to the next and to the next generation. What kind of moment do we make each moment? We pray for World Peace. We form the Divine Spark IN. We pray with total entrustment: "May it be as the Deities will." From within that, a brilliantly shining grain of possibility drops from infinite possibilities.

The working of this stillness is tremendously powerful, and therefore even while speaking, those intervals, those moments, breathing too — those intervals have tremendous power. I felt that one of infinite possibilities was packed within them. Today I was made aware of this and was given such a still time. Thank you.

[Yuka-sensei]

Thank you. I can't quite put it into words, but when forming the IN, rather than doing so with the feeling of "I must do something about the world" or "I must make peace," returning to the stillness within oneself — as the poem also said, "The resonance born from the stillness, the world that God's heart gives birth to, the eternal undelaying harmony of the Great Life is born from this deep, deep stillness" — when I formed the IN with a strong awareness of this, becoming one with the stillness within myself, and from there creating the world that God's heart gives birth to through the Divine Spark IN — just thinking that made such a difference in the feeling and powerfulness of my own IN.

And I was also made to feel that within the stillness, deep love and deep forgiveness are condensed and packed. Conversely, even when looking at current phenomena, if we can return to the stillness within those phenomena, the same deep love, forgiveness, and working of God absolutely exist there, and based on that, we are one — that is the experience I had today. Thank you.

### 《Announcements》

[Maki-sensei]

With that, we will close today's Video Prayer Gathering. Thank you, everyone.

[All Three]

Thank you. Thank you for participating.